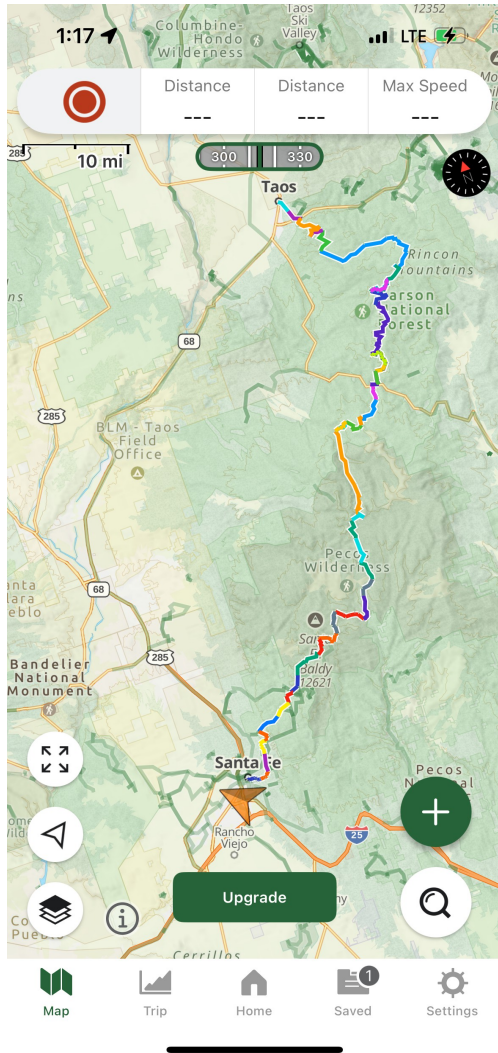


Santa Fe to Taos Trail; Bottled Sangre de Cristo v. Kroger Alkaline Purified Water HA-29-4-26

By Anthony J. Sanders
Hospitals & Asylums



The Santa Fe to Taos Trail (SF2T) goes from the Santa Fe Plaza to Taos Plaza over the Sangre de Cristo Mountains of northern New Mexico. It is 132 miles long, spans five counties – Santa Fe, San Miguel, Mora, Rio Arriba, and Taos – and crosses the Santa Fe National Forest, The Pecos Wilderness, and Carson National Forest. The full route has 35,000 feet of cumulative ascent and descent. The ecosystem rises quickly from the sage in the valley, pinon-juniper forest in the foothills to spruce in the mountaintop forests, with willow along the creeks, where there is considerable biodiversity, and a few particularly windswept alpine peaks, called Mt. Baldy in every New Mexico sky island, with a minimum of messy, flammable, mid-elevation fir forest. Both plazas are at 7,000 feet elevation. The Truchas Mountain reaches 13,045 feet in elevation. The northern face of the pass spikes through snow drifts to 11,300 feet. Truchas lake was frozen in April 2026 a one-third usual snow-pack year.

The SF2T route is over ten years in the making, scouted and refined by Pam Neely beginning around 2014, and then first completed as a thru-hike in 2018. In the eight days it took me to hike the SF2T southbound from Taos, the SF2T website connected all trails on the free and easiest of any recreational trail map to download SF2T GPS map for GAIA app. Although the pop-up trail registration function doesn't work, I encountered one nobo thru hiker, on my eight day journey. When leaving Santa Fe I learned the fastest known time (FKT) was two and a half days from someone planning to hike it in five. The usual SF2T hiking window is May through October.

Sawyer Squeeze potable water hiking along mountain creeks, separated by not more than five miles of climbs intersecting with mountain springs, provides sweet relief from the New Mexico desert and Rio Grande river valley. I bailed on the final, more than 50 miles to water, Socorro to Albuquerque section of the Grand Enchantment Trail to thru-hike the SF2T. The mountain creek spring water in the Sangre de Cristo mountains is excellent and plentiful. If I had not contracted Vibrio from Starkist Smart Bowls my duodenum might not have ulcerated going uphill and boycotted *Starkist*, *headquarter in Reston, Virginia v. Galapesca SA in Guayaquil, Ecuador* [HA-24-4-26](#). The Rio Grande is terminally polluted by mining at the Red River conjunction a few miles north of Taos. More people leap from the nearby bridge to commit suicide than bathe in the gorge without contracting itchy skin rash. The Rio Grande runs brown with sewage from the Pueblo Reservations before it gets to the big cities of Santa Fe and Albuquerque. The Santa Fe River reeks of detergent by the time it gets to the city from the

Sangre de Cristo mountains to the east, it is said to be safe to camp on the riverbank overnight and maybe bathe in. The Rio Grande flood plain is too toxic from sewage to tent on by the time it reaches Socorro, where, after one free night of back pain that goes away, it takes four or five days for the MRSA lesion to migrate from the sacrum to painless broad side of the hip after the second night, even with an epsom salt bath at a hotel. There are more comfortable, non-toxic, arroyos to sleep in at slightly higher elevations, but after more than a thousand years of dense human habitation, the Rio Grande valley households, restaurants and cafes are in the market for bottled Sangre de Cristo mountain spring water for drinking cooking and coffee.



Credit: Cave Creek el. 8,600 ft. Cave entrance above; Aquifer access below



In Wilderness is the Preservation of the World sign located at Rio Santa Barbara trailhead. The Wilderness Act of 1964 provided, "A wilderness in contrast with those areas here man and his works dominate the landscape, is hereby recognized as an area where the earth and community of life are untrammelled by man, where man himself is a visitor who does not remain." Wilderness identifies a very special landscape set aside by Congress to be managed for wildness, uninhabited by humans, retaining its primeval character and influence. The idea of preserving Wilderness was developed by Aldo Leopold when he was a Forest Ranger on the Gila National Forest in the 1920s. Like Theodore

Roosevelt before him he thought the encroachment of human development into wild landscapes was a detriment to the health and well-being of all living creatures. In 1964, the Wilderness Act was passed to designate wild areas and exclude development of unmodified landscapes with the implicit intent to preserve primitive environments as a whole, to provide solitude and tranquility now and into the future.

The United States Congress designated the Pecos Wilderness in 1964 and it now has 223,667 acres (approximately 365 square miles) which lie in the Santa Fe National Forest and and Carson National Forest. Steep-walled canyons long and broad mesa tops, heavily forested slopes and rugged ridges with peaks above timberline characterize the Pecos Wilderness which range from 8,400 feet to over 13,000 feet in elevation. A diversity of vegetation and terrain support a variety of wildlife, including deer, elk, black bear, mountain lion, Rocky Mountain big horn sheep, grouse and turkey. Small lakes abound and over 150 miles of streams support several species of trout including the native Rio Grande cutthroat, New Mexico's state fish.



The Sangre de Cristo mountains are the southeastern-most range of the Rocky Mountains. The Rocky Mountains were created 75 million years ago by the Laramide upwelling. Igneous lower elevations mountains and sky islands in central and western New Mexico and Arizona are distinguished from the Rocky Mountains by down-plate volcanic eruption during the same Laramide upwelling 75 million years ago. The geology in the Sangre de Cristo mountains is considered metamorphic. The limestone base layer is too fragile to hold mountain climbing spikes (pitons). There is pink and gray granite, limestone, silica, and quartz. The crystals are nicest by Santa Fe Baldy Peak. Any watershed responsible quartz mine is burdened to first have to lucratively chop the bizarrely cut and left to rot 50 acres of spruce at the 11,400 foot pass, that

muddy Rio Santa Barbara springs downslope from Ripley Point 11,791 feet, into firewood. The marine brachiopod fossil discovered on the SF2T twenty miles from Taos, indicates that more than 1.2 billion years ago, when there were saltwater oceans in New Mexico, there was a saltwater ocean or sea, at least near Taos on the Sangre de Cristo range, as is sporadically evident throughout high elevation Rocky Mountain lowlands. Sangre de Cristo mountains is the highest elevation ocean floor fossil record I have found. No wonder I contacted High Altitude Vibrio and my duodenum ulcerated into my thorax (pancreas, liver, lung, heart) on the uphill, from four out of eight Smart Bowl purchased from Starkist, headquarter in Reston, Virginia v. Galapesca SA in Guayaquil, Ecuador [HA-24-4-26](#).



Credit: The Truchas, West, Middle and North Peaks, and nothing but Trout, from Trailriders Wall



The high point of the SF2T are the Truchas Peaks. Truchas Peak elevation 13,041 feet, West Truchas Peak 13,045 feet, Middle Truchas Peak 13,100 feet and North Truchas Peak 12,979 feet. Truchas means Trout in Spanish. The north face of North Truchas Peak was lightly covered in snow for the duration of April 2026, a one-third snowpack year. I left postholes up to my waist, but with micro-spikes and GPS navigation, the light snowpack of a few inches for two to four miles of steep elevation change, was passable in three hours, going uphill. Truchas Lake was still frozen in April 2026. There are several spectacular mountain lakes between Truchas and Aspen Peak Ski Park. Truchas was the only mountain lake that was frozen. The birdsong is spectacular, there are a lot of birds who flock to the Sangre de Cristo mountain forests, creeks and lakes, with no squirrels to eat their eggs and sing angry songs.



Credit: Truchas Lake, April 2026

In conclusion, the Safe Drinking Water Act (SDWA), passed in 1974, is the federal law protecting US public water systems by authorizing the EPA to set legally enforceable health standards for over 90 contaminants, is due a first reading 42USC§300f et seq. Variances and exemptions are granted when characteristics of the raw water sources which are reasonably available to the systems, cannot meet the requirements respecting the maximum contaminant levels of such drinking water regulation §300g-4&5 for judicial review §300j-7. Chlorine, activated carbon, lime, ammonia, soda ash, potassium permanganate, caustic soda, or other chemical or substance for the purpose of treating water in any public water system are defended §300j. Advanced drinking water technologies are not identified 300j-19h. To produce solid stool with quality drinking water by desalinating salt water, hopelessly polluted tap water and even raw sewage, your toxic and chemical leaking reverse osmosis filter must be distinguished from vapor distillation that condenses healthy water, separated from brine waste. Vapor distilled water needs electrolytes for taste. Only chemically pure natural sources of freshwater with non-toxic microbiology, are truly potable with reverse osmosis.



Credit: Top left Santa Fe from Sun Mountain; top right Santa Fe from Moon Mountain. Bottom left oldest building in North America in Santa Fe; Taos Pueblo Oldest Community in North America UNESCO World Heritage Site below Mt. Wheeler, the highest peak in New Mexico.

The majority of residents of the United States and other industrialized nations, not least those whose plumbing is at or around Vibrio infected coastal water elevation, or those living alongside the extremely polluted Rio Grande and Ohio Rivers, must learn to prohibit drinking, coffee brewing or cooking with filtered municipal tap-water and substandard gallons of bottled water that do not comply with the maximum contaminant level or any treatment technique requirement, if they are ever to enjoy their human right to a solid stool pursuant to the Safe Drinking Water Act of 1974 42USC§300g et seq. I attribute the unpotable water of yesterday and today's morning nausea to the gallon of Kroger 9.5 pH water distributed from Cincinnati, Ohio, my alma mater, where I went to school and drank a lot of milk to avoid the horrible taste of fluoride and little understood sickening effects of the tap water, they attempt to purify directly from the Ohio River, rather than finding a less contaminated source aquifer at higher elevation to treat and pipe to the city. The heavy addition of various electrolytes and clear gallon jug, made of smoother grade plastic than most milk jugs, looked clear and tasted good going down, however by the morning mush, I was under the groggy influence of petrochemicals, that once ran so thick the Cuyahoga River caught on fire in the 1960s. The EPA building in Cincinnati is huge and there is some concern that EPA deregulation is being abused to market Cincinnati tap water by temporarily masking the taste of petrochemicals with other minerals. The United States District Court for the Southern District of Ohio is sought to ask if Kroger sources their purified water from the Ohio River tap-water dispensed in Cincinnati, whose treatments for every known toxin, invariably cause diarrhea and mysterious disease, and sell them either water from nearby Great Miami Buried Valley Aquifer to filter with reverse osmosis or expensive vapor distillation technology to flavor.

Kroger Alkaline Water is purified water enhanced with minerals for taste. Purified Water: The base component. Potassium Hydroxide: Used to increase the alkalinity (raise the pH). Calcium Chloride & Magnesium Chloride: Added electrolytes that contribute to taste and the, "smooth," mouthfeel. However, after the body neutralizes the alkalinity, the dubious source of the "purified water", presumably Ohio River tap water dispensed in Cincinnati, becomes evident in the morning nausea and mush with a particularly low score on the Bristol stool chart. Kroger Alkaline "purified water", distributed by Cincinnati, Ohio does not claim to have been "vapor distilled" like liters of Glaceau Smart Water, marketed out of Atlanta, Georgia, that are always potable, but significantly more expensive than risky gallons of similarly labelled distilled or other treated water sold in stores. Kroger is suspected of bottling and selling un-distilled municipal tap-water from their Cincinnati headquarters, and should not be attempting to purify such low grade water, without sufficiently high tech desalination vapor distillation technology, that can apparently make salt water potable, but I have never tested its stool quality. The Ohio River cannot be construed as a potable source of water, no matter how much chemicals are put in it to temporarily mask how un-potable the base water is, due to chemical contamination deadly to the natural low-life scum of the major river. Smart water is just about only producer of vapor distilled water I have purchased at a grocery store, that is entirely potable drinking and cooking water. Potable bottled water comes from a reputable, and regularly tested mountain or rainforest spring, located above any ecosystem disturbing development and filters clear. Desalination technology and appellation of origin regarding the natural source or seasonal sources should be located on bottled water ingredient labels. To sell their tasty, but diarrheal, gallon of water Kroger under §300g(3) is ordered to either change the presumed source of their reverse osmosis treated water from the Ohio River to the Great Miami Buried Valley Aquifer or invest in expensive vapor distillation technology pursuant to the same land grants from different states jurisdiction the District Court of New Mexico seeks to bottle the Sangre de Cristo 28USC§1354.

An Attorney General candidate is needed to arrest Lee Zeldin, EPA Administrator and Iran war

criminal and charge him for tampering with public water systems §300i-1, his whole wage, not the half pay the Lt. Col. never quite graduated from 24USC§419(a)(4) and compensate a qualified Acting EPA Administrator to sustain essential services with \$5,638 million supplemental appropriations, 135 percent more than \$4,160 million received, to sustain three percent inflation to \$9,799 million FY 26 pursuant to 10USC§1580, 11USC§106, 31USC§1106, Sec. 1 of the FR-ee Act at the top and Part 419 of the President's Budget FY 17-27 [HA-2-2-26](#).

Work Cited

Essential workers 10USC§1580

Safe Drinking Water Act 42USC§300f et seq

Sanders, Tony J. President's Budget for Fiscal Years 2017-27. Hospitals & Asylums [HA-2-2-26](#).

-- *Starkist, headquarter in Reston, Virginia v. Galapesca SA in Guayaquil, Ecuador* [HA-24-4-26](#)

Supplemental Appropriations and Changes 31USC§1106

Trust Fund 24USC§419

Waiver of Sovereign Immunity 11USC§106