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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS



# 'He Had Such an Impact on this City'

*ACLU, advocacy community mourns loss of one of their own*

By Elise Kaplan, City Desk ABQ

A well-known staffer for the American Civil Liberties Union of New Mexico — who “distinguished himself as a fiery advocate for equity and justice, especially in the criminal legal system” — died in his sleep Friday night, the organization announced Tuesday.

Barron Jones, the investigation and research manager for ACLU NM, was 54. A cause of death has not been announced.

In an interview with *City Desk ABQ*, Deputy Director Leon Howard said Jones was an “advocate’s advocate” who was integral in getting several pieces of criminal justice legislation passed including the New Mexico Civil Rights Act. He also successfully pushed for limitations on the use of solitary confinement, requiring law enforcement officers to wear body cameras and “ban the box” in employment situations so those living with criminal convictions could have a foot in the door.

But he also always went above and beyond to make people feel comfortable and “worked tirelessly to amplify the voices of the most downtrodden among us,” Howard said.

“If somebody in the community — it didn’t matter who it was — needed him he would drop everything and be there,” he said. “Anytime there was food left over at gatherings he would pack it all up — it was just a habit of his — and go out and pass out food to unsheltered people.”

Paul Haidle was a criminal justice advocate at the ACLU who hired Jones in 2018. At that time, Haidle said, the organization was specifically looking to hire people with lived experiences in the criminal justice system and Jones really stood out.

“He liked to talk a lot about the sort of false distinction between incarcerated and formerly incarcerated people and crime survivors and really highlight the fact that so many people, including himself, were victims of just tremendous crimes and for a variety of reasons wind up on the other side

of the bars,” Haidle said.

Jones grew up in Detroit, Michigan but had lived in New Mexico for more than 20 years. He had served time in prison and worked as a reporter for the *Rio Grande Sun* in Española.

In his bio for the ACLU, he described himself as a “proud papa of two rescue dogs, Holmes and MeToo.” His long-time partner did not respond to a message by publication time.

“I came to find out that Barron was the same guy his whole life — it didn’t matter if it was the last couple years at ACLU or when he was at the *Rio Grande Sun* or even in prison,” Haidle said.

Jones served time in the Central New Mexico Correctional Facility in Los Lunas, his former “bunkie” Fermin Gonzales told *City Desk ABQ*. The two attended college in prison around 2007 and were in the same treatment facility, Gonzales said.

“He was all into his studies, just like I was,” Gonzales recalled. “We were talking about when we got out we’re not going back and we’re going to help people out.”

The two men were paroled around the same time and both went on to do advocacy work. More recently they served together on the Bernalillo County’s Detention Facility Advisory Board and advocated for criminal justice reform at the state Legislature.

“One thing I’m going to miss is going up to Santa Fe with him every February,” Gonzales said. “I remember us going up there to one of the lobby days and us looking at each other and talking. You know 16 years ago at this time we would be sitting down at a chow hall in prison and look at what we’re doing today.”

As news of Jones’s death began to circulate over the weekend, Howard said he’s heard from people “down on their luck” as well as from professors at the University of New Mexico, the Bernalillo County Sheriff and various lawmakers.

“He had such an impact on this city,” Howard said. “It’s only dawning on me now and it’s really, really hard.”

*This story was originally published by City Desk ABQ.*

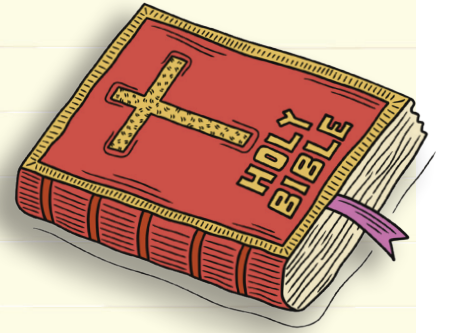


## Weak in Review: April 3

Quick hits on this week’s news bits

Internet trolls lost their minds when President Joe Biden’s Trans Visibility Day proclamation fell on Easter this year.

Time to buy a \$60 Bible from Donald Trump and repent.



Gmail turned 20 this week.

No better time to clear out those unread messages.

The City of Albuquerque could be getting some state money for disk golf courses.

Harshed mellows are expected to decrease, but it’s unclear by how much.

Albuquerque horse-mounted police caught an alleged shoplifter.

We’ll take “Sentences we’d never thought we’d write, for \$100,” Alex.

Failed Republican candidate Solomon Peña was indicted for putting a hit on his accomplices of alleged attacks against Democratic officials.

“We’ll stick with the same category, for \$1,000.”

The City of Albuquerque Animal Welfare Department suspended rabbit adoptions until after Easter.

Thanks a lot, Biden.



Cibola High School’s new cell

phone policy will require students to keep them in their bags during class.

Hopefully someone got paid big bucks for this novel idea.

Downtown strip club Knockouts is asking for a court order to let the club remain open as a bar without dancing.

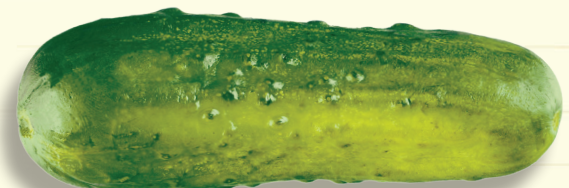
We’re just spitballing here, but what if it’s the alcohol that causes problems and not the naked people dancing?

Kia is recalling almost half a million cars thanks to a manufacturing defect that may be causing “unintended vehicle movement.”

Great, our vehicles are becoming sentient now.

As an April Fools’ joke, Colorado-based coffee chain Zigi’s announced they would launch a line of pickle-flavored beverages this month.

We’re still hoping the same is true of Starbucks’ olive oil coffee.







ECLECTIC CINEMA 7 DAYS A WEEK

REMEMBERING GENE WILDER

Fri–Mon April 5–8 3:30, 8:00

Hand-painted animation: THE PEASANTS

Fri–Mon April 5–8 5:30

An NM Entertainment Special!

THE LEGEND OF BILLIE JEAN (1985)

Friday April 5 10:30pm

Arthouse Classics Series: Jean Cocteau’s

BEAUTY & THE BEAST (1946)

Sat–Sun April 6–7 1:00pm

Tim Burton’s MARS ATTACKS! (1996)

Saturday April 6 10:30pm

South Korean horror hit EXHUMA

Tue–Thu April 9–11 3:15, 8:15

Murderous rom-com LISA FRANKENSTEIN

Tue–Thu April 9–11 6:00

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temple of sound

PRESENTS

KLUB REPLICANT

Amtrak industrial - ebm - techno - cyberpunk

DISEASED ENTITY EP RELEASE PARTY

“SOLITARY DAYS OF BITTERNESS”

Saturday [04.06.24] - 8 PM - 21+ - No Cover

Lizard Tail Brewing Nob Hill [Enter thru Alley]



Temple of Sound Presents:

Klub Replicant

If dressing up in cyberpunk duds and moving your body to the synthetic din of industrial/techno/EBM music sounds like a future you can live in, then Temple of Sound's latest outing is the pre-apocalyptic party for you. This month's theme is androids. So, come dressed as your most lifelike human simulation and dance like no Blade Runner is watching. CHE is providing a "cyber visual feast for the eyes" decor and DJs \$uspence and RED-209 are laying down the soundscape on Saturday, April 6 from 8pm to 1am at Lizard Tail Brewing Nob Hill (3417 Central Ave. NE Suite C). Admission for this 21+ event is free. This one's also a release party for Solitary Days of Bitterness, the new EP from ABQ's dark electro master Diseased Entity. So be sure to lend an (artificial) ear.

THURSDAY, APRIL 4

Comedy

A Better Trip with Shane Mauss  
\$25-\$130 7:30-9:30 pm The  
Historic Lobo Theater - Lounge  
& Event Venue 3013 Central Ave  
NE

Steve Hofstetter \$30-\$140  
8-11 pm Sunshine Theater 120  
Central Ave SW

Community

Sober Sparks: Mocktails &  
Matchmaking \$47 6:30-8 pm  
Luxe Lounge 303 Romero St  
NW N-117

Dance

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

Exhibit

Pueblo Baseball: Stitching Our  
Community Together 9 am-5 pm  
Indian Pueblo Cultural Center  
2401 12th Street NW

Witnessing Justice at Nuremberg:  
Nazi War Crimes Trials Through  
the Eyes of New Mexicans  
Dorothy Adams Greene and  
Lawrence Rhee 11:00 a.m. to 3  
p.m. New Mexico Holocaust &  
Intolerance Museum 616 Central  
Avenue SW

four by four 11 am-4 pm Richard  
Levy Gallery 514 Central Ave SW

Games

Geeks Who Drink 7-9 pm  
Sunday Service Motor Company  
2701 4th Street NW

Geeks Who Drink 7-9 pm  
Outpost 1706 301 Romero St NW

Music

DHP Presents: Karaoke at Gold  
Street 6-9 pm Gold Street Pizza  
& Brew 3211 Coors Blvd SW  
Suite H1, Albuquerque

Dark Honey Karaoke 6-9 pm  
Gold Street Pizza & Brew  
3211 Coors Blvd SW Suite H1,  
Albuquerque

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Felix & Friends Songwriter Showcase 6-10 pm Canteen Brewhouse 2381 Aztec Road Northeast

Karaoke w/ Swords Entertainment 7:30-11:30 pm Lizard Tail Brewing 9800 Montgomery Blvd NE STE 7

Songwriters Circle with Phil Graham, Naomi Sunderland and Kristina Jacobsen 4:30-6 pm Los Griegos Library 1000 Griegos NW , 87107

FRIDAY, APRIL 5

Art Openings

An Ode to My Twenties: Kim Schneider Art Opening 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE

Glow Up: Little Lady Wolf Exhibit 5-10 pm Red Door Brewing Company 509 Central Ave SW

Class / Workshop

Water Smart With Water Authority Rebates 11 am-12 pm Plants of the Southwest 3095 Agua Fria St. Santa Fe

Comedy

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

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

First Fridays Comedy Contest 8-10 pm Tractor Brewing Wells Park 1800 Fourth St. NW

The Show - Live Comedy Improv \$10-\$12 8-9 pm The Box Performance Space 114 Gold Ave SW

Community

Aunties Night Out Spring Fling Party \$5 8-11:55 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Dance

Tablao Flamenco Albuquerque Dinner Show \$75-\$85 7-9 pm Hotel Albuquerque 800 Rio Grande Blvd NW

Film

Indie-Q 6-9 pm WESST 609 Broadway Blvd NE

Markets

ABQ Artwalk 5-9 pm Downtown Albuquerque Downtown

Music

Disco Night w/ DJ Clout 7-10 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a

Leftover Soul \$5 8 pm-12 am Sister 407 Central Ave. NW

Let It Grow \$10 7-11 pm Tortuga Gallery 901 Edith SE

Los Lonely Boys \$35-\$55 8-9:30 pm Isleta Resort & Casino 11000 Broadway Blvd SE

Sam Riggs \$10-\$149 6-9 pm The Dirty Bourbon Dance Hall & Saloon 9800 Montgomery Blvd NE

Snuffed On Sight \$10 7-11 pm Ren's Den 900 Fourth St. SW

Spring Fest Starring Ice Cube \$70-\$205 8-11:30 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho

Third Annual Apparition: Vampire Ball \$10 8 pm-1 am Launchpad 618 Central Avenue Southwest

SATURDAY, APRIL 6

Class / Workshop

Keshet's 2024 Makers Space Experience Visiting Artist Movement Classes 9:30-11 am Keshet Dance and Center for the Arts 4121 Cutler Ave NE

Sip & Wax: A Candle Making Experience \$40 6-7:30 pm Boxing Bear Brewing Co. (Firestone Taproom and Brewery) 8420 Firestone Lane NE

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<b>Comedy</b> Craig Conant \$20-\$25 7-8:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004  Craig Conant \$20-\$25 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004  The Show - Live Comedy Improv \$10-\$12 8-9 pm The Box Performance Space 114 Gold Ave SW  <b>Dance</b> 2024 Hear Here Festival 7-9 pm Keshet Dance and Center for the Arts 4121 Cutler Ave NE  Belly Dancing Night 6-8 pm Sahara Middle Eastern Eatery 2622 Central Ave SE Suite A  Contra Dance \$9-\$10 7-10 pm Albuquerque Square Dance Club 4915 Hawkins St NE	<b>Kaltonaka Dance Group</b> (Chichimeca Mexica Azteca) 11 am-12 pm Indian Pueblo Cultural Center 2401 12th Street NW  <b>Kaltonaka Dance Group</b> (Chichimeca Mexica Azteca) 2-3 pm Indian Pueblo Cultural Center 2401 12th Street NW  Sirena Studio's Spring Showcase! \$15-\$25 7-8:30 pm FUSION   708 708 1st St NW  Tablao Flamenco Albuquerque Dinner Show \$75-\$85 7-9 pm Hotel Albuquerque 800 Rio Grande Blvd NW  Temple of Sound Presents: Club Replicant 8 pm-1 am Lizard Tail Brewing Nob Hill 3417 Central Ave. NE Suite C  <b>Festival</b> Southwest Chocolate & Coffee Festival 10 am-5 pm EXPO New Mexico, Manuel Lujan Jr. Exhibit Complex 300 San Pedro Dr NE	<b>Games</b> Drag Queen Bingo \$10 1-3 pm Canteen Brewhouse 2381 Aztec Road Northeast  <b>Literature/Poetry</b> Robert J. Torrez Book Signing 1:30-3:30 pm Treasure House Books & Gifts 2012 S Plaza St NW A  <b>Miscellaneous</b> Humbull Life TV Presents New Mexico Bully Expo \$20- \$30 11 am-5 pm Albuquerque Convention Center 401 2nd Street, Northwest  <b>Music</b> Back 2 The Beach Y2K Dance Party \$10 8 pm-12 am Revel Entertainment Center 4720 Alexander Blvd NE  Benny Bassett 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE  EQNX Jazztet 6-9 pm Flatiron Bites & Brews 6001 San Mateo Blvd NE  Live Jukebox Night w/ The Time Travelers 8-10 pm Tractor Brewing Wells Park 1800 Fourth St. NW  Perry Wayne: The Sounds of Invasion Tour \$15 9 pm-1:30 am Insideout 622 Central Ave SW  Prism Bitch \$10 7-11:30 pm Sister 407 Central Ave. NW  Silver Sky Blues Band 7-9 pm Marble Brewery NE Heights 9904 Montgomery Blvd NE	<b>Performance</b> NM Philharmonic: Special Ballet Wizard of Oz \$35-\$90 6-8 pm Popejoy Hall 203 Cornell Dr  <b>SUNDAY, APRIL 7</b>  <b>Class / Workshop</b> Keshet's 2024 Makers Space Experience Visiting Artist Movement Classes 9:30-11 am Keshet Dance and Center for the Arts 4121 Cutler Ave NE  <b>Dance</b> Kaltonaka Dance Group (Chichimeca Mexica Azteca) 11 am-12 pm Indian Pueblo Cultural Center 2401 12th Street NW  Kaltonaka Dance Group (Chichimeca Mexica Azteca) 2-3 pm Indian Pueblo Cultural Center 2401 12th Street NW  <b>Festival</b> Southwest Chocolate & Coffee Festival \$5-\$15 10 am-5 pm EXPO New Mexico, Manuel Lujan Jr. Exhibit Complex 300 San Pedro Dr NE  <b>Film</b> Film Prize Jr. NM Awards Ceremony 10 am-12 pm National Hispanic Cultural Center 1701 4th Street Southwest  <b>Games</b> Brain Gang Trivia 2-4 pm Lizard Tail Brewing 9800 Montgomery Blvd NE STE 7  Brain Gang Trivia 5-7 pm Lizard Tail Industrial 3351 Columbia Dr. NE
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Literature/Poetry

Jonathan Feinn Reasing & Book Signing 1:30-3:30 pm Treasure House Books & Gifts 2012 S Plaza St NW A

Miscellaneous

ABQ BioPark Great Ape-ril Tour: Africa Trek \$65 1-2 pm Albuquerque BioPark-Zoo 903 10th Street SW

Music

Albuquerque Concert Band Bruce Kroken Scholarship Concert! 3-4 pm Eldorado High School Performing Arts Center 11300 Montgomery Blvd NE

Gold Souls 4-7 pm Canteen Brewhouse 2381 Aztec Road Northeast

Hillary Smith and Chillhouse 3-6 pm Rio Bravo Brewing Company 1912 Second St NW

Performance

Forbidden Broadway \$25-\$65 3-5 pm Popejoy Hall 203 Cornell Dr

Tablao Flamenco Albuquerque Sunday Matinee \$25-\$35 All Day Tablao Flamenco at Hotel Albuquerque 800 Rio Grande Blvd NW

Tablao Flamenco Albuquerque Sunday Matinee \$25-\$35 3-5 pm Tablao Flamenco at Hotel Albuquerque 800 Rio Grande Blvd NW

MONDAY, APRIL 8

Class / Workshop

Keshet's 2024 Makers Space Experience Visiting Artist Movement Classes 9:30-11 am Keshet Dance and Center for the Arts 4121 Cutler Ave NE

2024 Arts Business Workshop Series 5:30-7 pm Keshet Dance and Center for the Arts 4121 Cutler Ave NE

Games

Brain Gang Trivia 6-8 pm Canteen Taproom 417 Tramway Blvd NE

Geeks Who Drink 7-9 pm M'tucci's Bar Roma Restaurant 3222 Central Ave. SE

Geeks Who Drink 7-9 pm Santa Fe Brewing (Tin Can Alley) 6110 Alameda Blvd NE Suite #1

Geeks Who Drink 7-9 pm Bow & Arrow Brewing Co. 608 McKnight Ave NW

Performance

African Dance Class with Live Drummers \$7-\$28 6-7 pm JUNO brewery + cafe + art 1501 1st Street Northwest

TUESDAY, APRIL 9

Class / Workshop

Keshet's 2024 Makers Space Experience Visiting Artist Movement Classes 9:30-11 am Keshet Dance and Center for the Arts 4121 Cutler Ave NE

2024 Arts Business Workshop Series 5:30-7 pm Keshet Dance and Center for the Arts 4121 Cutler Ave NE

Games

Brain Gang Trivia 7-9 pm Lizard Tail Industrial 3351 Columbia Dr. NE

Geeks Who Drink 7-9 pm 505 Central Food Hall 505 Central Ave NW

Music

Danny Brown \$27 8 pm-12 am Historic El Rey Theatre 622 Central Ave SW

Rudeboy Open Mic 7-9 pm Sunday Service Motor Company 2701 4th Street NW


Tinsley Ellis \$27-\$35 7:30-9:30 pm FUSION | 708 708 1st St NW

Performance

Shen Yun \$84-\$184 7:30-9:30 pm Popejoy Hall 203 Cornell Dr

Sports

Albuquerque Isotopes vs. Sugar Land Space Cowboys \$15-\$28 6:30-9:30 pm Isotopes Park



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# Don de Albuquerque

*Albuquerque's iconic, gay, raw foodist and nudist has no plans to abandon his lifestyle, even as he prepares for death*



Don Schrader holds the picture he hopes is used for his funeral someday. (Photo by Roberto E. Rosales)

By Andy Lyman, The Paper.

Anyone living in Albuquerque who doesn't at least recognize Don Schrader either hasn't been around long enough or isn't paying attention. His usually barely clothed, tan body is nearly as recognizable as the city's skyline. There are few whose faces are plastered on postcards. Some might know him as the nearly naked guy who walks everywhere. Longer seated residents, though, probably know him as Don, the guy who has strict and outspoken views on diet, taxes and lifestyle. With long enough conversations, Schrader emerges as Don, the guy with a big heart, a deep belief in forgiveness and a love

for everyone—even those who stray far from his way of living.

At 78, Schrader still maintains his decades-long and self-prescribed lifestyle of eating a raw vegan diet, naked sunbathing, urine drinking, conscientiously avoiding paying income tax and living a simplified life that rivals many religious leaders who aim to do the same. But in the past five years or so, he tells *The Paper*: over a series of conversations in the sunroom he's made his home, he's been planning for the one guarantee in life: Death. Having seen a long list of friends and relatives die over the years, death is something he's always been prepared for, but only recently has he begun to make

actual plans. In the past year, he has also softened his stance on riding in cars—something he had adamantly avoided for more than two decades until a still-unidentified person hit Schrader with their car and left the scene. He's softened his stances on other key doctrines he had previously held for much of his life, but some are more practical and others are products of having an open mind. While he's shown flexibility on some things, he's still a true-believer that no one is born evil and that no human is exempt from committing horrendous acts. That belief plays into his quick willingness to forgive—whether it be the man who killed his grandparents in bed

or the person who he says ran him down with their car last May. Despite his age and the subsequent ailments he's started to encounter, he has no plans on easing up on his pillars of life.

## Don the eccentric

Schrader can be found most days walking around the city with a cart full of essentials as he runs errands, which include heading to the studio for his weekly public access show, trips to the grocery store for cheaply priced fruits and vegetables or visits to the library. When he's not out and about, he's usually in his modest South Broadway home—which is a converted sunroom attached to the back of a friend's house. The room isn't big, but it's packed full of mementos and trinkets from days past.

"This room is a museum of my life," he tells *The Paper*.

Nearly every inch of limited wall space is plastered with photos, handmade protest signs and a plaque, signifying his spelling bee win in the 5th grade. He's quick to show off a hand mirror that once belonged to his grandmother that he estimates dates back to more than a century. Other prized mementos include two bells—one that sat in his family's Illinois farmhouse pantry and another from the one-room school he attended as a child. Given enough time, he'll go through every single picture he's pinned to his wall and name everyone in them.

There's a picture of Schrader and his mother meeting Rosa Parks in Houston in 1979. Other photos are of old friends, many of whom have passed away, such as his "dear friend Roberto, who died of AIDS in 1999."

He's also got a shrine to Don G., one of his former lovers who was killed in a car crash decades ago.

He says the six-window-adorned space is perfect for him since it allows for ample sunlight, which he cherishes almost more than anything. When it's even slightly warm enough and the wind isn't too bad, he lays out naked in a corner of his backyard.

"I wouldn't trade it for a free trip anywhere on Earth," he says of naked sunbathing.

Schrader's way of life, he says, is in stark contrast to his strict Mennonite upbringing. Dancing and gay relationships were off limits in his childhood home—although the latter was eventually accepted by his



mother when Schrader finally came out to her later in his adult life. He still speaks fondly of both of his parents, but says they had a “miserable marriage.”

“I wish they had parted,” Schrader says. “They might have become good friends.”

When his father died in the 1990s, Schrader and his brother were left with their father’s inheritance.

“My share was about \$48,000 which was doled out to me over a period of years in \$5,000 amounts,” he says. “So, part of what I have traces back to them before I started receiving services.”

Those services now include a little more than \$500 a month in social security benefits and an EBT account that has a credit of about \$3,500. His staunch anti-war stance is partly why he lives on such meager finances. In numerous letters he’s written to *The Paper* and other local publications over the years, Schrader is adamant about not paying income taxes as a way to avoid funding federally sanctioned and instigated wars.

When certain produce is in season and more affordable, he opts for organic products from the La Montañita Food Co-op in Nob Hill, but otherwise he buys more affordable—albeit not organic—food from El Super grocery store on the Westside. He estimates he eats about a dozen apples a day, along with a concoction of raw seeds, nuts and extra hot red chile powder soaked overnight in water and then blended the next day. He also sustains himself with alfalfa, mulberries and colitas he grows himself in his backyard—fertilized with his own feces which he buries.

Then there’s the urine, or “piss” as he calls it.

For years Schrader has been known for his outspoken belief that drinking and bathing in one’s own urine is one of the healthiest things a person can do. But among the list of things he’s changed course on over the years is less frequent piss baths. While he still drinks it, he says he has curbed the baths.

“Well partly, I guess, I don’t want people to think, ‘Oh, he stinks,’” he says.

He’s also started accepting the occasional car ride from friends who are already headed in the same direction he’s going. Until he was hit by the car in May 2023, Schrader had not been in a car for 22 years, but thanks to the



Don Schrader's book collection at home. (Photo by Roberto E. Rosales)

knee injuries he sustained from the crash he changed course. But, he says, his willingness to accept rides isn’t “particularly” due to mobility issues. It’s simply because he’s “Not quite as committed to never ride in a car.”

Despite his longtime belief that any amount of alcohol, drugs or even processed junk food are some of the worst things people can ingest, he’s also recently become more accepting of others using cannabis as a form of medicine after he saw how it helped a close friend overcome his alcoholism, thanks to the therapeutic use of the plant.

“He uses marijuana, and I’m so glad he does, because in the evenings, it’s almost like he’s a different person in being relaxed and open after all the furies of the day,” Schrader says. “I realized now more than I did back then, that there are many medical uses for marijuana.”

Likely surprising to many, Schrader’s quest to keep his body the healthiest it can be isn’t about living longer, but feeling better while he’s alive.

“To me, more important than longevity is feeling good,” he says.

#### Don on death

Schrader tells a story about one of his old friends Harry, who was a former Presbyterian minister, to illustrate Schrader’s view on living in the moment.

“The last time I visited him before he died, he said, ‘Squeeze out every drop,’” Schrader says. “How true. Really. I mean, it’s short. Damn short.”

He says, despite thinking about it more these days, mortality has been on his mind starting from a young age. He says he remembers going to his great uncle’s funeral as a young child and seeing his relative’s body in an open casket.

“Before they closed the coffin, the mortician said, ‘Does anybody want to come up for final viewing?’ and I did, of course,” he says.

Schrader says that started his tradition of not only viewing loved ones in their respective caskets, but also giving them a kiss before the lid closes, including his mother and Don. G.

Schrader’s meticulous and frugal nature—he keeps a detailed balance sheet of every penny he’s spent—extends to planning for his inevitable demise.

“I built my own coffin out of half-inch plywood for about 60 bucks,” he says.

In 2018, the same year he built the modest vessel for his final resting place, he also bought a cemetery plot at San Jose De Armijo Cemetery, about five miles from his current home—a site he chose for its simplicity. The cemetery lacks grass that requires mowing, and he says it’s more accessible by public bus lines than some other options. He’s also already picked out six close friends as pallbearers.

“I used to want a big funeral, but I recently decided, no I don’t, because I won’t be there to enjoy it,” Schrader says.

He’s quick to point out that he’s enlisted a couple of trusted people who will be tasked with following his wishes. One of those trusted executors is former *Albuquerque Tribune* writer and current attorney James Montalbano, who wrote an extensive profile of Schrader in 2007. In Montalbano’s piece, he referred to Schrader as “a unique mix of local celebrity and conscience of the city.”

His specificity about what happens when he dies extends to how his death is announced. He’s adamant that no one pays for an obituary, and he figures he’s notable enough that news outlets will assign reporters to write one.

Schrader has also doled out several copies of his favorite photo of himself—including one to Montalbano—taken at Jemez Springs in the late 1990s. He provided *The Paper* with a copy after this writer suggested that the publication might also write one of his obituaries.

“I was actually naked in that picture, but you don’t see my cock and balls, so I suppose *The Paper* would be willing to run it,” he says.

Ultimately, he says, he wants to die as simply as he’s lived and posed the rhetorical question, “Why should people spend many thousands of dollars, as they do in this country, on a fancy funeral, fancy coffin, expensive grave and on and on and on?”

Even though he’s fully aware that his, like everyone’s, time might be just around the corner, Schrader says pushing 80 years old is no time to change course from his staunch way of living. “If I were to die tomorrow, from a stroke or heart attack, some people might say, ‘Well, he was a raw foodist, and so careful. Look, he’s dead at 78. And this guy over here, drinks booze, never exercised, never walks, eats junk. He’s alive at 95,’” Schrader says.

CONTINUED ON PAGE 10



## CONTINUED FROM PAGE 9

“Well, that’s not the issue. The issue is, if I hadn’t changed to eating healthy, how many years ago might I have died? And how much suffering before?”

Schrader likens his relentlessness to continue his lifestyle until the very end to a marathon runner.

“Just like in a race, if the runner is able, he or she pours it on for the last bit, and that’s the way I feel about living,” he says. “Am I gonna slow down? Hell no, not if I can help it.”

**Don the Philosopher**

Schrader, through his many letters to editors over the years and his lengthy discourses on his public access show, can sometimes come across as pious and judgmental. Sure, he has strong-held beliefs about the best way to live life, but kindness and caring generally come first.

“I judge behavior,” he says. “But that doesn’t keep me from being a friend. I’ve had many friends who have suffered horribly from alcoholism or heroin addiction or on and on and on, and I love them even if I hate what they’re doing. So, no, it doesn’t keep me from being the person’s friend. No way.”

Beyond his stances on health, Schrader is something of an atheistic philosopher. He’s got some strong words about most religious teachings, but he also leans heavily on the idea of compassion and forgiveness. While he was raised in a religious home and was even a Mennonite pastor for two years in the 1960s, he abhors religious dogma.

“If anybody’s going to read the Bible, do it with extreme caution,” he says. “Because some of the worst evil ever written in the world, by any source, is in the Bible.”

When he talks about evil, Schrader groups Donald Trump in with Adolf Hitler, but he’s also quick to point out his belief that anyone, including himself, would be capable of atrocities depending on their upbringing.

“Good and evil reside in everybody, and I believe that millions and millions of people in this world have never felt deeply loved by anybody,” he says. “So, they hurt inside, and hurt people hurt other people. Some heal, but it can take years and it can take much help.”

His philosophical belief that no one is born evil contributes to his quick-to-forgive demeanor

and that demeanor extends to whoever hit him with their car last year as well as the man who pleaded guilty to killing Schrader’s grandparents in their bed in 1976. That man, Dale Gunther, ended up becoming a pen pal with Schrader until Gunther died by suicide while still in prison some years later.

“He and I became friends, and he appreciated my forgiveness so much,” Schrader says of Gunther. “He opened his heart to me in many letters.”

Schrader says he also forgives the driver who hit him and left the scene last year, even though he’s fairly convinced the driver did it on purpose.

“Of course, I should not have crossed the street that day,” he says. “I saw a car coming up yonder—fast. And foolishly, I crossed. I should have waited. But I’m quite sure the driver, whoever it was, sped up a bit in order to intentionally hit me. Quite sure.”

Still, Schrader says he forgives the driver, even though it appears there aren’t any leads.

“We don’t know who did it, and never will, because nobody observed it,” Schrader says. “There were a whole bunch of people who came afterwards to help me, but as far as I know, no one saw it.”

An Albuquerque Police Department spokesperson did not respond to an inquiry about the investigation and whether there are any suspects.

Schrader, for all his quirks and intricacies by mainstream standards, might be the city’s most famous gay nudist, who drinks pee and eats a raw-food diet, but he’s also one of the most open. In his letters to *The Paper*, he nearly always ends with a reminder that he loves to answer personal questions. He adds that he always welcomes visitors, whether they be strangers or old friends (unless they’re out to do him harm). He recently received notice of his 60th high school reunion, along with a questionnaire about what he’s been up to. He says he isn’t sure how much, if any, information the reunion committee will include, but the milestone seems to remind him of his days in school as a devout Mennonite.

“When I was in high school, as a very sincere fundamentalist, I did not dance,” Schrader says. “In the phys-ed class, when other kids were going to dance, I was allowed to go to study hall in the library. If they could see me now.”



(Photo by Roberto E. Rosales)

## Wednesdays with Don

*How I got to know one of the most famous people in Albuquerque*

By Andy Lyman, The Paper.

I can still remember how excited I was to get my first letter from Don Schrader. I’d read many of his letters published in various local publications over the years and finally he was writing one to *me*. Well, not me personally, but it was exciting nonetheless. That first letter came in a repurposed envelope, pre-addressed to the Albuquerque Publishing Company—AKA the *Albuquerque Journal*. The original address was crossed out and replaced with that of my office in Don’s handwriting. It was the start of a one-sided correspondence that eventually led to me spending a couple Wednesdays at his home talking about life.

My first phone call with Don was on a Wednesday night, lasted about 45 minutes and was wide-ranging. I ended up visiting him twice over the span of two weeks, for an hour each time.

In the short time I’ve gotten to know him, I’ve come to appreciate his willingness to not only share so many personal stories—with anyone—but also his penchant for forgiveness and his ability to care for and love everyone. Yes, he’s got strong opinions about life and how others should live, but, as he told me, he judges actions, not the people behind them. Would

he be disappointed to find out that I not only drink alcohol, but also occasionally over indulge? Absolutely. Would my actions make him not want to talk to me anymore? Absolutely not.

As a matter of fact, the last time I left his home, Don told me his door is always open to visitors, with the only stipulation being that said visitors don’t show up with the intention of physical harm.

I’ve found myself somewhat protective of Don, especially when I tell someone about our visits. I often hear reductive responses that focus too much on his proclivity for being as naked as the law allows or his practice of drinking his own urine. It’s not that he and I are on the same page in those regards, but he seems to be much better at accepting others than others are of him. It’s now been a few weeks since my last visit to Casa de Schrader, but I’m looking forward to when I can make some time for another one. For all his quirks, I feel like we can all learn a little bit from Don about being nicer to one another.

*Do you have a cool Don story you’d like to share with The Paper.? If so, send it to editor@abq.news so we can print it in a future issue.*



# The Hiring of Talking Heads

This spring, Ronna McDaniel of the RNC needed a job. As national chair since 2017, she needed to replace the \$400,000/year income loss resulting from her forced resignation as Donald Trump clinched the GOP presidential nomination.

There's quite a bit to unpack in that lede, but there really isn't column space for it. Let's just move on to her job search.

We all know the path of least resistance for recovering politicians looking for work is to get picked up as some network's "political analyst." McDaniel did her due diligence, signed with the top-tier Creative Artists' Agency, and started negotiations. She was ultimately hired by NBC, to the general shock and outrage of its news staff.

The easy button would have been to go to Fox News, certainly, where McDaniel could make bank just saying the same stuff she's been saying for seven years to sympathetic hosts for an appreciative audience. I have to respect McDaniel for wanting to take her message to the NBC News team.

Quick explanation of NBC vs. MSNBC: MSNBC is a cable news network with a heavy focus on left-wing analysis; NBC News is the main network news operation focused on daily reporting with special weekly news analysis programming airing on Sundays. NBC News provides much of the factual content for MSNBC, but they are distinct networks with different missions and audiences. Put simply, NBC News is a more traditional network news operation, and MSNBC is an ideological analysis network.

So for McDaniel to want to work with a national news team instead of an ideologically focused commentary channel was a surprise. Although perhaps NBC just offered her more money (reportedly \$300,000 per year). She made her debut March 24 on NBC's banner Sunday news program, *Meet the Press*.

As the news of McDaniel's hiring spread across the news staff, so did the objections. Chuck Todd, NBC's chief political analyst, also appearing

on the show he formerly hosted on the 24th, told viewers that McDaniel has "credibility issues" and then told the host, Kristen Welker, "Our bosses owe you an apology for putting you in this situation because I don't know what to believe."

McDaniel's interview had been booked weeks before her role as a paid contributor was announced. Todd went on to say that "...I have no idea whether any answer she gave to you was because she didn't want to mess up her contract."

Is this just sour grapes over bringing a supposed Trump supporter into the fold? As with most things involving politics and the press, it's not that simple. I do media relations for a living, and I can tell you relationships are key. Todd noted that while RNC chair, McDaniel refused every interview request he made of her.

However, among the few relationships the RNC did build with media outside of right-wing ideological outlets, McDaniel did develop one with NBC, ultimately selecting it to host a Republican presidential debate last year. According to Ryan Lizza at *Politico*, McDaniel gave NBC the edge as she conferred with them as well as with CNN and ABC.

The outrage among the news staff comes not only from the interview snubs but her willingness in joining Donald Trump in his public attacks on the press and her statements about the 2020 election and January 6 Capitol riot (McDaniel referred to the riot, where seven people died and more than 200 were injured, as "legitimate political discourse").

Here's the real mistake made by NBC News: if you want a GOP insider to provide analysis during the 2024 election, Ronna McDaniel is probably not going to pay her freight. Her time at the RNC was successful in fundraising, but abysmal with regard to the actual goal: getting Republicans elected.

During her tenure as RNC chair, McDaniel failed to deliver a single winning election cycle.

Under her leadership, the GOP lost eight governorships, four Senate seats, 20 seats in the House of Representatives and an incumbent Presidential race.

And being a Trump apologist does not make one a Trump insider. McDaniel will never be a Trump surrogate in her TV appearances. She does not have a handle on

issues; recall that the RNC didn't even bother with a platform for the 2020 election. She can tell you about donors (she routinely spent six hours each day calling them), and her own opinion, at long last.

Which she did on *Meet the Press*, where her comments - "I do not feel people who committed violent acts on January 6 should be free," "I don't feel violence should be part of our political system," and "When you're the RNC chair you kind of take one for the team," made it clear that she did

not believe what she was saying in the RNC chair role when she spoke about January 6.

To a degree, such candor is expected from a politico-turned-pundit. The problem is McDaniel's and the RNC's benign stance on January 6 and complicity with Trump's 2020 election disinformation campaign have further polarized our country, alienated voters and hurt the credibility of our national news organizations.

McDaniel has a big rock to push up a steep hill if she wants to make it as credible political analyst. And maybe the biggest indignity of all is that Chelsea Clinton got paid twice as much by NBC ten years ago.

*Merritt Hamilton Allen is a PR executive and former Navy officer. She appeared regularly as a panelist on NM PBS and is a frequent guest on News Radio KQOB. A Republican, she lives amicably with her Democratic husband north of I-40 where they run one head of dog, and two of cat. She can be reached at news.ind.merritt@gmail.com.*

## Commentary



Merritt Hamilton Allen

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# Feds Seize Legal Weed at NM Checkpoints

*CBP takes products from cannabis companies*



(Jonathan McIntosh at Wikimedia Commons)

By Josh Lee, The Paper.

New Mexico's cannabis businesses are already facing plenty of challenges as they navigate through a market fraught with oversaturation, overtaxation and growing pains in general. Now they have to deal with the federal government stealing their inventory.

U.S. Customs and Border Protection (CBP) agents over the past two months, have confiscated legal cannabis transported by state-licensed cannabis companies as they pass through interior border checkpoints located inside the borders of the state of New Mexico. The cannabis companies involved estimate that the seized products were worth nearly \$100,000 altogether.

On March 14, two Head Space Alchemy employees were stopped at the interior border checkpoint going north on Interstate 25, north of Radium Springs, between Las Cruces and Albuquerque.

"It's typically a routine process," says Kai Kirk, Head Space Alchemy partner. "They just stop cars every now and then—whoever they want—and ask if you're a legal resident. Check that you're not trafficking people—which is their job—and then they let us go on our way."

But a recent stop was different. Kirk says the officers began asking atypical questions like where the workers were going and why they were going there. The employees told

Border Patrol agents that they were transporting legal cannabis as part of their jobs and offered up their manifest.

"They threw our employees in a holding cell," says Kirk. "They had their pictures taken. They were fingerprinted. They were made to feel like criminals."

Kirk says the workers were held for over an hour. Although Border Patrol agents ultimately allowed the Head Space Alchemy employees to leave, the employees say the officers told them that their names would be entered into a database of drug traffickers.

Notably, they kept the cannabis that the workers were transporting. Kirk estimates that the value of the seized products was around \$7,500. He points out that no insurance will cover this sort of loss.

A month before the incident, on Feb. 14, Top Crop Cannabis operations manager Nick Spoor was stopped at the same checkpoint after a Border Patrol K9 unit presumably tagged the vehicle. He says he wasn't concerned at first.

"I thought it was just an immigration checkpoint," Spoor says. "There was nobody else in the car. It was just me."

Spoor said he showed them his manifest and allowed them to inspect his cargo—around 35 pounds of flower. He was immediately put in a holding cell where he says he stayed for nearly two hours.

"They were just talking to each other—like bragging," he

says. "I heard one guy say it was the bust of the century."

As with the Head Space employees, Spoor was ultimately allowed to leave, but the products he was carrying—which he estimates to be worth around \$85,000—were seized by the CBP. He says he was informed that they would be destroying the products and that he would receive a letter in the mail with instructions on how to receive compensation.

"That letter never came," says Spoor.

James Murch, President of Animas Cannabis was stopped after a K9 unit dinged his car while passing through the same checkpoint on March 11, three days before the Head Space employees were stopped. Murch says he's been stopped before, but that agents inspected his paperwork and allowed him to go on his way. This time, they held him for a few hours before taking \$6,300 worth of products and letting him loose.

As this story was being written, your humble reporter received word that CBP had hit at least one other company (and possibly another), bringing the grand total to at least four.

A representative for Moth Transportation Services, a licensed cannabis courier service, confirmed that an employee was stopped and relieved of their courier package containing cannabis products, while traveling through the same Border Patrol checkpoint the night before this story went to

print. In this instance, Border Patrol agents chose to allow the courier to continue on without being detained.

This particular occurrence highlights an aspect of this story that many of the marijuana workers found especially disconcerting: There hasn't been much consistency on the part of Border Patrol agents when it comes to seizing weed products.

The CBP confirmed, in an email to *The Paper.*, that its policy is to enforce federal controlled substance laws at checkpoints.

"Although legal for medical and/or recreational use in many states, marijuana is classified as a Schedule I controlled substance under federal law," wrote a CBP representative. "Therefore, U.S. Border Patrol agents will continue to take appropriate enforcement action against those who are encountered in possession of marijuana anywhere in the United States."

The CBP policy isn't new. The agency reminded New Mexicans not to bring weed through the checkpoints back in 2022, when the state legalization law kicked in.

However, there seems to be confusion among agents as to how to act on that policy. Over and over, cannabis workers told *The Paper.* that agents seemed confused about how to approach the situation. Some workers reported having been stopped in the past and allowed to leave with products and cash once CBP agents compared the manifest to the load, while others had their products seized. Some were detained, while others were allowed to leave.

No cannabis workers so far have been arrested during these incidents, and CBP agents have taken only products, leaving any cash that they've found.

But losing those products can be a serious problem in an already aggressive industry. These stops also represent a significant loss in potential tax revenue for the state. Altogether, nearly \$99,000 worth of products were taken, according to the cannabis companies. Those products would have potentially produced more than \$11,800 in excise taxes.

In a written statement to *The Paper.*, Gov. Michelle Lujan Grisham said, "This is a problem, and my administration is working through a solution. We're likely to use the same strategy that we did in 2022 to protect licensed businesses in good standing in the cannabis industry."





# 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!

## CCD Recalls Got Greens Products

By Josh Lee, The Paper.

The New Mexico Cannabis Control Division (CCD) last week issued a consumer health and safety advisory after the agency detected a prohibited pesticide in cannabis concentrate products from Got Greens dispensary in Albuquerque.

According to the advisory, products subject to this recall were sold to consumers between January 31, 2023, and February 15, 2024, at Got Greens and included concentrates sold under the names: Purple Kush Live Sugar, Cali Dream Live Sugar, Jigglers Live Diamonds, and OG Kush Shatter.

The CCD said the products tested positive for malathion, a banned pesticide that violates state law.

The manufacturer that produced the concentrates, Pharmed, was instructed to destroy the remainder of the unsold products. Producers Cowboy RX, Sandia Botanicals and Seven Clover were identified as the growers that produced the plants that were used to manufacture the concentrates. They have been instructed to audit their inventory history.

Consumers who bought the products are encouraged to destroy it or return it to Got Greens for its proper destruction. The CCD says it is investigating the incident.

### House Republicans Fight SAFER Banking

Last week, a Republican House advisory committee officially announced its opposition to

legislation that would allow banks to work with weed companies and remove past cannabis use as a disqualifier for security clearance.

The House Republican Policy Committee's Marijuana Policy Guide criticized Vice President Kamala Harris for her pro-marijuana stance and claimed the drug has a negative impact on society.

"During the 2020 presidential campaign, [Harris] stated that marijuana brings people joy, and there needs to be more joy in the world," said the report. "Unless joy is connected to violence, depression and suicide, Harris is mistaken."

The report claims that marijuana is linked to an increase in the risks of psychosis, schizophrenia and suicide in the U.S. The report also claims that marijuana is linked to increases in violent crime rates in states that have legalized.

The report calls for Congress to vote down the SAFER Banking Act and the CURE Act.

### Study Finds Citrusy Terpene Curbs Anxiety

A new study funded by the National Institute on Drug Abuse (NIDA) found that the terpene D-limonene, which is found in some strains of marijuana, can reduce anxiety and paranoia caused by THC.

The study was published last week in the journal *Drug and Alcohol Dependence*. Participants who vaporized THC concentrate along with D-limonene concentrate reported less

feelings of anxiety and paranoia compared to participants who vaporized THC concentrate alone.

D-limonene can be found in a number of fruits and is known for its citrusy taste and scent.

The study's authors say it is the first clinical research to demonstrate the "entourage effect," a theorized synergistic

effect that occurs when users combine cannabinoids rather than using isolated cannabinoids. Some advocates have claimed that consuming the entire flower instead of using extracts has greater health benefits.

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FREE WILL ASTROLOGY

Week of April 3

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**ARIES (March 21-April 19):** Aries author Eric G. Wilson claims, "Darker emotional states—doubt, confusion, alienation, despair—inspire a deeper and more durable experience of the sacred than contentment does." I disagree. I know for a fact that an exquisite embrace of life's holiness is equally possible through luminous joy and boisterous triumph and exultant breakthroughs. Propagandists of the supposed potency of misery are stuck in a habit of mind that's endemic to the part of civilization that's rotting and dying. In any case, Aries, I'm pleased to tell you that in the coming weeks, you will have abundant opportunities to glide into sacred awareness on the strength of your lust for life and joie de vivre.

**TAURUS (April 20-May 20):** Will humans succeed in halting the decimation of the environment? Will we neutralize the power of fundamentalism as it fights to quash our imaginations and limit our freedoms? Will we outflank and outlast the authoritarians that threaten democracy? Sorry I'm asking you to think about sad realities. But now is an excellent time for you to ponder the world we are creating for our descendants—and resolve to do something in loving service to the future. Meditate on the riddle from Lewis Carroll's book *Through the Looking Glass*: "It's a poor sort of memory that only works backwards."

**GEMINI (May 21-June 20):** The genius polymath Galileo Galilei (1564–1642) contributed much treasure to science and engineering. One encyclopedia sums up his legacy: "He was the father of observational astronomy, modern-era classical physics, the scientific method, and modern science." Unfortunately, many of Galileo's ideas conflicted with the teachings of Catholicism. The church fathers hounded him for years, even arresting him and putting him on trial. The Vatican eventually apologized, though not until 350 years after Galileo died. I expect that you, too, will generate many new approaches and possibilities in the coming months, Gemini—not Galileo level, of course, but still: sufficiently unprecedented to rouse the resistance of conventional wisdom. I suspect you won't have to wait long to be vindicated, however.

**CANCER (June 21-July 22):** Now would be a perfect time to prove your love. How? You might begin by being extra considerate, sensitive, sweet, and tender. I hope you will add sublime, scintillating touches, too. Maybe you will tell your beloved allies beautiful truths about themselves—revelations that make them feel deeply understood and appreciated. Maybe you will give them gifts or blessings they have wanted for a long time but never managed to get for themselves. It's possible you will serenade them with their favorite songs, or write a poem or story about them, or buy them a symbol that inspires their spiritual quest. To climax all your kindness, perhaps you will describe the ways they have changed your life for the better.

**LEO (July 23-Aug. 22):** Leo naturalist and ornithologist William Henry Hudson (1841–1922) said, "I am not a lover of lawns. Rather would I see daisies in their thousands, ground ivy, hawkweed, and dandelions with splendid flowers and fairy down, than the too-well-tended lawn." I encourage you to adopt his attitude toward everything in your life for the next few weeks. Always opt for unruly beauty over tidy regimentation. Choose lush vitality over pruned efficiency. Blend your fate with influences that exult in creative expressiveness, genial fertility, and deep feelings. (PS: Cultural critic Michael Pollan says, "A lawn is nature under totalitarian rule.")

**VIRGO (Aug. 23-Sept. 22):** I praise and celebrate you for your skills at helping other people access their resources and activate their potentials. I hope you are rewarded well for your gorgeous service. If you are not, please figure out how to correct the problem in the coming months. If you are feeling extra bold,

consider these two additional assignments: 1. Upgrade your skills at helping yourself access your own resources and activate your own potential. 2. Be forthright and straightforward in asking the people you help to help you.

**LIBRA (Sept. 23-Oct. 22):** I don't regard a solar eclipse as a bad omen. On the contrary, I believe it may purge and cleanse stale old karma. On some occasions, I have seen it flush away emotional debts and debris that have been accumulating for years. So how shall we interpret the total solar eclipse that will electrify your astrological house of intimate togetherness in the coming days? I think it's a favorable time to be brave and daring as you upgrade your best relationships. What habits and patterns are you ready to reinvent and reconfigure? What new approaches are you willing to experiment with?

**SCORPIO (Oct. 23-Nov. 21):** At your best, you Scorpios are not invasive manipulators. Rather, you are catalysts. You are instigators of transformation, resurrectors of dead energy, awakeners of numb minds. The people you influence may not be aware that they long to draw on your influence. They may think you are somehow imposing it on them, when, in fact, you are simply being your genuine, intense self, and they are reaching out to absorb your unruly healing. In the coming weeks, please keep in mind what I've said here.

**SAGITTARIUS (Nov. 22-Dec. 21):** In my astrological opinion, it's prime time for you to shower big wild favors on your beautiful self. Get the fun underway with a period of rigorous self-care: a physical check-up, perhaps, and visits with the dentist, therapist, hairstylist, and acupuncturist. Try new healing agents and seek precise magic that enhances and uplifts your energy. I trust you will also call on luxurious indulgences like a massage, a psychic reading, gourmet meals, an emotionally potent movie, exciting new music, and long, slow love-making. Anything else, Sagittarius? Make a list and carry out these tasks with the same verve and determination you would give to any important task.

**CAPRICORN (Dec. 22-Jan. 19):** The coming days will be a favorable time for you to wrestle with an angel or play chess with a devil. You will have extraordinary power in any showdown or collaboration with spiritual forces. Your practical intelligence will serve you well in encounters with nonrational enigmas and supernatural riddles. Here's a hot tip: Never assume that any being, human or divine, is holier or wiser than you. You will have a special knack for finding compassionate solutions to address even the knottiest dilemmas.

**AQUARIUS (Jan. 20-Feb. 18):** Your featured organ of the month is your nose. This may sound beyond the scope of predictable possibilities, but I'm serious: You will make robust decisions and discriminating choices if you get your sniffer fully involved. So I advise you to favor and explore whatever smells good. Cultivate a nuanced appreciation for what aromas can reveal. If there's a hint of a stink or an odd tang, go elsewhere. The saying "follow your nose" is especially applicable. PS: I recommend you take steps to expose yourself to a wide array of scents that energize you and boost your mood.

**PISCES (Feb. 19-March 20):** When is the best time to ask for a raise or an increase in benefits? Can astrology reveal favorable periods for being aggressive about getting more of what you want? In the system I use, the time that's 30 to 60 days after your birthday is most likely to generate good results. Another phase is 210 to 240 days after your birthday. Keep in mind that these estimates may be partly fanciful and playful and mythical. But then in my philosophy, fanciful and playful and mythical actions have an honored place. Self-fulfilling prophecies are more likely to be fulfilled if you regard them as fun experiments rather than serious, literal rules.

The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Motel amenity
- 5 Starchy side, slangily
- 9 Sharper than 90 degrees
- 14 Giggly Muppet
- 15 Apart from this
- 16 Like some points
- 17 Mideast's Gulf of \_\_\_\_
- 18 Keep in office
- 20 Heist planner, perhaps
- 22 Grooving on
- 23 Classroom units
- 24 Weighty works
- 26 Row producer
- 27 Statue's stand
- 30 B, on the periodic table
- 33 Gets too much sun
- 34 Astonishment
- 35 Pastor's flock
- 36 "Who \_\_\_\_ we kidding?"
- 37 Where dos are done
- 39 Needing no Rx
- 40 Eccentric
- 42 Paper producers
- 43 Some lab workers
- 45 Patriotic women's org.
- 46 One of a 1492 trio
- 47 Whopper topper
- 51 Paddler's target
- 53 Nonreader
- 55 American in Paris, e.g.

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- 57 Graphic \_\_\_\_
- 58 San \_\_\_\_, Calif.
- 59 Place to broil
- 60 Guitar ridge
- 61 Scatter
- 62 Blue jay's abode
- 63 First-timer

- 7 Secondhand
- 8 Forward eraser
- 9 Super Bowl side
- 10 Two in a Dickens title
- 11 Remove from a computer
- 12 REI purchase
- 13 Therefore
- 19 Wear down
- 21 Madhouse
- 25 Army meal buddy
- 27 Repair bill line
- 28 Military no-show
- 29 Periscope part
- 30 Voting coalition
- 31 Sworn promise

- 32 Calligrapher's supply
- 33 Troop group
- 38 Gliders and fighters
- 41 Moving about
- 44 Desert illusion
- 45 Gear catch
- 47 Toys with tails
- 48 Fictional Potter
- 49 Total
- 50 Sauce with basil
- 51 Roulette bets
- 52 Off-ramp
- 54 Cleanse, to a poet
- 56 Kind of truck

DOWN

- 1 Oyster's prize
- 2 Nostalgic number
- 3 Bad signs
- 4 Horse with high odds
- 5 Peaceful
- 6 Answers to charges

The Paper.

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O	R	A	T		T	S	E	N		W	E	R	T	S
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E	A	C	U	T		A	D	P	S		L	O	O	P

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."

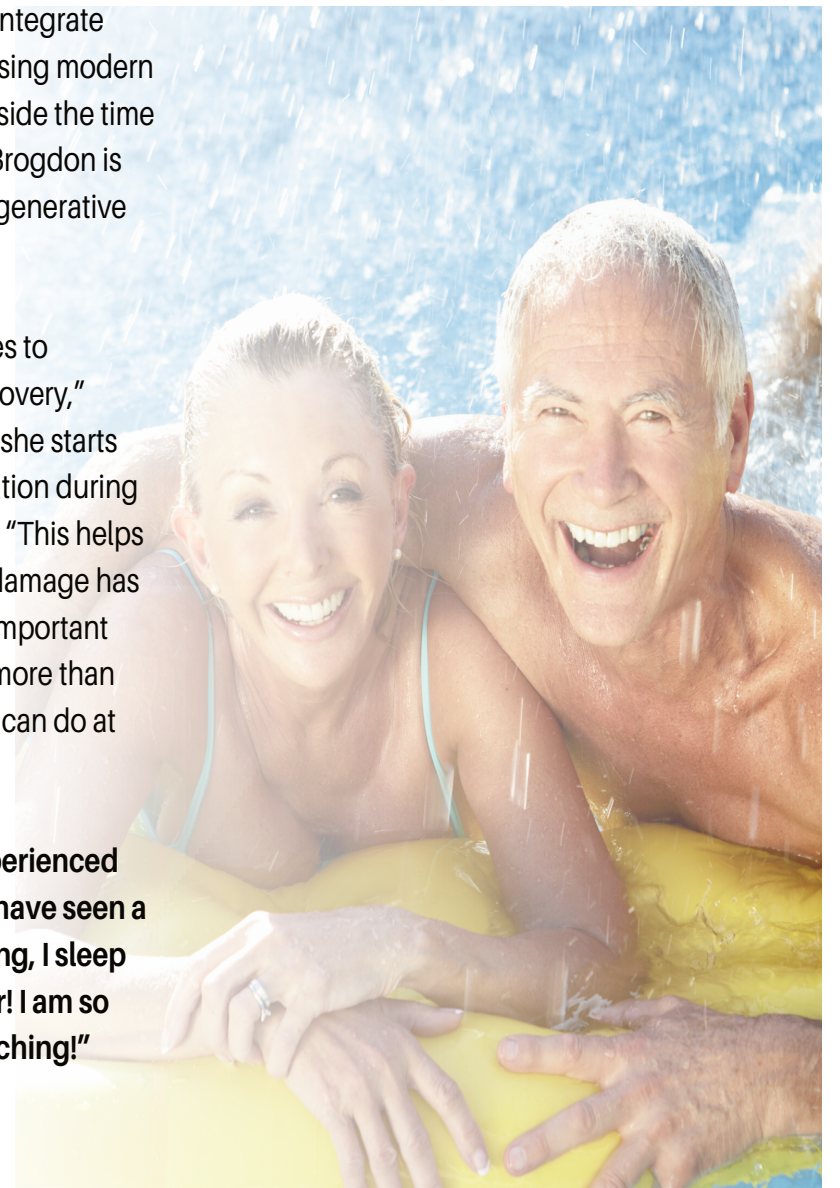
Dr. Andrea Brogdon has helped thousands of patients get their life back after being diagnosed with peripheral neuropathy and living with the debilitating effects of the disease. How does she get such amazing results? "Acupuncture has been used for centuries to improve circulation but the real magic happens 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](http://AAIM-ABQ.com) to read more incredible success stories.



**PERIPHERAL NEUROPATHY?  
Call (505) 355-1984  
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