

La Voz de Mora

November 26 to December, 2018

Volume 5

Edition 57

Editorial

Christmas Spirit

By Nancy Quintana

Dear readers:

With the autumn harvest we celebrated once again the tradition of the of Thanksgiving Day. We hope you have passed a beautiful and meaningful family celebration and keep in your hearts that feeling.

And now Mora County is preparing to welcome the Christmas spirit, an opportunity to unite the community, get together as a family and enjoy an atmosphere of joy and gratitude for what we have received and what next year will bring us.

The Mora Valley Chamber of Commerce opens this Christmas season with the 17th Winter Fest on December 1st. Chamber of Commerce announcing the presentation of a community event "Gingerbread Houses Parade". It sounds very fun, doesn't it?

We also highlight in this edition that New Mexico elected the First Native American Woman to the House of Representative, which is a source of pride for those who claim their indigenous and mestizo roots.

We hope that this small edition is of interest to you, we invite you to dare to share your family traditions in the next edition. Send us articles of interest to the community, stories, photos, dichos "sayings", poems, feedback etc. The last day to receive the information will be on December 10 and thus we will close the year 2018 with Edition # 58. Do not miss the "Twinkle Light Parade" on December 12, 2018.

May forgiveness, tolerance, love and peace inhabit our hearts. *Que el perdón, la tolerancia, el amor y la paz habiten en nuestros corazones.*

God Bless you!



PRESENTED BY:
The Mora Valley Chamber of Commerce
SATURDAY DECEMBER 1ST
9AM - 3PM
MORA ELEMENTARY GYM
SANTA ARRIVES AT 1PM

REGISTRATION = \$25.00
Forms can be picked up at Tapetas De Lana,
messed via Facebook, or by calling Karen Vigil at 5054018400.

~NEW THIS YEAR~
**PARADE OF
GINGERBREAD
HOUSES**

To enter your gingerbread house, simply show up the day of the event.
Top 3 gingerbread houses will receive prizes in age group categories:
K - 4th Grade / 5th - 8th Grade / 9th - 12th Grade / Age 19 and Above.
All entrants Will be entered in a drawing to receive a grand prize of \$50 cash.
For more information, call Karen at 5054018400 or David at 5056041076.

Volunteer Core Staff: Nancy Quintana, Carla Gomez
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Send your articles, Announcements, Adds, letters, photos and donations to:
Contact/Contáctanos: lavozdemora@gmail.com / P.O. Box 51 Holman, NM 87723

DWI Prevention Program: Focuses on Brain Science, Refusal Skills, Helmet and Seat Belt Safety

Submitted by Jennifer Biller

The Egg McTuffin activity reinforces the time it takes for the brain to develop all its Neural Pathways to adulthood and what students can do to protect the brain during vital stages of development.



Here they are tasked with building a protective barrier of straws and take over an egg. They are given 20 minutes. We later test to see whether the egg cracked. The two classes of 4 groups each were successful in protecting the egg.

The 2nd Grade at Mora Elementary are actively involved in the Too Good for Drugs Program, lesson 2 "Stop and Think" game. This part of the curriculum covers making responsible decisions.

Memory Games for Adults

The Grocery List Game

There are several variations of the grocery list game that improve memory function. This group game involves forming a circle, with the first person starting the game with, "I went to the store and bought..." Each subsequent person adds an item to the end of the sentence, and the object of the game is to remember all items in correct order. The first person that messes up the order or cannot remember the items loses.

This quick and easy game is great to play if you do not have any board games, cards, or other items handy. A few friends are all you need to play. The Grocery List Game tests your ability to recall and properly order lists. The game builds connections and expands your brain's ability to remember, improving your memory over time. To make the game more personal and challenging, you can replace the starting sentence with any topic, such as, "My favorite books are..." Trying to recall long book titles increases the difficulty of the game.

While these games provide many opportunities to improve mental health, living in a vibrant social community is a great way to keep your mind sharp.

Construyendo Identidad – Building Identity

Quienes Fueron los Pobladores Nuevo Mexicanos? Who Were the New Mexican Settlers?

By Anselmo Arellano

Juan de Oñate and 400 men left to colonize the new province in 1598. One hundred and fifty of the first settlers came accompanied by their families. Most of the officers and soldiers who accompanied Oñate in his expedition were born in **Mexico**.

By this time the Spaniards had been in New Spain for seventy-five years, and many of the settlers were of Spanish-Mexican parents. Some of the soldiers and their families were of Indian and Spanish blood, representing the miscegenation of New Spain. Onate's own son had Indian blood on his mother's side.

The second group of settlers who populated the province were from Mexico City and its surroundings. In May of 1695, another group of settlers was brought to New Mexico by Juan Páez Hurtado de Zacatecas.

The descendants of these groups of settlers are the majority of the current Spanish-speaking population of New Mexico.

Tienes Raíces Chicanas? – Do you have Chicano Roots?

As Chicano is usually designated to the inhabitants of the United States that have Mexican origins. The word, as such, is the product of a shortening of Mexican (xicano).

In this sense, Chicanos can be the Hispanic inhabitants of the territories of the United States that in the past belonged to Mexico (Texas, Arizona, New Mexico, California, Utah, Nevada, Colorado and Wyoming), or also the people born in the United States that are children of Mexican immigrants. Another way to call Chicanos is like Mexican-Americans.

Culturally, the Chicano individual feels a hybrid subject, who shares his references between the United States and Mexico. Where this question best expresses itself is in the language, which is usually characterized by the name of Spanglish, a language that is a kind of mixture between Spanish and English, which can be seen in words like *parkear*, which derives from the English *parking*, for refer to 'park the car', or *vacunar la carpeta*, which means "*aspirar la alfombra*", which in English is called "vacuum the carpet". (wikipedia)

A Grateful Greeting



On behalf of the September 15, 2018 Fundraiser at Mora VFW, I want to thank God for His Assistance and Blessing He has given me and my wife over the past 4 months following my health issue.

I recently returned to New Mexico so I want to also thank Martin Duran, Cheri Olivas, Jeanette Gonzales and many others for their thoughts, efforts and prayers to help me with fundraising at the VFW in Mora on September 15, 2018. They did an Awesome job that helped tremendously during my stay in rehabilitation and therapy time at Craig Hospital in Denver, CO.

It is now three days past the four months that my health was changed during a surgery I had at the University of New Mexico (UNM) Hospital that caused a severe brain injury. My health has drastically improved since my injury began on July 5, 2018. Initially I was in a wheelchair after my surgery, however by the time I left Craig Hospital I was going anywhere from 2-10 miles while exercising. What a great physical therapy they provided to me over my 3 months. I highly recommend Craig Hospital for anyone who is suffering from a Brain or Spinal Cord injury.

Currently, my largest issue I deal with is my short-term memory loss. Long term memory is doing just fine, but short-term memory was most affected. My doctors have classified my health as APHASIA. If anyone is interested in additional information on my health, please research the symptoms of Aphasia.

I am currently unable to drive and the therapist are estimating approximately 3-6 months. Rrrrrr!!! Also, my short-term memory rehabilitation is estimated to take approximately 12-18 months, but I am currently doing extremely well. I do have some therapy that I have at home and will continue that process for some time. Returning to work will be a while, but my recovery is most important to me and my family.

I have recently returned to New Mexico after being gone from home for 4 months. I missed New Mexico tremendously and am getting back to the stage of being home. Winter and the Holidays are near and the idea of being close to my family is a great Blessing.

The only thing that has been negative during my recovery is that my symptoms that I had prior to my surgery at UNM still affect my nerves in my left eye and jaw. I am scheduled for a 2nd surgery on Nov 16, 2018 in Denver, CO to remove the reoccurring pain I have. I can update folks following that surgery.

Thanks to everyone for all the Prayers and financial help each of you provided during my stay in Denver and each of you were extremely generous during this crisis I had in the last 4 months.

Sincerely, John and Pam Olivas

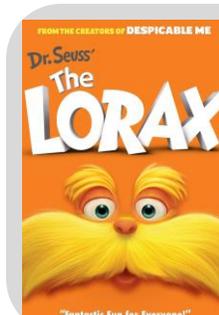
Drilling Mora County at the Mora Valley Spinning Mill (Tapetes de Lana)- Thursday. Dec. 13, 2018 @6pm –Donation \$10

Join us next month as we screen documentary, "Drilling Mora County,". The film covers the Mora County fracking ban and its lawsuit in Federal Court with interviews with local attorneys, activists, and elected officials.

This is David's monumental work to distill the seven-year citizen effort. A salty juxtaposition to John Nichols' "Milagro Bean field War" footage. He makes his point well. And in conjunction with Frank Water's "People of the Valley," it is apparent that the people of Mora County are tenacious with clear values of what matters in a good life well lived.

David Luis Leal Cortez. David is a writer, filmmaker and former political operative, who has worked on local, state, and national campaigns. He is from the Washington, DC area and graduated from the College of Santa Fe in Moving Image Arts.

Also, at the Indigo Theater Las Vegas - Wed. Dec. 12, 2018 @5pm –Donation \$15



Submitted by Mary Je Whitman
The Lorax is a children's book written by Dr. Seuss, and I want to share this quote:
"Unless someone like you cares a whole awful lot... nothing is going to get better...it's not".

NM elected the First Native American Woman to the House of Representative

As you may well know La Voz de Mora does not back political candidates but likes good stories. Deb Haaland, Congresswomen Elect/ District 1 NM, is not new to Mora, New Mexico and surrounding communities but has been here on many occasions. What is so news worthy is that you can learn about her fierce voice at the following sources: Cover of Newsweek 2018 Midterms, AP article on NM Set to Have All Minority U.S. House Delegation, AP article on Haaland One of the First Native American Women Elected to Congress and FNX Indian Country Today/ Native Election Night Live. If you have access to a computer type in those articles in search to find complete articles on such an amazing woman.

Why Congress Need a Fierce Voice like Mine

By DEB HAALAND

November 14, 2018



Sharice Davids

Deb Haaland

In last week's midterm elections, Americans voted for change. More women than ever before will serve in the next Congress—over 120—as well as many groundbreaking progressive women of color.

Representation matters. Growing up in my mother's Pueblo household, I never imagined a world in which I would be represented by someone who looked like me. That might be because just over 50 years ago, Native Americans in New Mexico couldn't vote. It also might be because when I was young, people didn't even think girls could play sports, let alone run for office.

In electing so many women to Congress, Americans said no to the erosion of our democracy, to tyranny, and to the policies that hold us back by dividing us. We said yes to a government that actually reflects the beautiful diversity of our nation. We said yes to hearing from women, people of color, LGBTQ people, disabled people, and American Indian tribes.

I hear a great deal from fellow New Mexicans who face the same struggles we did: working full time but unable make ends meet, kids with fewer opportunities than their parents had, and striving for dignity in a world where the income gap is widening each day.

I think of my mother, a veteran and disabled, who is in danger of losing her access to Meals on Wheels, a service that delivers meals to people unable to obtain them on their own. I walk down the street in Albuquerque and see people who are homeless, often suffering from mental illness, and aren't getting ahead despite what the Republicans say about our booming economy. Many Americans may have jobs, but often they don't pay enough to cover rent, utilities, and groceries. Far too many New Mexicans—and Americans—are fighting to survive right now.

As someone who has dealt with economic hardship, I am committed to making the changes necessary for our country to become more equitable. And to do so, I believe we need to think big.

It starts with putting people before profits. We need a national universal paid family leave program that allows families to be together in the most important moments of our lives—from having a baby to caring for a dying parent.

We need early childhood education and child care provided to every child. Too many parents can't afford daycare and pre-kindergarten. That can negatively impact parents' ability to work and make it difficult for kids to catch up once they start kindergarten. That's why I propose a universal federally funded, and state implemented, early childhood education program.

When my daughter Somah was young, I didn't have much money. But I was fortunate to find a preschool where I could volunteer in exchange for lower tuition. I saw firsthand how an early childhood education shaped my daughter's success.

Many members of Congress support American investment in and development of renewable energy. As a Native American woman, this fight is personal to me: My ancestral homelands are in danger of being destroyed by the fossil fuel industry. I have proudly stood with the water protectors at Standing Rock for a safer environment. One of my first priorities in Congress will be to fight for a Green New Deal, a congressional climate commission, and 100% renewable energy.

Medicare for All and a debt-free college education have already been rallying cries for Democrats. But we will now have a freshman class in Congress with members who understand what it means to face hunger or near-homelessness because of a medical emergency, student loans, or just not making enough money.

My struggle has made me fierce, and we all need to be a little fierce to get things done. Congress has never heard a voice like mine, but come 2019, it certainly will—and often.

Note: The first Native American women. In New Mexico, Haaland will replace Democratic Rep. Michelle Lujan Grisham, who vacated the seat to run for governor, and Davids will unseat Kansas GOP Rep. Kevin Yoder.

Building Our Economy from the Bottom Up!

By Carla Gomez

What are the benefits of being part of a Co-op? When you are a member of a Co-op you have a group of individuals who are working together and sharing ideas and resources in order to be successful. Costs and skills are shared so that each individual has a greater profit margin and questions are shared so that the group can help to solve problems.

The Tourism Co-op is inviting individuals to join who have an interest in providing activities or lodging to tourists. Many people around the world are benefiting financially through what we may call a cottage industry. Have you ever heard of AirBnb? AirBnb offers online advertising for individuals who have either an activity or some sort of lodging that they can offer. As an alternative to staying in a hotel or motel an individual can stay in a house, cabin, room, RV park or even a tent and have a unique experience. You can enhance that experience through various activities such as hiking, horseback riding, visiting a local farm or pottery studio. The benefits are that individuals can earn income rather than just the big chain motels.

If you have a house, a spare room or an activity that you feel you would like to share with those who are traveling and want to experience something different as they pass through Northern New Mexico, join us as we will be offering a workshop where you will have hands on experience and we can share ideas. We can help you to find your niche. We will be meeting on January 13th at 2pm at the Los de Mora Growers Co-op--3268 NM HWY 518, Cleveland NM.

The Los de Mora Growers Co-op has been in existence since 2012. Several small farmers in the community have joined to aggregate their products to meet the demands of larger markets which these farmers have been able to do to provide produce in Taos, Dixon, Española and now there is a local farm stand where you can buy local produce and / or sell your local produce. It is often difficult as an individual to produce enough food to go to market. But as a group larger quantity can be accessed and therefore Bigger markets can be met.

If you have chickens, or other livestock, a garden, a greenhouse or any other product that you can sell come and visit us on Monday / Tuesday afternoon from 1 – 5 (new winter hours). We are located at the old Clinic in Cleveland, NM. So, if you are a producer or a consumer you are encouraged to stop by and visit with us.

5th Annual Twinkle Light Parade Theme: A New Mexico Christmas

12/2/18 - Starting at 6:00pm

Main Street, Mora, NM

Lineup will start at Family Dollar/Helping Hands off 518

Applications available at local banks/post office and The Coffee Barn

For more information contact to:

Lilian Maestas at 575-643-6000 or 387 6381

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Thank you to those who have already purchased or shown interest in my book, 'Solo en Recuerdo'. I have been overwhelmed by the tremendous support I have received from everyone thus far.

Some people have bought the book for themselves and later purchased others as a gift for family and friends. I have had out of state sales and continue to get the word out there.

I guarantee this book will put a smile on your face and perhaps spark a memory or two. Read it, share it and enjoy. Sales continue by placing an order at recuerdo18@yahoo.com, or purchase directly from me. I will have a booth for the 17 WinterFest 2018, on December 1, from 9 am -3 pm at the Mora Elementary Gym.

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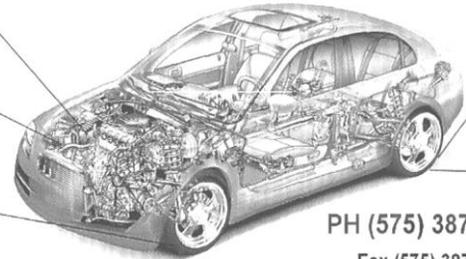
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