

A Legacy Local Monthly Publication

June 2024

The Historic

Mesilla Valley

*Las Cruces gets
down on derby day!*

Broken Spoke
Hot Wing Tapout

Preserving History Through Jewelry;
The Story of Keith Austin

Amador
Derby Party



WE PUT YOUR FAMILY FIRST

STREETER LAW FIRM

Estate Planning • Probate • Small Business
Criminal Law • DWI Defense • Uncontested Family Law

streeterlawfirmnm.com

(575) 524-6893 • 1100 S. Main Street, Suite 100 • Las Cruces, NM 88005

OPIOID DEPENDENCY:
Prevention works • Treatment is Effective • Recovery is Possible

More people accidentally die from prescription painkiller overdoses than all other drugs.



SAFE MEDICATION USE

The **risks** of overdose and death **increase** when prescription opioids are combined **with other drugs** such as anxiety & sleeping aids or alcohol.

Take your painkillers **only as prescribed** by your medical provider, and only if needed.

Don't share your pain meds with anyone and don't take someone else's.

STORAGE & DISPOSAL TIPS

Having prescription painkillers in your home increases the risk that another person in your household might find them and misuse them, or take them accidentally.

Lock them up and keep track of the number of pills.

Safely get rid of expired and unused meds. Never flush down the toilet. To find the nearest take back location, call the New Mexico Poison and Drug Information Center at 1-800-222-1222

A DOSE OF REALITY

DoseOfRealityNM.com

Data provided by New Mexico Department of Health



Meticulously Handcrafted Wine



Tasting/Tap Room
3200 Hwy 28 • Anthony, NM 88027
www.mesavistawinery.com

Spending time with culture.

TRAILS END



1732 Mesquite St.
Las Cruces, N.M. 88001
575-649-2951

trailsendgallery.net

Artist Studios

Robert Highsmith
Gary Biel
Jewelry Works by Armando
Victor Whitmill
Penny Simpson

Greetings!

**EAT, STAY
and PLAY**



575.652.4953
1891 Avenida de Mesilla
Mesilla, NM 88046

haciendademesilla.com

FAMILY BUSINESS SINCE 1976

**Spring
CREST**
CUSTOM DRAPERIES &
Design Center

DRAPERIES • VALANCES/ CORNICES
SOFT SHADES • HONEYCOMB BLINDS
BANDED SHADES
ROLLER/ SOLAR SHADES/ SKYLINE
MINI BLINDS • SONNETTE • SHUTTERS
WOODEN BLINDS • WOVEN WOODS
VERTICALS • BEDDING/PILLOWS
TABLEAUX • SKYLIGHT SHADES

2310 Temple St. • Las Cruces, NM

575.526.2880

www.springcrestnm.com

Antiques, Furniture, & Housewares
SHOP PRE-OWNED LUXURY.



Open 10am-5pm Tuesday through Saturday

1250 W PICACHO AVENUE • LAS CRUCES, NM 88005 • (575) 523-0522

www.estatesalediscoveries.com

№1 BBQ SUPPLY HEADQUARTERS



VISIT US & TRY A SAMPLE!

SAUCES • RUBS • SEASONINGS
JALAPEÑO ROASTERS • CHARCOAL • FLAVORED WOOD



575.520.4398

355 ARCHULETA RD. • LAS CRUCES, NM

Law Enforcement and
First Responders

ALWAYS 25% OFF



**YOUR business
is OUR business**



**GREATER LAS CRUCES
CHAMBER OF COMMERCE**

(575) 524-1968

150 E Lohman Ave, Las Cruces, NM 88001

lascruces.org



Contents

- 5 From the Publisher**
- 6 Calendar of Events**
- 8 Broken Spoke Hot Wing Tapout**
- 10 Derby Day: Who's Who**
- 12 Amador Derby Party**
- 14 La Reina De Atenguillo**
- 16 Preserving History Through Jewelry;
The Story of Keith Austin**
- 18 Recipe: Chiles Rellenos**
- 19 Socialite Citrus: Summer Cocktail
of the Garden Series**
- 20 The Marvaceous World of Hormones**



Featured on the Cover:
Patrice Gabriel

Advertising

To place an advertisement in this magazine, contact Publisher Daniel G. Buck at (575) 332-1219 or daniel@thehistoricmagazine.com

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. The publisher reserves the right to edit, cut or publish any submissions.

Articles and advertisements in this publication and opinions expressed herein do not necessarily reflect the views of The Historic Mesilla Valley, but remain solely those of the authors or advertisers. The paid advertisements contained in this magazine are not endorsed or recommended by Economic Equilibrium of New Mexico, H2 Development Group.

The Historic Mesilla Valley Magazine
Economic Equilibrium of New Mexico
H2 Development Group
804 S. San Pedro St. Unit 1, Las Cruces, NM 88001
Office (575) 332-1219
daniel@thehistoricmagazine.com

We distribute throughout the Mesilla Valley and New Mexico. No part of this magazine may be used without the written permission of the publisher.
Copyright 2023 All rights reserved.

Daniel Gordon Buck

Publisher - Owner
Sales - Marketing
Chief Executive Officer
Chief Development Officer

Danielle Goetzinger

Editor

Courtney Lewellen

Hernandez

Creative Director



Rent Due Again?



ENCHANTED SUN REALTY

SCAN. ADD YOUR RENT. OWN A HOME.
your own home for the same amount or less



Collective Co.
Co-Working | Office | Events | More

201 N. Water St
Las Cruces & Water St



BEAUTIFUL DOWNTOWN SPACE!
SCAN FOR INFO




Collective Co.



FROM THE

publisher

Welcome, friends of the historic, we are pleased to have you join us for this special anniversary issue, although there's nothing overtly different about this copy. To our surprise, we are celebrating one year since we came to market and are pleased to remain strong within our community and are here for your enjoyment while you sip on one of our luscious cocktail recipes on the piazza or indulge in a rich dip from one of our specialty sauce companies amongst guests or furry friends.

Enjoy reading about May's social scene as we celebrated the Kentucky Derby or get iced with a fabulous read on the Austins, who own Austin's Fine Jewelry. As you toggle between the different stories from Amador Dayz you'll get to see a collection of great

millinery and chapeaux, a touch of culture we don't often see here in Las Cruces. As my grandma always said, "any day is a good day for great chapeaux." We'd like to give a special thank you to Tami & Co. Studio 105 for providing the hats during the filming of the La Reina commercial, and of course, for making both of my showstoppers for the two happenings. If you're in need of something great to sip on- checkout La Reina, a great shade cover- go see Tami, and something to make you shimmer- see Mr. Austin.

Summer has dawned and thus far we are due to be teetering over one hundred degrees, which is surely a sad sign for the Day Lilies and Geraniums. Establish a plant hospital now which will help save our poor children from a scorch of death. Bless us, I think inside is the only way to remain safe

or a well shaded area in the mid evening with lots of ice in a bucket and good air circulation. I know you can catch me at the lake taking a dip to cool off on the weekends, but for something closer to home, the river is still running, so ravish in that miracle while you can.

Now, ring that silver bell and summon your other half for more ice in that cocktail as it turns to a water bog mess in that fabulous glass, or load up that little hors d'oeuvres plate and flip the page; we have plenty to enjoy this June. Always remember our Community Partners need your support and so do we. Coyote Traders continues their construction sale at 25% off in-store.

As we are due to be on the shelf after the Fourth of July. Please enjoy the holiday and be safe.



Karina Nicoll
ASSOCIATE BROKER #52711
505-470-2338



Select Realty
275 N Main St., Ste 1
Las Cruces, NM 88001


THE SOLUTION LLC

COMMERCIAL & AIRBNB
CLEANING SERVICES

Crystal Varney
575.915.8366


llc.thesolution@gmail.com

  llc.thesolution



ENTERTAIN IN STYLE

NAMBÉ ON THE HISTORIC MESILLA PLAZA
2109 CALLE DE PARIAN, OLD MESILLA, NM 88046
P: 575-527-4623



Calendar of events

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.



June 8

– Live Music featuring Travis Manning, 6:30-9:30 p.m., Hacienda de Mesilla, 1891 Avenida de Mesilla.



June 11

– Ivonna Downtown: Monthly drag show hosted 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.

June 13

– Jazz Jam: Monthly event hosted by the Mesilla Valley Jazz and Blues Society. Jazz music for the average listener or musicians. Free. 6:30-8:30 p.m. Mom's Coffee, 1001 E. University Ave. D2, Las Cruces.

– Baila Las Cruces: Monthly event presented by Visit Las Cruces. Free dance lessons led by instructors from Sol Ballroom. No experience or partner needed. Dance styles to learn include salsa, cumbia and more. Free. 7-8:30 p.m. Plaza de Las Cruces, 213 N. Main St., Las Cruces.

June 14

– Weekly Meditation: Every Friday Unity of Las Cruces hosts a meditation hour. Drop in and leave when you feel complete. Free. 11:45 a.m.-12:45 p.m. 575 N. Main St., Las Cruces.

June 15

– Writers' Workshop: The Las Cruces Arts and Cultural District will host their monthly Writers' Workshops and Roundtables. Sessions rotate between traditional workshops/ roundtables and interactive sessions where you write on the spot and collaborate. Coffee and light refreshments are provided. Free. 11 a.m.-1 p.m. Amador Patio Bar Grill, 302 S. Main St., Las Cruces.



– Father's Day Drive and Dine: Enjoy appetizers and beer/bourbon tasting. Hawaiian barbeque will be served after gold. Players can enjoy music and win prizes. \$75 per player or \$250 for 4 players (includes dinner). Doors open at 4 p.m. Shotguns begin at 5 p.m. New Mexico State University Golf Course, 3000 Herb Wimberly Dr., Las Cruces.

– Book signing: Local author Heather Lutz will be signing copies of her debut novel, "One World United." 2-4 p.m. Barnes and Noble, 700 S. Telshor Blvd. #1390, Las Cruces.

June 16

– Fathers Day Whiskey and Cigars on the Rooftop, time TBA, Hacienda de Mesilla, 1891 Avenida de Mesilla. Call 575-652-4953 for time and ticket information.



Mesquite Street Historic District and Original Townsite are Celebrating 175 Years!

Save the date

FOR THESE
UPCOMING
EVENTS!



JUNE 26TH

Camino de Los Artistas
5pm-8pm • Doors open at 5:30
Mesquite Street Artists at The Amador
302 S. Main St., Las Cruces

JULY 5TH

FIRST Fridays Horse Carriage Rides
Free • 5-8pm • From Mesquite Street Galleries and Amador Live • 302 S. Main Street, Las Cruces

OCTOBER

Mesilla Valley Maze
Recognizing
Las Cruces' 175th
Year Anniversary
3855 W. Picacho



October 12th
Dia de Los Muertos
Altars Workshop
1 pm • Alma d'Arte,
402 W. Court Ave.
Pachanga (Party)
Zoot Suit Contest, Car Show and Music
Klein Park & Downtown

October 25th
Dangerbird Bike-Pack Summit • Klein Park

NOVEMBER

Dia de los Muertos
Klein Park and Mesquite St. Neighborhood
November 1st & 2nd • Tours/ Theater/Altars
Chalk Plot Map of Original Townsite

November 2nd
Christmas Market • Amador Live • 302 S. Main Street

DECEMBER

Christmas on El Camino Real
Mesquite Street, Las Cruces
Luminarias, Santa and Carriage Rides

JANUARY

January 4th
Nacimientos (Nativities) - \$5 Donation
Display of 200 Nativities from private collection
12-4pm • 706B South Mesquite St.

FEBRUARY

February 14th & 15th
Xocolatl on el Camino Real
1st Annual Chocolatiers Festival 2025

For more info email: MesquiteStreetAmigos@gmail.com

June 26

- Camino de Los Artistas: Southwest art expo featuring local art galleries Trails End Gallery, Redd's, 925 Gallery, Duende Arte Gallery and Las Muchachas de Las Cruces Creativity Studio. Wine tasting and Hors D'oeuvres. Doors open at 5:30 p.m. \$10 entry with portion of proceeds to benefit the Mesquite Historic District Art Ramble. Amador Patio Bar Grill, 302 S. Main St., Suite B, Las Cruces.

July 5

- First Friday: "T-klek'tik" Two Artists - Many Styles - Many Media by Mel and Rejina Christopher. 4-7 p.m. MAS Art Gallery, 144 Wyatt Dr., Las Cruces.



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

July 7

- Booze Yoga: Beginner friendly yoga class on the first Sunday of each month. One hour class with two beers or mimosas included. \$20 per person. 9:45-11 a.m. Las Cruces Little Toad Creek Brewery & Distillery, 119 N. Main St., Las Cruces.- Live Music featuring Travis Manning, 6:30-9:30 p.m., Hacienda de Mesilla, 1891 Avenida de Mesilla.

FARMERS & CRAFTS MARKET
WEDNESDAYS & SATURDAYS
8:30 AM - 1 PM
farmersandcraftsmarketoflascruces.com

16TH ANNUAL
MEN WHO COOK
WINE COUNTRY
Saturday, August 10, 2024
LC Convention Center
6pm - 10pm
Local Wineries in Attendance
CHEFS & SPONSORS NEEDED!
Tickets \$125/Person
Tables & Sponsorships Available
Get tickets at Mesilla Valley Hospice or at the door!
MVHospice.org
575-523-4700
PRESENTED BY Mesilla Valley Hospice Foundation

NEW MEXICO
MARKETPLACE & BAKERY

We sell local products including these customer favorites!

PROOFED BREAD CO. **THE FUDGE FACTORY** **KETTLE CORN**
PROOFED BREAD **HOMEMADE FUDGE** **KETTLE CORN**

COTTON CANDY • SPICES • SALSAS
HOT SAUCES • FLAVORED CHICHARRONES
FLAVORED PECANS

Sample our balsamic & olive oils!
CREATE A CUSTOM GIFT BASKET!

Voted Las Cruces' favorite bakery!

126 S. Main St. • Las Cruces, NM 88001
(970) 209-3840
nm_marketplace_and_bakery

Las Cruces gets down on derby day!



Broken Spoke HOT WING TAPOUT

By Sylvia Quintanilla

Out on the patio of Broken Spoke Tap House was the ultimate challenge for wing lovers with the Broken Spoke Hot Wing Tapout presented by Zia Chile Traders. Twelve brave souls signed up for a six round challenge with hot sauce from Zia Chile Traders. The man behind the sauces is John “CaJohn” Hard. He and his wife Sue own Zia Chile Traders, a small batch company. The Hards moved to New Mexico after they sold their first company. They have been working with the New Mexico State Chile Pepper Institute since 2008. They have hot sauces, barbecue sauces, sauces and spice blends. You can purchase their products at the Farmers and Crafts Market of Las Cruces.

John is a four time World Hot Sauce Champion and has the ring to prove it. Hard said this challenge is something he has done for years and it’s called Climbing the Ladder of Heat. Previously, the challenge was done at trade shows and eight different sauces were on a spoon for contestants. As with the wing challenge, there is a two minute delay between rounds to allow the sauces to take full effect.

Hard said this challenge came about from a meeting with Bower and Sue to liven things up for the derby party and Cinco de Mayo weekend. Each round, two chicken wings were brought out

Continued on Page 11 ►

Visit our booth at the Farmers and Crafts Market!

MAIN STREET DOWN TOWN • WEDNESDAYS & SATURDAYS • 8:30AM - 1PM

The Finest Sauces, Salsas & Seasonings



ZIA CHILE
TRADERS

Ziachile.com





insta-copy
IMAGING

PRINTING • GRAPHIC DESIGN
OFFICE FURNITURE & SUPPLIES

LOCALLY OWNED SINCE 1981

PRINT • DIGITAL • LARGE FORMAT • OFFICE PRODUCTS
(575) 526-6602 • insta-copy.com
318 N. Main St., Las Cruces, NM 88001  

 CITY OF LAS CRUCES



FOURTH OF JULY

**CELEBRATION,
CONCERT &
FIREWORKS**

WEDNESDAY, JULY 3
ELECTRIC 5K & 1-MILE FUN RUN 7:30PM
Race starts at Meerscheidt Recreation Center,
1600 E. Hadley Ave.

THE ELECTRIC LIGHT PARADE 9PM
Parade begins at Apodaca Park &
ends at Maag Softball Complex
For more information, call 575.541.2454

THURSDAY, JULY 4
Pat and Lou Sisbarro Community Park,
3205 Arrowhead Dr., NMSU Campus

GATES 4PM

The Black Jacket Symphony presents
SATURDAY NIGHT FEVER 6PM
PRINCE'S "PURPLE RAIN" 8PM

FIREWORKS 9:45PM

For more information, call 575.541.2550 or visit www.LasCruces.gov

Las Cruces gets down on derby day!

WHO'S WHO

May 4 • Amador Patio Bar Grill

The Historic Mesilla Valley Magazine celebrates derby day. What a fabulous night celebrating the 150th Kentucky Derby. We enjoyed such a diverse collection of vignettes, La Reina Raicilla and a hot wing challenge hosted by Zia Chile Traders. A night of great hats and dancing until the dawn.



◀ Continued from Page 8

on a small white plate, each wing was generously coated with the sauce. At first glance, the presentation of the wings was innocent, but after the first round, the seemingly tame plating made the wings more and more intimidating.

Contestants were instructed they had two minutes to eat both wings and the meat needed to be cleaned off. Fairly quickly, contestants devoured their wings. As the rounds continued, you could see the body language of the contestants changing. There was toe tapping, swollen lips and faces turning red.

For each round of the contest, extra wings came out for spectators willing to taste the sauces. There were six sauces provided for the contest including Primo and Lefty, Spoke Hot Sauce, and NuMex Scorpion Hot Sauce. Hard said it was the chef's choice on what levels of heat were coming out for the hot sauces. For the first round, they started with Phil Apodaca's sauce, Dirty Chones which is a hot barbeque sauce.

"The hottest of the sauces was the Rage



and Road Runner, but that got stuck in the middle somewhere. That's when we had our first couple people drop out of the challenge," Hard said. In the end, after six grueling rounds, a few contestants were eliminated for not eating the full chicken wing and a few tapped out on their own.

A young man from New Jersey took home the prize and the trophy.

"I think that there was enough angst and anxiousness. I think that everybody will talk about it. Being from the Midwest, it's kind of nice that a guy from New Jersey won," Hard concluded.

FAMILY OWNED & OPERATED

GROUND

CAFÉ • VINO • PIZZA

Monday - Saturday
7 AM - 9 PM

300 N. Main Street
La Esquina Plaza Suite #1

**ASSOCIATE
BROKER,
REALTOR®**

Melanie Ikard
(575) 640-9005
melanieikard@hotmail.com

BERKSHIRE HATHAWAY
HomeServices
New Mexico Properties

424 N. Main St., Ste. 100 • Las Cruces NM 88001
Office: (575) 541-9221

A member of the franchise system of BHH Affiliates, LLC.

LOCATED IN MESILLA

BALANCE
MIND • BODY • SOUL

B-Well PROJECT

Balanced Functional Medicine

Holistic Health • Nutritional / Regenerative IV Therapy
Nutrient Injections • Hormone / Sex Education
Bio-identical Hormone Replacement
Medically Supervised Weightloss • Exosomes • Stem Cells
Peptide Therapy • Aesthetics • Nutritional Counseling
Full Panel Hormone Testing • Supplements

2470 Calle de Guadalupe, Suite C | Las Cruces, NM 88005
575.556.9954 | www.b-wellclinic.com

Las Cruces gets down on derby day!



Amador

Derby Party

By Sylvia Quintanilla

Summer might not begin until June 20th, but last month, AmadorLive, 302 S. Main St., turned up the heat for Cinco de Mayo weekend. On May 4th, AmadorLive was buzzing with something for everyone who walked through their doors during their third annual Amador Dayz. From a hot wings challenge to tequila tasting and a derby party, there was no limit on the options for entertainment.

Amador Derby Party

Outside of Amador Patio Bar Grill, the patio was decked out for the 150th Annual Kentucky Derby. Though there was no cover charge, guests interested in the event were encouraged to reserve a table for the Amador Derby Party. Several of the VIP Tables were located in the shade and close to the TVs in anticipation of the race.

As the festivities began, Las Cruces really showed up in their derby attire that included large sun hats and

stylish fascinators in shades of red and purple. Amador Patio Bar Grill had a specialty menu as well that included Fried Okra, Fried Catfish, Kentucky Hot Brown Sandwich and Pecan Pie, to name a few. On the drink menu some of the choices included the traditional Mint Julep, a Mimosa Bucket and Bradshaw Bourbon.

One VIP Table was reserved by Adam Consiglio and Karen Hartley. They are not from Las Cruces, but came for a visit and immediately looked for a derby viewing party. "There's something about the race," Consiglio said. He mentioned he had been to the Kentucky Derby once in 2008. Hartley was wearing a sheer black hat for the event. Hartley is from Albuquerque and mentioned that there isn't a place like AmadorLive back home that could host a derby viewing party.

Tisa Gabriel made quite an entrance with the red fascinator she donned for the event. Her hat was from a local shop, Painted Door Studios and Tanning, 1100

S. Main St. Gabriel said she loves the derby and has been watching it for years. Her goal is to one day see the derby in person. She noted that she grew up on a cattle ranch and has ridden horses since she was five years old.

Once the derby began, the energy on the patio shifted to the TV screens. Naturally, Consiglio, Gabriel and Hartley flocked together and cheered on their respective horses. As Mystik Dan was declared the winner in a tight photo finish race, the patio erupted in cheers.

"Everyone is really enjoying today's vignettes. It's just a little bit of culture that Las Cruces isn't used to that we're bringing here. My grandfather is from Louisville and friends of my grandmother who we met on Middle Bass Island have legacy tickets to a suite at Churchill Downs, which have been passed down. Growing up my grandmother collected antique millinery and my great grandmother owned a custom millinery

BRING THE TASTE OF LA POSTA HOME!

LA POSTA SWEET SAVORY CHIPOTLE QUESADILLA

Ingredients

- 2 10-inch flour tortillas $\frac{3}{4}$ cup Asadero cheese*
- 2 tsp. vegetable oil, divided $\frac{3}{4}$ cup shredded Cheddar cheese
- $\frac{1}{4}$ cup La Posta Hatch Green Chile Cherry Chipotle Salsa
- 2 green onions, mostly green ends, finely chopped
- 8 oz. precooked rotisserie chicken, skinned and shredded, divided**

Directions

- (1) In a small bowl combine grated cheese. Mix well and set aside.
- (2) In a large skillet, heat 1 tsp of the oil over medium-high heat. Brush to coat pan evenly with oil. Place one tortilla in the skillet and cook until air bubbles begin to form, about 1 minute.
- (3) Reduce heat to medium and carefully spread half of the salsa evenly over the tortilla covering to the edges. Top with half of the cheese mixture, and cook until the cheese starts to melt, about 1 minute.

- (4) Top one side of the tortilla with half of the green onions and shredded chicken, spreading to the edges of the tortilla.
- (5) Gently fold the tortilla in half to create a half-moon shape, covering the onions and chicken. Cook for 1 minute then flip folded tortilla over and cook until tortilla is lightly toasted, and cheese filling is completely melted, about 1 to 2 minutes. Transfer quesadilla to a cutting board.
- (6) Add remaining oil to skillet and repeat with 2nd tortilla. Cut each quesadilla into 3 wedges and serve immediately.

**FIERY FOODS
CHALLENGE
2ND PLACE 2022**

A perfect blend of sweet & spicy, this zesty salsa combines sweet black cherries and dried tart cherries, with the subtle smokiness and heat of chipotle chile.

Notes *Mexican cheeses are rich and flavorful. You can typically find them in your local or specialty markets. Asadero cheese has a smooth texture, is yellow in color and has a tangy yet mild flavor. Queso Blanco is mild in flavor and white in color. Manchego is a buttery yellow cheese with a salty, nutty flavor. Mix them with cheeses you are familiar with such as cheddar, Monterey Jack, Pepper Jack, and gruyere cheese for a delightful treat! **For a Beefy Sweet Savory Chipotle Quesadilla substitute 8 oz. of precooked seasoned and grilled skirt steak for chicken. Follow Steps 1 - 6.



FOLLOW US
f i

LAPOSTACHILECO.COM

SHOP LOCAL. COOK LOCAL.

2410 CALLE DE SAN ALBINO • MESILLA, NM

shop. So, any day is a good day for great chapeaux but today is the best day for it; we still have many of her hats on display at my parents' home including a very special derby hat which blew off and broke one of the erect ostrich feathers on the way to a party. I hope as a city we begin to bring in worldly influence. It goes a long way for our citizens and engages younger individuals who may not have experienced or known the traditions of other areas in our country. I owe a

big thank you to Tami Carroll who owns Tami & Co. Studio 105 for today's custom chapeaux. She happens to own a boutique and is a more than fabulous hair stylist or, expert, I should say, but is an equally talented hat maker. She also did my hat for the commercial we shot for today's event and supplied the cast with their own hats. We are proud supporters of the community and stand behind today's premiere Raicilla launch as endorsers of the great spirit and Zia Chile Traders

who make a fabulous blend of salsas and spices, but most of all for their tongue melting competition today," said Daniel Gordon Buck, Publisher of the Historic Mesilla Valley.

With Amador Dayz having four hot spots of events including a car show with vibrant and custom paint jobs, Buck reflected on the different communities coming together. He said the event hosted by AmadorLive really shined a light on local businesses.



BRAIN INJURY | STROKE | SPINAL CORD INJURY CERTIFIED



REHABILITATION HOSPITAL
OF SOUTHERN NEW MEXICO

Your Choice for Stroke Rehabilitation

RHSNM.ERNESTHEALTH.COM

4441 East Lohman Avenue • Las Cruces, NM 88011 • 575.521.6400

If you or a loved one has suffered a **stroke**, where you receive rehabilitation matters.

Our comprehensive clinical team at **Rehabilitation Hospital of Southern New Mexico** is trained to provide specialized stroke care, offering the latest in rehabilitative technology.

Our clinicians work with patients and their families to create individualized treatment plans so patients can maximize recovery and regain independence.

Learn more about our stroke program.

Call **575-521-6400**.



f Follow Us

Las Cruces gets down on derby day!



La Reina De Atenguillo

By Sylvia Quintanilla

Anthony Kennedy is a man that stands behind his product. Kennedy is a well-traveled businessman from Illinois who came to New Mexico five years ago. He and his partner, Amanda Rodriguez, are investors in La Reina De Atenguillo. Kennedy described this spirit as a Raicilla which is distilled from the agave plant and is out of Jalisco, Mexico. La Reina is available in several markets like Mexico City, Miami, FL, Atlanta, GA and, in a few months, it will be available in Dubai.

"We wanted to share that this is the second U.S. Market that La Reina is opening up in," Kennedy said. "We have a really unique opportunity in this region. I think because it's so entwined with the culture here and all the way down in Mexico City, it's an untapped market."

Kennedy said that he

has 22 years' experience in the business world and when the opportunity to learn more about La Reina came across his desk he went to meet the founders and taste the product. He said that part of what attracted him to this spirit is that it is a woman led business. He believes in supporting women in businesses.

Kennedy explained it was an easy decision to invest in La Reina because he knew he had a great partner to work with in Max

Bower, owner of AmadorLive. Kennedy said he loves building relationships in Las Cruces. AmadorLive will be the flagship location to get the full experience for the spirit, though Kennedy does have plans to expand the spirit to Northern New Mexico in the future.

"Think of it as the champagne of agave. You sip on it. I did a demonstration where I poured the Raicilla in my hand. I put it on my face.

There's no stickiness. It's pure. The next morning, you don't have a headache, it's more of a medicinal feel," he stated.

When asked about debuting the Raicilla at the Amador Derby Party, Kennedy said wanted to bring a Southwest twist to the event in a merger of high end atmosphere from the derby with a rustic western look. "A lot of times when we celebrate, the thought of tequila or mezcal, you're shooting it, you're waking up with a hangover, it's a college night," Kennedy began. "This is something where you take your family, your significant other, your partner and you sit down, you have a great meal, you enjoy the atmosphere. That's what I really wanted, something that I believe that Las Cruces is missing, something where you dress up a little bit and step out."

In tasting La Reina De Atenguillo, it is very smooth which aids in rejecting any instinct to shoot it. It was served with no lime, no salt or mixer. The aroma from the spirit is very stubble. This is a grown and classy spirit. "It's very good," Tisa Gabriel, who used to teach a class on tequila, said. "Very smooth, there's a softness to the taste. Blanco (tequila) usually has a bite."



press release

COMMUNITY SUPPORT NEEDED

to Help the Farmers & Crafts Market of Las Cruces Be Crowned the Top Market in America

By Karin Bradshaw

The Farmers & Crafts Market of Las Cruces is encouraging supporters to cast their votes once again in the 16th annual America's Farmers Market Celebration™ by American Farmland Trust. Between June 1 - July 31, 2024, visit markets.farmland.org, find your favorite market, US! Vote to put it in the running for national recognition and cash prizes. Last year our customers voted their love for the market, resulting in our being 1st in the State of NM, 2nd in the Southwest and 27th in the nation.

In 2024, the Celebration will award \$15,000 in total cash awards to the top five markets in America: \$5,000 for first, \$2,500 for second, \$1,500 for third, \$750 for fourth, \$250 for fifth, and \$100 to first in each state. These funds will be awarded to markets for marketing, communications, and other needs that help expand the market's reach and impact.

American Farmland Trust, a national nonprofit dedicated to saving farmland, promoting sound farming practices, and keeping farmers on

the land, has run the Celebration for 16 consecutive years, elevating the increasingly essential role farmers markets play in providing communities with access to fresh, locally grown food and connecting farmers directly with their customers.

"In many regions, farmers markets have been vital to keeping existing farms in business, enabling new farms to get started, and creating jobs and opportunity in these communities," said John Piotti, American Farmland Trust president and CEO. "At AFT, we believe that every farmers market in America is special in its own way, helping to connect farmers to customers, customers to healthy food, and the community to the local food system."

"The FCMLC is the perfect outlet for our small, family run farm for reaching our customers! We can homeschool and run the farm with our kids and then integrate them into the market environment when we bring them with us to the market. We all love conversing with customers, sharing our farm knowledge, while

the kids also learn the economics of vending. The FCMLC is invaluable to our close-knit family lifestyle and philosophies." Michelle Pittsenbargar-Bodhi Farms- FCMLC Board of Directors Treasurer

"Over 50 years in operation, 52 weeks a year, FCMLC is the most diverse center and outlet for local and regional farmers, ranchers, bakers, artisans and crafters offering the fruits of their work to the local residents and to visitors from all over the country. It is where we meet old friends and greet new ones, share information about our home, and make people feel welcome.

We take pride in being the largest Market in New Mexico and one of the best in the U.S." Dave Kerr- Creative Harmony Designs- FCMLC Board of Directors

To learn more and participate, visit markets.farmland.org today. The Celebration will run during the summer season and end promptly at 5 p.m. ET on July 31, 2024.

YOUR GO-TO FOR TO-GO!



El Sombrero Express

115 S Roadrunner Parkway, Suite 2
Las Cruces, NM 88011

(575) 323-3322

SCAN HERE
TO ORDER



Preserving History Through Jewelry; The Story of **KEITH AUSTIN**

By Sarah Boothe

On the corner of 203 E. Idaho and Foster, stands a jewelry store that not only holds glistening gems of a girl's best friend, but also a rich tapestry of history thoughtfully curated by Kieth Austin, a local gemologist whose journey began over 36 years ago. On the surface, Austin's Jewelry shop is a place to exchange fine jewelry, buy a new shimmering treasure or get your grandmother's wedding ring resized. However, at the heart of the store is Mr. Austin, a passionate collector, whose life and business have woven together a fascinating narrative of humanity through entrepreneurship and preservation of history.

Keith Austin is a self-made success; after spending 15 years in management at Sears, Mr. Austin ventured into the gem world. Spending a few years learning the jewelry business, he decided to chart his own path to entrepreneurship. Armed with years of experience and his devoted wife, Kathy, at his side, they started building a legacy.

In order to grow his knowledge and expertise, Austin decided to get his gemology degree from the Gemological Institute of America. Residing in Las

Cruces, Austin opted for long distance education which, prior to computers and the internet, was accomplished through mail-correspondence. Becoming a Gemologist was crucial to learning how to inspect and appraise gems to determine their value, a key tool in the world of trade-in jewelry. Determined, Austin completed a 5 year course in 3 ½ years. The next step changed everything.

With a leap of faith, Austin opened his first jewelry shop in a small office space with one display case. He also took his show on the road, visiting his clients at their homes, doing appraisals, trade-ins and repairs. It was not just about building a business, it was about building a legacy for him, his family, our community and telling stories from ancient artifacts to weightloss rings that duped your parents.

Austin's Jewelry is a place you can shop for fine jewelry, trade-in necklaces you found at an estate sale, or get your wedding ring cleaned. That is to be expected. However, it is not everyday you stumble upon a museum nestled within the walls of a jewelry store. A few months



after opening his store, a serendipitous encounter occurred when a customer brought in a Las Cruces High School Graduation ring from 1926. Recognizing not only the historical, but sentimental significance of the ring, Austin was inspired to start a collection of rings. Fast forward 30+ years and the Ring Museum was born. There are now two rooms of meticulously curated showcases containing over ten thousand rings telling a story of time and culture.

Rings, dating back thousands of years, have been used as a symbol by people. Ancient Romans and Greek wore rings to signify their status or inscribed the name of gods as a symbol of adornment.

Continued on Page 19 ►

“Keeping it Real Estate”

Gabriel Duran

Owner/Qualified Broker/**Veteran**

CELL: (575) 528-8646 • EMAIL: Gabriel@amountainrealtynm.com


**A-MOUNTAIN
REALTY**
(575) 621-0606



FAMILY OWNED AND OPERATED SINCE 1979

More than a music store
we're a place where passion
meets expertise.



108 WYATT DRIVE • LAS CRUCES, NM 88005

575-526-8884

hubbardsmusic-n-more.com

MONDAY-FRIDAY 10AM-6PM

SATURDAY 10AM-5PM



FOLLOW US



Give your kids the tools
to start thriving today!



D Calm

Supports the immu-
system & modulates
inflammatory
pathways.

Cannab Calm

Full spectrum CBD.
Supports immune and
anti-inflammatory
properties.

Omega Calm

Reduces inflammation
& provides essential
fatty acids.

Subscribe and Save 5%
shop.regenerating.health



FEATURING CUSTOM FRAMES BY CURTIS



MAS ART

FRAME AND ART SUPPLIES



575.526.9113

144 WYATT DR • LAS CRUCES



Thank You!

Las Cruces for voting
us the **BEST**
Used Car Dealership
and **Place to Buy a**
Used Car!



STEVE LARA
DEALER PRINCIPAL



ADREANNE LARA
GENERAL MANAGER

L&L Auto Sales

Family owned & operated since 2007

1375 and 1601 N Main St • Las Cruces, NM 88001 | Sales: (575) 636-1817

www.landlusedcars.com



SPLASH PADS:
Mon. to Sun. 10 a.m. to Sundown
LOCATIONS:
Mesa Verde 7125 Metro Park Dr.
Plaza de Las Cruces 100 N. Main.
Unidad Park 1500 E Hadley

LAS CRUCES NATATORIUM:
1405 W. Hadley
Mon. - Fri. 8 - 11 a.m., 4 - 8 p.m.
Sat. 8 a.m. - Noon

REGIONAL AQUATIC CENTER:
Mon. - Sat. 12 to 3 p.m.
and 3:30 to 6:30 p.m.
Sun. thru Labor Day Weekend,
12 to 3 p.m. and 3:30 to 6:30 p.m.

LAABS SWIMMING POOL:
701 W. Picacho
Thurs. - Sun. 12 - 3 p.m.,
3:30 p.m. - 6:30 p.m.

Chiles Rellenos By Perez Family, Owners of Chilitos

INGREDIENTS

5 Fresh green chile peppers
4 c Cheese to stuff the pepper
1.5 c Flour
4 Eggs
2-4 Tbsp Olive Oil or adjacent cooking oil
for lightly frying

Salt, pepper, and garlic powder to taste

PREPARATION:

Start by finding the largest, meatiest green chile you can find and roast it over an open flame until the skin becomes black. After you roast the chile, let the chile rest in a bag to sweat, this makes the skin easier to peel. Once the chile has rested for about half an hour or so, peel the skin off completely. Once peeled, make a small

hole toward the stem and remove the seeds of the Chile to stuff it, we typically just do Monterey Jack cheese, but you could be creative with what you stuff your relleno by adding cooked bacon, cooked shrimp or cooked ground beef whatever fits just have fun with it!

Next is the batter: add flour to a container and season with salt pepper and garlic powder. This will lightly dust the chile before your egg batter. For the egg batter separate 4 egg whites in one container and yolks in another. Take the egg whites in a medium sized bowl and beat until thick and fluffy (it helps if you have a cake mixer but can be achieved with a fork and lots of effort). When thick and fluffy add in the yolks for color stop beating when the yolks

have been fully mixed, you don't want to over beat your egg batter it'll go flat.

With your stuffed and lightly dusted chiles simply dip them into the egg batter and place them onto a medium high heat, lightly oiled flat top grill to cook. A couple minutes each side should do, but the egg on the outside should fully be cooked and golden brown and the cheese on the inside should be fully melted. Time to enjoy!

NOTES:

Cake mixer optional but very helpful
Open Flame
Flat top grill or plancha

CREATIVE ADDITIONS:

Add cooked bacon, shrimp or ground beef
Fry in Bacon Grease for a flavor infusion



HOMEMADE
New Mexican and American Cuisine

chilitos.net

Locally owned. Established in 1997.

CHILITOS
Restaurant & Cantina

Two Las Cruces Locations!

(575) 532-0141 | (575) 526-4184
3850 Foothills Rd. | 2405 S Valley Dr.

We support all the local farmers!  

SOCIALITE CITRUS: Summer Cocktail of the Garden Series

By Gordon Buck

INGREDIENTS:

1 Large or two medium lemons
6-10 Lavender flowers (preferably fresh)
7 Mint leaves of any variety (preferably fresh)
4-5 tbsp. Stevia
2 Jiggers Vodka
Plain Club Soda
Ice

DIRECTIONS:

Juice the lemons with a hand or automated press. Salvage as much pulp as desired and toss the seeds. Muddle the mint and lavender in a shaker. Add the lemon juice and stevia and mix until stevia is dissolved. Add the vodka and ice.

Cap the shaker, give it a relentless hold and begin the combination dance. Everything should be well combined and now you can add the club soda to the shaker or pitcher and stir. Pour into two glasses or save the excess for your refill. Garnish with a sprig of mint and lavender or just enjoy as I do.

NOTES:

Dial the sweetness as desired. Wheatley

Vodka is a great option as the vanilla undertones play well with the drink. For a New Mexico Vodka, I'd recommend Aztec. It's a stiff one, so smell and sample before configuring how much you desire. The weather is hot right now and if you're planning on serving this drink, I'd pour pre-measured Vodka from a decanter into a freezer dish and chill. Pre-chill the club soda and make sure the lemons are refrigerated. These steps help ensure the warm ingredients don't deteriorate the flavors of the beverage by immediate mixture melting. For an added spike, top each glass with a dash more of vodka, as it evens out the drink's suspension and profile.

◀ Continued from Page 15

Rings were once used to mark rites of passage in a person's life such as baby rings or high school graduation rings. In many ways, rings still hold symbolism today in the form of wedding wings, sports championships and much more. From symbols of love and commitment to markers of achievement and affiliation, these small artifacts offer a glimpse into the lives and cultures of people from different eras and backgrounds.

Austin's ring museum is home to an array of rings but one, in particular, is a story of a twist of fate that brings a smile to your face. Reflecting on a purchase made on eBay, he recounts acquiring a card advertising a ring with miraculous medicinal properties, an item he found intriguing. Companies came out with rings for various purposes but later admitted they were hoaxes. Months later, while sorting through a collection of old rings, he stumbled upon a familiar mark inside one of them—the very ring with the insignia he had a card of. It was a moment of pure serendipity, where the line between wishful thinking and reality blurred, leaving him with a tangible reminder of the unexpected joys life can bring. Such moments, he reflects, are what keep the journey of collecting alive and full of unexpected joys.

Austin's journey is not just about the past, it is also about the present and the future. In a world where sustainability and ethical practices are increasingly valued, he has made it his mission to offer

jewelry that is not just beautiful but also responsibly sourced. Some of the jewelry found in the display cases is repurposed from trade-in jewelry. He reuses diamond sets to craft beautiful works of art to start a new story in the lives of his loyal clientele. He also takes every opportunity to ensure that the past is still living in the present.

Mr. Austin frequently visits his hair stylist, a lovely woman who has a deep affection for her grandchild. She mentioned, one day, that her grandson had started a coin collection. Fascinated by the nostalgia of a coin collection and the thought of a young child cherishing the value of old coins, Austin felt inspired. Over the course of the next few months, he collected coins from clients who came in trying to trade-in coins for cash. Many of the coins are made from copper and other materials not meant for fine jewelry. Austin purchased the coins from sellers and set them aside. He delivered them to the young boy's grandmother the next time he visited her shop.

Little did he know, his kindness would touch the life of a young man in ways he could never have imagined. As he sat in his salon chair, awaiting his haircut, the young man entered the shop, accompanied by his grandmother, mother and father. It was a moment of unexpected joy for Austin, who was greeted with a heartfelt letter, written in cursive, from the young man, expressing gratitude for his encouragement. Touched by the sincerity of the letter, Austin realized the profound impact his passion



for history had on others. Despite his modesty, Austin's act of kindness has sparked a flame of inspiration in the young man, proving that age is no barrier to curiosity and passion and that the past is continually reborn into the hearts of many.

In the end, Mr. Austin's life-long story is a testament to the power of passion, perseverance, and the enduring allure of jewelry as a symbol of human history and ingenuity. As he continues on his sparkling journey, he serves as an inspiration to us all, reminding us that with vision and determination, anything is possible. In a world that is constantly changing, we can see a story of humanity unfold through the Ring Museum and remind ourselves that life and success is, quite literally, at our fingertips.

The Marvelous World of

HORMONES

By Sheila Bardwell

Hormones, oh hormones! Sadly, they are often misunderstood in the realm of medicine. There are several reasons contributing to this lack of understanding. One problem lies in the confusion between synthetic hormones, which have been altered for profit, and bioidentical hormones that mimic those produced naturally by Mother Nature, herself.

Regrettably, many providers fail to recognize the distinction and misleadingly claim that, “a hormone is a hormone.” This is simply not the case. For instance, progesterone, naturally synthesized by the body, and progestins, synthetic counterparts designed for profit, display distinct behaviors within our system.

In addition, modern society is grappling with hormone-altering chemicals contaminating our environment and food. These insidious “endocrine disruptors” wreak havoc on our endocrine systems, affecting hormonal functionality and even influencing genetic makeup during prenatal development. The consequences are far-reaching, affecting not just humans but also our animal companions and the entire interconnected web of life on Earth.

Contrary to popular belief, hormones are not just linked to matters of reproduction or sexuality. Recent scientific advancements have revealed that hormones play a pivotal role in maintaining optimal body and brain health. They act as messengers, relaying vital signals to tissues throughout our entire body, crucial for both preventing disease and combating illness.

Take testosterone, for instance. This mighty hormone protects the immune

system, particularly within the gut, which houses 70% of our immune defenses. It also safeguards breast and prostate tissue from uncontrolled growth. By replacing testosterone by pellets or creams, immune function receives a boost, and the risk of developing cancer in these sensitive areas decreases significantly.

But it doesn't end there! Testosterone goes beyond immune protection. It acts as a guardian for the heart's fundamental cells, known as cardiomyocytes. Additionally, it possesses analgesic properties, providing relief for patients experiencing heart pain, especially those with low testosterone levels.

Now, let's turn our attention to estrogen, the influential female hormone with over 800 newly comprehended functions. Among these, estrogen shields our mitochondria, the power generators within our cells, from harm. It also enables our genes to respond to our lifestyle choices, creating epigenetic changes. Notably, one estrogen variant called estriol has proven to be protective against cancer. Even more fascinating, estrogen's final metabolite, 2MEO, not only prevents the onset of cancer, but also battles against existing cancerous cells. Unfortunately, such valuable knowledge often remains untapped in conventional medical practices.

The secret lies in the delicate balance of hormone ratios. It is the interplay between protective and aggressive hormones within our bodies that determines our vulnerability to diseases like cancer or even conditions like leaky gut syndrome. Astonishingly, this critical aspect often goes unnoticed, untested, and ignored by most providers. It is high time to embrace the wonders of hormones and dispel the misconceptions

that shroud them.

B-Well's certified providers are trained in the science and art of hormone balance. They understand the complexities of hormones and the complications that can result when hormone levels decline. Your comprehensive treatment plan may also include other forms of HRT, such as progesterone and thyroid hormones. Your practitioner will assess your labs, lifestyle, medical history, and symptoms to create a custom treatment plan designed to promote vitality and optimal health. Bio-Identical Hormone treatment is the preferred option of patients who are experiencing symptoms of hormone imbalance such as fatigue, decreased sex drive, weight gain, or mood swings. You can find out if hormone therapy is right for you by scheduling a consultation with a highly trained certified provider near you.

Bio: Sheila Bardwell is a Nurse Practitioner who holds national board certification and specializes in Adult and Gerontology Acute Care. With her extensive knowledge of the aging process, she collaborated with a like-minded individual in functional medicine to establish B-Well Clinic. Her commitment to lifelong learning and diverse clinical nursing background have greatly influenced her development as a healthcare professional. Sheila's dedication to providing the best care extends beyond her certifications from prestigious organizations such as AAM (American Academy of Anti-Aging Medicine), AAFE (American Academy of Facial Esthetics), and MAPS (Multidisciplinary Association for Psychedelic Studies). She firmly believes that health goes beyond the mere absence of disease and is enthusiastic about assisting individuals in exploring the multifaceted aspects of healing. By recognizing the intricate connection between the mind, body, and spirit, Sheila strives to steer her patients towards achieving optimal well-being and vibrant health.

EXCELLENCE SET IN STONE




**ROLLING
STONE**
COUNTERTOPS



1570 W. Picacho Ste. D
Las Cruces, NM 88005

RollingStoneCountertops.com

Tired of the wind and dust?



(575) 640-3607

Give us a call to turn your
patio into a Fortress.

FORTRESS

CAMINO DE LOS ARTISTAS

Presented By:



June 26th 2024



MESQUITE
ART
GALLERY

TRAILS END



GALLERY

REDDO'S



DOORS OPEN AT 5:30 PM

-JOIN US FOR-

WINE TASTING, HORS D'OEUVRE, AND FINE ART

\$10 Entry

Portion of the Proceeds to benefit the Mesquite Historic District Art Ramble

302 S. Main St. Las Cruces, NM 88001

Amador Live Eatery & Entertainment District



Executive Chef

ENRIQUE HERNANDEZ



Event Coordinator

RICKY MERCADO

**BOOK YOUR PRIVATE EVENT TODAY!
MULTIPLE VENUES & PACKAGES
TO SUIT YOUR EVENT**



SMALL
ATRIUM



BIG
ATRIUM



AMADOR
MAIN DINING



DOWNTOWN
ROOM



EVENT
LAWN



AMADOR
PATIO



CLUB 575



JAX ROOFTOP
LOUNGE



Contact Info:
For Availability
&
Current Prices

Call: (575) 541-7417

Text Ricky: (575) 680-0172

-Multiple Banquet Buffet Menu Options Available-
-Custom Menus Available upon request-



Austins
Fine Jewelry

Trade in your, tired, broken or unworn jewelry for something exciting and new!

You can use your credit to buy new jewelry, for repairs, to replace watch batteries or for appraisals.



Use your credit to buy a gift for someone special or get something new for yourself.

You deserve it!



Visit our Ring Museum
FREE ADMISSION



A Collection of 8,000 to 10,000 Unique Pieces! You will be impressed!



230 E. Idaho Avenue • Las Cruces, NM 88005 • 575. 525.3340 • www.austinsjewelry.com