

February 2024

A Legacy Local Monthly Publication

# The Historic

Mesilla Valley

La Posta de Mesilla:  
A Legacy of

*hospitality*

For the Love of  
Art Returns

Historic Buildings Continue  
to Serve the Community

Life in Balance Pilates  
Studio: End of an Era



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from Murphy Goode (3oz pour)

### THIRD COURSE

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PAIRED w/ a splash of Number Juan Reposado

### FOURTH COURSE

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PAIRED w/ Cabernet Sauvignon  
from Murphy Good (3oz pour)

### FIFTH COURSE

#### Blondie Brownie

Salted Caramel Ice Cream, Fresh Berries, Spiced Carmel Sauce  
PAIRED w/ Rosa Regale Sparkling Red (3oz pour)

# Contents

**Featured on the Cover:**  
Jerean & Elena Hutchinson, La Posta Chile Co. Photo by Junior Vaquera, Tu Media Group.



## Advertising

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## Submissions

We welcome your letters and other queries for this magazine. If you would like to submit or respond to an opinion, send your submission of no more than 600 words to [editorial@thehistoricmagazine.com](mailto:editorial@thehistoricmagazine.com). The publisher reserves the right to edit, cut or publish any submissions.

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804 S. San Pedro St. Unit 1, Las Cruces, NM 88001  
Office (575) 332-1219  
[daniel@thehistoricmagazine.com](mailto:daniel@thehistoricmagazine.com)

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## A NOTE FROM THE publisher

Trails End Gallery is number one on the studio tour's list for February's "For The Love of Art" so kick off your adventures here and meander along the map routes. You'll find MAS Art (number eight on the tour), Duende, and 925 Gallery are also a part of this month's studio tours. Each of these galleries participate in the First Friday event, each debuting fabulous art while offering free drinks and food. For the latter half of the year, the Horse Trolley along Mesquite Street will be kicking off again while remaining free for our community to enjoy. The tentative new times for the trolley are 5:30-9:00 p.m. checkout our next issue for a confirmed date and time.

It's February and we barely escaped January without frost bite. We appreciate your commitment to our community-based publication and look forward to keeping you up to date on our latest happenings. As a few notations for this coming tax season, The Amador has introduced Thursday Night Jazz Sessions for this year and Art Forms Artists Association of New Mexico has kicked off its studio tour.


The Historic is happy to be entering its second month celebrating women-owned businesses and non-profits. As you step into February's issue you'll enjoy reading about the legacy of La Posta De Mesilla and what it's like to work with and learn from your mother. As you dig deeper, you'll get to enjoy the "end of an era" as we lose a local staple and see what Monica's plans are for the future. Further in the magazine, one will be happy to see what a non-profit-turned-estate-sales storefront is doing for Picacho Avenue and how you can find those hidden treasures for your home.

As always, shop local and support local. Our business depends on your walkable dollar. I am happy to say that in December I was able to do all of my Christmas shopping locally. Supporting local doesn't have to be just for gifting – it's as simple as a ketchup from C&G's BBQ or a kitchen staple from Sage & Spices.

*— enjoy!*

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# Calendar of events

## Ongoing - March

- Museum Exhibit "The Desert Was Red & Red the Dust Was Raised," 10 a.m.-7 p.m., Museum of Art, 411 N. Main St. Call 575-522-3120 for details.
- Exhibit "Connection: Conjunto," 10 a.m.-7 p.m., Branigan Cultural Center, 411 N. Main St. Call 575-522-3120 for details.

## Ongoing - Feb. 28

- For the Love of Art, Animals and More, 9 a.m.-5:30 p.m. M-F, 10:30 a.m.-3 p.m. Sat., Mas Art Gallery, 144 Wyatt Dr., Las Cruces

## Every Thursday

- Amador Standards Thursday Night Jazz. Hosted by Robert Ojinaga. No cover. 7 p.m. Amador Patio Bar Grill, 302 S. Main St., Suite B, Las Cruces.

## Feb. 10

- Reception for artist Beverley Pirtle, 11 a.m.-3 p.m., Mas Art Gallery, 144 Wyatt Dr., Las Cruces.
- Lunar New Year Celebration: Celebrate the Lunar New Year and learn about Spring Festival traditions as practiced in China, watch the Lion Dance, and make a print of your Chinese Zodiac animal. All ages are welcome. 10 a.m.-noon, Branigan Cultural Center, 501 N. Main, Las Cruces.

## Feb. 12, 19, 26

- Trivia Mondays: Cruces Trivia God hosts weekly trivia. 6-8 p.m. Truth or Consequences Brewery, 2001 E. Lohman Ave., Suite 115, Las Cruces.

## Feb. 16

- Friday Nite Live Music: Cuerdas. 7-9:30 p.m. Grounded, 300 N. Main St., Las Cruces.

## Feb. 17-18

- The Museum ROCKS! Gem & Mineral Show 2024. Event for wholesale and resale dealers of cut and uncut gemstones, rocks, minerals, fossils, meteorites and more. Ages 3 and under are free.



## Thursday Nights is all about the Jazz at Amador Patio, Bar & Grill!



The Amador (302 S. Main) has teamed up with local jazz favorite, Robert Ojinaga, for a new fun, weekly Jazz Series called "AMADOR STANDARDS." Happening every Thursday (music starts around 7:00 p.m.), the new series will run throughout the year featuring various talented musicians every week. Come grab a cocktail and some dinner and enjoy all that Jazz...

**NO COVER CHARGE**



Ages 4 to under 17 are \$5. Seniors \$6 and Adults \$7. Saturday, Feb. 17 (9 a.m.-5 p.m.). Sunday, Feb. 18 (10 a.m.-5 p.m.). NM Farm and Ranch Heritage Museum, 4100 Dripping Springs Rd., Las Cruces.

\$30. Doors open at 6 p.m. Concert at 7 p.m. Rio Grande Theatre, 211 N. Main St., Las Cruces. Advance tickets available at [www.riograndetheatre.org](http://www.riograndetheatre.org).

## Feb. 21

- Wine Dinner: Sabor de Mar Wine dinner starts at 7 p.m. Cocktails at 6 p.m. Price is \$65 per person (includes five-course dinner with wine samples). Amador Patio Bar Grill, 302 S. Main St., Suite B, Las Cruces.
- Glenn Miller Orchestra: The world-famous Glenn Miller Orchestra will perform timeless classics like "In the Mood," "Moonlight Serenade," "Chattanooga Choo Choo" and more. Admission is

## Feb. 23

- Jazz Night at Grounded: Orland Madrid Jazz. 7-9:30 p.m. Grounded, 300 N. Main St., Las Cruces.

## Feb. 24

- Joey Lee Cabral signing: El Paso artist will have in-store signing of copies of his variant comic book cover for "The Crying Boy" #1. Cabral will also be selling prints of his artwork. 1-4 p.m. Zia Comics, 125 N. Main St., Las Cruces.

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Current Exhibit



*For the Love of Art,  
Animals and More*

**OPEN UNTIL FEB. 28TH**



**ARTIST RECEPTION**

*Beverley Pirtle*

**FEB. 10 • 11AM - 3PM**

## March 1

- First Friday at Trails End Gallery. 4-8 p.m. Trails End Gallery, 1732 N. Mesquite St., Las Cruces.



- Reception for artist Mark Morden, 4 p.m.-7 p.m., Mas Art Gallery, 144 Wyatt Dr. Las Cruces.

- Bilingual Poetry Reading with Dr. Rodrigo Figuero Obregon. 4:30-6 p.m. Grounded, 300 N. Main St., Las Cruces.

- March First Friday Fine Art Flea Market. Free for all ages, 6-9 p.m. Downtown Plaza de Las Cruces, 200-298 N. Main St., Las Cruces.

- C.M. Adams & the 3W Band. Live music. Free, 7 p.m., The Game II Sports Bar and Grill, 4131 Northrise Dr., Las Cruces.

## March 2-3

- Cowboy Days: Cowboy demonstrations, music, food trucks, the Parade of Breeds. 9 a.m.-4 p.m. \$20 per vehicle. NM Farm and Ranch Heritage Museum, 4100 Dripping Springs Rd., Las Cruces.

## March 4, 11

- Trivia Mondays: Cruces Trivia God hosts weekly trivia. 6-8 p.m. Truth or Consequences Brewery, 2001 E. Lohman Ave., Suite 115, Las Cruces.

## March 8

- Selena The Show: Tribute act featuring Karla Perez as Selena Quintanilla. Admissions is \$31. Doors open at 6:30 p.m., show begins at 7 p.m. Rio Grande Theatre, 211 N. Main St., Las Cruces. Advance tickets available at [www.riograndetheatre.org](http://www.riograndetheatre.org).

## March 9

- Ivonna Downtown: Monthly drag show host by Ivonna Bump. \$10 cover, cash only. Doors open at 8 p.m. Show at 9 p.m. Little Toad Creek Brewery and Distillery, 119 N. Main St., Las Cruces.

- Reception for artist Mark Morden, 12 p.m.-3p.m., MasArt Gallery, 144 Wyatt Dr. Las Cruces.

## March 12

- Wellness Expo: Sessions include sound bath, reiki, yoga, meditation, mental health first aid and more. General admission \$75. 8 a.m.-4:30 p.m. Hotel Encanto de Las Cruces, 705 S. Telshor Blvd., Las Cruces.

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**Artist Studios**  
**Robert Highsmith**  
**Gary Biel**  
**Jewelry Works  
by Armando**  
**Victor Whitmill**  
**Debi Partridge**  
**Penny Simpson**  
**Tim Aulthouser**

# FOR THE *Love of Art*

By Karen S. Conley

## Returns February 2024

This celebration of art kicks off on the First Friday of February 2024 and runs until the end of the month. For 25 years, the ArtForms Artists Association has organized studio tours and art shows and highlighted community art events every February. The mission of ArtForms is to support the Las Cruces creative community and partner with other organizations to promote the region as an arts and cultural destination.

“For the Love of Art Month is a vital community celebration of the arts. Artists, galleries, local businesses, schools,

and citizens of all ages come together in February to embrace the power of creativity,” said Rebecca Courtney, a longtime member and participating artist. “Art provides income to families, attracts tourists, builds community pride, and establishes our identity as a community. This annual endeavor is truly for the love of art and for the pride we have in the Mesilla Valley.”

This year’s first formal event is the ArtForms Members’ exhibition opening reception in two galleries in the Mesquite Historic District, Gallery 925 and Duende

Gallery, on February 2, 2024, from 4-8 p.m. There will be live music by Blues 101 and refreshments.

Thirty-nine studio tours scheduled this year. The tour lets patrons talk to the artists and see their creative spaces. Some of the artists will be working or doing demos. The studio listing, Q-Code, and specific dates for each will be listed in the Artforms’ guide and on the Web page:

[www.artformsmn.org](http://www.artformsmn.org). The Q-Code links to an interactive GOOGLE map with all 39 locations and directions. Each studio location will have a blue flag placed out

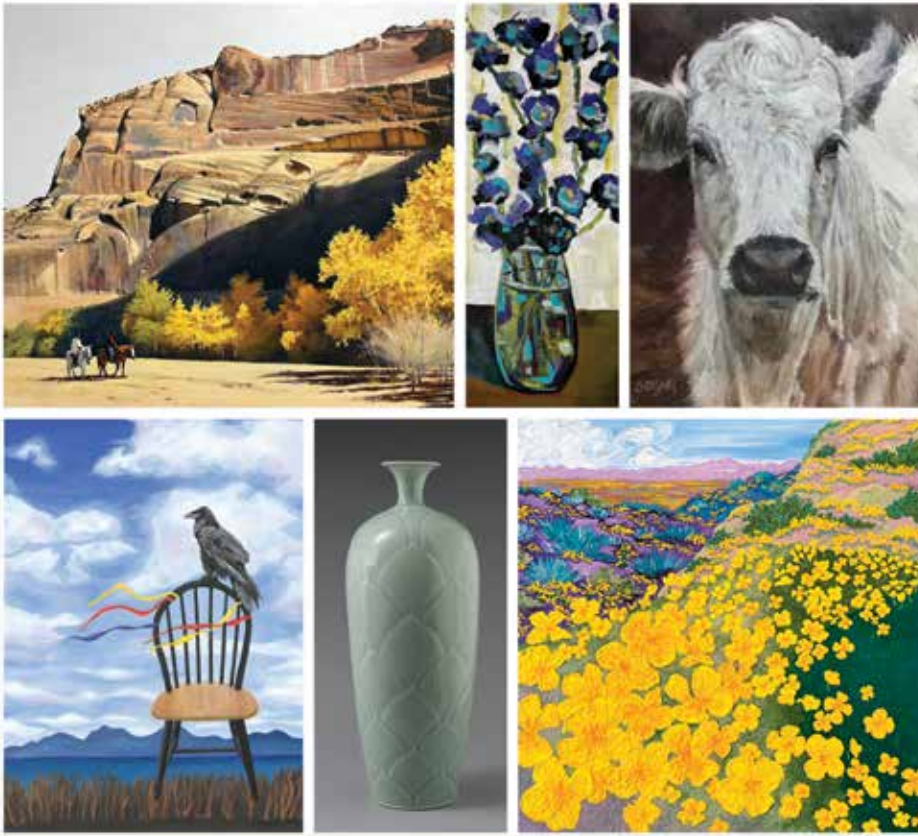
**2024 Studio Tours Map**  
LOOK for the **BLUE** flags  
in front of all 39 studios!

**Map Legend**  
1-11 Central  
12-16 North  
17-22 East  
23-32 South  
33-39 West

Scan the QR code to access the interactive virtual map with directions to all 39 studios.

\*This map is intended to give you a reference to the general locations of the studios.





front to make it easier to find.

“This year, the studio tour is spread out across the valley. The organization is healthy, with 80 members and much support from the community,” said Artforms’ President Karen Conley. We know how important these events are and our members are passionate about making it happen.”

Artists are thrilled with this opportunity.

“Since I moved here 17 years ago and began to get involved with the art groups and the many opportunities available to artists, Open Studio has always been something to bring the community together,” stated Nancy Frost Begin, one of the studio tour artists. “The reason I do participate in the Open Studio is the opportunity for me to meet people who are interested in visiting a working artist’s studio, see works in progress, and share a conversation about the magical world of art.”

In the past, the organization recognized one artist for elevating the status of the art community through involvement in the arts. However, this year, the organization is recognizing five individuals who were active in the arts and have recently passed away: Ruth Drayer, Les Fairchild, Linda Lundeen, John Northcutt, and Jan Thune. They will be included in the event guide

*This year, the studio tour is spread out across the valley.*

and recognized at the reception.

Also opening on February 2 and running through February 29 is an exhibit by the Southern Chapter of the New Mexico Watercolor Society at the Frame and Art Center at 1100 S. Main Street. Dennis Lujan will be kicking off his 8th annual EROTICA Show from 6-10 p.m., February 9 at 3390 Apple Cross Place. The show will also run from 10 a.m.-4 p.m. Saturday and Sunday, February 10 and 11.

The New Mexico State University Art Museum will offer a tour of the current exhibits and a behind-the-scenes peak into the museum’s collection at 1 p.m., Saturday, February 10. Email [egflynn@nmsu.edu](mailto:egflynn@nmsu.edu) to register for the tour or for any inquiries. Other events are listed in the event guide and on the organization’s web page.

For more information, please visit [www.artformsum.org](http://www.artformsum.org), or email [artformsum@gmail.com](mailto:artformsum@gmail.com) or call Karen Conley at 314-704-9445.

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# HISTORIC BUILDINGS

## Continue to Serve the Community

by Sandra Marshall

### History Serving Modern Day Recreation, Sports and Community Organizations

The Mesilla Park Elementary School/Frank O. Papen Recreation Center was listed on the National Register of Historic Places in 2014. It qualifies for the Las Cruces Register of Cultural Properties under Criteria A, B, and C. The campus is a flat lot partially shaded by evergreen and deciduous trees. It now contains a basketball court, a parking lot and playground equipment, and three pavilions, all non-contributing. A stone wall along Linden Avenue, in front of the original main entrance to the building, and two stone benches donated by the graduating class of 1939 are contributing features.

The Mesilla Park neighborhood, beginning with a single-room adobe school in 1901, has made a concerted effort to provide education for their children. The nominated building follows the established pattern of New Mexico communities in the addition of classrooms and other features to existing school buildings to meet increased population.

Reverend Hunter "Preacher" Lewis, missionary and priest at St. James Episcopal Church in Mesilla Park, campaigned to replace the original one-room school with a modern building. He rallied the community to raise the funds for the new school. Father Lewis also established missions up and down the Rio Grande Valley, including St. Andrew's in Las Cruces.

The original 1907 portion is in a simplified Mission Revival style, with a symmetrical facade, a stepped pediment



ORIGINAL ENTRANCE TO MESILLA PARK ELEMENTARY SCHOOL. FIRST CLASSROOM STRUCTURE IN CENTER WITH FIRST AND SECOND CLASSROOM ADDITIONS ON EITHER SIDE. STONE WALL AND 1939 BENCHES IN FRONT. FACADE FACES NORTHEAST. PHOTOS BY SANDRA MARSHALL.

decorated with a qua-trefoil design over the central entrance, and a bank of five four-over-four double-hung windows on each side. It is constructed of yellow brick. A small wooden belfry once sat at the pinnacle of the hipped roof but has since been removed. The original four-classroom building was designed by Henry C. Trost, of the El Paso, Texas, firm of Trost and Trost. Trost is noted for designing outstanding examples of Prairie style and Pueblo and Mission Revival buildings throughout the Southwest.

The 1916 additions, which included an auditorium at the rear of the building, were designed by W. J. Stevens of the Bascom-French Company and match the original building in style. It is frame construction with yellow brick veneer.

The 1934 classroom additions further extended both ends of the central structure. They are framed construction and finished with yellow stucco. There are similar four-over-four windows in banks. For the first time the school was provided with indoor bathrooms.



CONCRETE SEAT OF BENCH DONATED BY CLASS OF 1939. NATIONAL REGISTER OF HISTORIC PLACES; MESILLA PARK ELEMENTARY SCHOOL/FRANK O. PAPPEN RECREATION CENTER. UNITED STATES DEPARTMENT OF THE INTERIOR, NATIONAL PARK SERVICE. 2014. PHOTOS BY SANDRA MARSHALL.

The building provides a place for residents of all ages to gather.

A new auditorium was added in 1943, extending out from the 1916 auditorium addition. It has a steep front-gabled roof with Craftsman-style exposed eave brackets and shed-roofed stoops on either side.

The cafeteria, added in 1963, extends from the southwest corner of the structure, facing Bell Avenue. The four-light, metal, double-door is now the formal entrance to the complex. The very shallow front-gabled roof with overhanging eaves is characteristic of Contemporary Style, as are the flat ancillary roofs over doors and minor additions. It is constructed of concrete block and pilasters divide the exterior into bays. Windows vary in size and shape, but some are aluminum jalousie types.

In 2015 the renovated building was dedicated as the Frank O'Brien Papen Recreation Center, named for the locally prominent businessman, philanthropist, and State Senator Frank O. Papen. Today the building provides a place for residents of all ages to gather for both indoor and outdoor recreation and sports, and for social clubs and other community organizations to meet.

### WIA Building Was Site for Community Advancement

The Las Cruces Woman's Improvement Association (W.I.A.) was established in 1894. It was the first women's organization in Las Cruces, and only the second in New Mexico. Its goal was to improve living conditions in the city and to promote social change. The organization supported women's suffrage.

The first major contribution to the community came in 1894 when the W.I.A. bought a hearse so that instead of being hauled to the cemetery in whatever vehicle was available, deceased Las Cruces could "go to the grave site with dignity." It also purchased a horse-drawn sprinkler wagon to keep down the dust on the unpaved streets. The hearse was kept at the Amador

Livery and Hotel and rented out: Eight dollars for in-town burials and ten dollars for out-of-town internments. Charity cases were free.

With money earned from the hearse rentals, in 1896 the W.I.A. purchased a city block from the railroad and created a park. They had fences built, trees planted, and in 1898, built a bandstand. Originally called Union Park, it was donated to the city in 1924 and is now called Pioneer Women's Park. W.I.A. also

built the city's first public swimming pool and, in 1924, the first lending library. In 1935 the books were donated to the new Branigan Library, located in what is now the Branigan Cultural Center.

In 1927 the permanent W.I.A. building was constructed across the street from Union Park. It was built by the Bascom French Construction Company in the

then popular Mission Revival style. The walls are of hollow tile and finished with light tan cement stucco. The roof is flat with an arched parapet characteristic of Mission Revival style. The front facade is symmetrical. In the center an inset, raised portal with vigas (the ends are not exposed) and four sets of squared wood columns with large corbels, shield two 12-light double doors, each with 12-light sidelights and white painted

wooden surrounds. Two sets of concrete steps, with black iron handrails, lead up from a concrete sidewalk. On either end are heavy-looking, square building segments with a small faux window in the center of each with decorative spindle-turned grills. The rear windows in two banks

of three windows each; the others are individual. There is one six-by-six sliding window on the southeast side.

The City of Las Cruces now uses the building for meetings.

In 1927 the permanent W.I.A. building was constructed.



IN 1927 THE PERMANENT W.I.A. BUILDING WAS CONSTRUCTED ACROSS THE STREET FROM UNION PARK. THE CITY OF LAS CRUCES NOW USES THE BUILDING FOR MEETINGS. PHOTOS BY SANDRA MARSHALL.





ESTATE SALES DISCOVERIES HAS MORE THAN 4,800 SQUARE FEET OF PRE-OWNED ITEMS FOR YOUR HOME.

# From Non-Profit to Estate Sales: DISCOVER YOUR NEXT TREASURE

By Sylvia Quintanilla

Estate Sales Discoveries, located on 1250 W. Picacho Ave., is an eye-catching business in Las Cruces. With bright turquoise letters on the sign and on the trim of the windows, it's easily identifiable. The store opened November 2017 and is locally owned and operated by Janet Matteson and her son Steve Matteson. The building has more than 4,800 square feet and has a plethora of items for your home.

"We were encouraged to start a store that sold pre-owned items that were left from estate liquidations by Joe Soebbing of Rio Grande Estate Sales. He saw a need both to help with estate sale liquidations and as an avenue for people who could not have an estate sale," Matteson explained.

{ Our customers come from all walks of life }

Estate Sales Discoveries can pick up items once they are sold to their store. If community members find themselves in need of an estate sale, the Mattesons can



go in person to view the items, and if they are interested, they can pick them up after purchase. In the last five years of business, Janet said she found that Soebbing's encouragement and vision was correct.

"Our experience has been that he was absolutely right. We have found that there are many people wanting to sell their items. Whether they need to empty a house full of memories, clean out a storage unit, downsize, or just get rid of clutter, we get a call. Our most interesting purchase was a steamer trunk, in near-perfect condition, that was owned by the Kellogg family," she said.

Inside the store, there are several rooms with anything and everything you can imagine for a home. Whether you are a first-time homeowner or just getting started away from your parents. Most notable are entertainment sets, glassware, dining sets, unique artwork, coffee tables, lamps and large appliances.

"There is a large demand for furniture such as bookcases and chests of drawers," Janet began. "We also sell a lot of recliners, sofas, and dining room furniture. Our customers like older pieces. People like things that are different. There is also a demand for small pieces that will fit in

small apartments. Housewares such as crock pots, toasters and other kitchen items are also popular.”

As antiquing has picked up steam in our culture, Estate Sales Discoveries is a hot spot for finding gems.

“Our customers come from all walks of life,” Janet explained. “We have a snowbird that buys for her shop in Virginia.

Ladies enjoying a day out from Juarez. Students setting up their first place away from home. And many people that are relocating and need that special piece. Because we buy the items we sell, I feel we can offer a better quality of merchandise than the thrift stores. However, I do send people to the thrift stores when they cannot find what they are seeking.”

In their previous careers, Janet and her son did not have experience in retail. Her son was a nurse and she was a chemistry and math teacher. She also had a career in finance.

“I had a second career selling securities. I was with a company called Financial Network out of San Diego, California. The company was sold to a larger firm. I tried to help people invest wisely and appropriately for their particular situation. I did that for 17 years,” Janet recalled.

“Years ago, my husband was instrumental in starting the Saint Vincent De Paul store here in Las Cruces. That may be where the spark for our own store was kindled.”

As the Mattensons transitioned into retail, there has been a lot of learning for both her and her son. She remarked when they



first opened there was a room dedicated with items that would be of interest to men. However, they discontinued it. She said they feel there is now more of an interest to sell tools, shop supplies and other items for men.

When asked about being a woman in business, Janet said she believes each person should be given an equal playing field. However, being a woman-owned business does not come without its pitfalls. She recalled a time when they first opened when several visitors to her store were impersonating building inspectors and tried to defraud her into purchasing items she knew she did not need.

“I think they (women) should be given the same opportunities as men and perhaps be classified as a minority business but beyond that I think we should be able to compete on our own. There are jobs women cannot do, such as work in a rubber plant, and there are jobs that men do not do well. We all have to compete as best we can,” she explained.

*For more information on Estate Sales Discoveries, call 575-639-2495; hours are Tuesday-Saturday from 10 a.m.-5 p.m.*

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# Life in Balance Pilates Studio: END OF AN ERA

By Desiree Bustamantes

MONICA VEENPERE GUIDI IS THE FORMER OWNER AND LEAD INSTRUCTOR AT LIFE IN BALANCE PILATES STUDIO, LLC.

Las Cruces is saying good bye to Life in Balance Pilates Studio that has served the community from teenagers to 80-year-olds for more than a decade, helping to keep them fit over the years.

Monica Veenpere Guidi is the former owner and lead instructor at Life in Balance Pilates Studio, LLC. She served the community with two years in Mesilla, and 13 years in the Downtown Studio location housed in the La Esquina Building, at 300 N. Main St. She's completed 488 hours of training with Balanced Body and became a qualified instructor of Comprehensive Pilates.

Her fitness journey actually began in a ballet studio. Her mom enrolled her in lessons as a young child, where Monica tells us she



learned, “graceful movement, discipline, and choreography of dance movements, all of which has helped me throughout my life.” After graduating from New Mexico State University, she sought out a gym membership, where she was first introduced to the art of spinning, recognized as indoor cycling, which is a form of exercise with classes focusing on endurance, strength, intervals, high intensity and recovery. This involves using a special stationary exercise bicycle with a weighted flywheel typically held in a classroom setting. Mad Dogg Athletics is based out of Venice, California and owns the trademarks, “Spin,” “Spinner,” and “Spinning,” for spinning exercise programs and equipment. When using the term in a broader fashion, folks can simply remove the capital letter.



Whether the word was capitalized or not, Monica fell in love, decided to become Spin certified, and from there, spun right

into teaching classes and obtaining numerous professional certifications. She accomplished all of this while working full-time along with her husband and maintaining a two-toddler household! She declares, “It was a wonderful way to share my love of fitness with others and continue to stay in shape to keep up with our kids!”

As of December 2023, she discontinued her Pilates and spin classes, but certainly not without making her mark on the community of Las Cruces.

“To me a community is a group of people from diverse backgrounds who share similar interests, nurture and

What she created was far more than an exercise studio.

support one another, and create a sense of well-being, security, and happiness,” she said. “Being a part of a community helps us find our purpose and be part of something greater than ourselves.”

What she created was far more than an exercise studio. It was a large open space, inviting to all, and matched the eclectic

**Continued on Page 16 ▶**

# Remoulade Sauce

By Daniel Buck

This is one of my most favorite Louisiana sauces. Phenomenal on boiled shrimp or other chilled seafood! Heck, it's great as a salad dressing too!

## INGREDIENTS

- |   |                                   |
|---|-----------------------------------|
| 1 cup mayonnaise                              | 2 tblsp. horseradish              |
| ½ cup olive oil                               | ½ cup ketchup                     |
| ½ cup creole mustard (or whole grain mustard) | 2 tblsp. Worcestershire sauce     |
| ½ cup red wine vinegar                        | Cayenne Garlic hot sauce to taste |
|   | Salt to taste                     |

## DIRECTIONS

In a large bowl slowly combine oil and mayonnaise whisking until it becomes firm. Whisk after each addition until firm: Mustard, horseradish, ketchup, Worcestershire sauce, hot sauce, salt, and vinegar. Refrigerate and use as needed. Keep covered and refrigerated for several weeks. Yields 4 cups. **Zest Factor: Medium-Hot. Prep Time: 10 minutes**



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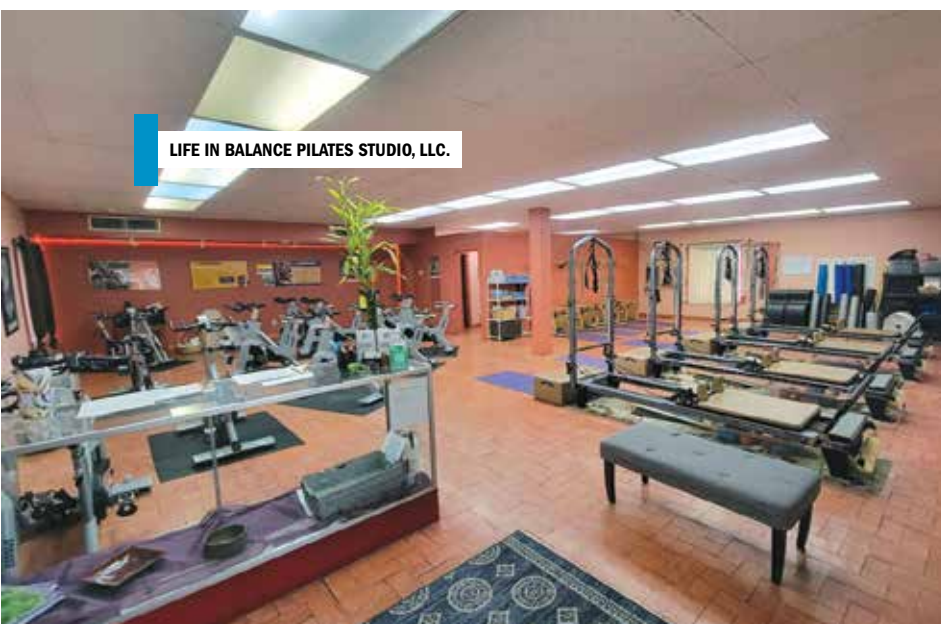
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### ◀ Continued from Page 15

atmosphere of downtown Las Cruces and her small business neighbors offered. She explained that when exercising in a group setting, your stress levels are likely to be lower and you will improve your overall emotional well-being while increasing a feeling of connectedness. Not to mention, she added, you are more likely to stick to it because others are involved in your success.

“Friendships were created, laughter was encouraged, and clients felt comfortable to be themselves,” she said. “My clientele ranged in ages from high schoolers to amazing octogenarians. I feel honored to have positively impacted so many wonderful people throughout the years. I feel blessed, honored and grateful to have met and taught so many people throughout my years owning Life in Balance Pilates Studio. It was a labor of love. Definitely hard work to run a successful business, especially with so many fitness options in town, so to have repeat clientele that chose my studio for over a decade really humbles me. I’m thankful for the friendships created, the memories made and all the sweat – literally – everyone put into helping make the studio a success,” she explained.

As Monica looks to her path forward, she states, “I’m hoping to continue sharing my love of fitness in some capacity in the future. For now, I’m relishing my time off, recuperating, and rejuvenating because there’s always another adventure ahead!”

One piece of advice she leaves us with for now is: “People would often ask me, ‘What’s the best kind of exercise?’ “I would reply, the one you that you actually do! It sounds so simple, but it’s true.”

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JEREAN & ELENA HUTCHINSON, LA POSTA CHILE CO.  
PHOTOGRAPHED BY JUNIOR VAQUERA, TU MEDIA GROUP

# La Posta de Mesilla: A LEGACY OF HOSPITALITY

By Sylvia Quintanilla

When you think of Mesilla, a few images come to mind. The iconic Mesilla Plaza with locals and tourists alike taking in the shops. The comforting presence of Basilica of San Albino church. One other image that comes to mind is the entrance of La Posta de Mesilla. This year, the restaurant celebrates 85 years of business. Though the milestone is impressive enough, at the helm of the restaurant is a family who has been there since the beginning.

Jerean Camunez Hutchinson, vice president of La Posta Group, Inc, is the great niece of Katy Griggs Camunez. Camunez established La Posta de Mesilla in 1939.

“She started her little ‘taco joint’ in a centuries-old adobe building, once a stop on the famed Butterfield Stagecoach Line and now listed on the National Register of Historic Places,” Jerean began. “With six tables on dirt floors and no running water. Her mother and grandmother cooking in the kitchen, while she greeted and took care of guests. Katy liked to take credit for being one of the first to offer complimentary ‘tostados and chile’ (we now refer to it as chips and salsa) with each meal. She also

was the first to create the very popular Mexican dish, ‘tostadas compuestas.’”

Jerean and her husband Tom Hutchinson took over the business in 1996. Jerean explained that their children, Christopher, Brett and Elena grew up running around La Posta. In the nearly 30 years the Hutchinsons have owned La Posta, it has received several honors along the way. The USS New Mexico (SSN 779) named its galley after La Posta. USA Today recognized the restaurant as a “Top Ten

La Posta prides itself in having one of the largest collections of tequila in the Southwest

Great Mexican Food Restaurant.” Recently, it was identified by “America’s Best Restaurants” as one of the best restaurants in the country.

Jerean said that La Posta prides itself in having one of the largest collections of tequila in the Southwest. They have won many awards for their creative margaritas

including their famous Chile ‘Rita.

“We acquired this historical icon, La Posta de Mesilla, in 1996 (28 years and still going) and have been blessed to have successfully continued Katy’s legacy in sharing the mindset of ‘Mi Casa es Su Casa’ to all who wander here. As Christopher, Brett and Elena have grown older, all three have worked in some capacity at La Posta (bussing, host, bartending, serving, gift shop, cooking, managing) with Christopher and Elena also working hard at ensuring Hacienda continues to thrive and support our community,” Jerean said.

La Posta is a stunning restaurant that highlights the beauty of the culture in each of their rooms with artwork from local and Mexican artists. Guests step back into time with their 1840s adobe structure adorned with original vigas and latilla architecture.

In addition to La Posta, 2410 Calle De San Albino, the family owns three other businesses in Mesilla.

In 2017, Jerean and Tom acquired what is

**Continued on Page 20 ►**

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**Ingredients**

- 1 jar (16 oz.) La Posta Hatch Green Chile Peach Salsa
- 2 teaspoon fresh lemon juice
- 1 tbsp. horseradish
- 3 to 4 dashes of La Posta Hatch Red Chile Hot Sauce (optional)

**Note:** For a classic shrimp cocktail to impress, simply layer a stemmed cocktail glass with specialty micro greens, 2 tbsp. of La Posta's Peach Cocktail Sauce, and hang 4-6 cooked, chilled, and tail on shrimp along the side of the glass. Garnish with a lemon wedge.



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◀ **Continued from Page 18**

now Hacienda de Mesilla, Boutique Hotel, Grille, and Cantina, 1891 Avenida de Mesilla, formally known as Meson de Mesilla.

As Mesilla's only hotel, Hacienda offers 14 comfortable and tastefully decorated rooms, Jerean explained. They offer upscale dining with a menu of seafood, steak, traditional Mexican food plates, bar food and sandwiches. Their cantina is sports themed and spacious to enjoy the game or a night out. Like La Posta, Hacienda has hand-crafted cocktails and an extensive wine collection. The property also includes outdoor options for their guests with courtyard and

poolside dining.

In 2021, La Posta Chile Company (LPCC) was founded. Jerean explained its formation was in recognition of customer demand for La Posta Salsa and Chile products. LPCC offers a wide variety of products from La Posta. Including a selection of 25 award-winning salsas, Hatch chile, gourmet sauces, mustard, hot sauces and seasonings. Products are available in the La Posta Gift Shop, online at lapostachileco.com and at retail shops and grocery stores throughout New Mexico.

To the south of La Posta is the historic Fountain Theatre, 2469 Calle De Guadalupe, which the Hutchinson family also proudly owns. Jerean said they

lease the theatre to the Mesilla Valley Film Society that shows independent and foreign films. She said the theatre is also used for

special events such as corporate retreats, field trips or tour groups.

At the heart of the numerous business ventures is the Hutchinson family and special bond that Jerean shares in being a women-owned business with her daughter, Elena. Since

it was established, La Posta has been an owned and operated women business. Jerean described they are a minority, woman- and veteran-owned business as her husband is a veteran.

*{ She loves tequila, I love tequila. Two happy peas in a pod! }*

“Our children are also part of the ownership/management structure at Hacienda and La Posta Chile Company. So the mother/daughter duo gives us some additional ‘chica power’ status in the business world!” Jerean exclaimed. “But to me – the real strength that I am proud to follow in the footsteps is that of Katy Griggs Camunez. What a gutsy, amazing, giving and resourceful woman who at the age of 25 started this truly incredible story that has become the journey for La Posta de Mesilla and the greater community.”

Elena grew up in La Posta like her siblings. Jerean recalled Elena loving the birds and fish, and making a meal of her favorite bean and extra cheese burrito.

“And now, for the past several years, she has worked side-by-side with me working and learning almost every facet of the business from host to bar to server to kitchen to management to front of the house business – she has done it all and continues to learn the skilled nuances, long hours and hard work of

**Continued on Page 22 ▶**

# LA PINTA Margarita

By Daniel Buck

**INGREDIENTS**

- 1 ½ oz. La Posta Select Barrel Patron Anejo
- ½ oz. St. Germain Elderflower Liqueur
- 1 oz. Pama Pomegranate Liqueur
- 2 oz. fresh squeezed lime juice

**DIRECTIONS**

Shake and strain over fresh ice in a margarita glass with a salt rim.

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DR. PIPER GIBSON,  
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# The Beauty of Regenerating HEALTH

By Robert Glenn Hopkins

What is the secret to good health? That's the question we all want to know, but never seem to get a straight answer. What if I told you it's as easy as, "what you put into your body?" That's exactly what Dr. Piper Gibson, DFM, AHND, TND, BCDNM, FDN-P, and Tic Disorder Expert, will tell you. Ask any doctor for that matter, and the answer to good health almost always comes right back to nutrition. How though, you might ask? It can't be that easy, can it? Dr. Piper Gibson sure thinks so, and she has made it her mission to prove it.

Dr. Gibson is an inspiration to the medical field as a whole, and a real treasure to our very own Las Cruces, New Mexico community. A local in fact who is not only from Las Cruces, but proudly calls it home. As doctor, nutritionist, therapist and research specialist, she is a woman business owner who took the several specialties she embraced and with her extensive expertise helps people from all over the world with her special take on healthcare.

You see, while nutrition alone isn't everything, it is a big part. The problem is, until it becomes a consistent part of patient-doctor conversations, many people will continue missing a major opportunity to live longer, healthier lives, not to mention specialists aiding and assisting with the problems. While a good

Dr. Gibson uses a whole-body approach

place to start is with medical education, doctors have historically received almost no nutritional training, which limits their ability to effectively talk to patients about it. During numerous years of medical school, most students spend fewer than 20 hours on nutrition, according to Gibson. This situation is completely disproportionate to its health benefits for patients.

Doctors and specialists like Gibson become the leading authority on matters of nutrition, medicine, research, and testing, as well as offering a wide range of nutritional treatments and treatment plans.

For Dr. Gibson it all started when her son was six years old and had developed symptoms for which other doctors just had no answers. Her son was diagnosed with a neurological transient tic. Overwhelmed and scared, she refers to this time as a roller coaster of medications and doctors; never with any answers as to why her son had the issues he was experiencing. Having spent thousands and thousands of dollars on tests, doctor visits, medicines, and supplements, Dr. Gibson was frustrated. Doctor visit after doctor visit, prescription upon

Continued on Page 22 ►

## TIPS FROM A SOCIALITE

by G. Buck

### Winter Blues the Art of Staying Stimulated

We may live in a sunny place, but we still get our share of cold days and cloudy skies. Add some rain and we've got the perfect window weather that more often than not dampens our drive.

This is the perfect time of year to be involved in your community or simply your neighborhood. We have just concluded one of a series of meetings for the Mesquite Historic District that focused on neighbors and businesses planning this year's calendar of events.

Another way to stay both fit and social is to either get to know your neighbors or ask a neighborly friend to walk in the brisk morning or the chilly evenings. A mile or more does great wonders for one's physical trim and vascular health.

Amongst the fitness routines some have promised to pick-up, or the diets many of us start, or the engagement in civic activities as a neighborhood, our "core group" (as we call it) have continued our holiday and evening events such as movies in the 'casita,' fireside socials, international New Year's celebrations, coffee tastings of the world brought back from Panama, or Holiday Open Houses that benefit public art.

Bring your neighborhood together and get social this new year. Many don't know, but the Mesquite Historic District is a tight group of neighbors from all over the world with expertise in an array of areas whom remain committed to resurrecting their Historic District.

## ◀ Continued from Page 20

running a successful business,” Jerean continued. “Elena has excelled in her creative mixology efforts for both La Posta and Hacienda. She is always ready to take on new efforts and learn new facets of the business. I am a proud mother to say the least.”

Elena has her own take.

“Well – I would say that it is a blessing and a curse,” she joked. Elena is general manager of Hacienda de Mesilla. “In all honesty, I wouldn’t have it any other way. I was fortunate enough to grow up in the industry that my mom has been so successful in and because of her and

my dad, I knew right away that I wanted this to be my career and future as well. I love my job. She challenges me in the best ways and teaches me the right way to do things – a lot of ‘on the job learning, trial by fire’ – which we smile and chock up to ‘learned experience.’ My mom is the reason for my passion behind the bar. Creating, mixing, studying is something I can never learn enough of and always share with her. She loves tequila, I love tequila. Two happy peas in a pod! Learning from her and being able to show that in my work is special.”

Both noted that their hard-working staff have become family as well. Some of their employees have been with them for

decades and are part of their legacy, which sets the bar high for customer service.

La Posta is a staple in Mesilla and has received national and international notoriety.

“White Sands National Monument will attract 600,000 plus visitors this year” Jerean said. “Katy Griggs Camunez’s little ‘taco joint’ will serve 300,000 plus guests. That puts it in perspective! We know most communities have that one go-to establishment that captures the essence of a community, that if a visitor had time for only one meal, they would visit there. We are often that establishment and as I alluded to before, we embrace that responsibility with much pride.”

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## ◀ Continued from Page 21

prescription, with no end in sight. Angry and feeling helpless, with no answers anywhere, Dr. Gibson had enough and wasn’t going to watch her child continue to suffer anymore.

She took matters into her own hands, went back to school, and many years of research later, studying everything from diet to genetics, Dr. Gibson’s passion was realized. Having applied all this with the belief that individual health and wellness are the future and the future is now. Fast forward to today, Dr. Gibson uses a whole-body approach with her focus on real food nutrition, functional lab testing, and genetics so that patients can fuel their brains, bodies and well-being. Her son is now healthy and symptom-free, and Gibson takes her vast wealth of knowledge and expertise to help other patients, particularly children.

Dr. Gibson explains that health is preventative, with the key being able to figure out the root of what ails you. She states that the number one cause of health issues is a “perfect storm.” In turn, she figures out this perfect storm and helps you to understand it, deal with it, counter it, calm it, and ultimately get past it. She helps her clients not only fight this perfect storm but conquer it all together. She and her team of nine all work by way of, Functional Lab Testing. This testing includes blood, stool, urine, saliva, or hair samples to provide information about a variety of systems including metabolic, nutritional, endocrine, gastrointestinal, hormonal, immune, genetic, detoxification, and others. All from a virtual environment, Dr. Gibson and her team take these very lab results and specifically tailor a means in which to improve one’s overall health.

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causing the problems one’s child is experiencing but also knowing how to deal with those problems and eradicate them. That’s exactly what this team does at Regenerating Health. The team also has specially formulated professional-grade nutritional supplements that enhance your child’s care plan from A to Z so there is less guess work. Finding the right solution for a child’s health can be overwhelming, and that’s why it’s so

important to take the unknown out of managing their symptoms and build a solid health foundation with the specific support their body needs to thrive.

With clients all over the world, Dr. Gibson and her team claim a success rate of 99 percent. Dr. Gibson provides you with the way, the means, and the tools. For more information, go to [www.regenerating.health/](http://www.regenerating.health/), and begin to explore the road to recovery.

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