FREE CHAPARARAE GUDE A PRODUCT OF THE HERALD PUBLISHING CO., INC.

Published in Truth or Consequences, New Mexico 87901

www.theheraldtorc.com www.heraldpub.com **JULY 2012**

email: herald@torcherald.com & herald@riolink.com (575) 894.2143

Three Awesome Races In One Amazing Weekend

Three Awesome Races In One Amazing Weekend

By Kori Mannon

HEROS Inc. (Healthy Endeavors Require Our Support) is proud to announce the addition of the Xterra Dread Mon off-road triathlon to the list of exciting events slated for 2012. HEROS



Inc., has been producing local races and triathlons since 2007 and has grown every year since. The addition of the Xterra Dread Mon, however, is one of the most unique upgrades to the race schedule to date.

Triathlons consist of 3 sports - swimming, biking, and running and most typically performed in that order. Most races take place on paved roads and allow participants to race through neighborhoods in the host city. Xterra races, however, are "off-road." This means that athletes must swim in open water (lakes or rivers - not pools), bike on mountain bikes on trails and paths, and run on dirt trails/routes that are

not paved. These requirements add a whole new level of challenges for participants who must navigate through rough and varied terrain.

The weekend of July 21-22 will consist of three challenging, exciting, and fun-filled races for athletes and spectators.

1. The Xterra Dread Mon will consist of an 800-meter swim in the Damsite Marina area of Elephant Butte Lake, a 10.5-mile mountain bike ride on the trails both north and west of the Damsite Recreation Area, and a three-mile run around the Winding Roads Recreation Area and

Continued on next page



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2011 MEN'S DIVISION OVERALL WINNER GREGORY GONZALES

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the trails that circumnavigate the whole Damsite park area.

This challenging new event, scheduled for Saturday, July 21, is part of the Xterra offroad series, where athletes compete around the Southwest region for points and can ultimately qualify for the national Xterra Off-road Championship in Utah.

Over the spring months, volunteers and State Parks staff have been hard at work upgrading the trails so that they can be used not only for this event, but year round. Special thanks goes to Jonah Brown, who organized a crew of more than 30 people who worked hard to improve the trails around Winding Roads and behind Damsite. Without efforts like this, Dread Mon would not be possible. Race organizers are honored and so very proud to have the help of young men like Jonah, who is so committed to improving our community.

2. The Dam It Man sprint distance triathlon is slated for Sunday, July 22, and has been touted as perhaps the most challenging sprint distance race in New Mexico. This short but challenging race will include a 400-meter open water swim at the base of Elephant Butte. Athletes exit the water via a ramp custom built by volunteers and installed by staff of Damsite Marina that on race day will be manned by Hot Springs High School football players. Athletes then wind up and around the flagstone ramp to the Damsite parking lot. On the bike leg, cyclists will travel out across Elephant Butte Dam, then the dirt dam and into the city of Elephant Butte on State Highway 195. A left hand turn onto Warm Springs Boulevard will lead the athletes to a quick descent into Turtleback Mountain Resort. They will climb back up and out of the resort via the paved bike path on County Club. Cyclists will then make their way via State Highway 179, quickly descending into the city of Truth or Consequences, only to turn onto State Highway 51 at the banks of the Rio

Grande and reverse gears to make the big climb all the way back up to the dam, where they will return to Dam Site's parking lot for transition to the run portion. This route will amaze with scenic vistas and more than 1,100 feet of climbing. The race will culminate with a three-mile run that meanders up and around Winding Roads Park onto State Highway 51 and around the water tank, then back on the same trails, offering stunning views of this very unique area of the lake. This is a challenging course that is sure to amaze athletes and most certainly leave them thinking, if not shouting out loud, "Dam It Man."

Dam It is part of the 2012 Southwest Challenge Series of races and is sure to draw a highly competitive group of athletes eager to accumulate points for

this regional series. Additionally, the top racers in the state have received special invitations to attend the race.

Organizer Scott Kennicutt reports he received so many comments on how great the course is, and he wanted to see what the state's best athletes would do with it. He also wanted locals to be able to witness these amazing athletes racing locally. Already confirmed to race are Clay Moseley, long standing New Mexico State Men's Best of the U.S. Champion and three-time Elephant Man Winner (Clay has also raced against and beat Lance Armstrong in cycling races); Danny Montoya, elite triathlete out of Las Cruces, four-time Kona Ironman Championship competitor, and recent half**CHAPARRAL GUIDE** - JULY 2012 - PAGE 3 Ironman World Championship Qualifier; and Steven Montoya, out of Socorro, who raced Kona Ironman World Championships in 2010.

Both Dam It Man Tri and Xterra Dread Mon are part of the first ever New Mexico Open Water Triathlon Series – a series of eight races all of which are hosted in New Mexico State Parks and include open water swimming (not pool swimming).

Race directors for each of these eight races collaborated with New Mexico State Parks to build this point series to encourage participants to get out and explore new areas of the state, experience the beautiful venues and challenge them to get out of their comfort zones and learn to race in open water.

The series is sponsored by Chasing 3 Productions, Hammer Nutrition, Fit to Win Cycling, Starwrap, ABQ Running Store, Highway Supply LLC, Wells Fargo, Zoot, and Vivac Winery. Athletes who complete at least four of the series races are eligible for points and fantastic prizes. Other races in the series include: Billy the Kid Tombstone Tri (Ft. Sumner State Park on June 9, 2012), Storrie Lake Tri (Las Vegas, N.M., on June 24, 2012), Cochiti Lake Tri (Cochiti, N.M., on July 29, 2012), City of Lakes Tri (Santa Rosa, N.M., on August 11, 2012), and Elephant

Continued on next page



Truth or Consequences, (9) New Mexico 87901





Man Oly and Long Course Tris (Elephant Butte, N.M., on September 30, 2012).

3. On Saturday, July 21, The Damsite Duathlon will be held for youth ages 6-16. This race will include only bike and run sections that are graded in distance according to age groups, but is sure to challenge the young participants and inspire spectators.

Last year, more than 30 youth participated and organizers expect this number to grow significantly as youth races continue to grow in popularity around the state.

Event organizers are pleased to have the support of so many businesses and volunteers. There will be many athletes and their family and friends in the community over race weekend, to make sure all race goers have plenty of entertainment, a live band – The Casual Fridays – is scheduled to play on the Damsite patio Saturday, July 21, 1-6 p.m.

Everyone is invited to come out and enjoy all the fun and excitement.

Please remember, though, as these events draw near and more athletes come to the area to train, please remember to follow the rules of the road, and only pass cyclists if you have an open and legal passing lane. Cyclists should be treated like any other vehicle on the roadways, even though many of them are conscientious and ride as far to the right as possible, it still endangers them to be passed with very little room. Many of our roads have been improved, but there are still areas that have no shoulder and where the road is eroding. What may seem as an insignificant obstacle for drivers could actually be a major obstacle for cyclists. Please share the road, give plenty of room and keep everyone safe.

On race weekend, there will be plenty of opportunities to watch the race. Perhaps the best seats are those held by volunteers who are staged right in the middle of all the action. However, if you'd like to spectate and not volunteer, please arrive early and consider watching from the overlook above Elephant Butte Dam, the overlook at the junction of State Highway 179 and State Highway 195 (on Sunday), within Turtleback Mountain Resort (on Sunday), or from the beach sites below Dam Site around Hospital Canyon, but please limit traffic on the course on race day to promote safety.

Race Director Scott Kennicutt has scheduled the starts for adult races at 7 a.m., to beat the heat, but also to limit the impact this race might have on area residents and businesses.

The schedule of events for the Dam It Man includes: (all events take place at race headquarters in Damsite parking lot unless otherwise specified)

FRIDAY, JULY 20

•Packet pick up at Bedroxx Bowling Alley, 5-7 p.m.

SATURDAY, JULY 21

•Packet pick up for Xterra Dread Mon, 5:30-6: 30 a.m.

•Pre race meeting, mandatory for athletes, 6: 30 a.m.



•Xterra Dread Mon Awards, 10 a.m.

•Packet pick up for Dam It Man Tri, 1-5 p.m.

•Packet pick up for Damsite Du Youth Race, 5-6 p.m.

•Damsite Du Pre race Meeting, 6:15 p.m.

•Damsite Du Start, 6:30 p.m.

•Awards for Damsite Du to follow once all youth have completed the course

•Live band on Damsite Patio, The Casual Fridays, 1-6 p.m.

•Pre-race dinners at multiple supporting restaurants evening hours.

SUNDAY, JULY 22

•Packet pick up at Damsite, 5:30-6:30 a.m.

•Race orientation meeting at Dam Site, 6:35 a.m.

•Race start, 7 a.m.

•Awards ceremony, 10 a.m.

Further information can be found at www.dami tmantriathlon.com, www.XterraDreadMon.com or at (575) 744-0055, which is the main number for HEROS Inc.

Dam It Man is still in need of sponsors and volunteers alike. Kennicutt and Assistant Director Kori Mannon both would like to thank all of the volunteers and sponsors who have made past successes possible and invite the entire community to take part in this exciting event.

Sierra County is now known as having some of the best race venues, support and volunteers around. Thank you, Sierra County, for all your efforts. Let's show them another great year of special events!

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Open Air Farmers' Market CHAPARRAL GUIDE - JULY 2012 - PAGE 5

By Kelly W. Cauffman In July 1934 a group of farmers drove their produce-filled trucks onto an empty lot known as Gilmore Island in Los Angeles. By displaying their homegrown produce on the tailgates of their trucks, it is reported that the farmers were very happy that the parking lot was quickly filled with buyers from all over the city. Such markets were commonplace before the Industrial Age, but most were replaced in modernized cities with grocery stores and supermarkets that sell food that is usually produced, packaged, and shipped from remote places.

Farmers' markets produce grown naturally or organically, meats that

are raised humanely on pasture, handmade farmstead cheeses, eggs and poultry, and heritage breeds of meat and fowl.

There are several benefits to the farmers' market. Producers can sell directly to the consumer, thereby minimizing profit loss by circumventing the middleman. This process keeps more capital gains in the consumer's community.

The upside for the consumer is that the product they purchase is fresh and generally organic in its production, therefore it is fresher and, many would say, healthier. Consumers also get to enjoy fresh, seasonally grown fruits and vegetables from Certified Organic Farmers. It has long been known by health experts that local, fresh food is more likely to foster health and prevent illness.

The renewed trend for farmers' markets is here in Sierra County as well.

According to Jane Darland, it was about 14 years ago when a group of citizens decided to start a farmers' market in Sierra County. The main mission of this group was to produce, distribute and promote locally grown and homemade products in Sierra County and nearby locations.

The market, opened from Memorial Day weekend through the last weekend of October, is held Saturdays at 7 a.m., at Ralph Edwards Park in Truth or Consequences. There are many facets to local farmers' markets. In Sierra County, everything from fresh fruits, vegetables, homemade jams and numerous homemade products are available at reasonable prices. Everything from goats' milk sold as a pet food supplement to the rare balsamic vinegar, used as a condiment originated in Italy, can be found at the Sierra County Farmers' Market.

GOATS MILK

Recently added to the vendor list at the Sierra County Farmers' Market is the introduction of pet supplements. Goat milker Lee Foerstner from Truth or Consequences unexpectedly found himself with a few goats and, according to him, wasn't sure what to do with them. Foerstner – who has a background as a certified agriculture teacher in New Mexico, California and Arizona – decided to start cross-breeding



COURTESY photos/KELLY W. CAUFFMAN

FRUITS & VEGETABLES - Residents of Sierra County come every Saturday morning to Ralph Edward Park in order to visit and purchase organically produced fruits and vegetables. There is also an assortment of homemade products sure to please a variety around the world feature of consumers. While there, they also get the pleasure of relaxing and listening to live music as it softly plays in the background, filling the air with musical charm.

> and milking the goats in order to find a strong breed that would be sustainable in New Mexico weather and produce a good quantity of milk.

> He raises his goats on some desert land east of Truth or Consequences on the south side of the Rio Grande. According to Foerstner, no chemicals or artificial additives are used in the food or care products of the goats. The natural process of organically raising crops and making homemade items would generally the product qualify to sell at the weekly farmers' market at Ralph Edwards Park.

> Loaded with farm fresh, organically produced goat's milk, Foerstner was turned away because of FDA Bill S 510 (discussed in depth later in the article). For cross-breeding purposes, milk is produced by the goats and now Foerstner had to outlet for the milk except to throw it on the ground. A friend suggested to Foerstner that the milk would be a good source of protein and vitamins for puppies, dogs,

and especially cats. Foerstner took up that practice and now sells the product strictly as a pet supplement and for no other purpose is it to be used.

"Now the State Health Department would like to make it illegal for milk-producing farmers sell the product even as a pet supplement," according to Foerstner

When asked about the difference between Sustainable Animal Production methods and Standard practices, Foerstner replied, "Standard means that artificial chemicals are added to foods and medical needs. This practice strips the life force from the soil, however, Sustainable methods uses natural resources that once reintroduced to the soil has a positive affect."

On the Foerstner farm are 32 goats, but there are only two or three goats producing milk per day. This equates to three to four quarts of milk, per goat, per day. "It takes up to three years for a goat's udder to develop well enough to support feeding kids (baby goats)," Foerstner says.

ORGANIC GARDENING

Monticello homesteaders, Steve and Jane Darland have brought a rare and refined product to a part of the state that many consider the middle of nowhere. The history of producing traditional Aceto Balsamico Vinegar goes back centuries. This rare

Continued on next page

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aged vinegar of international renown can be found at the farmers' market nearly every Saturday.

According to the Darlands, it takes approximately 200 pounds of grapes and 15 years in order to produce just 4.5 ounces of this refined vinegar. With only 65 balsamic vinegar farms in the world, the Darlands tenderly care for nearly 1,100 grapevines, some of these vines as much as 12 years old. This growing process, called Espalier, "is the horticultural and ancient agricultural practice of controlling woody plant growth originally for the production of fruit, by pruning and tying branches."

While discussing the farmers' market, Jane explained that the farmers' market has been in existence for the last 14 years. The vendors, approximately 30-40, who participate in the market are carefully screened. They must produce their product locally, and whether it is a fruit, vegetable or homemade product, it has to be as naturally created as possible.

Jane explained there are three types of organic farmers. There are farmers who produce as naturally as they can, but for whatever reason do not want to go through the long and sometimes costly proce-





SPACE SAVERS - A rare way to grow a tree or bush is to have them tied and raised sideways or leaning over in order to save space and, in the case of fruit-producing plants, make it easier to harvest the crop. Pictured is Jane Darland next to a 12-year-old tree that has been trained against the wall in a narrow side garden at her home in Monticello.



GOAT MILK – This goat seems pleased to be relieved of nearly a gallon of milk stored in her ample udders. After she is milked, the milk is immediately refrigerated in order to keep it from spoiling in the New Mexican heat.

dure of becoming certified organic farmers by the National Organic Program through the U.S. Department of Agriculture regulated locally by the New Mexico Department of Agriculture, in their Organic Program.

SUSTAINABLE FARMING

According to Sustainable Table Blog, the definition of Heritage, Heirloom foods can be summed up as follows: "Traditionally, farmers throughout the world have raised thousands of different animal breeds and plant varieties. However, since today's industrial farms rely upon only a few specialized

types of livestock and crops, thousands of noncommercial animal breeds and crop varieties have disappeared, along with the valuable genetic diversity they possessed. Fortunately, a growing number of sustainable farmers are preserving agricultural variety and protecting bio-diversity by raising "heritage" or "heirloom" animal breeds and crops."

Here in Sierra County, Joshua Craven and Lalynn Knock raise their two boys on just such a sustainable farm in Monticello. It appears that the main goal of their sustainable farm is to become as independent from all unnatural chemicals and other manmade products.

"The sheep go to the bathroom on the ground, this revives the ground because of the natural vegetation fed to the sheep," says Craven. "We can use the sheep wool for making homemade product. We can also eat the sheep. This completes a natural cycle of life."

According to Craven, the difference between conventional farming and sustainable farming is the use of chemicals.

"During the Industrial Revolution, the way farming was accomplished was changed," he says. Craven explained that after the war, the country had all this fertilizer that was used to make bombs and they didn't know what to do with it. Eventually they found that it sped up the growing process of many plants, however, it was years later that it has been proven that the fertilizer also burns out the ground.

A good point made by Craven, "Why is a lawyer paid what they are paid and a farmer paid what they are paid, when it is the farmer that feeds the lawyer so he can sustain and do his job," Craven said, continuing his example of sustainability. "It is believed that a lawyer gets that pay because he went to school to learn his trade, however, a farmer spends his entire life learning the trade of sustainability."

THE FDA & FARMERS' MARKETS

In January 2011, President Barack Obama signed into law the controversial Food & Drug Administration (FDA) Bill S. 510. The Food Modernization Act, as it is known, regulates everything from small farms to farmers' markets. The most common interpretation of the new law is that the FDA will have unprecedented control over the growing and selling of food within the United States. Opponents of the new bill are quick to point out that the FDA is the same government overseers that allow unhealthy, mass-produced food products to flood supermarkets and into the hungry bellies of adults and children.

The premise of FDA Bill S. 510 is that a more efficient way of tracking contaminated food from the point of origin to the consumers' table can be tracked.

Continued on next page





GREENHOUSE GROWTH – Greenhouse growing is a popular way to control the types of disease and cross-pollination. Pictured is Josh Craven of Monticello pointing out various cross-pollinated plants.

This concept comes from a fear that the mass contamination of food may become a future method of terrorism.

At first glance, this bill seems like a solid and protective idea. However, a more thorough look at the bill shows regulations that will become cost prohibitive to small farmers trying to stay competitive in the market.

"The worry amongst many Americans is that the federal regulations will put the small farms and farmers' markets out of business, and let corporate food manufacturers like Monsanto (which holds patents on foods) gain tighter control over the food supply," says D.J. Pangburn, author of "Death & Taxes."

A larger look at Bill S. 510 worries many people that the involvement of the Department of Home-

land Security in this legislation will allow the government to pursue and prosecute anyone producing and distributing even organic foods, effectively giving the government the option to prosecute those offenders/growers, as terrorists.

Take a Drive on The Wild Side By Bryan Basham

Numerous county, state and federal roads and highways crisscross Sierra County. While many of these routes may appear to go nowhere in particular, sometimes it is what you may see along the way that matters, rather than the destination.

In a throwback to the days of the 'Sunday drive', my parents introduced me to the relaxing pass time of just looking at the country around us. Since several major bodies of water are located within Sierra County, abundant amounts of wildlife are here as well. And since the majority of roadways shadow **CHAPARRAL GUIDE** - JULY 2012 - PAGE 7 the waterways, you could be pleasantly surprised to see many natural wonders as you drive along.

When you mention wildlife and watching in the same sentence, most local residents and repeat visitors think of the Bosque del Apache, a natural wildlife refuge famous for its avian population. But not all wildlife have wings, some also have fur. So the next time you are driving in the early morning or late afternoon, pull off to the side of the road and take a look around. You will see some striking scenery, you might see a bird or two; and if you are lucky enough, you might see something 'wild' seeing you.

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JULY

2: Float the Rio Grande by Moonlight: 9 p.m., Truth or Consequences. Pickup location TBD. Experience the Rio Grande as few get the chance to do – by moonlight. Starry skies and a full moon light your way down the river. You won't need sunscreen, but wear shoes you don't mind getting wet. Bring your beverage of choice, and your favorite person to share this rare treat. Lifejackets will be provided for this guided, hour-and-a-half-long adventure. Cost: \$30 per couple. Contact Whitewater Weekends, Captain Bob, (575) 740-3784, whitewaterweekends @live.com, http://whitewaterweekends.com/.

4: Dam Site Resort Independence Day Celebration: 10 a.m.-10 p.m., Dam Site Resort, south end of Elephant Butte Lake State Park. Join the Dam Site Resort for its annual Fourth of July party all day July 4. Music, games, food, fun. Keep an eye on our Facebook page for more information. Contact Dam Site Resort, (575) 894-2073, http://www.facebook.com/pages/Damsite-Resort-Marina/281629775233551.

7: Bass Tournament: 6 a.m.-3:30 p.m., Elephant Butte Lake State Park. Cost: \$5 day-use fee. Contact American Bass Association, Bobby Brewster, (575) 740-7320.

7: Sierra County Farmers Market: 8:30-11:30 a.m., Ralph Edwards Park, Riverside between Birch

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8: Second Sunday Poetry Reading: 1 p.m., Black Cat Books & Coffee, 128 Broadway, Truth or Consequences. Read or listen on the second Sunday of every month. Cost: free. Contact Black Cat Books & Coffee, Rhonda Brittan, (575) 894-7070.

9: Sierra Vista Hospital Blood Drive: 8:15-10 a.m., Sierra Vista Hospital, 800 E. Ninth St., Truth or Consequences. A drive to help save lives. All donors will get a chance to Save 3 Lives and earn reward points that can be redeemed for T-shirts, movie tickets and gift certificates. Blood drive will be located in the parking lot. To schedule an appointment, call (575) 743-1272 or go to www.bloodhero.com Sponsor Code: SierraVistaHospital. Contact Sierra Vista Hospital/United Blood Services, Sharon Finarelli, (575) 743-1272, http://https://www.bloodhero.com/ index.cfm?group=op&expand=501900&zc=87901.

10: SCRTAB Monthly Meeting: 9 a.m., Geronimo Trail National Scenic Byway Visitor's Center, 529 Broadway, Truth or Consequences. The Sierra County Recreation & Tourism Advisory Board meets on the second Tuesday of every month. Cost: free. Contact Sierra County Recreation & Tourism Advisory Board, Kim Skinner, (575) 740-1777, http://www.sierracountynewmexico.info.

14: July Art Hop: 6-9 p.m., Downtown Truth or Consequences. Galleries, studios, shops and restau-

rants are open late on the second Saturday of every month. Check the MainStreet Truth or Consequences web site for information on opening exhibits and special events. Cost: free. Contact MainStreet Truth or Consequences, promotions@torcmainstreet.org, http://www.torcmainstreet.org/.

14-15: Bass Tournament 5:30 a.m.-4 p.m., Elephant Butte Lake. Contact: Sun Country Bass, Josh Tidinburg, (575) 713-1979.

14-15: Drag Boat Races: 8 a.m.-4 p.m., Elephant Butte Lake State Park/Hot Springs Landing. Drag boats will race against each other for the fastest quarter mile. Cost: day-use fee required. Contact SWDBA, Ray Vickers, (575) 740-0004.

14: Tunes, Tapestries & Transcending Time: 5-8 p.m., Celestial Creations Enchanted Gifts of New Mexico, 220 N. Date St., Truth or Consequences. A special reception featuring three New Mexico artists with live music and free samples of New Mexico specialty foods. Presenting L. Heath, a Placitas fusionist artist whose works, featuring photos from NASA's Hubble telescope with kachinas painted over them transcend time; Shirley Russo, whose fiber art tapestries incorporate missions and scenes from around the state; and the music of guitarist Mark Humble. Mark has played at many events at Celestial Creations and finally you can own his new CD, too! Cost: free. Contact Celestial Creations Enchanted Gifts of New Mexico, Celeste Rich, (575) 894-7591, celestialcreations.nm@gm ail.com, http://www.celestial-creations-nm.com/ Whats%20Going%20On.html.

19: Third Thursday Monthly Speakers Series: 7-8 p.m., Geronimo Springs Museum, 211 Main St., downtown Truth or Consequences. Interesting events, people and places of historical significance to Sierra County are the focus of these monthly programs. The program is free, but donations are welcome, and go toward museum maintenance and improvements. June 2012 presentation: Lucinda Sax on Clyde Tingley. Contact Geronimo Springs Museum, LaRena Miller, (575) 894-6600, info@ger onimospringsmuseum.com, http://www.geronimosp ringsmuseum.com/.

21: Xterra Dreadmon/Dam Site Du Youth Race: 7 a.m., Dam Site Restaurant & Marina, Elephant Butte Lake State Park. 880-yard swim/13.92-mile bike ride/3.26-mile run through 100 years of Dam Site history. Contact the sponsor for more information. Contact: HEROS Inc., Scott Kennicutt, (575) 740-3929, http://www.dreadmontriathlon.com.

21: Bass Tournament: 6 a.m.-3 p.m., Elephant Butte Lake State Park/Rock Canyon. Cost: \$5 dayuse fee. Contact American Bass Anglers Div 60,

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Tapestries, Tunes & Transcending Time

By Celeste Rich

To celebrate Independent Retailers Month, Celestial Creations Enchanted Gifts of New Mexico is hosting a special reception for three of the dozens of creative folks represented there – many on an exclusive basis. On Saturday, July 14, 5-8 p.m., you are cordially invited to stop by this unique specialty boutique gallery in Truth or Consequences to meet, greet and eat! In addition to the fine artists who will be featured this evening, you can enjoy relaxing live guitar music as well as sample tasty treats from the New Mexico specialty food section.

Boutique/gallery owner Celeste Rich says she is very pleased to be presenting for the first time the art of L. Heath, a Placitas, N.M. artist specializing in the relatively new genre of fusionism. 'Fusionism' is a blending of the old and the new, the past with the future, in a way that goes beyond the old phrase of 'mixed media.' In fact, Heath herself says, "The hallmark of fusionism is the creation of a new wholeness that blurs the lines among different cultures, old versus new media, different time periods, and human versus machine-generated work."

With a degree in math from New Mexico Tech and a master's degree in sociology from Texas Tech, she worked in the computer field for 25 years. Taking early retirement in 2000 allowed her the time to refresh her painting skills at the San Francisco Academy of Art. After returning to New Mexico in 2004, she continued her artistic training with current masters of classical still life and plein air landscape painting. Over the years, her focus changed from using traditional painting techniques to mixing it with digital media. Heath sees space as a symbol for the timeless, spiritual journey of the human race.

Starting with photos from NASA's Hubble* telescope, which she has printed on canvas, she continues by applying an isolation layer, then paints New Mexican kachinas and other Native American spirits in acrylic polymers and oil. The resulting fusion of past and future draws you in to the vision of the artist – one of ancient spiritual guides transcending time to lead modern society toward the exploration of space and our future destiny.

Heath is also fascinated with Spaceport America,

Go Sierra County

Steven Higley.

22: Dam It Man Triathlon: 7 a.m., Dam Site Restaurant & Marina, Elephant Butte Lake State Park. 400-meter swim/12-mile bike/3-mile run. Contact HEROS Inc, Scott Kennicutt, (575) 740-3929. http: //www.damitmantriathlon.com

25: Free Class – The Most Common Diet Deficiencies – Vitamins D, B-12 and Iron: 6-7 p.m., Agape Chiropractic, 402 N. Broadway, Truth or Consequences. This class will discuss the most common diet deficiencies in our standard American diet, and how this relates to your health, and how you feel. Learn what you can do about it with nutritional supplementation based on blood and saliva testing. Class size is limited. Please call and register for this free class. Look for our ongoing health series, to be held once monthly on Wednesday evenings. Contact Agape Chiropractic, Sinead Marron, (575) 894-9355, sineadm51@gmail.com, http://agapechiropractic.com.

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Subscribe to The Herald www.theheraldtorc.com and she freely admits that the nearby presence of the spaceport was one reason she was seeking representation in a gallery in the nearby town of Truth or Consequences. She believes that outer space is "the future for us – to keep trying to get there" and says it's a "positive looking out." "Ancient Spirits Series 1" incorporates Heath's creative blending of her experience and passion for the computer field with her artistic background and patience to wait for a Hubble photograph to "speak to her" before beginning a "fusionist" painting. At Celestial Creations,

you will be able to see and purchase original paintings, giclée prints on canvas or on paper, framed or unframed – something to fit every budget.

Also featured at this special reception is weaver Shirley Russo of Las Cruces. Russo is the fiber artist behind "Weave Me Alone" one-of-a-kind tapestries, scarves and shawls, represented exclusively at Celestial Creations, which is on the New Mexico Fiber Arts Trail (www.nmfiberarts.org). Her loom can accommodate weavings up to 34 inches, but she cre

Continued on next page



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*Hubble images were created by STScI for NASA under Contract NAS5-26555

ates many wall hangings in the 12-15-inch width to make them accessibly-priced for everyone who desires to have her work hanging on one of their walls. Her work features designs of her own creation, using scenes from New Mexico, including various missions and landscape scenes such as White Sands and Elephant Butte Island.

Last, but certainly not least, is the official release of CDs by guitarist Mark Humble, who will be strumming his original tunes for your listening pleasure. Having played at many of Celestial Creations' events over the past several years, customers have repeatedly asked if they could purchase a CD by him and, at long last, you can. Another worldwide exclusive!

So make plans to enjoy a night out on Saturday, July 14, at Celestial Creations Enchanted Gifts of New Mexico, 220 N. Date St., Truth or Consequences. Call (575) 894-7591 or visit http://www.celestialcreations-nm.com/Whats%20Going%20On.html for more information.

The Scenic Gila

Visitors to Sierra County have the opportunity to take a tour of the scenic and beautiful Black Range, located in the Gila National Forest approximately 47 miles west of Truth or Consequences.

To reach the mountains from Truth or Consequences, drive south on Interstate 25 for approximately 15 miles, take the Hillsboro exit and turn west onto state road NM 152 (old NM 90). The road will take you through Hillsboro and Kingston, centers of mining activity during the late 1800s and early 1900s.

Southwestern New Mexico's Gila National Forest contains 2.7 million acres of timber, forage for wildlife and livestock, rich history, natural beauty, and wilderness. In short, the Gila has everything that draws Americans outdoors and away from the crowded cities in large quantities.

The forest is the perfect setting for enjoying the present or exploring the past: The area surrounding the Gila was the last to be settled, and only a few decades ago it was part of the American Western Frontier.

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CHAPARRAL GUIDE - JULY 2012 - PAGE 15 Side Trips On The Geronimo 7

There are many interesting things to see along the Geronimo Trail in Sierra County. A side trip to Engle takes visitors to the remains of the old railroad town, once a bustling shipping center of over 2,000 people that now has four buildings left. The Jornada del Muerto portion of the Camino Real del Tierra Adentro passed through here, and now Spaceport America is being constructed to the south.

Elephant Butte Lake, at the time of construction (1911 - 1916) was the largest man-made impounded body of water in the United States. It was built for flood control and irrigation purposes, and provides water for farm lands along the Rio Grande valley in New Mexico, Texas and Mexico. It is the only body of water under international boundary regulations. Elephant Butte Lake State Park is now the most popular state park in New Mexico, with an abundance of water sports available.

A trip along NM 52 will take you to interesting places like Cuchillo, Winston and Chloride. These historic old towns have many tales to tell, having once been a place where stage coaches stopped and mining towns boomed, which led in due course to saloon brawls and shoot-outs. The Pioneer Store Museum in Chloride is well worth a visit, looking much as it did when it closed as a general mercantile store in the 1920s.

Continuing on the pavement, take NM 59 all the way to the Beaverhead Forest Service work station, through tall pines and over the Continental Divide. Check with the Forest Service office on road conditions during the winter, as roads can become snow packed and impassible.

South of Truth or Consequences along NM 187, the drive takes you to Caballo Lake and then the farming communities along the river valley. Travelers along this picturesque route will see irrigated fields of onions, chili, sorghum, and other seasonal crops as well as many pecan orchards.

NM 152 will lead you into the Black Range Mountains and the mining towns of Hillsboro and Kingston. South of Hillsboro is the ghost town of Lake Valley, where the BLM has caretakers protecting the property. These towns were all major communities in the mining boom days of the 1880s and 1890s. Lake Valley had the richest vein of silver ever discovered. Hillsboro was the first county seat of Sierra County and the ruins of the original courthouse are still standing. At the height of the silver boom, Kingston was the largest city in the State of New Mexico, with a population of over 7,000 people during the mid-1890s.

Past Kingston is one of the most challenging and scenic drives in the world: Highway 152 twists and turns as it climbs more than 4,000 feet in nine miles. The view from the summit, Emory Pass Vista, is incomparable on a clear day, where the view shed



is over 50 miles looking back toward Caballo Lake and the Caballo Mountains. If the weather is clear and you know where to look, you can see Elephant Butte Dam.

If you are in the area long enough and want to venture further afield, there are many other excursions you can take. The Camino Real International Heritage Center is between Truth or Consequences and Socorro, Fort Craig ruins are nearby, and the Bosque del Apache wildlife refuge is a must-see for birdwatchers during the winter. West of Magdalena, the Very Large Array radio telescope communicates with outer space, and has been used as a location site

in several movies. To the west, the Gila Cliff Dwellings give you an insight into the life of the prehistoric people who lived in the mountains and farmed the valleys, raising corn, beans and squash. Between Hatch and Las Cruces are the ruins of Fort Selden, another site with interesting historic tidbits. East of Las Cruces, the White Sands National Monument has miles and miles of gypsum dunes that you can drive through. This also has been used as a location site in movies.

Southwestern New Mexico is truly an enchanted part of the state.



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Gretchen Campbell



700 Erie, Elephant Butte, Corner Lot! 0.50 acre. Open floor plan is ideal for entertaining. Custom wet bar. Stainless steel appliances, in cabinet filled kitchen. This home offers exceptional storage,2 walk in closets in the master bedroom, with lots of built-ins Custom made CD cabinets and display shelves abound. Exercise room off of spacious 2nd bedroom. Oversized laundry with exceptional storage. Garage space for 9 vehicles. Plus 1/2 bath. 12 foot door on the RV portion. Well maintained home. Room for all your lake toys. MLS 20121094 \$260,000

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Spaceport

Hwy 51 and Upham Rd, Engle. 180 acre tract more or less. Located at Hwy 51 and Upham. 1685 feet of Hwy 51 frontage and 1419 feet of railway Prime frontage. commercial location Easy access to Spaceport America this location. from MLS 20119490 \$728,000





Truth or Consequences / Sierra County Restaurant & Dining Guide



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