

The Paper.

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

FREE
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ALBUQUERQUE'S PREMIER
GALLERY GUIDE



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Run-down: Jan. 31

A recap of recent news for the week of Jan. 31



By The Paper. Staff

New Mexico Arts announces 2024 artist-in-residence fellows

New Mexico Arts (NMA) has announced the 2024 cycle of artist fellows. This is the second year that the NMA has offered two residential fellowships. The fellowships are made to support the work of local and national artists.

The Artist-in-Residence program provides artists with time and space to develop their creative practice, to further connect with rich cultures throughout New Mexico and to bring their artwork and experience to the public through engagement and participation.

The two artists chosen were lens-based artist as well as a multidisciplinary musical composer, Dylan McLaughlin and Marcus Xaver Chormicle, a performance artist who will work at Lincoln Historic Site in Lincoln, New Mexico, .

Chormicle will be in residence from Feb. 23, to Apr. 5, while Dylan will be in residence from Apr. 26 to June 7.

Clean car tax credit passes first committee

Gov. Michelle Lujan Grisham's proposal for a new tax credit to help New Mexicans purchase zero-emission cars and light trucks cleared its first committee. The House Energy, Environment and Natural Resources Committee voted 6-3 to recommend passage of House Bill 140.

The bill would create temporary income tax credit for electric vehicles as well as tax credits for homes and commercial electric vehicle chargers.

Through Jan. 1, 2026, taxpayers could claim an income tax credit of \$3,000 for a new electric vehicle, \$2,000 for a plug-in hybrid electric or fuel cell vehicle, \$1,500 for a

previously owned electric vehicle and \$1,000 for a previously owned hybrid electric or fuel cell vehicle.

However, credits must be approved by the Energy, Mineral and Natural Resource Department and would then be administered by the Taxation and Revenue Department.

Governor appoints Teresa Casados to lead Children, Youth, and Families Department

Teresa Casados has been appointed by Gov. Michele Lujan Grisham to permanently lead the Children, Youth and Families Department (CYFD). Casados has served in CYFD as the interim secretary since April 2023.

"I am honored to serve in this position permanently. Over the past six months here, I have seen the dedication of the employees in the Department who do some of the most challenging work in the state with determination, compassion, and teamwork," said Casados.

New Mexico outdoor adventure show

The New Mexico Department of Game and Fish is hosting its annual Outdoor Adventure Show. The show will include hands-on demonstrations of the latest equipment for hunting and fishing, a chance to learn/enhance your skills at the catch-and-release fishing pond, fly tying, archery, and more.

There will also be conservation organizations, outfitters, and guides on site and available to answer any questions. Admission to this event is free for licensed New Mexico Hunters/Anglers and youths ages 17 and younger. For non-licensed adults the event will cost a \$3 entry fee.

The event will be held at the Manuel Lujan Building at the Fairgrounds from Feb. 16 to 18.

Weak in Review: Jan. 31

Quick hits on this week's news bits

A study out of Harvard shows New Mexicans are still struggling with rent.

The sky's still blue, water's still wet and it's a day ending in "Y," so yeah, makes sense.



The Burque Bakehouse lands on the list of James Beard Award semi-finalists.

Our immense pride and excitement is tempered with the thought of having to get there even earlier to snag one of their coconut coils.

According to another study, Albuquerque ranks 40th for the number of STDs.

Seems like a test might be a great Valentine's Day gift for your sweetheart this year.

The old Imperial Inn, near Downtown Albuquerque, just got a revamp.

It's still too early to say for sure, but we're guessing those STD numbers will start to plummet.

Days after it was revealed APD officers are under federal investigation, a BernCo Sheriff's Office deputy was arrested after allegedly pointing a gun at two people and telling them he was going to "take" their "fucking soul."

At this point, listening to a cop in ABQ should be optional.

The New Mexico Senate is once again trying to bar its members from drinking on the job.

What a perfect way to keep journalists from running for office.



A Zozobra balloon will make its debut at this year's Balloon Fiesta.

Given that most people want Old Man Gloom to burn, this is going to be awkward.

One of the three finalists for superintendent of Albuquerque Public Schools bowed out for "personal reasons."

Can we make the final two battle it out, à la Chopped?

Tesla recalled 200,000 cars because of possible faulty backup cameras.

And here the rest of us are, using our necks to look behind us like a bunch of idiots.

A Gallup-area state senator is proposing a law to require the governor and lieutenant governor use electric vehicles while "performing the duties of their office."

Watch that reverse, Madam Governor, it can be tricky.





ECLECTIC CINEMA 7 DAYS A WEEK

Zac Efron: **THE IRON CLAW**
Fri–Mon Feb 2–5 5:00

Emma Stone, Willem Dafoe: **POOR THINGS**
Fri–Mon Feb 2–5 7:45

High school horror comedy
DEPARTING SENIORS
Fri Feb 2 10:30pm

Arthouse Classics Series:
John Sayles' **LONE STAR (1996)**
Sat–Sun Feb 3–4 1:00pm

90s Italian cult classic **CEMETERY MAN**
Sat Feb 3 10:30pm

ANNUAL N.Y. CAT FILM FESTIVAL
Tue–Thu Feb 6–8 3:30, 8:00

ANNUAL N.Y. DOG FILM FESTIVAL
Tue–Thu Feb 6–8 5:45

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Sixth Annual Transit Equity Day

Together For Brothers and the Mid-Region Metropolitan Planning Organization are celebrating The City of Albuquerque's **Sixth Transit Equity Day** with an event at the **Alvarado Transportation Center (100 First St. SW)**. Transit Equity Day is held all across the nation in honor of Rosa Parks' birthday. Albuquerque's Transportation Center event runs **Saturday, February 3** from **noon to 2pm**. Family friendly events promise to include art making, food, fun, community information, healthcare resources, music, performances, storytelling, voter registration and more.





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THURSDAY, FEBRUARY 1

Art Openings

The Heart Show Opening Reception 5-8 pm Lapis Room
303 Romero St. NW S107

Dance

Friday Night Square Dancing 7 - 9 PM Fridays Albuquerque Square Dance Center 4915 Hawkins St NE

Exhibit

Colors That Speak Words/Phase II 9am -4pm Indian Pueblo Cultural Center 2401 12th Street NW

IPCC's 43rd Annual Native American Student Art Show: Celebrating Our Pollinators 9am - 4pm Indian Pueblo Cultural Center 2401 12th Street NW

Nikesha Breeze and Alex Ponca Stock Thursday-Saturday 11-4 Richard Levy Gallery 514 Central Ave SW

Jared James Nichols \$17 8-11 pm Launchpad 618 Central Avenue Southwest

Phora - Saints & Sinners Tour 2024 \$25-\$125 8-11 pm Historic El Rey Theatre 622 Central Ave SW

Performance

Before Night Falls \$22-\$105 7:30-9:30 pm National Hispanic Cultural Center 1701 4th Street Southwest

Silent Sky Presented by Actors Studio 66 \$0-\$20 7:30 pm Black Cat Cultural Center 3011 Monte Vista Boulevard Northeast

FRIDAY, FEBRUARY 2

Art

ABQ Artwalk 5-9 pm Downtown Albuquerque Downtown

February HeARTbeats—a rhythm of artistic expression 5-8 pm The Gallery ABQ 8210 Menaul Blvd NE

Art Openings

Oskar Petersen Art Opening 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE

Radical Animals 5-8 pm Ace Barber Shop 109 Fourth St. SW

Comedy

Aida Rodriguez \$20-\$25 7-8:30 pm, 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Brett Hiker \$15 7:30-9 pm Dry Heat Comedy Club 521 Central Ave NW STE G

First Fridays Comedy Contest 7-9 pm Tractor Brewing Wells Park 1800 Fourth St. NW

The Show - Live Comedy Improv \$12 8-9 pm The Box Performance Space 114 Gold Ave SW

Community

18th Annual Healing Hearts Luncheon \$125 11 am-1 pm Embassy Suites Hotel and Spa 1000 Woodward Pl NE

Film

Documentary Film: Pano Arte – Images from the Inside 5-8 pm National Hispanic Cultural Center 1701 4th Street Southwest

Food

Mardi Gras Party Brunch \$10 7-10 pm Frank's Famous Chicken & Waffles 400 Washington Street Southeast

Miscellaneous

Musical Theatre Southwest's 65th Anniversary Masquerade Gala \$125 7-11 pm The Wool Warehouse 516 First St. NW

Music

AMP Concerts Presents Arkansauce \$17-\$22 8-11:30 pm FUSION | 708 708 1st St NW

Benise \$29-\$95 7:30-9:30 pm KiMo Theatre 423 Central Avenue NW

Cumbia Night with El Gozao \$15-\$40 9 pm-12 am JUNO brewery + cafe + art 1501 1st Street Northwest

Lani Nash 7-9 pm Albuquerque Distilling 5001 Central Ave NE Suite A5

Shoegaze Into the Sun \$10 8-11:30 pm Launchpad 618 Central Avenue Southwest

TOBYMAC's Hits Deep Tour 2024 \$13-\$30 7-11:30 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho

Wifisfuneral \$20-\$23 8:30 pm-2 am Electric Playhouse 5201 Ouray Rd. NW

Music - Classical

Chatter Late Works \$15 9-11 pm Chatter 912 3rd St NW

Performance

Celebration of an Empress Dominique Whitney DeLeon 8-10 pm Sidewinders Bar and Grill 4200 Central Avenue NE

Cult of Chaz Video Premiere & Birthday Party 7-9 pm Harwood Art Center 1114 7th Street NW

Silent Sky Presented by Actors Studio 66 \$0-\$20 7:30 pm Black Cat Cultural Center 3011 Monte Vista Boulevard Northeast

The Art of Raising Anything \$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd NE

The Mountaintop \$15-\$24 7:30-9:30 pm The Adobe Theater 9813 4th Street NW, 87114

Sports

Ice Wolves vs. Shreveport Mudbugs \$15-\$27 6:30-9:30 pm Outpost Ice Arenas 9530 Tramway Blvd NE

SATURDAY, FEBRUARY 3

Class / Workshop

Colors To Words Painting Demonstration & Workshop 11 am-1 pm Indian Pueblo Cultural Center 2401 12th Street NW

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Financial Fitness For Life Class
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500 Second St. SW Apt 21

Spellcasting \$13 6:30-9:30 pm
Abitha's Metaphysical Shop 2231
Wyoming Blvd NE

Comedy

Aida Rodriguez \$20-\$25 7-8:30 pm, 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Brett Hiker \$15 7:30-9 pm Dry Heat Comedy Club 521 Central Ave NW STE G

The Show - Live Comedy Improv \$12 8-9 pm The Box Performance Space 114 Gold Ave SW

Dance

Kallestewa Dance Group (Zuni) 12-1 pm Indian Pueblo Cultural Center 2401 12th Street NW

Discussion / Lecture

Rudy Padilla Pano Project Community Symposium 11 am-3 pm National Hispanic Cultural Center 1701 4th Street Southwest

Games

Trivia w/ Opera on Tap 7-9 pm Tractor Brewing Wells Park 1800 Fourth St. NW

Markets

Hearts & Hops Craft Market 12-7 pm Canteen Brewhouse 2381 Aztec Road Northeast

Miscellaneous

Albuquerque's Sixth Annual Transit Equity Day 12-2 pm Alvarado Transportation Center 100 First St. SW

Puff & Cuff - Valentine's Edition \$20-\$30 6-9 pm Herban Oasis Apothecary & O Lounge 2308 Eubank Blvd. NE

Music

Gold Necklace \$17 7-10 pm Launchpad 618 Central Avenue Southwest

Joshwa \$17-\$27 9:30 pm-2 am Electric Playhouse 5201 Ouray Rd. NW

Stray Dawgs 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE

Temple of Sound Presents LOVE & SHADOWS 8 pm-12 am KiMo Theatre 423 Central Avenue NW

Vakenn \$5 8-11 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Outdoors

Star Party 6-9 pm Valle de Oro National Wildlife Refuge 7851 2nd St SW

Performance

Silent Sky Presented by Actors Studio 66 \$0-\$20 7:30 pm Black Cat Cultural Center 3011 Monte Vista Boulevard Northeast

The Art of Raising Anything \$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd NE

The Mountaintop \$15-\$24 7:30-9:30 pm The Adobe Theater 9813 4th Street NW, 87114

Sports

Ice Wolves vs. Shreveport Mudbugs \$15-\$27 6:30-9:30 pm Outpost Ice Arenas 9530 Tramway Blvd NE

Music

Archer Oh - The Dial Tone Tour \$15 8-11 pm Launchpad 618 Central Avenue Southwest

Free Concert featuring the Albuquerque Concert Band! 3-4 pm Eldorado High School Performing Arts Center 11300 Montgomery Blvd NE

Slim Belly Blues Band 2-5 pm The Mine Shaft Tavern 2846 Hwy. 14, Madrid

The Booze Bombs \$10 7-11 pm Moonlight Lounge 120 Central Ave SW

Valentine State of Mind Feat. Ph8 with the Bees and Locusts, Burque Sol \$7 6-9 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Performance

Silent Sky Presented by Actors Studio 66 \$0-\$20 2 pm Black Cat Cultural Center 3011 Monte Vista Boulevard Northeast

The Art of Raising Anything \$24 2-4 pm Vortex Theatre 2900 Carlisle Blvd NE

The Mountaintop \$15-\$24 2-4 pm The Adobe Theater 9813 4th Street NW, 87114

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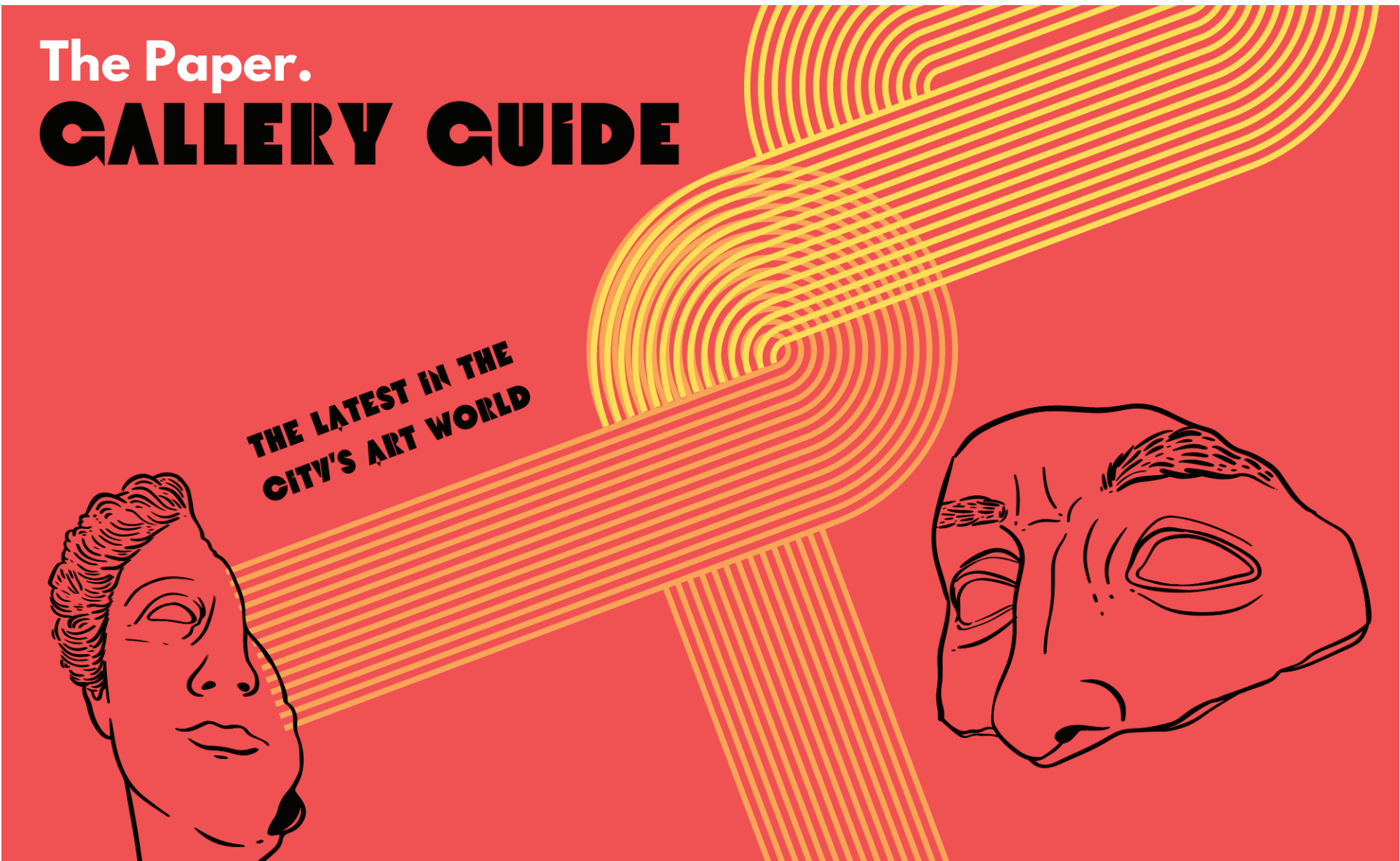


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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS



Gallery Hózhó

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Artist David Santiago finishes a piece for the Lapis Room's "The ♥ Show."

In the ♥ of the Beholder

The Lapis Room reminds visitors that art is accessible to everyone

By The Paper. Staff

For those not already immersed in it, the art world can seem out of reach, stuffy and at times, intimidating. But tucked away in a corner of Albuquerque's Old Town Plaza sits a contemporary art gallery that aims to make art more relatable and obtainable for those with even the most causal appreciation.

The Lapis Room (303 Romero St. NW), which is attached to the Noisy Water Winery (301 Romero St. NW), offers a glimpse at work from local, contemporary artists. Deputy Director Meg Grgurich tells *The Paper.* that the artists who showcase their work at Lapis "are mostly young emerging artists and mid-career artists."

Grgurich says after she got a degree in painting from the Savannah College of Art and Design she went on to work on "large-scale" theater sets in Chicago and eventually found herself in New Mexico working in film. But, she says, she found herself burning out in the film industry and a chance meeting with the owners of the Lapis Room in 2021 led her to her current role overseeing operations at the gallery.

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2024 Exhibitions

January 25 - Field of Possibilities

April 4 - 20 Year Dialogue

June 13 - POST Covid BOMB Group Exhibition

September 12 - MAL AIRE - Bad Air

November 2 - Dia de los Muertos

December 7 - Guadalupe Art Exhibit

The Paper, caught up with Grgurich just ahead of “The ♥ Show,” which is its latest “group show” that is “an exploration of the iconography of love, specifically the heart pictogram.” The show starts Feb. 1 and runs through March 17.

Albuquerque quite often gets overlooked when it comes to art galleries. Everyone focuses on Santa Fe. Do you find people are surprised when they come in?

Yeah, definitely. [Gallery co-owner] Laura [Houghton really had a vision for this place, and I think her timing was perfect. I think Albuquerque was just so ready for a contemporary gallery on a larger scale. I think that so many young artists, in particular, live in Albuquerque because Santa Fe is not super affordable and it can be hard to get into a gallery because Santa Fe is such an art spot. It can be hard to crack in. So, there are all these great artists living in Albuquerque trying to show in Santa Fe. And I think she recognized that disconnect, and it’s just really nice for everybody to have a spot in the town where they live, to show.

Can you talk a little bit of how this contemporary art gallery is set apart from the traditional southwest galleries?

That’s why I really loved it and that’s why I was attracted to it. Because, I think there’s

something inherently intimidating about art galleries, especially if you don’t consider yourself an art person. I thought it was just so perfectly set up. We’ve got the winery on the one end, which kind of eases people’s entry. In the front end, we have a gift shop with local goods and local artisans and vendors. So it just eases people into the art and it makes it feel like it’s for them, and it’s accessible. We get to be there for a bunch of first time art buyers. I think it just sends the message that this is for you, you know, this is attainable. If you like it, you can buy it. You’re supporting your community, you’re supporting these artists. And if it speaks to you, then you are an art person. It doesn’t have to be for some elite class of people. It’s for everybody.

There’s this notion that appreciation of art is about perception and how you see things. Is that sort of the vibe that you all are all going for? If you like it, you don’t have to understand why you like it, if something speaks to you, it speaks to you. You don’t have to necessarily understand it from the academic art world perspective.

Exactly, yeah. I think, as someone who is an artist and has had those aspirations; you put all this thought into it, and it’s so personal. It’s loaded with so much personal meaning for you. Then when you put it out there, I’ve realized, it just takes on a life of its own and becomes its own thing. It’s going to mean something totally different to everyone that

looks at it, and that’s cool. It’s like you’ve kind of just given birth to something and it is its own little person. You influenced it, but it’s its own thing, and different people get different things out of it that you never would have expected. I think that’s a cool thing to witness. You know, I’ve had paintings in here that I’ve really personally, really loved. Then we sold them to someone who just had a totally different take on them and brought their own personal experiences to whatever they saw. It’s a cool thing.

When folks maybe want to plan a visit, what should they know, what should they expect?

We try to be like a community hub, just as much as a gallery. We’re all about promoting these artists. They’re all great people. They’re all involved in Albuquerque in numerous ways. It feels very reflective of what’s happening in Albuquerque right now. I guess that’s why I was attracted to it. I didn’t particularly want to work in an art gallery. I had in the past and I didn’t love the experience, so I was hesitant, but the Lapis Room just feels very inviting, and I guess that’s the vibe that we want to put out there to people.

More information about the Lapis Room can be found at lapisroom.com.

Gallery One

2024 Exhibitions





January 5 - A Day in the Life

March 22 - Employee Art Show

May 3 - Pop Up of New Acquisitions

June 21 - Interpretative Reflections

August 16 - Punched Tin and Poets

October 4 - Paper Exhibition

December 6 - To be Announced



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The Holistic Health Hippie

AI will never replace human touch



By Gwynne Ann Unruh, The Paper.

The COVID pandemic and the social distancing mandate shut down massage therapy practices, spas and massage schools across New Mexico in the blink of an eye. Most private schools across the state didn't reopen and many massage therapists turned to new ventures and didn't return to the profession. I am one of them.

When COVID hit, I had been practicing and teaching massage therapy for over 30 years in New Mexico as a licensed massage therapist and a registered massage therapy instructor. I founded and directed the New Mexico College of Natural Healing, a state approved massage therapy and herbal medicine school. I had been a consultant and instructor for the spa industry for 11 years. I closed my school in 2006, started a private practice and taught continuing education classes in massage, bodywork, wellness and spa startup. The pandemic forced everyone to adapt, both personally and professionally. When COVID hit, I left the profession and dropped back into one of my other skills—writing.

I've been curious about the consequences COVID had on the future of massage therapy, its effect on massage professionals, and would massage schools and spas recover. To get a deeper perspective of the pandemic's effect, I decided to chat with the owner and the director of my

massage school alma mater—The Santa Fe School of Massage, and some of my massage colleagues.

While other industries and services were able to move to virtual classes, the in-person, hands-on giving or receiving of massage and bodywork was left out in the cold. Everyone tells me when the profession reopened there were many safety protocols in place, including reducing the number of clients and rigorous cleaning between appointments.

"I still wear a mask when I'm working, even though the majority of us don't. Sometimes our faces are inches apart from clients," Margarita Quevedo, a Santa Fe therapist tells me. I don't require my clients to wear a mask."

With rents up across the state, Quevedo was lucky enough—as were many in this close-knit profession—to share the costs of a three-room therapy office with five other therapists. Their landlord lowered the rent for two years after the shutdown, which made all the difference. The therapist Quevedo shares her room with, left the spa he worked at, bought a food truck and only has a part-time practice now. Two other therapists I spoke with thought they'd only take a break, but never went back.

The Santa Fe School of Massage, an icon of the

profession, opened its doors as Scherer's Academy of Natural Healing over 40 years ago. COVID shut them down for good. Their director, Lonnie Howard, was the director when I attended in 1988. She retired and began collecting data on birds for the National Audubon Society after the school shut down.

"What I miss most is the community. COVID had a big ripple effect on a huge circle of people and it's still going on. I take solace in the way we closed the school, as it was done with a lot of integrity. Every six months the profession used to have a whole wave of student graduates that you could hire. It's very hard to find therapists now as many have

created some really successful private practices. The pandemic really isn't over. I think people retreated, and stepped back with a little fear about touching. I don't know what it'll take to fully recover," Howard tells me.

Cathy Black, the owner and also a graduate of the Santa Fe School of Massage, explains they had just graduated a class two days before lock down. They had another class ready to go, but "didn't want to sell somebody something that was going to be dead in the water."

Not only was the school affected, but so was the infrastructure support for

the school's students such as housing, restaurants, and student's side jobs.

"There was no way we could give the quality of connection and education to people that we had been doing for 40 years. We couldn't do it online. We had to do it in person," Black explains. "It was so unclear about the loans the government was offering. Were we going to have to pay it back? How much would it be? It was very unclear. We waited, explored our options and finally closed in August of 2020 amidst a lot of tears."

After closing down the school, Black opened Luma Center in Taos, a meditation and spiritual retreat center. She also started free online classes in meditation, energy and awareness on YouTube.

Black says it's difficult for a private school to compete with the state schools in terms of financing tuition.

"It's gone to the community colleges and to the universities. I think that's kind of the trend because it's very affordable," she says.

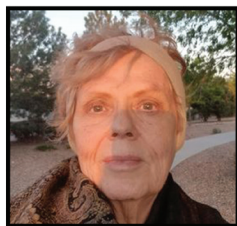
She still owns the intellectual property rights to the school's curriculum and has hopes that someday a graduate of the school will say "Yep! I'll do it!" and the school will reopen.

While the pandemic did disrupt the massage industry, the outlook for growth of schools, spas and therapists still appears very positive. COVID left many of us craving human touch. Research has shown that being deprived of human contact, or being "touch starved," can affect blood pressure, heart rates, depression, and anxiety.

For those looking for a more holistic way to cope with physical and emotional feelings, massage, bodywork and spa therapies can provide a way to manage stress, alleviate physical pain and discomfort. Studies have found that massage therapy can be useful for treating anxiety, digestive disorders, fibromyalgia, headaches and insomnia on top of soft tissue strains and joint pain. It also increases flexibility and range of motion.

The physical world today seems so stressed and our bodies are equally stressed. COVID led most of us to listening more deeply to ourselves. The massage and bodywork professionals can support people through transformation to know themselves, to hear that inner voice, to feel their intuition and trust their body's subtle energies more.

Holistic Health Hippie



Gwynne Ann Unruh

Preach, Don, Preach

Letters to the Editor: Jan. 31

I was a very sincere young Christian preacher in Virginia and Illinois in the 1960s. I am NO LONGER a believer. I am DEEPLY INDEBTED to MANY people on my LONG journey away from all religion.

Jesus promised, “if then being evil know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask.” SADLY NOT TRUE! For thousands of years MILLIONS of people have prayed DESPERATELY for help from starvation, tornados, hurricanes, floods, fires, torture, rape, earthquakes, family violence, WAR... and received NO HELP! Would any loving human parent who is able to help their child desperately needing and BEGGING for help REFUSE to help their child? I WISH we had a FAIR, LOVING, ALL POWERFUL PARENT GOD who helped ALL who prayed for help. But all the

wishing in the world does NOT make that true!

The Bible contains some precious wisdom, but many EVIL verses support SLAVERY! Paul wrote, “Servants obey your masters in all things.” So if the White master rapes your Black mother, “obey your master in all things?” The Bible a GOOD book? Hell no!

Many Bible verses support WAR! Joshua 10:40, “Joshua defeated the whole land, he utterly destroyed all that breathed as the Lord God of Israel commanded.” Nothing Hitler, Stalin, U.S. Presidents, many bloody dictators ever said was MORE EVIL than this verse! Total MASS MURDER commanded by the Lord God of Israel! The Bible a HOLY book? Hell no!

Paul wrote, “Let every soul be subject to the higher powers. For there is no power but of God, the powers that be are ordained of

God.” Were the Nazis, was the U.S. government that MURDERED Millions in Native America, Vietnam, Iraq, Afghanistan, Central America, Gaza...ordained of God? When two nations are murdering each other in WAR are BOTH governments ordained of God? CRAZY, EVIL GARBAGE in the Bible!

Paul wrote, “Let the women learn in silence with all subjection.” The Bible puts women BELOW men in MANY verses. EVIL!

Jesus said, “Your heavenly father feeds the birds. Are you not of more value than the birds?” Millions have STARVED to death. God did NOT feed them. Jesus said, “Not one sparrow will fall to the ground without your father’s will. You are of more value than many sparrows.” Are the many disasters and atrocities suffered by millions for thousands of years according to God the

father’s will?

What loving human parent would send their son or daughter to never-ending TORTURE with NO pardon, NO parole? Jesus told us to FORGIVE with no limit. Jesus told us to be MORE FORGIVING than God! INSANITY!

Proverbs 13:24, “He who spares the rod hates his son.” Using pain and violence on your son’s precious body to make him live right? Some of the WORST advice in the world on raising children! Imagine if the Bible had said instead, “The father and mother who give lots of strong, affectionate HUGS to BOTH their sons and their daughters from birth to death LOVE them.”

My weekly TV program on public access channel 27 is also on YouTube at DON SCHRADER.

I LOVE PERSONAL QUESTIONS!

-Don Schrader

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History of the Dollar Sign

By Muhamed Abdel-Hack, The Paper.

Ever since the Flintstone’s traded clams for goods and services, currency has been a part of all modern civilizations. Thankfully, it didn’t take long for the world to realize that precious metals such as gold, silver and copper, were worth more than clams and the idea of “money” and “wealth” as we know it today, started to take shape.

The United Nations currently recognizes 180 currencies as legal tender from across the globe. Each currency features its own unique design, name and even symbol. From the British Pound (£) to the Indian Rupee (₹) to even the Russian Ruble (₽), none of these symbols stands out as much, or are as synonymous with the “cha-ching” sound, as the US dollar sign (\$). In fact, the dollar sign (\$) is used as the currency symbol in 84 different countries including Australia for the Australian dollar, Columbia for the Colombian peso, Guyana for the Guyanese dollar and even in Mexico for the Mexican peso, just to name a few.

While it doesn’t change the meaning or value, stylistically, the dollar sign can be drawn as a capital “S” with one or two

vertical or diagonal lines through it. It can also be used as a prefix or suffix, depending on the context that it is written. A version of the symbol was first used with U.S. currency on the \$1 notes issued by the United States in 1869. That symbol consisted of a “U” with the right bar coming up through the “S.” Historically, however, there are several theories surrounding how the dollar sign developed into how we know it today.

A widely accepted theory traces the origins of the dollar sign back to the original symbol for the Spanish peso (p^s). Gradually, the “s” came to be written over the “p” and started to closely resemble a distant relative of our dollar sign (albeit, without the “cha-ching” sound). In fact, in the late 1770s, documents can be found showing use of this merged symbol. Other theories link the symbol to pillars wrapped in ribbons from the Spanish coat of arms, or even a stylistic adjustment of the arabic numeral “8”, stemming from the full original name of the peso, “peso de ocho reales” or “piece of eight” in America.

Even today, right before our very eyes, the dollar sign continues to evolve. It has grown



from merely just representing currency, to playing a role in various forms of online coding and programming. It has become a favorite symbol for our computer passwords and even has taken the place of the letter “s” in online swear words

(\$#!%) and even now represents inexpensive discount stores.

Through all of its iterations over the past 300 years, the dollar symbol continues to be one of the most recognizable symbols in society today, and the one that all have deemed worthy of chasing.



Blunts.

cannabis news shorts



Every week, we round up our favorite cannabis-related news stories in bite sized edible pieces. Here's some of our favorites!

Rescheduling Could Strengthen Black Market

By Josh Lee, The Paper.

Some cannabis advocates are sounding the alarm that rescheduling weed could allow federal authorities to classify it as a prescription-only drug, allowing pharmaceutical companies to corner the market and effectively blocking it from being fully legalized. According to a new poll, one-third of weed consumers say they will go back to the illicit market if that becomes the case.

Last year the U.S. Department of Health and Human Services (HHS) recommended that the Drug Enforcement Administration (DEA) reschedule cannabis from Schedule I to Schedule III under the federal list of controlled substances.

Rescheduling would mean that the federal government no longer considers marijuana as one of the most dangerous drugs, but it will also open the door for federal regulators to label it as a prescription-only drug. If that happens, consumers may be forced to get a prescription from a doctor and buy weed at pharmacies instead of dispensaries.

A poll from cannabis technology company Nugg MD asked 795 pot users a number of questions about the proposed rescheduling, including what they would do if their only option to legally buy weed was to get a prescription.

The majority of respondents—55 percent—said they would buy weed from a

pharmacy, but 32 percent said they would go back to buying illicit marijuana on the black market instead.

Scientists unlock the mystery of munchies

Some say it makes them calm; others say it makes them anxious. Some say it makes them happy; others say it makes them moody. One aspect of weed that is universally agreed upon is that it causes “the munchies”. And scientists now say they have discovered the cause of it.

Researchers at Washington State University recently published a study in the journal *Scientific Reports* that found that when mice were exposed to weed vapor, it attached to cannabinoid-1 receptors in the brain, activating feeding neurons in the hypothalamus.

The researchers used calcium imaging technology to observe how the drug interacted with the mice's brains. They were able to home in on the neurons in the mice and turn them off. Afterward, the cannabis no longer affected the mice's appetites.

Feds survey hemp farmers

The U.S. Department of Agriculture (USDA) is surveying hemp farmers to get a clearer picture of the industry. The department has sent out more than 6,000 surveys across the country.

The survey asks about outdoor grows, types of products

produced, yield, trimming techniques, production of grain for human consumption, seed sources and other questions related to the industry.

The USDA is also asking farmers if their products are being used to produce extracts of CBD, CBG, CBN or other

cannabinoids and terpenes. In a news release, the USDA said the survey will provide critical data about the hemp industry that will help “producers, regulatory agencies, state governments, processors, and other key industry entities.”

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FREE WILL ASTROLOGY

Week of January 31

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ARIES (March 21-April 19): “Happiness” is an amorphous term with a different meaning for everyone. What makes me feel happy may be unlike what works for you. Besides that, any kind of perfect happiness is impossible to achieve. However we define it, we are always a mix of being happy and unhappy. Nevertheless, I invite you to ruminate about the subject in the coming days. I believe you are primed to arrive at a realistic new understanding of your personal version of happiness—and raise your happiness levels by at least 15 percent. Maybe more! Now here are helpful clues from philosopher Friedrich Nietzsche: “Precisely the least thing, the gentlest, lightest thing, the rustling of a lizard, a breath, a whisk, a twinkling of the eye—what’s little makes up the quality of the best happiness. Soft!”

TAURUS (April 20-May 20): I invite you to take an inventory of your taboos, inhibitions, and restrictions. Meditate on why you originally adopted them. Evaluate how well they have served you and whether they are still meaningful. If you find any of them have become unnecessary or even injurious, jettison them. And be excited and happy about being free of them. If you decide that some taboos, inhibitions, and restrictions are still wise for you to maintain, thank them for their service and honor the self-protection they provide.

GEMINI (May 21-June 20): Gemini novelist Gregory Maguire says there are a “thousand ways people shrink from life, as if chance and change are by their nature toxic and disfiguring.” Your assignment in the coming weeks is to contradict his theory. I’m hoping you will interpret all chance and change as potentially expansive, redemptive, and interesting. You will never shrink from life, but will boldly meet challenges and embrace twists of fate as interesting opportunities. I have abundant faith in your ability to carry out this vigorous project!

CANCER (June 21-July 22): You could be a masterful eliminator of toxins and wastes in the coming weeks. Do it both for yourself and for those you care about. Start by purging nonessentials that obstruct the flow of the good life. These might include defunct fantasies, mistaken understandings, apathetic attitudes, and unloving approaches. Among the other dross or dreck you could root out is any clutter that’s making familiar environments feel oppressive. By the way, fellow Cancerian, this should be .fun. If it’s not, you’re doing it wrong.

LEO (July 23-Aug. 22): My goals right now are to inspire you in the following three ways: 1. to be full of love for your daily life; 2. to adore yourself exactly as you are; 3. to shed any numbness or boredom you feel and replace them with alert aliveness. To help you in this exalted effort, I offer the inspiration of three quotes. 1. “The invariable mark of wisdom is to see the miraculous in the common.” –Ralph Waldo Emerson. 2. “The universe is full of magical things patiently waiting for our wits to grow sharper.” –Eden Phillpotts. 3. “I have the mysterious feeling of seeing for the first time something I have always known.” –Bernardo Bertolucci.

VIRGO (Aug. 23-Sept. 22): In the coming weeks, I hope you avoid sucking up to egotistical manipulators. Please also refrain from being an unappreciated beast of burden and a half-willing pawn in boring games. If you are interested in paying off karmic debts, make sure they are yours, not anyone else’s. If you plan to work hard to lay the foundation for a future liberation, get a guarantee that YOU will be one of the liberated people. PS: I’m fine with you doing unselfish things as long as they will also have selfish benefits.

LIBRA (Sept. 23-Oct. 22): One of the great maladies affecting modern people is the atrophy of the soul. It’s related to another affliction: the apathy of the soul. A key contributor to these misfortunes is the entertainment industry. Its shallow and artificial stimuli are engineered to overfeed our egos, leaving our poor souls

malnourished. Please note that I have no problem with our egos. They are an important part of our make-up and are essential for healthy functioning. But it’s a shame they hog all the glory and sustenance. Now here’s my climactic message for you, Libra: It’s high time to celebrate a holiday I call Nurture the Soul. Make it last at least three weeks. Homework: Identify three actions you will take to excite, cherish, and enhance your soul.

SCORPIO (Oct. 23-Nov. 21): In myth and legend, pregnancies don’t always begin with two humans having sexual communion. The well-known story of the Virgin Mary tells us she was impregnated when the Holy Spirit, disguised as a dove, whispered in her ear. The Roman goddess Juno conceived her son Mars solely with the help of an enchanted lily flower. The Greek hero Attis germinated inside his virgin mother Nana after she placed a pomegranate in her lap. This might sound outlandish, but I foresee you having a metaphorically comparable experience. Do you believe in the possibility of being fertilized by miraculous magic or a divine spirit? Might you be dramatically awakened or inspired by a very subtle influence? I think it will happen even if you don’t believe.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian computer scientist Grace Hopper (1906–1992) wrote, “The most damaging phrase in the language is: ‘It’s always been done that way.’” I will expand on that wisdom. The most obvious meaning is that we risk ignoring our individualized needs and suppressing our creative inspirations if we mindlessly conform to the habits of society. But it’s equally important not to mindlessly repeat our own longstanding ways of doing things. Maybe they were brilliant and appropriate in the past, but there’s no guarantee they will always be so. In conclusion, Sagittarius, I recommend you rebel against your own personal “it’s always been done that way” as well as everyone else’s.

CAPRICORN (Dec. 22-Jan. 19): Being in love is as desirable for you Capricorns as it is for everyone else. You may be less open and dramatic than the rest of us in expressing your yearnings, but they are still a driving force. Here’s an important point: Even if you are not constantly chattering to others about your urges to give and receive intimate care, it’s crucial that you acknowledge them to yourself. To keep your soul healthy, you must be in close touch with this core fuel. You must love your need for love. Now is an excellent time to deepen your appreciation for these truths.

AQUARIUS (Jan. 20-Feb. 18): It’s the fifth annual Brag Therapy Holiday—for you Aquarians only. During this celebration, we expect you—indeed we want you—to boast with panache. Tell us all in exquisite detail why you are such a marvelous creation. Explain how you have overcome seemingly insurmountable odds to transform yourself into a masterpiece of intuitive intelligence. Regale us with stories of your winsome qualities, your heroic triumphs, and your hilarious and poignant adventures on the edge of reality. Make sure we understand how educational and healing it can be to bask in your influence. Show us why we should regard you as a role model.

PISCES (Feb. 19-March 20): I invite you to resolve old business, draw unrewarding projects to a close, and finish your lessons at the School of Tough Love. You don’t have to carry out my next proposal, but if you do, I will be glad. Politely and quietly scream, “Get out of my life” at anyone who doesn’t give you the respect and kindness you deserve. I also recommend that you do a Wrap-It-Up Ritual. Start by making an altar that pleases you with its beauty. Take scraps of paper and write on each one a description of an influence or experience you want to purge from your life. As you rip each scrap into bits, say this: “I’m grateful for what I have learned from you, but now I am leaving you behind.”

The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Skylab org.
- 5 Lively dance
- 10 Norse under-world dog
- 14 Is under the weather
- 15 Rolled sandwiches
- 16 Here, in Honduras
- 17 Financial document
- 19 Phoenix team
- 20 Also
- 21 Step over the line?
- 23 Confidence
- 25 Christmas drink
- 28 Give a Valium to, e.g.
- 31 Miracle response
- 32 "The ____ of Kilimanjaro"
- 35 Meryl's "Silkwood" role
- 36 Happy as a ____
- 38 Cary's "To Catch a Thief" co-star
- 40 Fluff
- 41 Part of BLM
- 43 Scent
- 45 Hide-hair link
- 46 Rouse
- 48 Like Tabasco sauce
- 50 2004 Tom Cruise flick
- 53 One of a hockey pair
- 55 Abase oneself
- 59 Use a stopwatch
- 60 Savvy, in a way

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- 62 "Misery" actor James
- 63 Trowel wielder
- 64 "Baseball Tonight" channel
- 65 Improve
- 66 "____ we all?"
- 67 Calendar units

DOWN

- 1 Vintners' valley
- 2 Puts on TV
- 3 Snaillike
- 4 Gauge
- 5 Sign of an injury
- 6 Rainbow shape
- 7 Coffee bar serving
- 8 San Antonio team

- 9 Portfolio listings
- 10 The "it" in "Step on it!"
- 11 Greenish-blue
- 12 Baseball stat
- 13 Fail to notice
- 18 They're entered in court
- 22 Pursue
- 24 Fauna partner
- 25 Wailing and Berlin
- 26 Hang around for
- 27 Male in the armed forces
- 29 Saxophone range
- 30 Diary note
- 33 Tolstoy title word

- 34 Sniper's aid
- 37 Lantern liquid
- 39 Newly arising
- 42 Be a poor loser
- 44 Not together
- 47 HDTV choice
- 49 Cleared of snow
- 51 Perfume
- 52 Brief and to the point
- 53 Longing
- 54 Italian farewell
- 56 Traveler's document
- 57 Catch sight of
- 58 Microscope piece
- 61 Period of time

The Paper.

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Solution to Crossword:



"I'M SO GRATEFUL I NEVER STOPPED SEARCHING!"

Bernalillo resident Maria R had been experiencing the debilitating side effects of Peripheral Neuropathy.

"I was beginning to have other health issues due to the lack of sleep. I needed help just standing up and when I was standing I was afraid I would fall because I had no feeling in my feet. My life felt like a nightmare."

Then she met Albuquerque's very own Dr. Andrea Brogdon

"I was so desperate to the point of giving up" exclaimed Maria R. from Bernalillo. "I was in so much discomfort due to the numbness, tingling, and burning on the back of both legs and in my feet."

Maria R had been diagnosed with peripheral neuropathy and had seen a neurologist with no relief. To complicate things further, Maria had been diagnosed with two fractured discs in her back that were causing her severe pain. "I was no longer able to do surgery and all other treatments didn't work. I was starting to feel hopeless."

Maria is one of 3 million people in the United States suffering from peripheral neuropathy, a degenerative disease of the peripheral nervous system. "Those with peripheral neuropathy experience numbness, tingling, burning and even severe cramping due to the dying off of the peripheral nerves," explains Dr. Andrea Brogdon of Albuquerque Acupuncture & Integrative Medicine. "These nerves continue to die off until they have completely expired leaving sufferers with numbness and debilitating balance issues. Patients come to see me after having seen many other doctors with no relief. They have been told that there is nothing they can do or that they just have to live with it."

"I was beginning to have other health issues due to the lack of sleep. I needed help just standing up and when I was standing I was afraid I would fall because I had no feeling in my feet. My life felt like a nightmare," says Maria.

"I learned about Dr. Andrea Brogdon from an article I read and learned that she helped others like me, experiencing the same symptoms.

I made an appointment hoping she was going to be able to help me. It was my last resort."

Dr. Andrea Brogdon has helped thousands of patients get their life back after being diagnosed with peripheral neuropathy and living with the debilitating effects of the disease. How does she get such amazing results? "Acupuncture has been used for centuries to improve circulation but the real magic happens when I integrate ATP Resonance BioTherapy™." By using modern technological advancements alongside the time tested science of acupuncture, Dr. Brogdon is able to reverse the effects of this degenerative disease, regardless of its origin.

"Early detection is key when it comes to improving your chances of a full recovery," explains Dr. Brogdon. Which is why she starts every patient with an initial consultation during which a sensory exam is performed. "This helps to determine just how much nerve damage has occurred," tells the doctor. "This is important because if the patient has suffered more than 95% sensory loss there is very little I can do at that point."

"After several treatments, I experienced tremendous relief. Life is good! I have seen a huge improvement in my walking, I sleep better, even my mood is better! I am so grateful I never stopped searching!"
exclaims Maria.

If you or a loved one are living a life of suffering due to peripheral neuropathy and your pain has prevented you from doing the things you love with the people you love, it's time to call Dr. Brogdon and the staff at AAIM.

Call (505) 355-1984 today to schedule an initial consultation or visit AAIM-ABQ.com to read more incredible success stories.



**PERIPHERAL NEUROPATHY?
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