

East Mountain LIVING

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- Curandera and Midwife Carmen Padilla
- Story behind Frontier Town
- Route 66 Arts Alliance
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Cover photo, provided by Jan Hayes, of a local bear that was relocated from Sandias to Monzonos. Reports are he is still living there. See the article on page 28.

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With the advent of the digital revolution in the mid-1990s, it wasn't long before technological pundits were predicting the imminent death of printed books, newspapers, and magazines. Fast-forward 30 years, and . . . it didn't really happen.

The last time I was in a bookstore, I had to wait 10 minutes in line to check out, it was that busy. And that was on a Wednesday. Sure, to a large extent Instagram and Twitter do online what newspapers and magazines do in print—and many blue-chip publications in the latter category have folded—but if statistics are anything to go by, it seems that small-to-mid-market magazines are thriving.

According to Statista.com, magazine production was at a decade high just seven years ago, with 7,390 publications in production in 2012. Today, that number has barely budged—nearly 7,200 are still alive and kicking.

Which is good news for those of us who continue to hang on to this archaic idea that books and magazines just look better and read easier on paper. Our readers seem to think so, too, because we get a lot of calls telling us how much they appreciate our efforts.

This issue we bring you two stories that serve as reminders that, regardless of where we live in the East Mountains, Mother Nature is never far away. And sometimes her lessons are harsh, as Mike Smith tells us in this issue's *Turquoise Tales*, about one young man's 17-week ordeal in the Sandia Mountains. Likewise, Beth Meyer's

profile of Sandia Mountain BearWatch reveals the long, complex history of black bear conservation in the East Mountains. For decades, we crawled across this landscape with impunity, wildlife be damned. Now, many of us are advocating for a less intrusive way of coexisting with the natural world.

Because that's one of the reasons why we live out here—access to the natural world, a reprieve from city life. That's part of what drew Elton and Ashlea Allen to make their home in the East Mountains. It certainly made it easier for them to own and operate Trail Rider Pizza, which recently moved from its longtime home in the "best smelling trailer in the East Mountains" to a new location in Cedar Crest, just down from the Triangle. You can read about them on page 32.

Another story, a profile of the DiGesu family written by Maggie Grimason, will likely spark a lot of memories for longtime East Mountain residents. If you remember playing on covered wagons or going for a trail ride at Frontier Town, you'll want to flip over to page 22 and read about how a completely random breakdown can set a family down a fun-filled and fortuitous path.

Currently, about 5,000 people live out here on the green side of the Sandia Mountains. And that's just counting Tijeras, Edgewood, and Cedar Crest. Include the more far-flung communities, like San Antonito, Sandia Park, Estancia, Mountainair, Moriarty, and even Cerrillos and Madrid, and you can double, maybe even triple, that number. That's a lot of people to make new memories for future generations. And, with any luck, there will still be a publication like this one in existence to tell those stories.

Rena Distasio

**...if statistics
are anything to
go by, it seems
that small-to-
mid-market
magazines are
thriving.**



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About Our Contributors:

Dixie Boyle, a retired history teacher, now works as a freelance writer and fire lookout, and she also presents historical lectures and reenactments. Her latest books are *True Stories of Frontier Women Parts I and II*. In 2017, she won a Heritage Preservation Individual Achievement award from the New Mexico Preservation office for her book *A History of Highway 60 & the Railroad Towns on the Belen, New Mexico Cutoff*.

Jeanne Drennan has lived in the East Mountains with her family since 2004. She is an occupational therapist, women's health counselor, freelance writer, and author of the book, *Live Well. Be Well, 14 Healing Habits to Extraordinary Wellness*. She loves blogging about health and wellness and making organic herbal remedies whenever she can. Visit her at jeannedrennan.com

Maggie Grimason is a writer living in Albuquerque. She contributes to many independent publications covering arts, science, and travel. When she's not writing, she's watching the birds.

Megan Kamerick, a journalist for 22 years, has worked at business weeklies in San Antonio, New Orleans, and Albuquerque, and has produced and hosted shows and stories for New Mexico PBS, KUNM-FM in Albuquerque, National Public Radio, and Latino USA. She is the former president of the Journalism & Women Symposium and her TED talk on women and media has more than 272,000 views.

Chris Mayo relocated to the East Mountains from Prescott, Arizona, in 2006. He started as a freelance writer with Navy publications when he was in the service and has continued writing for a variety of trade magazines since leaving the Navy in 2002. He and his wife are the parents of two young boys.

Beth Meyer is a former teacher, private tutor, and certified Reading Specialist. She has taught creative and analytical writing in both public and private schools. She moved to the East Mountains in June of 2010 to join her husband, Mike Meyer, owner and publisher of the East Mountain Directory and East Mountain Living magazine.

Mike Smith is the author of *Towns of the Sandia Mountains*, a writer for the *Weekly Alibi*, and is at work on a genre-expanding memoir, *Shadows of Clouds on the Mountains*. His essays have appeared in *Tin House*, *Booth*, *Eunoia Review*, *The Florida Review*, *The Baltimore Review*, and elsewhere.

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EAST MOUNTAIN ATTRACTIONS



Boom, Bust, and... Back Again?

*The history of Willard, NM,
is a study in resilience and hope*

By Dixie Boyle • Photos courtesy Dixie Boyle




The Willard train depot in 1910. It was torn down in the 1960s.

The small village of Willard, NM, located about 13 miles east of Mountainair on Highway 60, was the first railroad town to boom in Torrance County. Thanks to its source of abundant fresh water, in 1903 the Santa Fe Central Railroad, later renamed the New Mexico Central Railway, designated Willard as a water stop to fill its steam engines and soon built a depot at the site. When the Atchison, Topeka & Santa Fe (AT&SF) Railway built track from east to west, causing the two lines to intersect in Willard and guaranteeing transport in all four directions, the town's population exploded, with railroad workers, homesteaders, and speculators arriving daily.

According to several local history sources, one of the railroad tycoons who brokered the juncture of the two lines named the town after his son, Willard S. Hopewell. Another excellent source of information on the village is Ferroll Clark Hanlon, who moved to Willard from Illinois in 1910 with her family. She eventually married Henry Hanlon, son to Earl Hanlon, who arrived in the New Mexico Territory in 1907. The Hanlons and Clarks are considered two of Willard's most notable founding families.


Ferroll Clark Hanlon writes extensively about the boomtown in her book *Life on the Range and other Memories: The Early Years in the Estancia Valley and Taos*. "When we arrived in Willard," she notes, "it was a flourishing community. There were three hotels, a restaurant or two, two general stores, a newspaper, drugstore, bakery, blacksmith shop, a livery stable, a couple dance halls, and two or three saloons." Willard was also



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The Store, opened in 2013 by Willard residents David Dean and Yolanda Gallegos, operates as a thriving mini-mart.

home to the first banking institution in the county.

Torrance County was organized in March of 1903 out of the eastern half of Valencia County and portions of Bernalillo and Lincoln Counties. Progreso, located a few miles southeast of Willard, was the first county seat. The Santa Fe Central Railroad sent a passenger car to the location to serve as the courthouse, where the first county officials were sworn in on January 1, 1905. Little has survived at Progreso today, as Willard quickly overtook it as the area's boomtown. Progreso faded away, and Estancia became the county seat.

Willard was also the site of one of the first Torrance County Fairs, which, as Hanlon describes, did not sit well with the rest of the county: "Willard obtained the state charter for the Torrance County Fair, much to the chagrin of the other towns. The towns of Mountainair and Estancia were so jealous of Willard having the charter, they made fun of it. They called it the Willard Fair and made no effort to participate."

Regardless, the fair was well-attended and would continue to attract large numbers of attendees. The first county fair sponsored a parade and contest for the best decorated

horse and rider, and subsequent fairs would feature foot races, bronc riding, baseball games, and dances. Later, a carnival and circus were included in the agenda. The Santa Fe Central Railroad ran a special train from Santa Fe

guide the pilots on their flights. One of these locations was to be in the Estancia Valley.

When he encountered engine problems near Lucy, a railroad town east of Willard, Lindbergh made an emergency landing. Several people who lived in the area heard the plane go down, and they quickly drove to Lucy to see if they could be of assistance. Lindbergh visited with the homesteaders while repairing the plane. It seems his flight was all anyone could discuss for months afterward, according to Hanlon.

But the boom was not destined to



Pack's Café, formerly known as the Willard Cantina, provides locals and travelers with a place to stop, eat, socialize, and enjoy the small town atmosphere.

so people could attend the event, and the First Artillery Band of New Mexico provided the music.

Willard also had a few brushes with history, including with Charles Lindbergh, who rose to fame in 1927 as the first pilot to fly across the Atlantic Ocean. In 1928, Lindbergh was assigned to TAT (Transcontinental Air Transport), one of the first organized airlines and a precursor to TWA, to establish an east-west route across the country and find locations for beacon light towers to

last. First came the Great Depression, followed by the Dust Bowl. Farms failed and the railroads downsized. For a while, the railroads provided their steady customers with another form of transport to make up for the decrease in service. "They ran a gasoline motorcar over the rails," Hanlon writes, "and we made some trips to Santa Fe on it, as well as to other places in between. Of course, after the advent of autos, we frequently went by car."

That was another nail in Willard's coffin. Not only did automobiles supplant train travel, they also caused problems with horses and livestock when the two met on trails now being used as roadways. "We got out and held the horses by their bridles to keep them from running away in fright," Hanlon writes. "Sometimes this proved difficult, as they would rear up, whinny and snort, and try to jump forward." As this new technology supplanted the old, the traditional farming way of life eventually disappeared.

As a result, Willard, like many once booming railroad towns across the country, went bust. As its population declined, it left behind not only abandoned homes, businesses, and farming equipment but also broken dreams. Many residents remained and tried to wait out the drought years, but most left and never returned.

As Willard continued to decline, those remaining in town attempted a comeback by reviving the historic salt trade that had been organized by the Tompiro Indians centuries earlier. An ancient salt lake located a few miles southeast of Willard had been owned by several different homestead families over the years, but none had been able to develop a successful business because, Hanlon writes, "It was a coarse type of salt, fit only for livestock." Eventually, the Willard Mercantile Store and others relocated to Mountainair, as did much of the remaining population.

Still, Willard has not yet been classified as a ghost town. Although its population currently stands at just 253 and most of its original buildings have been lost, the community continues to support a village government, fire department, and post office. Willard's Cantina, now reopened as Pack's Café, continues to

thrive, providing locals and travelers with a place to stop, eat, socialize, and enjoy the small-town atmosphere. The café also provides live music on Friday nights, along with a popular catfish dinner. Furthermore, six years ago, Willard residents David Dean and Yolanda Gallegos resurrected a little of Willard's past by converting the historic Mourfield Mercantile building into a mini-mart and renaming it The Store. Not only does the establishment provide food and other items but it also displays memorabilia from Willard's past and is an interesting place to take a break from the road.

Could this spell a revitalization of this once-thriving railroad town? Only time will tell.



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Dazed and Confused

The story of two weeks lost, in the Sandia wilderness

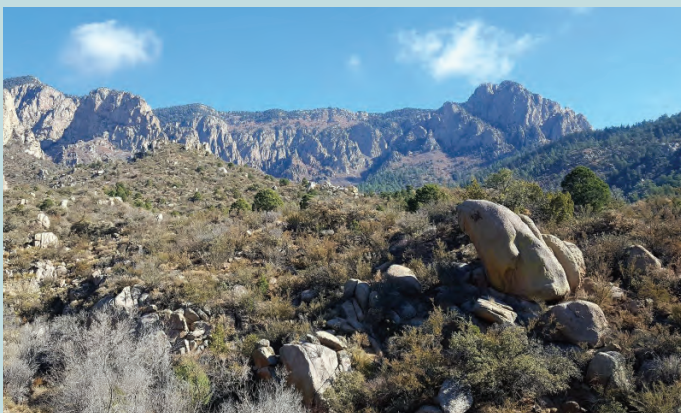
by Michael Farrell Smith

Despite being right next to the city of Albuquerque, the Sandia Mountains contain real wilderness. This, of course, was even truer in past decades than it is today. A young Canadian man, Stuart McIntosh, learned this firsthand, starting on June 27, 1982. He barely survived to tell about it.

McIntosh, 20, had been visiting Albuquerque from Martintown, Quebec, here to visit his cousin, UNM employee Judy Erickson, and to study Southwestern pottery techniques. The son of Ottawa-area dairy farmers, McIntosh was an art student set to attend the fall semester at the Nova Scotia College of Art and Design. In one Albuquerque Journal photo, he appears thin and long-faced, with dark floppy hair and serious eyes. He had poor eyesight and wore eyeglasses, without which he could not see more than a few feet away.

On that late-June day, McIntosh drove his small car from his cousin's house, leaving it empty, as his cousin was in Boston at the time. (This would later be a factor in this story, when authorities would be unable to contact Judy Erickson for information on the missing hiker.) McIntosh drove east, and north, the grayness of the Sandia Mountains ahead and to the right, parked in front of a Sandia Heights home, asking the house's owner's permission first, near the Domingo Baca trailhead, in the almost-northern foothills—which in 1982 were even less-developed than they are now, the trails cruder, unmaintained, the area less-visited.

McIntosh wore boots, shorts, and a light shirt, and carried a daypack with two days' worth of food in it. Cantaloupe, granola, a sandwich. And two water bottles. He planned to spend only one night in the mountains, sleeping rough. He hiked up Domingo Baca Canyon ("The identity of [Domingo Baca] has been lost," says the *Field Guide to the Sandia Mountains*, by Robert Julyan and Mary Stuever, but a Hispano-Catholic shepherd or goat herder might be a decent guess) and into a side canyon, into the labyrinthine forest-canyon world that hides away downslope from the wreckage the of the TWA airliner that hit the mountains in 1955, during



Even though today's hikers have GPS access, many still get lost in the wilderness. Bottom: View along the Domingo Baca Trail today.

a blizzard, a tragic mechanical failure that killed 16 people.

Like that ill-fated plane, McIntosh collided with rock, after dead-ending at a steep incline, climbing it up to what he called "a cul de sac," classic mountain-canyon topography, where he stumbled and took a 35-to-50-foot fall, sliding, tumbling, smashing his glasses, lacerating his forehead, and leaving him too disoriented to easily find a way out.

For a day and a half, McIntosh just lay there, where he fell. "Then I knew I had to work my way back to water, so I went back to a stream," he later told the *Albuquerque Journal*, in a story that ran July 15, 1982. "Hiker Never Afraid Despite 17-Day Ordeal," reported the *Associated Press*, the next day. This stream McIntosh found, he would later learn, was at the time the only active stream in that basin, a small stream that flows

from the Crest, according to his description. He was extremely lucky to have found it. But here the events of McIntosh's ordeal get uncertain. He had a head injury that would later require two-and-half hours of surgery to remove a blood clot. His glasses were broken. He was surrounded by trees, scrub, dirt, rock. And the sky pressed down on all of it, like half a vice.

From that same July 16 *Associated Press* article:

"McIntosh said remembering what happened to him from that point on is difficult."

And: "Instead of feeling fear . . . said he 'just felt out of touch.'"

During the days, the temperatures rose into the 80s. At night, they plummeted to the low 40s. Only at first did McIntosh feel he was going to die. Then, according to the *Journal*, he thought, "I can't die." When searching for the stream, McIntosh hiked beneath the towers and lines of the Sandia Peak Aerial Tramway, waving desperately at the smiling tourists passing overhead, and yet the tram's passengers assumed he was simply being friendly and waved back, we might imagine while McIntosh screamed and cried. McIntosh rationed his food carefully and stayed by the stream once he found it, following it down, too weak to do anything else. For 17 days, he wandered the Sandias, as if wandering a dream, unable to see clearly, unable to comprehend fully, keeping his calm despite significant dangers and challenges.

During this time, a search party searched for him, after his cousin's roommate reported him missing; the search party searched, found nothing, and then stopped.

McIntosh grew so hungry he began supplementing his rations with grass. He was following the stream,

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but through a head-injury-induced delirium, and the canyon was so rugged, its floor often choked with brush. He tried moving along its sides, but those were steep, bouldery, and spiny. A day went by. A week. Another week. Another day. Imagine what that must have felt like. Feeling hungry, parched, fatigued. Feeling . . . not frightened . . . but "out of touch." Almost everything a blur. Somehow not encountering anyone at all beside the people in the tram, despite ending up only two miles from a house.

Seventeen days after McIntosh had wandered out of the city and into the mountains, four volunteers were walking up the stream where McIntosh was now slumped beside. They had received a report of an unauthorized cabin being lived in back there, but what they found instead was Stuart McIntosh, covered in cuts,

scabs, bruises, and dirt, wearing only his boots and shorts, and with his blood-stained shirt tied around him as a bandage. He had made mistakes, he would soon admit—he should never have climbed that wall—and he should have packed more food, a jacket, and emergency supplies. But his later rationing of his food and his finding and following of the stream proves he was no fool. He was a survivor.

The volunteers spotted McIntosh. They waved. He didn't wave back. He looked off. He looked—according to one rescuer, volunteer patrol leader Allen Korpinen as quoted by the *Associated Press*—"all banged up."

And then McIntosh spoke: "I think I'm the guy you're looking for."





Mural painted on Edgewood Community Center, Summer Arts Camp

For the Love of Art

A local alliance fosters art education and opportunities for children and adults in the East Mountains

By Megan Kamerick • Photos curtesy of Sandra Holzman

The birth of the Route 66 Arts Alliance started with a phone call. The Edgewood-based organization Retro 66 reached out to a handful of regional artists as part of a larger economic development plan, which would include art shows held in lots along the remaining stretches of The Mother Road that winds through East Mountain communities.

"Being artists, we started rebelling," says Sandra Holzman about that first meeting. "We decided their plan for us wasn't what we wanted to do."

They wanted to do more. They wanted to create an organization to support artists, and they also wanted to focus on education. So they drafted a mission statement that commits the alliance to providing opportunities for artists to create, educate, network, promote, inspire, and foster an appreciation for the various arts in the East Mountain communities along Route 66.

That was in 2014. Today, the Alliance has between 60 and 80 members, and it produces two annual arts festivals, with live music, as well as a summer youth camp. It is also launching Local Art in Public Places in



Watercolor by Albert Noyer On Entramosa Road off 344

June, a program that will curate work by East Mountain artists for rotating exhibitions in public spaces such as the Edgewood Town hall and local police and fire departments and public libraries.

"We are working for artists in the community to promote them and their work," says Holzman, who is president of the Route 66 Arts Alliance board. "But also, our focus is on the community, to expose them to many, many art forms and to give them an opportunity to have fun doing art."

The group is particularly committed to education. Since 2016 it has held a five-day-long arts camp for young people. It was during the inaugural camp that students designed and painted the first murals on the Edgewood Community Center, which has now

become an ongoing project with high school students. The Alliance also worked with middle school students to design and create banners for lampposts along State Highway 344. The New Mexico-themed designs include mountains, coyotes, and Zia symbols.

The high schools in the East Mountains tend to have very good arts programs, but there are not the same opportunities for students in earlier grades, Holzman says, so the Alliance wanted to help fill that gap. The camp, which costs \$30 per child, gets support from Santa Fe County and local donors. It offers instruction in a variety of art forms, from papier mâché to percussion to cartooning, as well as dance, puppetry, and acting. "One time we invited a bagpipe player, and he led the kids all over the field," says Sandra Vieth, vice president of the Alliance. "It was fabulous."

The Alliance offices are in the former Edgewood Elementary School, which is also where the summer camp is held. It's a nice facility, says Jodi Miller, who is one of the instructors, and the small classes allow for interacting one-on-one with students. "I love teaching," she says. Her experience comes from homeschooling her three boys and instructing young people at other organizations, like 4-H. "When children can express themselves through art, they find that they have a unique world view. I love to be there to witness that discovery. The exploration of art process and creative problem-solving help young people develop their critical thinking skills, something they will carry with them throughout their lives."

The Alliance also offers paid internships to high school students to help teach the young campers.

Holzman, who had a successful career as a production artist in

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textiles, says the camp also gives the students a chance to explore various opportunities for a career in the arts. "When I was growing up I knew I wanted to be an artist, but we all thought of them as starving," she says. "We never understood that everything we wore, everything we carried, everything we used had been designed and produced by an artist."

Holzman says the arts also teaches the kids valuable skills, like accepting

mistakes and disappointment as part of the learning process, as well as how to share and how to communicate effectively. "But it's a fun way to do that," Vieth adds.

Jennifer Noyer, a dancer and teacher, helps run the summer arts camp. She also serves on the Alliance board with her husband, Albert, an artist and writer. "An awful lot of people with children out here have not been able to access really good



Artist booth of painter Liz Crawford, July 4th



4H horse rides at the Alliance's July 4th Field of Arts Festival

music, really good literature, really good art work," Jennifer says. "We're trying to fill that gap."

She also started a chamber music group at Holy Cross Episcopal Church in Edgewood and works to bring in professional musicians to talk with audiences. "Albert and I have been in education all our lives," she continues. "We'd like to help make the world a little more pleasant place."

In addition, Alliance members can perform and show their work at the organization's Winter Arts Festival, to be held this year on November 2 at the Edgewood



Bagpipes!!! Summer Arts Camp

Middle School in collaboration with the Lions Club, and at the 4th of July Field of the Arts Festival, a free event in Edgewood featuring live music, local food, and arts and crafts. This year the July event will be the culmination of Cowboy Days, which begins in mid-June. The Alliance will also have booths at other area events, where they invite people to come and do art.

"There's just a tremendous amount of talent here in the East Mountains, and our goal is to try and draw that out and introduce art to the people here who aren't artists," says Martin Matlack, a photographer who also serves on the board. "As artists, we tend to sell ourselves short a lot of times and that's why we hide in the woodwork because we think, 'I'm not really good enough to do this.'"

The goal of the Alliance, Matlack adds, is to draw those people out and help them gain more confidence. Although he did many other things during his career, he always did photography on the side. Once

he retired, he got up the courage to show his work to the owner of the now-closed Watermelon Gallery in Cedar Crest, who suggested they do a whole show of his photos. These days Matlack sells his work at the Santa Fe Railyards Artisan Market, which is juried, and at the juried Local Art in Public Places program. "That's a scary thing, but that step is part of the process," he says.

Being an artist can also be isolating. The Alliance fills the need for social contact not only through its events but also by helping artists connect to each other and to potential clients—it serves as an important information clearinghouse when people come seeking muralists or other artistic skills.

In 2020 the Alliance plans to launch its Autumn Arts Fiesta, a day of demonstrations and performances focused on giving attendees hands-on experience in everything from polymer clay to silk painting and live performances. But it's not for the passive. "The emphasis is on participation," Vieth says. "It wouldn't be a display. People would come to interact with the artists."

Eventually, Holzman and the board hope to raise enough money to hire an executive director and grow the organization into an arts council. That way she can spend more time on her first love: printmaking.

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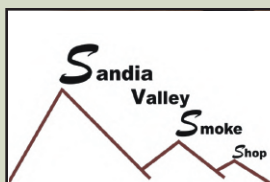
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Carmen Padilla

A legacy of helping and healing

By Dixie Boyle

Photo courtesy Mary Ballejos

Talk to anyone born and raised in the East Mountains and there's a good chance they know the name Carmen Padilla—in fact, she may have helped bring some of them, or their parents or grandparents, into the world. When Carmen started delivering babies in 1930, there were over 800 registered midwives in the state of New Mexico. Even as late as the 1950s, few women living in rural areas had the luxury of giving birth in a hospital. Instead, they regularly turned to midwives and folk healers like Carmen for their care.

By the time she received her retirement commendation from the state of New Mexico in 1985 for 55 years of service, it is estimated that Carmen had delivered over 100 babies, many to first-time mothers. She provided care to these women from the initial stages of their pregnancy up through giving birth and sometimes even afterward.

That's because Carmen was also a *curandera*, a folk healer of the kind that have been vital to communities throughout Latin America and the Southwestern United States for centuries. Skilled in the use of healing herbs and other plants, *curandera* are leaders in their communities, serving advisory roles in a number of physical, practical, and spiritual matters. They are traditionally thought to be able to ward off evil spells, cast by witches called *brujas*, which make people sick in body, mind, and spirit. Many *curandera* also use prayers and religious symbols to assist in their work.

Even before settling into her life of midwifery and healing, Carmen had distinguished herself, and not just as a wife and mother but also as a business owner and an independent spirit. "Mom was friendly, talkative, made friends easily, but did not want anyone to tell her what to do," says her daughter, Mary Ballejos.



Carmen Padilla, right, with her sister, Sipria, 1929

"She would put you in your place—she was spunky, outspoken, and always on the go."

Born in 1909 in the village of Punta de Agua just northeast of the Quarai Mission Ruins, Carmen lived most of her life in Mountainair. It was there that she met her first husband, Paul Padilla. In addition to working

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as a midwife after her certification by the State of New Mexico in 1930, she also helped Paul, with whom she had Mary, in operating a small grocery and clothing store as well as their restaurant, the El Charro Café.

The El Charro was an extremely popular gathering spot. Not only was the food delicious, thanks to Carmen's way with tortillas and other local specialties, but it was also the only restaurant in Mountainair that stayed open until 1 a.m., allowing those who attended local dances and fiestas to stop and have something to eat before heading home after a night out. Carmen also sold bootleg whiskey on the side for those wanting something stronger to drink, which was expected of business owners during these years and in most cases ignored by law enforcement.

When Paul passed away from a heart attack in 1949, Carmen decided to close the grocery store and renovate that portion of the building into her home and the back section into apartments. These she rented by the night, week, or month. On occasion, she even provided a free place to stay for those who could not pay.

After a short-lived marriage a few years later to Miguel Padilla, Carmen left the ranch in Claunch where he worked as a cowhand and returned to Mountainair for good. She resumed operations of the El



The Padilla family store and the El Charro Café in the early 1940s

Charro Café, while at the same time working with other midwives and *curanderas* to meet the medical needs of the people in Mountainair and other East Mountain communities. Carmen had cultivated a small medicinal herb garden, and she also gathered beneficial plants along roadways and in the nearby Manzano Mountains. According to Mary, her mother had always had a love of gardening and an interest in the healing properties of herbs. While many *curandera* learn from their mothers and grandmothers, Carmen was entirely self-taught.

Granddaughter Diana Chavez remembers accompanying "Grandma Carmen" when she was called upon to deliver a baby. "It was fun when there were other kids to play with,

but when it was a first-time baby, we were on our own," Chavez says. "We had to stay outside and didn't get fed until the baby was born—and it was a good thing many people still had outhouses in those days!"

Chavez is still in awe of the dedication shown by her grandmother and the other midwives in the community. "They traveled all over—to Edgewood, Moriarty, Monte Prieto [south of Gran Quivira], Lucy, Willard, and even to Torreon." It could be exhausting work, Chavez says, but her grandmother never flagged.

When Carmen passed away at the age of 92 in November 2001, she was remembered by many Torrance County residents for her knowledge, skill, and kindness. Today, several nieces and cousins follow in her footsteps, continuing the legacy that has come to mean so much to the people living in New Mexico's rural communities.



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The diGesu family posing for a photo at Frontier Town.

From Their Family to Ours

What started off as a happy accident turned into decades of making memories for a community

By Maggie Grimason • Photos courtesy Catherine diGesu

Catherine diGesu—who prefers to be called Kay—imagined that she would become a nun. Growing up in Richmond Hill in Long Island, New York, in the 1940s, she attended an all-girls Catholic school and was enchanted by the older women that ran the place. “I admired the countenance of the nuns,” she recalls. “I just thought they were so beautiful. They really had something, and I wanted that something.” But, as she

says, though you make your plans as best you can, God often has something else in mind.

Sitting in her home tucked on the edge of Cibola National Forest, horses strolling their pen outside and mountains on the horizon, it’s hard not to become curious about how diGesu, still active at the age of 84, landed thousands of miles away from where she started—not a nun, but a veteran businesswoman and mother of seven.



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Frontier Town conducted frequent mock shoot-outs and stage holdups for guests.

"We met on a bicycle," she begins, telling the story with her hands folded in her lap, eyes looking outward through her home's picture windows toward the mountains. The early morning sun is brilliant over the canyon, though snow is in the forecast tonight. That day—many years ago now—she had set out from Richmond Hill with a friend, pedaling through Queens until she got a flat tire. Far from home, she was prepared to walk back when two young men pumped the brakes on their own bicycles and came to their rescue.

"I remember we said we'd meet up with them the next day at the same time," she says. "We didn't know their neighborhood, they didn't know ours. So we said we'd meet in the same place. And we never showed up! Sure, I wondered about it, but I just didn't date. I didn't even have any guy friends."

A few weeks later, sitting on her front porch, a boy passing by on a familiar bike peered over the hedges

and called out a greeting. It felt something like fate that, in a city of millions, their paths might cross again. "It was wild," she said. "And that was the beginning."

That young man was Mario diGesú. They eventually married, and together would go on to travel thousands of miles, set up shop and feed hungry travelers on Route 66, raise seven children, and start Frontier Town, an attraction in the East Mountains for those allured by the mythos of the Wild West.

Their path to the East Mountains was largely hap-
penstance. At 23, Kay was diagnosed with rheumatoid arthritis that left her barely able to walk. Treatments were painful and because the medications were experimental at that time, her doctors could only prescribe them for a year due to the side effects. They did suggest, however, that perhaps she might try out a different climate. Hearing promising rumors about the beauty of California, in 1962 the young diGesú packed up a

white '59 Cadillac convertible and their five-year-old daughter, leaving their youngest, still a baby, in the care of their family back in Long Island. (They sent for the baby once they settled.) And they headed west, for "anywhere in California."

"We broke down in nearly every city," Kay says, laughing at the memory. In fact, they barely made it out of New York before the Cadillac began to lag. When the carburetor gave out, they were just outside of Albuquerque. "It wasn't anything mechanical," diGesú recalls, "just something in the air with this tender Cadillac."

Perhaps it was fate intervening again. It hadn't been their plan to stay in New Mexico—but they were chasing the sunshine, and when the weather agreed with them three days in a row, then a full week, they decided to stay. "We had more brawn than brain," she says, wondering at their youthful courage. "We just did things. We had never heard of Albuquerque, let alone knew how to spell it!"

Within a month, the couple were business owners. They purchased Lucky's Pizza at 3500 Central Avenue and a triplex on Lead Avenue. They also bought a house. Each cost them \$10,000. On their days off from Lucky's, they often found themselves headed east into the mountains. Between 1963 and 1964, they bought 50 acres in Cedar Crest, about four miles north on N14 near where the Turquoise Trails Campground is now located. On it, they first opened a small campground and then the well-loved Family Fun Farm, which later became Frontier Town.

Mario had long had a love of old westerns, the likes that starred Hopalong Cassidy and Roy Rogers. "There was a real allure there that Mario saw," Kay says. "He was



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Catherine diGesu reflecting on her life of no regrets. Photo by Michael Meyer

always looking for property here—he wanted to live adjacent to the mountains.”

It seemed a natural fit for him, though in hindsight Kay wonders at their audacity—opening a campground, when they had never themselves gone camping. “Two city goons coming to the country! It’s funny when you think about it. There was nothing primitive about us.” Though, after selling the pizzeria and completely relocating to Cedar Crest, Kay quickly became familiar with life in the mountains, and her children were completely at ease leading horseback rides. They even dressed up like Yogi Bear and Boo Boo—the mascots of the campground. “We really just lived for our kids,” Kay says.

And Frontier Town was their way of giving the community an opportunity to spend time with their families, to connect and create memories. They were able to achieve that in the almost 20 years the attraction was open. Those who grew up wandering the old adobes, playing in the covered wagon, camping in the forest, and exploring the East Mountains on horseback carry the magic of those childhood memories with them still.



Trail rides were common at Frontier Town.

Kay’s daughter Lisa describes traveling to Hong Kong, for example, where the world started to feel small when she met another traveler from New Mexico who vividly described her memories of Frontier Town. The woman revealed a photo, and Lisa saw her own face, decades younger, staring back at her. It turns out she had led the woman and her siblings on a horseback ride all those years ago. To be part of so many people’s happy memories has felt like a blessing for the diGesus.

That is perhaps the legacy of the work that Kay and Mario did—to share with others their love of and joy for life, whether by feeding them at Lucky’s or offering them the chance to forge memories together in the East Mountains. Though much older today, Kay’s enthusiasm and love of her family is still palpable. So is her gratitude for the home she found in New Mexico.

“In fact, I have a new appreciation for the mountains,” she says. “It’s peaceful here. There’s a serenity for me—it’s a sanctuary.” Mario passed away in 2015, and their son Mark before him. Some of her children have stayed close, others are as far away as the Philippines. In fact, Kay had just recently returned from five months with her daughter Lorraine there. As she had begun telling the story of her sojourn to the East Mountains, she had laughed and said, “It’s sort of an Italian thing—one family always has to go out in the world.” It is clear that, all these years later, Kay still has that same spirit of adventurousness that has carried her so far.



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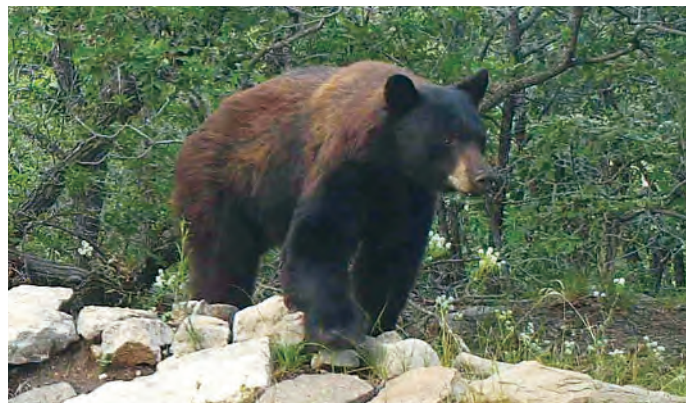
By Beth Meyer • Photos courtesy Jan Hayes

Even though Jan Hayes is not a credentialed bear biologist, she could easily qualify as one. The East Mountain resident has devoted many years to the study of bear behavior and wildlife conservation, including countless hours consulting with biologists on what it means to live in bear country. Concerned about the lack of regulations and seemingly open season on the animals in the Sandia and Manzano Mountains, Hayes founded Sandia Mountain BearWatch 24 years ago. Within three days she had obtained the support of 600 other residents who signed a petition to enact reasonable limits on black bear hunting and trapping, including guidelines for human safety.

Hayes's interest in bears dates back to her childhood. Her father was a railroad engineer stationed in Curry, Alaska, at the base of Mt. McKinley (Denali) for three years. As a young girl, she recalls walking to school and watching black bears rummaging through the trash at the local dump and catching fish along the river each morning. "We thought nothing of it," Hayes says. "We called them the village bears. To us, they were just like the local dogs wandering through town." After moving with her family to New Mexico, they bought a ranch in the Manzano Mountains, where bear sightings continued to be a normal occurrence.

Fast forward to 1985, when Hayes and her husband, Dennis, moved from Albuquerque to the East Mountains and built a home deep in the heart of bear country. She discovered that even though the black bear was designated as the official state animal back in 1963, not everyone understood what it meant to peacefully co-exist with them.

The road to bear conservation in New Mexico has not always been a smooth one. In the early part of the 20th century, many species of wildlife were severely reduced or eliminated across the entire country due to government sponsored "anti-predator programs." Unlimited hunting, poisons, and lack of wildlife management resulted in the extinction of several species in New Mexico, including grizzly bears. In 1927, the New



The scarcity of water in the Sandias makes wading pools alluring for local bears.

Mexico Department of Game and Fish, with support from the state legislature and the general public, set legal hunting regulations that allowed the threatened back bear population to rebound and become the first wildlife management success story in the state.

Keeping track of the bear population, balancing reasonable hunting regulations, and managing bear-human conflict proved to be a challenging task. An accurate count of the number of bears, timing and duration of the hunting season, habitat loss, and food shortages have all fluctuated considerably in the last 92 years. By the late 1970s, bear hunting season lasted almost eight months each year, resulting once again in an extreme reduction in black bear numbers. Disheartened by the absence of conservation regulations and by other threats to the entire black bear population, Sandia Mountain BearWatch mobilized to put a stop to the spring hunting season, reduce the fall season to three months, and limit the total number of bears killed annually, whether because of hunting or depredation (auto deaths, homeowner kills, bears killed after trapping, etc.), to 350 statewide.

Over the next several decades, extreme drought caused natural food shortages for bears, and by the spring of 2013, when a late freeze occurred in the Sandias and Manzanos, almost all of the bears' food sources were gone. "Meanwhile, bear hunters were



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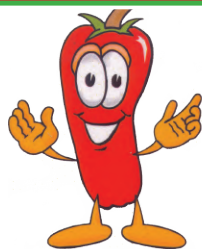
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Jan Hayes, founder of Sandia Mountain BearWatch, with a sign listing a key tip on keeping bears alive and safe. Photo by Michael Meyer

demanding that the hunting season be expanded with higher limits, ranchers were asking for compensation for crop damage, and trappers were continuing to receive unlimited quotas and access to state and federal lands," Hayes says.

At the same time, the human population in the East Mountains continued to grow, and some residents on both sides of the mountains became frustrated with bears getting into garbage cans and bird feeders or killing small livestock and chickens. Bears are omnivorous, so they eat both plants and meat, but most of their diet is composed of plants. When they are starving, they will travel longer distances and are much more likely to come into contact with humans as they search for any source of food. Hayes recalls that one small extremist

group went so far as to demand that all cougars and bears be completely eliminated in the Sandias. While their demands were not met, an overall lack of understanding about how to co-exist with bears continued to fuel controversy over who was responsible and what should be done. "As a result, the hunting season the following year was extended, and the number of bears killed more than doubled the average of the preceding five years," Hayes says.

Another issue that continues to be of concern to Sandia Mountain BearWatch is the need for a limit on the number of sows (females) allowed to be killed each year. Biologists say that in order to ensure a stable bear population, no more than 30 percent of a yearly kill should be sows, but this has not always been the case in New Mexico.



An unsecured garbage container is an open invitation to a bear.

"A higher percentage of sows continues to be killed annually throughout the state without enforcement of the 30 percent limit," Hayes says. "Since as many as half of the cubs die within the first year, and without sustainable hunting limits on sows, the entire population is vulnerable."

She goes on to point out that the majority of problems between bears and people comes from bears having easy access to garbage—a dangerous situation for both human and animal. People who live near bear habitat continue to call New Mexico Game & Fish to trap or kill "nuisance" bears. But trapping bears is extremely time consuming and expensive.

Not only that, Hayes continues, "Most people just assume that bears do fine if they are trapped and relocated, but that isn't the case. There are no pristine, unpopulated areas left to move them to, and a large percentage of bear deaths occur from being relocated to other mountain ranges and then trying to return home.

A trapped bear that is tagged is one step closer to being destroyed."

Educating ourselves and our neighbors in order to prevent human-bear conflicts is a fairly simple process. Hayes reminds residents that human safety and welfare should always come first, but co-existence is possible. To that end, Sandia Mountain BearWatch has compiled a guide outlining some general rules that, when put into consistent practice, will enable people to live peacefully with our wildlife. In addition, with Bernalillo County's help, they have installed 37 informative bear/garbage signs throughout the Sandias and Manzanos outlining how to live safely in bear country.

Although her work has not been without its frustrations, Hayes remains a passionate advocate for the black bear—and her efforts have not gone without recognition. She has received the Western Association of Fish and Wildlife Outstanding Citizen Wildlife Contributor Award and the Wildlife Advocacy Award from Animal Protection of New Mexico. "Without a real effort on behalf of all East Mountain residents, our bear population could become non-existent," Hayes says. "How very sad to have a sterile mountain with no bears."

For more information, visit sandiamountainbearwatch.org. You can also reach Jan Hayes at 505-281-9282, and members Jeff Davis at 505-286-6185 or Kate Fry at 505-681-6373. For more information on how to live peaceably with the New Mexico black bear, please see the Bear Watch Tips on page 29.



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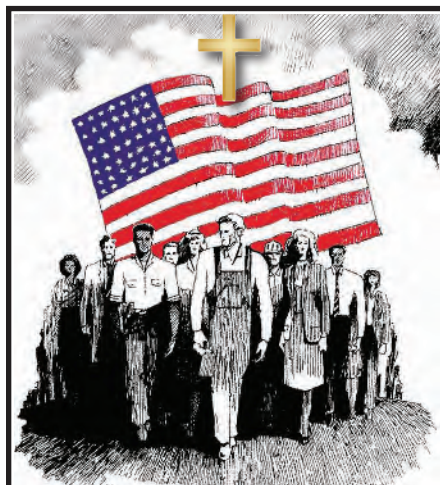
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Not Just a Pie in the Sky

Trail Rider delivers the goods on pizza, service, and community spirit

By Chris Mayo • Photos by Michael Meyer

The basic formula for owning and running a small business is simple: be available to your customers, deliver what you say you'll deliver at a competitive price, and be consistent. Adhere to those three dictums and you'll stand a good chance of staying in business. Go a few steps beyond that, and you'll stand a great chance of being successful for the long term.

Elton and Ashlea Allen have definitely gone those few extra steps—and more. As a result, they've built a unique business in a competitive market. Trail Rider Pizza not only features a wide variety of pizzas, sandwiches, and calzones with traditional ingredients like pepperoni and sausage, it is also one of the few pizzerias that offers vegan and gluten-free options.

The couple also goes the extra mile to ensure their vibe is friendly and inclusive. "We wanted the restaurant to be a reflection of who we are," Elton explains.



Trail Rider features a wide variety of pizzas and toppings.

"We want people to feel as though this is a second home, not just a place to grab a slice. Kind of a community center."

The Allens started out managing the business—which had been in operation for several years—when it was



Trail Rider cook putting the perfect spin on a pizza

located in a single-wide mobile home next to Molly's bar in Tijeras. During its first year under their management, Trail Rider was recognized by the listeners of 94 Rock as "Best Pizza." Twelve years ago, the couple jumped at the chance to own the business outright. Around the same time, a personal transformation was happening, too: the Allens were becoming attached to the East Mountains. They ultimately moved to Tijeras and have been East Mountain residents ever since.

As happy as they were in the trailer, the Allens eventually realized they were outgrowing it. "We set our sights on a new building that could provide the kitchen space and sense of community we always dreamed of," Ashlea says.

As luck would have it, a suite just south of Triangle Grocery on North Highway 14 became available. The Allens snapped it up, rolled up their sleeves, revamped the kitchen, and transformed the space into a welcoming restaurant. They opened on Halloween 2018.

While the couple still offers a full menu for omnivores, they also feel that offering a full complement of vegan and gluten free choices is tremendously important. Vegans themselves, they know how difficult it can be to find those kinds of options in a restaurant. To eliminate the potential for cross-contamination with meat or dairy products, they have a dedicated grill and fryer utilized exclusively for vegan food preparation. They



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also have a gluten-free allergy deck in their pizza oven.

But their most important ingredient, Ashlea says, is love. "We prepare everything with an appreciation for the process, for where we are, and our joy in what we're doing, and most importantly, with an appreciation of the special uniqueness of everyone we serve. It is said that food prepared with love tastes better, and we believe that to be true."

They say they're off to a good start in the new location. Many of their regulars from the trailer days stop in frequently. When asked what they attribute their success to, both agree that it's as much about the quality of the food as it is about the atmosphere. "We care about what we do, and we care about people in general," Elton says. "You don't have to agree with everyone, but it is important to appreciate everyone



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Speaking of appreciation, both Elton and Ashlea regularly show their thanks for the community that has nurtured them for so many years. They are proud supporters of East Mountain Little League, Upward youth basketball, and several other events and non-profit organizations.

The restaurant is also available for special events. They recently hosted a birthday party during which the kids got to make their own pizzas in the kitchen. "That was a blast," says Ashlea. "We'll definitely do more of those."

"We have never regretted buying the business," Elton says. "We like meeting people, serving good food, and everything else that goes into providing quality service."

Ultimately, they want their place to feel like a second home. "We don't want people to come in and only fill up on pizza or a sandwich," Ashlea says. "We want them to want to come back and visit us again. If they like our food, we're pleased. If they have a conversation with a stranger, we're overjoyed."

For those who enjoy live music with their meal, Trail Rider provides that on Monday and Tuesday nights starting at 6 p.m. True to their nature, they've named the nights "More Love Monday" and "Let Love Grow Tuesday."

The history of food service in the East Mountains is littered with stories of restaurants that tried to make it and failed. The few that survive have become viable components of the community mosaic. It seems safe to say that Trail Rider Pizza is one of the latter.

Visit them on Facebook or at www.trailriderpizza.com



Top: Trail Rider's new front area, with games and stage for performers.
Bottom: Kitchen area and pizza going in the oven.

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Good Stress/Bad Stress

Finding balance to fight fatigue and promote good health

By Jeanne Drennan, OT/L

We hear it time and again: stress can be a killer. But what kind of stress? In this case, think of it as the “bad” kind, or *distress*, what Dr. Jon Kabat-Zinn, in his book, *Full Catastrophe Living*, calls “the tension between what is happening and what we want to be happening.” In other words, something stressful happens, the brain balks at accepting it, and a conflict arises between the body and the mind—often manifesting in a host of physical and mental issues.

The adverse effects of this kind of negative stress creep up on us slowly—day by day, and it can literally suck the life out of us if we let it. The key to riding the waves of stress, Kabat-Zinn says, is to be able to “live in the full catastrophe of life with arms open wide.” Essentially, learn how to be with the suffering without it destroying our lives—and how to use beneficial stress to our advantage.

Perhaps the most prominent sign of bad stress is fatigue, and the adrenal glands may hold the answer as to why. These tiny glands that sit on top of the kidneys respond to stress by secreting hormones that put your body on high alert. This is



appropriate when stress is short-lived or our lives are in danger, and our bodies are equipped to deal with this, but prolonged, constant stress triggers the adrenals to continue secreting these fight-or-flight hormones until our bodies crash under the burden and debilitating illness takes hold.

Think about it: The alarm clock buzzes us awake, we rush to get out of the house, get caught in traffic, grapple with deadlines at work, fight traffic again, and arrive back home to face bills, the kids, and the rush to make dinner. Then there are simple irritants, like the computer crashing or spilling coffee on our lap. Even things we wouldn't normally think of

as stressors, like bright lights in our home after the sun goes down, skipping meals, poor sleep, and working out too much without a break can take their toll. Add in the big stressors like divorce, the death of a loved one, moving, injury, or a severe illness, and it's a wonder we make it through our lives at all.

Chronic stress can lead to a dysfunctional immune system that keeps us sick, tired, and emotionally depleted. If stress isn't managed well, it doesn't matter what we put on our plates or how much we exercise—it will completely undermine all the other positive changes we make in our lives. While prolonged negative stress can cause anxiety, insomnia,



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or restless sleep, it also carries the perception that situations are beyond our ability to cope. Hence, stress impairs our performance and focus and depression often takes hold.

So what do we do? Here's where something called *eustress* comes in. The opposite of *distress*, *eustress* is positive stress, and it helps combat the negative. Good stress is often perceived as being within our ability to cope. It feels exciting, not draining, motivating and uplifting, and it improves our focus and performance. We experience *eustress* when we start a new job or receive a promotion or raise, get married, buy a home, have a child, take a vacation, celebrate the holidays, retire, embark on a new hobby, or learn a new skill.

However, it's important to note that what might be *eustress* for one person is actually *distress* for another, and vice versa. According to the authors of *The Autoimmune Wellness Handbook*: "Whether a stressor has a positive or negative impact has to do with the way we perceive the stress, as well as our physical ability to handle it." This dichotomy always makes me think of rollercoasters and scary movies. Some people actually pay for these experiences because they provide them with a good dose of healthy stress, while for others, like myself, they could result in everything from mild anxiety to paralyzing fear, maybe even deep psychological trauma. Even something seemingly non-threatening, like planning a large dinner party, can bring one person excitement and joy while making another person feel overwhelmed by an insurmountable task.

Short of winning the lottery and retiring to a private island, living a stress-free life probably isn't possible for most of us. The key is

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balance—learning the difference between what stresses you out and what energizes you, decreasing distress as much as possible, and then countering it with eustress.

The first thing to do is identify the particular stressors in your life to which you are most vulnerable and decide if there is anything you can do about them. Distinguish which things contribute to your health and which detract from it. This can be as simple as making a list of things that are “good” for you and a list of things that are “bad” and making adjustments accordingly. For instance, if making dinner every night stresses you out, enlist the help of the kids or your spouse and task each of them to make a meal once a week.

Recognize your limitations. You can’t do everything. If you find yourself spread so thin that you’re not meeting your obligations or doing your work well, it may be time to reassess your commitments and employ a delegate-or-eliminate strategy. When your plate gets too full, it doesn’t serve you or others to just get a bigger plate—something’s gotta give!

Learn to say “no.” This one-word sentence is perhaps the hardest thing for chronically stressed individuals to say. It conjures up all kinds of feelings, from guilt to self-condemnation to fear. To get past the discomfort

that comes from saying “no,” take a deep breath and . . . don’t answer. At least not right away. Saying something like “That sounds like a great opportunity. Let me think about it and I’ll get back to you tomorrow.” allows you to think the decision through with a clear mind instead of responding out of emotion. If the answer turns out to be no, then simply say, “I’m not able to commit to that, but thank you for asking.” And if there is a *should*



involved, as in, “I *should* do this or that . . .” let that serve as a red flag! Learning to say no not only protects your health, it frees you up to say yes to things you really want to do.

Then you can start to make room for the good stuff. Here are some suggestions:

1) Reframe it. How you think about a situation determines the course

it’ll take in your life. Don’t believe everything you think.

- 2) Do things you love. Whether it’s reading, running, or restoring furniture, make time for it at least once a week, for starters.
- 3) Find a physical activity that resonates with you. Some people love the gym and group exercise classes while others find their sweet spot in things like yoga, dancing, snowshoeing, mountaineering, martial arts, swimming, pickle ball, gardening, or building things.
- 4) Practice meditation and deep breathing. They can help you learn to tune out the stress and refocus your energies.
- 5) Seek social support. Staying in regular touch with friends and family, both as a source of comfort and of fun, makes stressors much less stressful.
- 6) Establish a healthy circadian rhythm with a consistent sleep and wake schedule. Not only does your body heal while you sleep, there is now scientific evidence proving that your brain actually sorts through and stores information and solves problems while you sleep.
- 7) Consume quality, nutrient-dense food, eat it slowly, and stay hydrated.
- 8) Forgive. Unresolved conflicts are toxic and will destroy your health and happiness. Hanging onto anger and resentment keeps you wrapped up in the past so you can’t enjoy the present or plan for the future.

The bottom line is, be mindful of what you allow into your life and how you allocate your time. Don’t take yourself too seriously and look for the good in each day. And don’t forget to breathe.



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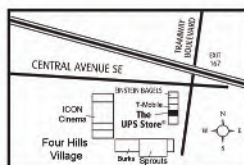
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Recap of 2018 and Predictions for 2019

By Cara Brenza, qualifying broker Realty One, Cedar Crest

Marked by low mortgage rates and high consumer confidence, the 2018 real estate market was a strong one, offering benefits to both buyers and sellers. Here in the East Mountains, more than 580 single-family homes hit the market in 2018, with an average selling price of \$274,803, up from \$265,430 in 2017—a 3.4 percent increase compared to 2.68 percent for the entire market area, including Albuquerque.

Homes for sale in 2018 also spent fewer days on the market, with 48 percent selling in less than 30 days. Furthermore, many homeowners who bought at the height of the real estate market boom in 2008 and then suffered through the downturn

of the proceeding years have now recovered their equity.

Here is what I predict for 2019:

Mortgage rates will continue to rise, possibly reaching as high as 5.8 percent for a 30-year fixed mortgage. In spite of those rates, millennials in their late twenties and early thirties will continue to comprise the greatest segment of homebuyers—45 percent compared to 37 percent for GenXers and 17 percent for Baby Boomers.

Nationally, overall sales will drop in 2019, probably by around 2 percent, but we are optimistic about how things will go here in New Mexico, which seems to feel real estate trends later than most of the rest of the nation. Home price growth will still show appreciation, though, probably

around 3 percent, due to less competition and fewer new home starts.

While home affordability will continue to be a big factor in the 2019 housing market, early signs point to an improving home inventory situation, including in several markets that are beginning to show regular year-over-year percentage increases. As motivated sellers attempt to get a jump on annual goals, many new listings enter the market immediately after the turn of a calendar year. If home appreciation falls more in line with wage growth, and rates can hold firm, consumer confidence and affordability are likely to improve.



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The East Mountains is a great place to live. It offers buyers many different types of terrain, communities, lifestyles, amenities, and home styles—all away from the hustle and bustle of city life without a cookie-cutter suburban neighborhood in sight.

Those distinctive qualities mean that you'll need a realtor well-versed in the particulars of rural and semi-rural property ownership. Whether you are looking for a farm, ranch, horse property, lifestyle community, or just a private spot tucked away in the trees, these realtors are the East Mountain experts who can help you find your home sweet home.

And since water is a big issue out here, they'll help you navigate the ins and outs of private wells, shared wells, and community water systems. Likewise, they

are well-versed in septic systems and the most recent regulations governing their use, as well as the areas in which natural gas will soon supplant traditional propane. Other issues you might encounter as an East Mountain home buyer are HOAs, special zoning, shared roads, and various covenants, conditions, and restrictions.

These seasoned brokers, representing a host of realty companies, specialize in the properties and nuances of the East Mountains. Their high production speaks volumes about their ability to work successfully with both sellers and buyers—and with each other.

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Shop Your Local Farmers' Market

It's that time of year again, when growers throughout the East Mountains harvest their bounty and share it with people eager to shop local and eat healthy. And when you buy direct, you know exactly where your food is coming from and how it was produced. Here are a few of your options for this growing season:

Cedar Crest Farmers' Market

Location: North side of Triangle Grocery, 12165 NM 14 in Cedar Crest

Season: May 15–October 16

Schedule: Wednesdays, 3pm–6pm

Contact: John Rose, 505-281-2832 or email desertcrops@gmail.com

Features East Mountain-produced organic and pesticide-free fruits and vegetables, baked goods, and potted plants. Farm-fresh meats include chicken, lamb, turkey, rabbit, beef, and heritage pork. Eggs will include chicken, duck, turkey, and quail. The market accepts EBT/SNAP and offers Double Up Food Bucks. For updates, check them out on Facebook.

Cerrillos Farmers' Market

Location: Cerrillos Station on First Street in Cerrillos

Season: May–October

Schedule: Thursdays, 4pm–7pm

Contact: Barbara Briggs at 505-474-9326

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Schwebach Farm in Moriarty

Location: 807 W. Martinez Road

Season: late July–mid October

Schedule: Mon–Sat 10am–6pm, closed Sundays

Contact: 505-832-6171

info@schwebachfarm.com
schwebachfarm.com

Known primarily for their delicious sweet corn, Schwebach also produces a variety of other pesticide-free, sustainable, and non-GMO produce, including sweet yellow onions, carrots, beets, and heirloom tomatoes. Sweet corn is available for purchase start-

ing around August 1, with other produce available through October. Winter vegetables go on sale starting in September. Check their website for a full list of items.

All times and locations are subject to change, so call or check with each market's website for the most up-to-date info.



Schwebach Farm



Moriarty, NM

PO Box 327,
807 W. Martinez Rd.

(505) 832-6171

schwebachfarm.com
info@schwebachfarm.com

Growing non-GMO

Sweet Corn • Vegetables • Potatoes

Pinto & Bolita Beans

Farm Market • CSA • Farm Tours • Events

Buy LOCAL - Buy FRESH at our Farm Market in Moriarty, NM and other locations listed at our site.

Harvest begins late-July early-August

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505-281-1999

info@eastmountainchamber.com
www.eastmountainchamber.com

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Stanley, New Mexico on Google Maps



ONGOING

Amigos de Cerrillos

Hills State Park

Enjoy a variety of recreational, educational, and nature-based programs at this 1,110-acre NM state park located off the Turquoise Trail outside Cerrillos. Also open daily from sunrise to sunset for hiking, mountain biking, horseback riding, and picnicking. Events are posted quarterly at cerrilloshills.org

East Mountain Chamber of Commerce Meetings

Los Vecinos Community Center • Tijeras

General meetings held the first Thursday of every month from 11:30am to 1pm, followed by the board meeting from 1pm to 2pm. For more information, contact administrator Gail Rossi at 505-281-1999 or email her at Info@EastMountainChamber.com

Greater Edgewood Area Chamber of Commerce Meetings

Third Thursday of every odd month, 11am–1pm; even months 5–7pm

Locations vary

For more information, call 505-596-0566 or log onto edgewoodchambernm.com

Manzano Mountain Art Council

Mountainair

Sponsors a variety of programs and events year round. manzanomountainartcouncil.org

Turquoise Trail Sculpture Garden "Origami in the Garden"

Memorial Day (May 27) through Balloon Fiesta (Oct. 13) • Monday–Friday 10am–4:30pm

Located ten miles south of Santa Fe on the Turquoise Trail, between mile markers 34 and 35, this monumental outdoor sculpture exhibition was created by American artist Kevin



Box. It features his own work as well as collaborations with his wife, Jennifer, and internationally respected origami artists, such as Dr. Robert J. Lang and Te Jui Fu. origamiinthegarden.com

Saturdays at the Johnsons

Johnsons of Madrid Gallery • Madrid

Enjoy a variety of performances every Saturday from 1–3pm and gallery receptions for new exhibitions the first Saturday of every month from 3–5pm. 505-471-1054

Sandia Mountain Natural History Center Ecology Field Program

The Ecology Field Program introduces APS 5th graders, as well as students enrolled in other Albuquerque-area schools, to the local ecosystem and the producers, consumers, and decomposers that reside here, through a day of field exploration, observation, and hands-on learning in the outdoors. This free-of-charge program includes a 2–3 hour hike, lunch break, and hands-on activities. sites.google.com/a/aps.edu/smnhc/school-programs

Schwebach Farm School Tours and Family Dinners

Come harvest time starting in August, Schwebach Farm in Moriarty hosts a variety of activities for school groups, plus family dinners and roasts at sunset. For more information, contact Evie Schwebach at 505-832-6171.

Vista Grande Community Center

Sandia Park

Workout in a gym with views, take a yoga or other exercise class, join a garden club, or sign your kids up for any number of after-school programs—everything from sports to drama. The community center's calendar is full of programs for adults, teens, and seniors. Check it out here: bernco.gov/community-services/vista-grande-programs.aspx

MAY

Muddy Princess 5K Obstacle Mud Run

Sunday, May 12 • Wildlife West Nature Park • Edgewood

Don't miss this unique way to enjoy a "girl's day out." wildlifewest.org



CrawDaddy Blues Fest

Saturday & Sunday, May 18 & 19 starting at noon • Madrid Railyard, next to Mineshaft Tavern • Madrid

Celebrate the 13th anniversary of this festival with the freshest crawfish from southeast Texas, cooked on premises and accompanied by plenty of catfish, shrimp, barbecue, and, of course, great live blues music. themineshafttavern.com/crawdaddy-blues-fest-2019

Santa Fe Century Bike Ride

Sunday, May 19

Celebrate the 34th anniversary of this popular ride along the historic Turquoise Trail. Rides include the Century, Half-Century, a 25-miler, a 39-mile timed Medio Fondo, an 89-mile timed Gran Fondo, and a 20-mile out-and-back Santa Fe Rail / Spur Trail all-dirt route san-tafecentury.com

Art in the Park

Saturday, May 25 • 10am–3pm

State Park Visitor's Center, Cerrillos

For more information, call 505-438-3008 or log onto turquoisetrail.org

Ampersand Project Plant Sale

Saturday, May 11 • 10am to 3pm

Mine Shaft Tavern • Madrid

Come join the folks who run this sustainable living learning center outside Madrid for their annual sale of veggie seedlings for your garden—organically grown, rain-water-fed, and adapted to our hot summers. Check out well-known heirloom and rare varieties of tomatoes, chilies, squash, greens, cucumbers, herbs, and flowers. For more information—and for other upcoming Ampersand events—visit them at ampersandproject.org

Memorial Day Baseball Game

Monday, May 27 • noon • Oscar Huber

Memorial Ballpark • Madrid

turquoisetrail.org

JUNE

Greater Edgewood Area Chamber of Commerce Chuckwagon Mixer

Saturday, June 1 • 5–7pm

Founders Ranch • Edgewood

Kick back and relax while meeting fellow regional business owners. Music, barbecue, and keynote speaker. For more information, call

505-596-0566 or log on to edgewoodchambernm.com.

Free-Flight Flacon Shows

June–August • Wildlife West Nature Park Edgewood

It's the only place in New Mexico to see this incredible free-flight bird show. As part of the Chuckwagon Supper program and also at the Harvest Festival in September, Wildlife West visitors can experience these magnificent birds up-close as they perform with world-renowned falconer Tom Smylie. wildlifewest.org

Cowboy Days

Cowboy Days: June 14–July 4

Wildlife West Nature Park

The single largest annual event in the East Mountains. Includes Cowboy Action Shooting World Championships, a chuckwagon, wildlife festival, car shows, art festival, music, brews, and more. For vendor or other information, call 505-596-0566 or log on to edgewoodchambernm.com.

End of Trail

June 13–23 • Single Action Shooting Society Founders Ranch • Edgewood

The World Championship of Cowboy Action Shooting & Wild West Jubilee takes place at the Single Action Shooting Society Founders Ranch in Edgewood, located six miles off I-40 exit #131. The event features vendors, continuous entertainment, and social activities. 505-843-1320 or sassnet.com/EoT/index.php

Father's Day Car Show

Sunday, June 16 • 9am–3:30pm

Tony's Service Center in Edgewood

Drop by this free event for the entire family and check out over 400 classic and modern cars while enjoying games, silent auction, and free food and water. For more information, call 505-281-9972.

Wildlife Festival

Saturday, June 15 • 10am–6pm

Wildlife West Nature Park • Edgewood

Visitors will have the rare opportunity to be close to wildlife, observe their behavior, and get a behind the scenes tour of Koshari, a 500-pound black bear. wildlifewest.org

Chuck Wagon Sunset Suppers & Shows

Saturday evenings: June 15 and 29, July

14 and 27, and August 10, 21, and 31

6pm • Wildlife West Nature Park

Edgewood

Enjoy a barbecue dinner, wildlife presentations, free-flight falcon show, hayrides, and a western music show or music by the Watermelon Mountain Jug Band. Shows take place rain or shine in the all-weather amphitheater or the enclosed and heated Bean Barn. wildlifewest.org

JULY

4th of July Rods and Brews Car Show

Thursday, July 4 • 11am–4pm

Tony's Service Center in Edgewood

Drop by this free event and check out over 400 classic and modern cars while enjoying a great selection of beers from Sierra Blanca Brewing Company. For more information, call 505-281-9972.

July Fourth Baseball Game and Parade

Thursday, July 4 • Oscar Huber Memorial Ballpark • Madrid

Game starts at 10am, followed by parade at noon. turquoisetrail.org

Cerrillos Village History Tour

Saturday, July 27 • 10am–noon

Cerrillos

Join the Cerrillos Historical Society for a free and friendly group walk through the village of Cerrillos, with

periodic stops at the town's main features and houses. Meet at First and Main Street. Bring a hat, water, and comfortable shoes. Great photographic opportunities. For more information, call 505-438-3008 or log onto turquoisetrail.org.

AUGUST

Route 66 Run, Rally & Rock

Saturday, August 3 • 9am–9pm
Edgewood, exact location TBA

An annual community celebration featuring a fun run along Route 66 starting in Edgewood at 9am, followed by parade at 10am. Expo, games, contests, music, and food at Rich Ford Edgewood until 3pm. The event culminates with a fireworks show beginning about 8:30pm. For more information, call 505-596-0566 or log on to edgewoodchambernm.com.

Dirty Dash Mud Run

Saturday, August 17 • Wildlife West Nature Park • Edgewood
wildlifewest.org

Cerrillos Village Yard Sale

Saturday, August 24 • 9am–4pm
Cerrillos

Nosh on tasty treats while enjoying the warm late summer weather at this town-wide event, where residents put out tables of treasure in front of their homes—just waiting to be discovered by their next owner. For more information, call 505-438-3008 or log onto turquoisetrail.org.

SEPTEMBER

Harvest & Fiber Festival

Saturday & Sunday, August 31 and Sept. 1
Wildlife West Nature Park • Edgewood

Celebrate the area's culture, traditions, and agricultural heritage with locally grown food, a tractor parade,

music, and fun for the entire family. wildlifewest.org

White Wings Over America

Wednesday, Sept. 11 • Wildlife West Nature Park • Edgewood

A white dove release to pay tribute to those who paid the ultimate price on 9/11. wildlifewest.org

Sandia Crest Marathon

Saturday, Sept. 14

Meet at the buses at 4am at the Manzano Mesa Multigenerational Center in Albuquerque for your ride to the race start, at the top of the Sandia Mountains. Then make your way down the Sandia Crest National Highway for 26.2 miles through rolling East Mountain terrain back to the Center. For more information, or to register, log onto runsandiacrest.com.

4th Annual Bustin' Clays Tournament

Saturday, September 21 • Founders Ranch Edgewood

A sporting clays tournament for individuals and teams, novice to advanced. For more information, call 505-596-0566 or log on to edgewoodchambernm.com.

Madrid Madfest Music Festival

Saturday and Sunday, Sept. 21 & 22
noon–7pm • Madrid

For more information, call 505-438-3008 or log onto turquoisetrail.org.

Sixty-Six on 66

September 27, 28, & 29 • various venues
Moriarty

A celebration of the 66th anniversary of Moriarty's founding all along the Mother Road. Events include homecoming pinto bean fiesta, music, food and brews, film festival, historic play, and community heritage speakers. For more information, call

505-596-0566 or log on to edgewoodchambernm.com.

OCTOBER / NOVEMBER

Madrid Chile Fiesta

October 5–13 • noon–8pm • Madrid

When you're done watching the balloons fly the skies over Albuquerque, head up the Turquoise Trail to Madrid for this fun festival. For more information, call 505-438-3008 or log onto turquoisetrail.org.

Annual Punkin Chunkin'

Saturday, October 19 • 5 miles west of Estancia off Hwy 55

It's a bird? It's a plane? No, it's a pumpkin! Every year the third Saturday in October, folks get together in a field just outside Estancia to hurl pumpkins using their homemade punkin chunkin' machines. The event also includes a daylong Pumpkinfest, starting with a parade down Main Street and ending with the chunkin' about a mile or so away. In true festival form, there will be all the usual arts, crafts, and food booths, a chile cook-off, carnival rides, rock climbing wall, and much more. Sponsored by the Estancia Rotary to raise money for local students to pay for college. 505-238-3821

Corona Craft Fair

Saturday, Nov. 2 • 9am–3pm • Corona High School Auditorium • Corona, NM

Bring your friends for a fun-filled day and get a head start on your holiday shopping. Breakfast and lunch concessions available. For more information or to reserve a table, call 575-520-9732.

Please note that all dates, times, and prices listed here are subject to change.



Church Directory

FOREST MEADOW BAPTIST

*A Friendly Country Church
Serving Christ in the East Mountains*



- 9:30 AM Sunday School/All Ages
- 10:30 AM Coffee/Tea Fellowship
- 11:00 AM Joyous Praise & Worship
- AWANA: Kids Bible Program
- Free Basketball Camp (June 10-14)
- Harvest Fest Saturday Sept. 23rd

281-4105

#54 Hwy 217 (½ mile east of Hwy 337)

forestmeadowchurch.com

Cedar Crest

| | |
|--------------------------------------|----------|
| Mountain Christian Church..... | 281-3313 |
| Prince Of Peace Lutheran Church..... | 281-2430 |
| Vista Grande Church | 228-7890 |

Edgewood

| | |
|-------------------------------------|----------|
| Church Of Latter-Day Saints | 281-5384 |
| Church Of Latter-Day Saints | 286-3197 |
| Church Of Latter-Day Saints | 281-3684 |
| Covenant Of Grace Bible Church..... | 281-3500 |
| Edgewood Church Of Christ | 281-3477 |
| Good Shepherd Lutheran Church..... | 281-2013 |
| Mountain Valley Church | 281-5566 |
| Western Region Church Of God..... | 286-0995 |
| Woods End Church | 286-2826 |
| Woods End Church | 286-8344 |

Estancia

| | |
|--|----------|
| Church Of Latter-Day Saints | 384-5451 |
| Church Of Latter-Day Saints | 384-2956 |
| Estancia United Methodist Church..... | 384-5215 |
| First Assembly Of God | 384-2968 |
| First Baptist Church Of Estancia | 384-2286 |
| Liberty Ranch School & Church..... | 384-2530 |
| Valley View Christian Church | 281-8373 |

Moriarty

| | |
|---|----------|
| Bethel United Methodist Church..... | 832-4200 |
| Calvary Chapel Of The Estancia Val..... | 832-6995 |
| East Mountain Assembly Of God | 832-6320 |
| Estancia Valley Catholic Parish..... | 832-6655 |
| First Baptist Church Of Moriarty | 832-6385 |
| First Moriarty Baptist | 832-4704 |
| Jehovah's Witnesses | 832-1377 |
| Moriarty Church Of Christ | 832-4304 |
| Moriarty Church Of The Nazarene | 832-4390 |

Mountainair

| | |
|--|----------|
| Assembly Of God Church | 847-2498 |
| Assembly Of God Church Parsonage | 847-0616 |
| Mountainair Christian Center..... | 847-2773 |

Sandia Park

| | |
|---------------------------------------|----------|
| Community Church Of The Sandias | 281-3833 |
|---------------------------------------|----------|

Stanley

| | |
|---------------------------|----------|
| Stanley Union Church..... | 832-4325 |
|---------------------------|----------|

Tijeras

| | |
|---|----------|
| First Baptist Church..... | 281-3342 |
| Forest Meadow Baptist Church..... | 281-4105 |
| Holy Child Parish | 281-2297 |
| Village Of Tijeras Historic Church..... | 286-7222 |

Estancia Valley Catholic Parish

**Serving the Greater Estancia Valley including
Edgewood, Estancia, Moriarty & Tajique**

**Saints Peter
and Paul**

**101 S. Ninth, Estancia
Mass Sunday 11:30 am -
bilingual**

San Antonio

**8566 Hwy. 55, Tajique
Mass Sunday 9:30 am**

**St. Elizabeth
Ann Seton**

**85 Hwy. 344, Edgewood
Mass Sunday 8 am &
5:30 pm**

**Our Lady of
Mount Carmel**

**215 Girard, Moriarty
Mass Saturday 5:30 pm
& Sunday 10 am**

Please call the Parish Office at 832-6655 for more information, the Christmas and Lenten schedules, and the times of Reconciliation; or see our website, www.evcnm.org.

The Parish Office is located at 1400 Third Street South, Moriarty. (Corner of 3rd St. South and Linden Ave.) • PO Box 129, Moriarty, 87035

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- Sunday Adult Bible Study - 10:30 am
- Tuesday Adult Bible Study - 9:00 - 10:30 am

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JEANETTE RAVER, CRS

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JEANETTE@RAVERTEAM.COM

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