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About the cover: Photograph by Deming photographer **Daniel Gauss**. Read about him and see more of his photos in this month's Arts Exposure section, page 12.

Below: Photo by this issue's cover artist, Daniel Gauss.



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EDITOR'S NOTEBOOK • DAVID A. FRYXELL

Hungry for Help

As the lines of hungry people in New Mexico get longer, Congress considers further cuts.

Our dysfunctional Congress still has not acted on the long-delayed Farm Bill, largely because of the debate between bad and worse in cuts to the Supplemental Nutrition Assistance Program (SNAP), better known as food stamps. House Republicans have been calling for \$39 billion in cuts to food stamps over the next 10 years. Senate Democrats countered with \$4 billion in cuts. Both plans would tighten eligibility rules by setting a minimum for "heat and eat" payments by states, through which heating-assistance payments to needy households also qualify those families for higher SNAP benefits.

The House plan, according to the Congressional Budget Office, would kick 3.8 million low-income individuals off food stamps in the first year, with 2.8 million more losing SNAP benefits in succeeding years.

The food-stamp program has already lost funding from the federal stimulus effort, which ran out Nov. 1; that amounted to the largest total cut in SNAP appropriations since Congress first passed the Food Stamp Act in 1964. But it's not the only hunger-fighting program to suffer, thanks to sequestration: Meals on Wheels cuts will mean up to 18 million fewer meals for seniors. The Women, Infants and Children (WIC) program has seen its funding slashed by \$500 million.

But those are just numbers. In places with high levels of poverty like Grant County, the human impact of hunger and the loss of food assistance can be seen every day in the lines at food banks and soup kitchens. The recession's stimulus dollars may have run out, but for many people here the recession's effects linger.

"For most of middle America, the recession is not over," says Alicia Edwards, director of The Volunteer Center, which provides programs including a food pantry and Silver City's new Commons Center for Food Security and Sustainability ("Uncommon Dreams," November 2013). "Initially, there was a whole wave who needed assistance. But what The Volunteer Center is seeing now are people who had resources, maybe an extended family who could help, but who have now reached the end of those resources. The longer this drags on, the more who are at risk."

The number of people being served by the center's Grant County Community Food Pantry, Edwards says, has doubled in the last six months. Yet over the past three years, because of funding cuts, the average commodity box for needy individuals has dropped from 50 pounds to 30 pounds. "That rep-

resents 194,000 meals lost," Edwards says.

At the Silver City Gospel Mission, manager Randy Salars says the number of people served daily in the soup kitchen for lunch has gone from 35 or 40 when he took over in 2011 to 120 people today.

Further cutting the food stamp program, which has been ranked as one of the most effective ways to help fight poverty, makes as little economic sense as it does ethical sense. According to Edwards, studies show that every dollar the government spends on food stamps returns \$1.83 in economic benefits to the community.

Even as people like Edwards and Salars worry about the day-to-day struggle of feeding New Mexicans, a group called Food Policy Action has sought to spotlight the larger issues of encouraging healthy diets, reducing hunger, improving food access and affordability, and supporting sustainable agriculture. Last month, Food Policy Action released its ratings of Congress members nationwide. Sadly, you won't be surprised by the results.

On the bright side, New Mexico Sen. Tom Udall scored a perfect 100%, while Sen. Martin Heinrich scored 83%. Northern New Mexico Rep. Ben Lujan Jr. also scored 100% and Rep. Michelle Lujan Grisham got an 85%. But our own Second District Rep. Steve Pearce scored 15%, below even his 29% score for the 112th Congress. (To learn more, see www.foodpolicyaction.org.)

In June, Pearce voted against a measure that would have restored \$20.5 billion in cuts to SNAP included in the House Farm Bill. He also voted for an amendment that would have eliminated the Farmers Market and Local Food Promotion Program, which provides support for farmers' markets, community-supported agriculture, and other local agriculture business models.

Perhaps understandably, local hunger activists aren't waiting for a light bulb to go on in Washington, DC. "We need an ongoing community conversation about food—growing it, how many are struggling—and economic development," says Edwards. "Too many conversations about economic development are happening in the same echo chamber, the same things over and over. There are a million good ideas out there, but they are not at the table."

There's no time to waste, she adds. Given the depth of the hunger problem and the magnitude of funding cuts, Edwards says, "I don't think anybody has any idea what's coming. I don't think we're prepared." ❧

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David A. Fryxell is editor of Desert Exposure.



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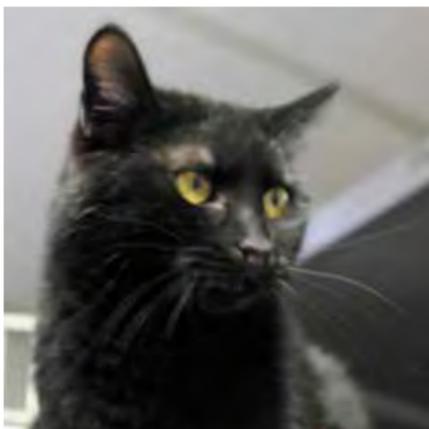
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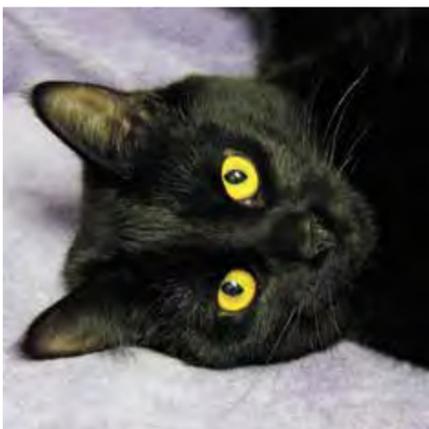
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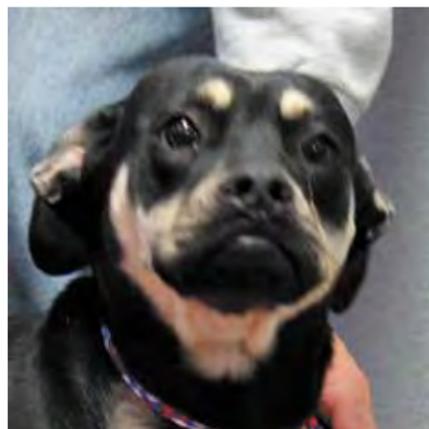
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Losing the battle of the sexes... No question who wins the gender-war skirmish in this opening salvo from **The Packrat Out Back**:

"A police officer pulls over a speeding car. The officer says, 'I clocked you at 80 miles per hour, sir.'

"The driver says, 'Gee, officer, I had it on cruise control at 60; perhaps your radar gun needs calibrating.'

"Not looking up from her knitting, the wife says, 'Now don't be silly, dear—you know that this car doesn't have cruise control.'

"As the officer writes out the ticket, the driver looks over at his wife and growls, 'Can't you please keep your mouth shut for once?!'

"The wife smiles demurely and says, 'Well, dear, you should be thankful your radar detector went off when it did or your speed would have been higher.'

"As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, 'Woman, can't you keep your mouth shut?'

"The officer frowns and says, 'And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine.'

"The driver says, 'Yeah, well, you see, officer, I had it on, but I took it off when you pulled me over so that I could get my license out of my back pocket.'

"The wife says, 'Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving.'

"And as the police officer is writing out the third

ticket, the driver turns to his wife and barks, 'WILL YOU PLEASE SHUT UP?'

"The officer looks over at the woman and asks, 'Does your husband always talk to you this way, ma'am?'

"She replies, 'Only when he's been drinking.'

On the flip side, in a way, here's this manly tale from **GeeRichard**:

"Two men are out ice fishing at their favorite fishing hole, just fishing quietly and

drinking beer. Almost silently, so as not to scare the fish, Mel says, 'I think I'm going to divorce my wife. She hasn't spoken to me in over two months.'

"Earl continues slowly sipping his beer, then thoughtfully says, 'You better think it over, Mel. Women like that are hard to find.'

The great reward... Then there's this from **GeraldH**:

"Morris Schwartz is on his deathbed, knows the end is near, and is with his nurse, his wife, his daughter and two sons. 'So,' he says to them, 'Bernie, I want you to take the Beverly Hills houses. Sybil, take the apartments over in Los Angeles Plaza. Hymie, I want you to take the offices over in City Center. Sarah, my dear wife, please take all the residential buildings downtown.'

"The nurse is just blown away by all this, and as Morris slips away, she says, 'Mrs. Schwartz, your husband must have been such a hard-working man to have accumulated all this property.'

"The new widow replies, 'Property? The schmuck has a paper route!'"

Comparative religion... This little theology lesson came our way courtesy of **Beadlady**:

"A Catholic priest, a Baptist preacher and a rabbi all served as chaplains to the students of Western New Mexico University. They would get together two or three times a week for coffee and to talk shop.

"One day, someone made the comment that preaching to people isn't really all that hard; a real challenge would be to preach to a bear. One thing led to another, and they decided to do an experiment. They would all go out into the woods, find a bear, preach to it, and attempt to convert it to their religion.

"Seven days later, they all came together to discuss their experiences. Father Flannery, who had his arm in a sling, was on crutches, and had various bandages on his body and limbs, went first. 'Well,' he said, 'I went into the woods to find me a bear. And when I found him, I began to read to him from the Catechism. Well, that bear wanted nothing to do with me and began to slap me around. So I quickly grabbed my holy water, sprinkled him and, Holy Mary Mother of God, he became as gentle as a lamb. The bishop is coming out next week to give him first communion and confirmation.'

"Reverend Billy Bob spoke next. He was in a wheelchair, had one arm and both legs in casts, and had an IV drip. In his best fire-and-brimstone oratory, he exclaimed, 'WELL, brothers, you KNOW that we Baptists don't sprinkle! I went out and I FOUND me a bear. And then I began to read to my bear from God's HOLY WORD! But that bear wanted nothing to do with me. So I took HOLD of him and we began to wrestle. We wrestled down one hill, UP another and DOWN another until we came to a creek. So

I quickly DUNKED him and BAPTIZED his hairy soul. And just like you said, he became as gentle as a lamb. We spent the rest of the day praising Jesus. Hallelujah!'

"The priest and the reverend both looked down at the rabbi, who was lying in a hospital bed. He was in a body cast and traction with IVs and monitors running in and out of him. He was in really bad shape.

"The rabbi looked up and said, 'Looking back on it, circumcision may not have been the best way to start.'"

Capital punishment... New correspondent **MikeB** chimes in with another view from the pews:

"There was a Scottish painter named Smokey MacGregor who was very interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further. As it happened, he got away with this for some time, but eventually the local church decided to do a big restoration job on the outside of one of their biggest buildings. Smokey put in a bid and, because his price was so low, he got the job. So he set about erecting the scaffolding and setting up the planks, and buying the paint and yes, I am sorry to say, thinning it down with turpentine.

"Well, Smokey was up on the scaffolding, painting away, the job nearly completed, when suddenly there was a horrendous clap of thunder, the sky opened and the rain poured down, washing the thinned paint from all over the church and knocking Smokey clear off the scaffold to land on the lawn among the grave-stones, surrounded by telltale puddles of the thinned and useless paint. Smokey was no fool. He knew this was a judgment from the Almighty, so he got down on his knees and cried: 'Oh God, oh God, forgive me! What should I do?'

"And from the thunder, a mighty voice spoke: 'Repaint! Repaint! And thin no more!'"

Join MikeB in our pages, with or without the puns! Send your jokes and yarns to diary@desertexposure.com.

Lock and load... Share this one from **Old Grumps** with your favorite NRA member:

"This morning I lucked out and was able to buy two boxes of ammo, because I just knew it was getting scarce! I placed the boxes on the front seat and headed back home. I stopped at a gas station, where a drop-dead gorgeous blonde in a short skirt was filling up her car at the next pump.

"She glanced at the two boxes of ammo, bent over and leaned in my passenger window, and said in a sexy voice, 'I'm a big believer in barter, old fella. Would you be interested in trading sex for ammo?'

"I thought for a few seconds and asked, 'What kind of ammo ya got?'"

Annals of education... Salute this tale from the **Silver City Greek**:

"A former sergeant in the Marine Corps took a new job as a high school teacher. Just before the school year started, he injured his back. He was required to wear a plaster cast around the upper part



Postcards from the edge... We ring in the New Year with still more photos submitted by traveling readers, showing themselves holding a copy of *Desert Exposure*. First up are **Lorna and George Ruebelmann** from Silver City, "introducing the biggest little paper in the southwest to Omaha North High School partiers, all celebrating our 70th birthdays at the Omaha Nebraska German Club. The birthday bash was for over 450 classmates who graduated from North in 1961, who go back together as far as kindergarten at Miller Park Grade School. Our old high school class doesn't look 70, but the classes ahead and behind do!"

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Postcards from the edge... Our next "on the road" photo comes from **Donna Mason** of Silver City, who writes: "My husband and I recently went to Vermont. We stayed in Montpelier, the state capital. We ventured to many places while there: the Rock of Ages granite quarry, Lake Champlain, Burlington, a national wildlife reserve, and a maple syrup farm. We learned how they collect the sap, boil it down and grade the syrups. We also enjoyed our first maple creamies (soft-serve ice cream to us desert folks). I also left a copy of *Desert Exposure* at our B&B for others to enjoy. The owners are planning a trip out this way!"

Whether you're going to Nebraska, New England or Nepal, snap a picture of yourself holding a copy of your favorite publication (ahem, that would be *Desert Exposure*) and send it to PO Box 191, Silver City, NM 88062, or diary@desertexposure.com.

of his body, but fortunately, the cast fit under his shirt and wasn't noticeable.

"On the first day of class, he found himself assigned to the toughest students in the school. The smart-aleck punks, having already heard the new teacher was a former Marine, were leery of him and he knew they would be testing his discipline in the classroom.

"Walking confidently into the rowdy classroom, the new teacher opened the window wide and sat down at his desk. When a strong breeze made his tie flap, he picked up a stapler and stapled the tie to his chest. Dead silence.

"The rest of the year went very smoothly."

The cowboy way... Don't try this pick-up technique, shared by **Ned Ludd**, unless you're ready to cowboy up:

"A cowboy walks into a bar and takes a seat next to a very attractive woman. He gives her a quick glance then casually looks at his watch for a moment. The woman notices this and asks, 'Is your date running late?'"

"No", he replies, 'I just got this state-of-the-art watch, and I was just testing it...'

"The intrigued woman says, 'A state-of-the-art watch? What's so special about it?'"

"The cowboy explains, 'It uses alpha waves to talk to me telepathically.'

"The lady says, 'What's it telling you now?'"

"Well, it says you're not wearing any panties.'

"The woman giggles and replies, 'Well, it must be broken because I AM wearing panties!'"

"The cowboy smiles, taps his watch and says, 'Damn thing's an hour fast!'"

All in knowing how... We didn't see the punch line in this one, from **The Santa Claran**, coming at all:

"The local bar was so sure that its bartender was the strongest man around that they offered a standing \$1,000 bet. The bartender would squeeze a lemon until all the juice ran into a glass, and hand the lemon to a patron. Anyone who could squeeze one more drop of juice out would win the money.

"Many people had tried, over time: weightlifters, longshoremen, etc., but nobody could do it. One day, this scrawny little fellow came into the bar, wearing thick glasses and a polyester suit, and said in a small voice, 'I'd like to try the bet.'

"After the laughter had died down, the bartender said, 'OK,' grabbed the lemon and squeezed

away. Then he handed the wrinkled remains of the rind to the little fellow. But the crowd's laughter turned to total silence as the man clenched his little fist around the lemon—and six drops fell into the glass.

"As the crowd cheered, the bartender paid the \$1,000, and asked the little man, 'What do you do for a living? Are you a lumberjack, a weight-lifter, or what?'"

"The little fellow quietly replied, 'I work for the IRS.'"

Pondering the imponderables... Some philosophical advice from **CharlesC** for reducing the stress in your life:

"Accept the fact that some days you're the pigeon, and some days you're the statue.

"Always keep your words soft and sweet, just in case you have to eat them.

"Always read stuff that will make you look good if you die in the middle of it.

"Drive carefully. It's not only cars that can be recalled by their Maker.

"If you can't be kind, at least have the decency to be vague.

"If you lend someone \$20 and never see that person again, it was

probably worth it.

"It may be that your sole purpose in life is simply to serve as a warning to others.

"Never buy a car you can't push.

"Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

"Nobody cares if you can't dance well. Just get up and dance.

"Since it's the early worm that gets eaten by the bird, sleep late.

"The second mouse gets the cheese.

"When everything's coming your way, you're in the wrong lane.

"Birthdays are good for you. The more you have, the longer you live.

"Some mistakes are too much fun to make only once.

"We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

"A truly happy person is one who can enjoy the scenery on a detour.

"Remember you are unique and so is everyone else.

"Save the earth! It's the only planet with beer."

And finally, in a short but similar vein, here's a deep thought from **GeeRichard**:

"Something to remember:

"Amateurs... built and cruised the ark.

"Professionals... built and drove the *Titanic*." ❄️

Send your favorite anecdotes, jokes, puns and tall tales to *Desert Diary*, PO Box 191, Silver City, NM 88062, or email diary@desertexposure.com. The best submission each month gets a Desert Exposure mouse pad, scientifically proven to take the strain out of emailing jokes to *Desert Diary*.



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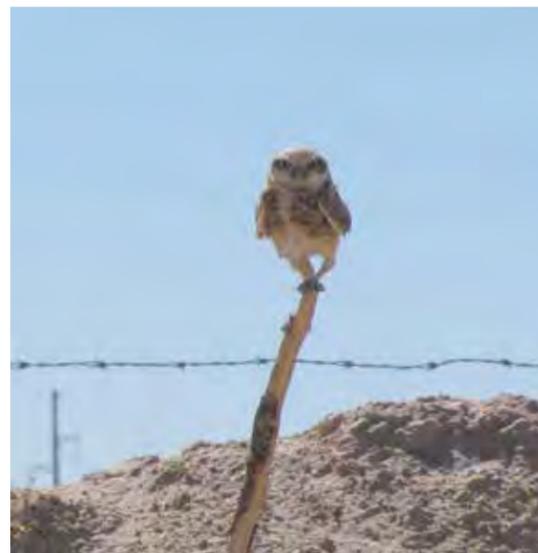
Life in a State of Nature

More reader photos of creatures big and small.

W e ring in a new year with our popular new feature showcasing reader photos of our Southwest “zoo.” This friendly coyote was snapped by Pam Cherrington of Deming, who writes, “Pretty Boy’ was our guest for almost two years. He would lie in our garden and rest and get a drink and a snack.”



David Gaughan of Fairacres shared this photo of a burrowing owl.



These two pictures of bighorn sheep were taken by Quinn Leahy, age 13, in the Gila Wilderness.



Jeff Brailey of Deming sent along this beetle close-up with a note: “My wife Lori and I moved to the desert near Rock Hound State Park a little over a year ago. In October of this year, my wife discovered this beetle near the steps of our trailer. I had never seen one like it, but after a bit of research, I decided my black-and-red-striped blister beetle is a *Megetra cancellata*. It stayed near the front of our trailer for two days.”



Share your own photos of local creatures great and small. Send to editor@desertexposure.com or mail to PO Box 191, Silver City, NM 88062, and include your postal address for a little thank-you. 🌵



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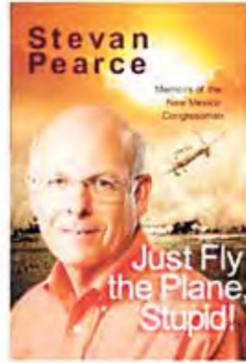
Steve Pearce—yes, *that* Steve Pearce—pens a memoir.

The first year of the 113th Congress may have been famously unproductive, but not for New Mexico Second District Rep. Steve Pearce, who found time to write a memoir. The book, *Just Fly the Plane, Stupid!*, takes its title from a pep talk the future congressman gave himself as panic began to set in during a harrowing 1998 flight across West Texas. Pearce, a former US Air Force combat pilot in Vietnam, was flying his private plane and encountered rough weather. In the scene that opens the book, he almost doesn't make it—but does, of course, and goes on to be elected to Congress in 2002.

"As an aircraft commander and instructor pilot in the Air Force, I had given instructions to other pilots in training situations," Pearce writes. "Now I was instructing myself, aloud. It was the last lifeline I could find."

The 479-page book was self-published under his full name, Stevan Pearce, and is available for \$22.95 from Amazon or www.justflytheplanestupid.com.

According to the Amazon writeup supplied by the congressman, "In his own words, Stevan Pearce describes his amazing journey and the events that shaped his life from an extremely humble beginning on a tiny hardscrabble farm to owning a company in the oil industry of southern New Mexico to being elected to the US Congress. But as remarkable as his success story is, it is merely the backdrop to the transformation of his life what was going on behind the scenes. This book is his personal story of overcoming a life riddled with overwhelming insecurities and fears, introversion and shyness, the embarrassment of poverty, and a lack of vision to see what other children seem to see naturally."



Says Pearce, "The real story is my fight to overcome these internal obstacles, a fight I found far more difficult than overcoming the ones placed in my life by external forces. For so long, I kept myself locked in a cell of fear, unable to move from where I was to where I wanted to be. But the doors that restrain us, I've found, are seldom locked. With a little push, they swing wide to welcome a life we never imagined. If just one person pushes at those closed doors, then this book and this story will be worthwhile."

Says one Amazon reviewer, "I was personally convicted by reading this book to be more diligent in demonstrating my Christian values in my actions. This book is uplifting and gives one hope in this troubled world."

The Tumbleweeds Top 10

Who and what's been making news from New Mexico this past month, as measured by mentions in Google News (news.google.com). Trends noted are vs. last month's total hits; * indicates new to the list. Number in parenthesis indicates last month's Top 10 rank. A slow news month makes room for ex-Gov. Bill Richardson (promoting his new book, *How to Sweet-Talk a Shark*) to claw his way back into the Top 10. He's like the zombies in those "Walking Dead" shows—just when you think you've seen the last of him, here he comes again!

1. (3) **New Mexico + immigration**—254 hits (▲)
2. (1) **Gov. Susana Martinez**—243 hits (▼)
3. (2) **Virgin Galactic**—239 hits (▼)
4. (5) **Sen. Tom Udall**—150 hits (▼)
5. (-) **Ex-Gov. Bill Richardson**—127 hits (▲)
6. (9) **New Mexico drought**—119 hits (▼)
7. (-) **Sen. Martin Heinrich**—107 hits (▲)
8. (6) **New Mexico gay marriage**—75 hits (▼)
9. (-) **Susana Martinez + 2016**—46 hits (▼)
10. (4) **Spaceport America**—43 hits (▼)



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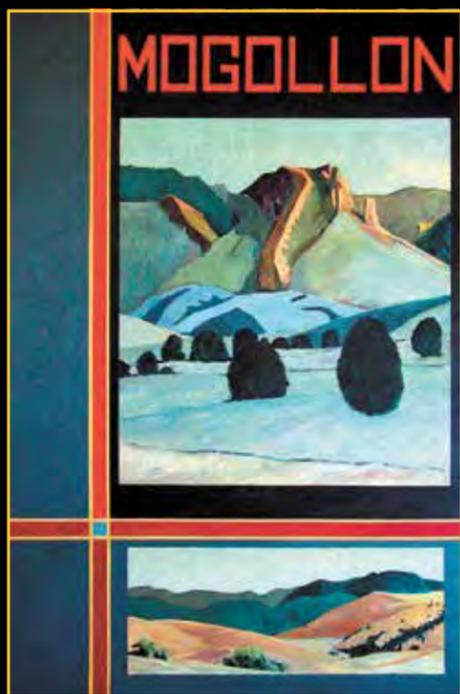
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ARTS EXPOSURE • MARJORIE LILLY

Sight Hound

Deming photographer Daniel Gauss hunts for memorable images.

Daniel Gauss, this issue's cover photographer, first got interested in birds when his elementary-school principal started up a junior Audubon Society in Ann Arbor, Mich., when he was in fifth or sixth grade.

Now in semi-retirement, Gauss has been taking pictures all over Deming of birds and a lot of other things. He won a prize in Socorro in 2005 at the Festival of the Cranes. "I won first in Judges' Choice in the advanced category," he says.

"I've got images of 55 species of birds," Gauss adds. "I could do a book on just what I've shot from my porch."

He could also produce a coffee-table book "of dogs chasing jack-rabbits," he says.

He has a passion for cars, too, and portraits of them from all angles fill dozens of frames on his "Shot on Site" website (www.facebook.com/shotonsite).

With his Nikon digital SLR cameras he shoots countless images of the southwestern New Mexico landscapes, especially the rugged Florida Mountains that are right near the house he shares with his wife, Margaret Fairman.

The Floridas offer daily inspiration with their constantly shifting light movements and patterns of clouds, and Gauss may be the first person to have so consistently recorded these changes. He revels in the silence that swallows



@shot on site

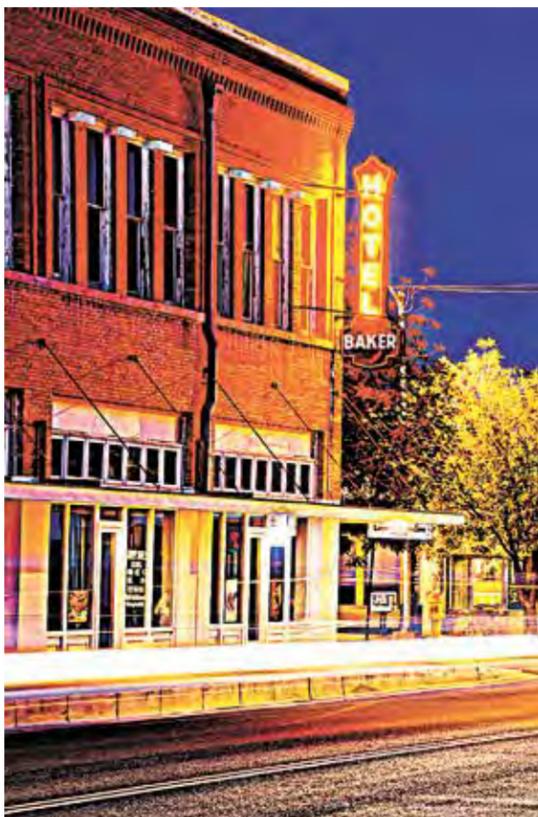
All photos by Daniel Gauss, copyright Shot on Site Photography.



him up where he lives, and clammers up the mountain sides to get rare images of rock formations and weather events.

Consciously or not, he's helping develop an art of and for Deming, with his replications of the craggy mountains, lean flatlands, and birds in sunny mesquites.

Gauss just took one course in photography in college, and later in life he spent some years selling cameras. With an innate artistic sense, he's been snapping pictures wherever he looks since they moved to Deming.



@shot on site



@shot on site



He started taking pictures seriously in 1994, when he began doing shots of dogs at field events for sight hound breeds. He'd shoot photos on Saturday and sell them on Sunday. "I shot for my own pleasure," he says. "I took pictures all over the country."

Sight hounds are dogs that hunt by sight and not by smell, such as greyhounds, Afghan hounds and Scottish deer hounds. Gauss and Fairman own five sight hounds, including a Spanish greyhound and "a couple of mixes."

He and Margaret are now selling cards of his images at Readers' Cove, their bookstore in Deming. (575) 544-2512. ☼



Marjorie Lilly writes the Borderlines column.



ARTS EXPOSURE continued on next page

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ARTS EXPOSURE

Arts Scene

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Downtown Silver City's **Art & Conversation** will be closing, with companion store Yada Yada Yarn moving across Bullard Street next to Alotta Gelato. The gallery will have an inventory reduction sale this month, with metal sculptures by Janey Katz and pottery by Suzi Calhoun, plus Brian Andreas Storypeople prints, cards, sculptures and books. 614 N. Bullard, 388-3350, www.artandconversation.com.

The **Southwest Women's Fiber Arts Collective** will sponsor a "Folded Flower Class" on origami flower-making on Saturday, Jan. 11, 2-4 p.m. at the Common Thread. Basic hand-sewing skills are required; cost is \$5. 107 W. Broadway, 538-5733.

Paul Hotvedt will teach two 10-week courses at **Leyba & Ingalls Arts**: still-life painting beginning Tuesday, Jan. 21 (\$200), and life drawing/painting, beginning Thursday, Jan. 23 (\$200 plus \$60 model fee). 315 N. Bullard, 388-5725, www.leybaingallsarts.com, www.paulhotvedt.com.

Copper Quail Gallery is now also featuring paintings and crafts by Mariah Walker. 211A N. Texas, 388-2646.

Selected works from the Harry Benjamin Collection Part II will be exhibited Jan. 24-Feb. 21 at the **WNMU McCray Gallery**, with a reception Jan. 24 from 5-8 p.m. That will be followed by an auction on Saturday, Feb. 22, from 1-5 p.m. at the WNMU Global Resource Center Auditorium. 538-6517.

Las Cruces/Mesilla

A new exhibit that stitches family history together through art is now showing in the Arts Corridor at the **New Mexico Farm & Ranch Heritage Museum**. The exhibit, "Heart of the Home: The Art of Patricia Burnett," features 26 pieces of art—mostly acrylic paintings and also some mixed media—that are based on quilt patterns from the artist's family. Artist Patricia Burnett of Las Cruces says the art and accompanying words are a "kind of social history of a pioneer family."

She explains, "Family histories are often relegated to the attic of our lives. They are abbreviated into family trees with only dates and places. There is no sense of who these people were and how they lived. It is my intent, with this show, to offer a glimpse into my family. By sharing stories and photographs along with my paintings based on traditional quilt patterns, I stitch the tale of an American family into the fabric of American history."

Burnett dedicated the show to her great-great-grandmother, Esther Umbarger McKinney (1849-1938), a strong pioneer woman and a quilter.

Patricia Hurst Burnett is a sixth-generation Kansan who has called Las Cruces her home for the past 20 years. She holds a BFA in Fine Arts and an MPA from Wichita State University. She is a social historian by education and avocation and is an avid genealogist. Patricia is a proud member of the Daughters of the American Revolution and the Colonial Dames of the 17th Century.



"Fillmore Falls" is part of the "It's a Man's World" show at Mesquite Art Gallery.



Las Colcheras Quilt Guild will exhibit works on the theme of "A Color Runs Through It."

be on display through April 6, with a reception Jan. 16, 6-8 p.m. 4100 Dripping Springs Road, Las Cruces. 522-4100, www.frhm.org.

The **Mesilla Valley Fine Arts Gallery** will feature two local artists for the month of January, Meredith Loring and Bob Zolto. Loring combines her life-long love of fabric and needle crafts with her artistic vision of developing objects and materials to be reborn into new forms. She is an accomplished theatre costume designer and fabricator for the No Strings Theatre Company. Zolto's transformation of his subject matter into eye-catching photography has won him national recognition. 2470-A Calle de Guadalupe, 522-2933.

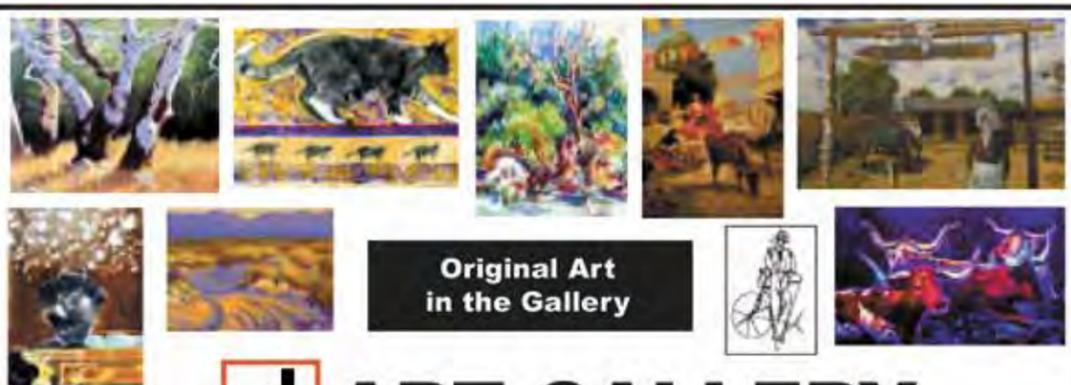
This month the **Mesquite Art Gallery** will feature "It's a Man's World," with art by male artists that owner Mel Stone has acquired "because I like it (of course, it is also for sale)." Works range from photographs to oils to woodcut prints. 340 N. Mesquite St., 640-3502.

At the **Branigan Cultural Center**, Jan. 10 at 1 p.m., local artist Karen Feder will discuss the history of beads and their use in the cultures and countries featured in the exhibit "Adorning the World: The Intersection of Jewelry and Culture." Feder will bring examples of many of the beads and objects used in her artwork and explore how body adornment is the primary indication of status and wealth in a wide range of cultures in different regions of the world. 501 N. Main St., 541-2154, las-cruces.org/museums.

The **Las Colcheras Quilt Guild** will have two fiber-challenge exhibits this month, both on view at the Bank of the West. In "A Color Runs Through It," 50 New Mexico SAQA artists were challenged to create an art quilt using any variation of black, white or gray and any variation of one color. Many of the quilts on display will be for sale. "My Favorite Things" by members of Las Colcheras Quilt Guild is a judged contest whose winners will be announced at the opening reception; the challenge was to create a small quilt relating to the theme using a supplied blue batik. Both run Jan. 3-31 with an opening reception Jan. 3 at 5 p.m. 201 N. Church St.

Las Colcheras Quilt Guild will then present a judged quilt show, "Under the Sun," Feb. 15-16 at the Las Cruces Convention Center; Saturday hours are 9 a.m.-5 p.m. and Sunday, 10 a.m.-4 p.m. NQA Certified Judge Diane Pitchford of Gilbert, Ariz., will judge the show and handmade ribbons and cash awards will be presented. The contest is open to all and categories and rules are posted on the guild website, www.lcqq.org.

Michelle Watts of Roswell will give classes during



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"Sunflower," part of the the New Mexico Farm & Ranch Heritage Museum exhibit, "Heart of the Home: The Art of Patricia Burnett."

the show as well as on Feb. 17. Watts is known for her southwest designs and these will be incorporated in her workshops using PaintStiks, learning Redwork by machine, and invisible machine appliqué. Her workshop descriptions, dates and fees as well as registration forms can be accessed on the guild website. AQS Certified Appraiser Bobbie Aug will be available for quilt appraisals. Appointments can be made for Saturday or Sunday by emailing LasColcherasQG@aol.com. There will also be a Quilt Marketplace with commercial vendors and a guild boutique. 521-0521, 639-4327.

Luna County

The **Deming Arts Center's** next exhibit, opening with a reception Jan. 5, 1-3 p.m., features Las Cruces painter Irma Lee. The February show, with an opening reception Feb. 2, 1-3 p.m., will be "The Triumph of Faith," featuring works by noted Santero artist Joseh Manuel Chavez. 100 S. Gold, 546-3663, demingarts@hotmail.com.

The **Black Range Fine Art and Plein Air Show**,

to benefit the Wounded Warrior Project and homeless veterans, is looking for submissions of original fine art. The indoor event will be held at the Mimbres Valley Event Center in Deming next year, Oct.11-12. There will be extensive advertising and \$2,400 in cash awards will be given. For more information, call Lyn at 546-4650 or email blackrangeart@gmail.com or see www.zhibit.org/brai.

All phone numbers are area code 575 except as noted. Send gallery news to events@desertexposure.com.



Photographer Bob Zolto is featured at the Mesilla Valley Fine Arts Gallery.

This month's **Gallery Guide** can be found online at: www.desertexposure.com



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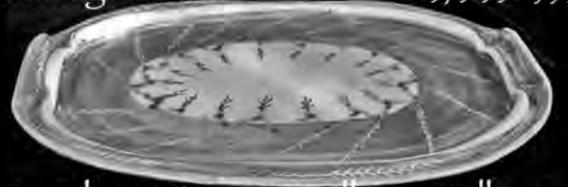
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RAMBLIN' OUTDOORS • LARRY LIGHTNER

Just the Facts

A New Year's celebration of info-bits.

A collection of facts I've been meaning to share for some time now:

The best times to get out and see wild critters in January are as follows: first week 10:30 a.m.-3 p.m.; second week 2-4 p.m.; third week 7:30 a.m.-noon; fourth week 1:30 p.m.-dusk; fifth week 7 a.m.-noon. These are wide generalizations based on Hannon's Moon Time Chart. Be advised, though, that most critters are scarce right now!

President Obama has signed an executive order prohibiting the importation of World War II semi-auto rifles; these are the M-1 Garand and the M-1 Carbine. From now on, only government entities and museums may import the rifles.

The Michigan Natural Resources Commission has given the green light to hunting northern wolves in the state. A recent census puts the wolf at an all-time high in population in seven counties and there is a growing lack of fear of humans in the wild canines, worrying a lot of folks.

In Oregon, the state supreme court also liberalized the killing of wolves there after a successful lawsuit to permit ranchers and farmers to kill wolves eating their livestock. But there is a clause before they can shoot the beasts: The landowner must prove that he/she tried every measure possible to use non-lethal means to dissuade the wolves.

Other northern states, such as Wisconsin, are having similar wolf problems; a record high of 23 domestic dogs have been killed by wolves, causing Wisconsin to institute its first wolf-hunting season. Other states such as Idaho are reporting severely declining elk herds where the wolf is present.

Here in New Mexico and Arizona it is illegal for a person to shoot a wolf for attacking Fido, but as the problem increases across the country, public outcry may show a foreboding for the Mexican Lobo as well. Every dog owner I have ever talked to says that they would do "whatever necessary" to protect their dogs in the event of a wolf attack.

Illinois, one of the most liberal political states in the Union, has gotten in line with all of the others, when the state supreme court found that all residents have a right to protect themselves with a firearm outside of the home.

Speaking of which, in neighboring Texas, "old folks" above the age of 50 are applying for concealed-carry permits more than any other age group; this includes 16 folks over the age of 90!

Did you know that here in New Mexico, a person can legally carry a loaded handgun as long as it is visible on their person? Like concealed-carry, though, you cannot carry such gun into a government building, a bank, or any place that sells liquor commercially.

This past year 12.5 million people over the age of 16 hunted. They collectively devote 220 million days per year doing such, and spend a whopping \$22.9 BILLION on their sport, creating one million jobs in the hunting industry.

Concerning the non-hunting shooting sports, both nationally and here in New Mexico, participants are increasingly younger, female and urban. This shift in dynamics parallels the increasing firearms sales in the United States; 37% of all new shooters are female.

According to the Pew Research Center and the National Shooting Sports Foundation, gun sales are up to an all-time high. I know for a fact that here in New Mexico, guns, ammo and supplies are still all but non-existent as the public continues to "panic buy" in light of last year's shootings. It has been over a year since meager .22 rimfire ammo has been in supply.

The good news is that contrary to liberal opinion, homicide by firearms is down 39%, while other gun-related crimes are down a whopping 69%. Accidental

gun-related deaths are down 58%.

The best way to protect yourself against a bear, cougar or wolf attack is to first stand tall and wave your arms and yell at the top of your lungs. If the attack begins, then fight the animal with all you've got; do not play dead! Furthermore, absolutely do not run away! That triggers an auto-response to chase and attack by most large predators. Don't believe me? Try running away from your pet dog!

The oryx (gemsbok) in New Mexico is one of the most ecologically fit critters for this area. It eats almost any vegetation except grass, which makes it a non-competitor for cattle and sheep. It doesn't need standing water but will get it from what it eats. It has no known predator to kill it. The young have long, spiral horns soon after birth, and it reproduces every nine months. Some would have us believe that it is exotic to our state, but it is more native than most of us humans living here, having been naturally born here since the late 1960s. Yet, the game and fish department won't allow it to expand its range, in the face of other declining game animal populations.

The massive die-off of elk in northern New Mexico, where hundreds of bodies were found, was not due to chronic wasting disease, other diseases, poaching or aliens; it was caused by a rare, deadly, algae bloom found in one drinking source.

A golden retriever in Minnesota was found to have the rare malady of having eaten nearly two pounds of rocks up to the size of two inches! A veterinarian removed 16 of them from the stomach and the 17th passed naturally.

You know all of those "Bud" and "Bud Lite" beers some of you so dearly love? They are produced by Anheuser-Busch brewery, and the company and family are heavy supporters of hunting and the shooting sports, donating millions to the causes. Kudos to them.

Speaking of the very rich, billionaire Ted Turner, who is considered to be a devout liberal, is heavily into the hunting industry. Ted is the second largest landowner/rancher in the United States, and is the single largest rancher/landowner in New Mexico.

He not only raises buffalo for his restaurant chain, but sells hunts for the beasts on several ranches including the Armendaris near T or C. He also offers hunts to those who can afford it, for elk, deer, oryx and other big game on most of his properties.

A recent CNN piece on Turner mentioned he loved to fish, but completely neglected to tell that ol' Ted is an ardent hunter himself and loves to bird hunt. He spends big bucks for quail habitat on local ranches in southern New Mexico, and had/had quite a kennel of high-grade bird dogs.

His former wife, the "most liberal" Jane Fonda, was/is an ardent hunter also, and is considered an expert shot with rifle and shotgun. She and Ted used to fly in quite frequently to their local ranches to share a hunt. So much for the stereotypical liberal!

Lastly, the winter of 2013 began quite mildly around here; ground squirrels have still not gone into hibernation, nor has my flock of colored doves moved south. Some outdoor persons have reported still seeing large black bears up and about in the woods as of December.

But I'm not complaining about the good weather; it has enabled me to keep riding my mountain bike every day!

As always, keep the sun forever at your back, the wind forever in your face, and may The Forever God bless you this new year! ☼

When not ramblin' outdoors, Larry Lightner lives in Silver City.



TALKING HORSES • SCOTT THOMSON

One-Rein Magic

An "ah-ha!" moment in the saddle.

If you ride horses you've probably had one of these—a defining moment that lit the bulb of understanding for you and your horse. Perhaps it was a gem from some trainer or instructor that gave you the "ah-ha!" reaction of finally understanding how things fit together. Maybe it was just seeing someone else's struggles or watching a skilled horse handler that made you say to yourself, "Now I get what they're talking about."

That moment for me seemed pretty minor at the time, a couple of phrases from an early teacher. I'm not embarrassed to admit that when I started riding I was pretty nervous. With no riding background, I looked for similarities in other activities where you sat or stood on something that could go very fast. I had ridden motorcycles, bicycles, go-carts, surfboards, skis, skateboards, snow saucers, sleds and toboggans. I was never a speed freak, preferring to keep things sane and focused more on style and smoothness than thrills. I was always trying to avoid an injury from a part-time recreational activity that would sideline me from school, my job or my primary athletic pursuits.

On horseback I was immediately struck by how fast and agile these animals were, even the old school horses at the local barn. Like most novice riders and, I'm sad to say after years of teaching, far too many "experienced" riders, I looked at the reins as the steering wheel and brakes, and the legs as the way to keep yourself in the saddle on this unpredictable beast. From what I could see, your only means of control were your two reins and your two legs.

It was in my first long clinic that I had my "moment." It was a nine-day winter clinic with few participants, a positive as it meant more one-to-one interaction with the clinician, Dennis Reis. After the first day of some basic work and watching our skill levels (and I'm sure lots of rolling his eyes and shaking his head!), Dennis started the second day in the classroom. He wrote a few statements on the board that seemed crazy at the time:

You use one rein for control.

You use two reins for communication.

If you can't ride confidently with one rein, why on earth should you get two?

This made no sense to me, but these three philosophical comments changed everything I thought about when I got on my horse. I realized if I honestly believed I could control and communicate with my horse in any situation with just one rein—I could turn him, bend him, stop him, even soften him—then I would relax into a deeper seat and begin to learn how to use my aids (my hands, my legs, my seat) to work *with* the horse.

As I advanced in my horsemanship, becoming a certified instructor for Dennis two years later before going out on my own, I saw the inability of so many riders to ride with an independent seat and separate their aids as a major reason for frustration and accidents. As a result, even after a decade of teaching, I constantly go back to those phrases in an effort to help people.

Now, I can tell you from my own experiences early on, it is hard to get on your horse, take away your bit and bridle, put on a rope halter with a lead rope that is not tied off into reins, and go for a ride. Even in the relative safety of an arena or round pen, you instinctively pull back on the lead rope to stop or slow the horse (doesn't work!) or get into some pretty contorted positions to try to steer the horse. Using only one rein is a big leap intellectually. Fear tells us we're not in control when we do this, and when that internal conversation goes on, you can't relax into the saddle and just work with the horse.

It took me a long time to come up with a way to get people over the mental hurdle of one-rein riding as a foundation step for developing a better seat, hands that work independently and legs that talk to the horse. After lots of words, coaching and demonstrations, I finally saw that the answer for under-

standing was right in front of me:

Ground work.

Think about that. Working with your horse on the ground with a lead rope and halter is essentially riding the horse with one rein. You have a single line going to the horse's head that you use to set the direction, shape his body, bend him to a stop, control his speed, send him over obstacles, send him into a trailer, and play ground games. You have a training stick that acts independently from your lead rope, doing many of the things you would do with your legs. Your body and position act much like a leg as well. In the truest sense, *you are riding the horse from the ground with one rein and you are in complete control*. Your lead rope adjusts the head; everything else you do is directed at the body.

If you feel confident and in control when you do this on the ground, and you're able to do different but coordinated things with your lead rope, stick and body, then the idea of using just one rein for control when riding should now make some sense.

If a student gets this connection between ground work and riding, then it's time to get on the horse. I start in a round pen so the shape helps with direction. Have your horse in a rope halter with a 12-foot lead. Assuming we're going to the left, hold the lead like a rein at a comfortable length (slack but allowing you to make some contact with the horse's head if needed). Neatly layer the rest of the lead rope in your right hand. You won't need the extra rope or your other hand except for rein length adjustments. Then go for a ride.

Try to keep the horse on the rail. If he tries to turn off the rail, use your inside leg as a block. If he's just walking out nicely, you should be relaxed, deep in the saddle and on a loose rein. At the start, make all your turns in the same direction using your rein to "point" the horse where you want him to go. If he goes too fast, you can go to a one-rein stop, circle the horse or "jiggle" the rope to apply some pressure just as you would do on the ground. When ready, bring the horse to a stop—with a one-rein stop or hopefully a "whoa" that works—shift your lead rope and slack to the opposite hands (you'll have to flip your lead rope over your horse's head), and ride off in the other direction. Increase speed and gaits as you improve.

Here's what happens almost immediately. The horse softens, relaxes and walks out. The rider sits deeper in the saddle and starts moving with the horse. The hands become quieter and more relaxed, and rein adjustments become smoother and more instinctive.

There is an old saying in riding that a good rider rides the body of the horse, and most everyone else rides the head and neck. That is, a good rider uses the hands to position the head and soften the jaw, poll and neck, then uses his eyes, seat and legs to move and turn the horse. The poor rider just uses the head for everything. When a rider gets comfortable and confident riding with just one rein, it is easier to go back to two reins and to really learn how to use each rein independently to actually communicate with your horse. When you know you only need one for control, it is easier to learn how to use two correctly, to shape and balance the horse while you ride the body. It is impossible to commit the sin of balancing on your hands—and therefore in the horse's mouth—with only one rein.

This is one of the most effective tools I have for helping riders gain confidence and build a better riding relationship with their horses. It is also one of the best ways I know to simplify the understanding of how our aids need to be both separate and coordinated to help the horse be better under saddle. Give it a try! 🍀

Scott Thomson lives in Silver City and teaches natural horsemanship and foundation training. You can contact him at hsthomson@msn.com or (575) 388-1830.



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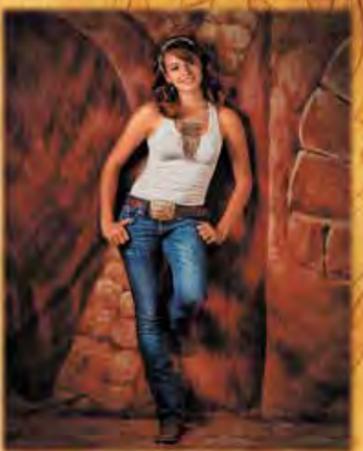
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LOOKING BACKWARD • TIVANA SPARKS

Great Expectations

With its sanatoriums, Silver City was ground zero in the early-1900s war on public spitting.



Above: Sputum cups, as seen in this 1923 advertisement, were the main means of preventing TB infections among staff and visitors at sanatoriums like those in Silver City.

On March 21, 1907, a law was enacted in New Mexico territory that forbade public spitting. House Bill 103 stated: 1) it is unlawful for persons to expectorate in specific public places; 2) tuberculous persons must use a covered receptacle; 3) building, tents and rooms used by tuberculars shall be fumigated and disinfected after being vacated, at the expense of the ill person or owner; 4) those violating the above statutes may be fined from \$1 to \$25 and/or imprisoned for 10 to 50 days.

The anti-expectoration law survives, listed under "nuisances," right after erecting a slaughterhouse within one mile of the city limits. This statute, number 30-8-12-D, reads: "Conduct offensive to public well-being consists of any person spitting upon or in any public building, store, church, house, school or other building in which persons frequently congregate, or upon or in any public carrier, public sidewalk or roadway." (New Mexico Criminal and Traffic Law Manual, 1995)

Such misbehavior was a petty misdemeanor. The rationale was to prevent the spread of diseases communicated through sputum or saliva. Tuberculosis needs to be aerosolized to infect the lungs.

Long skirts of the pioneer women would drag through the excreta of the sidewalks and streets. They would then carry these germs home to their own floors and laundry. The babies were particularly likely to catch TB, since they crawled on the floors.

Richard Meltzer, researcher for the Silver City Museum, says, "Spitting gave 'lungers' a very bad name although it seemed acceptable for cowboys and others to do so, hence spittoons! By 1901 Albuquerque had laws threatening fines of \$5 to \$50 (\$120 to \$1,200 in today's currency) and/or 5-60 days

in jail. The laws were seldom enforced, infuriating some, and causing many newspaper editorial rants. Lungers were constantly reminded not to spit well in to the 1930s. They were embarrassed to carry their sputum cups or use them in public, because this labeled one as a lunger (equal to a leper to many folks)."

In sanatoriums, such as those established in Silver City in the early 1900s (Fort Bayard was the US Army's first TB sanitarium), each patient was expected to carry a flask or paraffin-coated spit cup (closable much like Chinese take-out boxes). A disinfectant might also be placed in the bottoms of the containers to kill bacteria as it arrived. They were encouraged to NEVER use a handkerchief or cloth or napkin, which might dry in the air before discarding or laundering, thus allowing possible aerosolization of the dangerous organism.

A blue glass pocket flask developed by Dr. Peter Dettweiler preceded the use of paper sputum cups. He was yet another tuberculosis sufferer. It was an ingenious portable spittoon, and a key element in controlling the tuberculosis pandemic of the late 19th and early 20th centuries. Nicknamed the Blue Henry, it was a work of art, as well, with its brilliant cobalt blue glass and brass sealable cap. Dutch author and glass collector Ivo Haanstra's fascinating book, *Blue Henry*, goes into great detail about the device, and how it changed the world. The sick and famous are said to have had their Blue Henrys embellished to show their higher status at spas and sanatoriums of Europe.

Waterproof paper cups seem to have been more practical in institutional settings. At the end of the day, each patient's cup could be incinerated, and the burden of tuberculosis germs in the environment decreased.

There are parallels between public spitting and smoking. Both of these "small pleasures" have seen their supposedly harmless status tarnished by epidemiologists. Long before any public health outcry was heard, these two habits had also been battered by etiquette umpires.

In *The History of Manners*, Norbert Elias records a dozen condemnations of public loogie launching, dating from the middle ages to 1910. Such prohibi-



tions are part of what Elias terms the "civilizing process." In the 14th century, spitting at meals was acceptable, if it was under the table and not across or on it.

Erasmus instructed in 1530 that one should "turn away when spitting," lest one's saliva fall on another person. By the 1600s, Courtin noted that "formerly... it was permitted to spit on the ground before people of rank, and it was sufficient to put one's foot on the sputum. Today that is an indecency."

Another writer of French origin suggested, "Do not spit so far that you have to look for the saliva to put your foot on it." Writings in the 1700s advised the sputum splatters, "You should not abstain from spitting, and it is very ill-mannered to swallow what should be spat." The prevailing convention regarding disposal of oral or lung garf, at least among those who read such guides, was to be determined

by one's company or location. For example, there was to be no hawking of airway secretions "when you are with well-born people" and certainly "not in places with waxed or parquet floors... in church, houses of the great... in places where cleanliness reigns."

Campaigns against public phlegm

flinging apparently started in the 1880s, driven by the risk of TB. The French Hygiene Council gave the first known public orders against saliva salvos. New York followed suit 10 years later.

Nearly all American cities of greater than 25,000 population had ordinances against public expectoration by 1916, according to the National Association for the Study and Prevention of Tuberculosis.

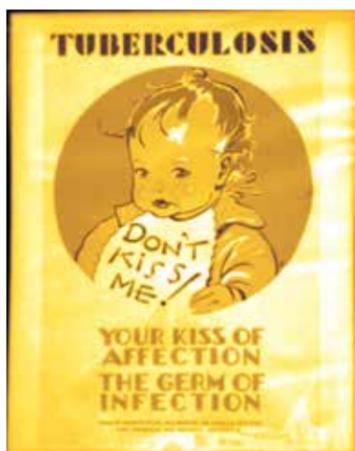
It is doubtful these rules were effective, given the rare enforcement. A review of 74 cities showed only 36 had made any arrests regarding spitting. New York was a center of enthusiasm, arresting 2,513 people on charges of illegal expectoration, representing 73% of the national total.

Magistrates were loathe to punish so slight an offense, particularly in a time when regard for the individual rights was held in high esteem. Eventually, only printed warnings were given.

Seven hundred Boy Scouts in Cincinnati, with



This paving brick admonishes against public expectoration. It was donated to the Silver City Museum, but its origin is unknown. (Photo by Jackie Becker)



Commissioned Works Progress Administration (WPA) art poster, mid-1930s, raised awareness that spit carries germs.

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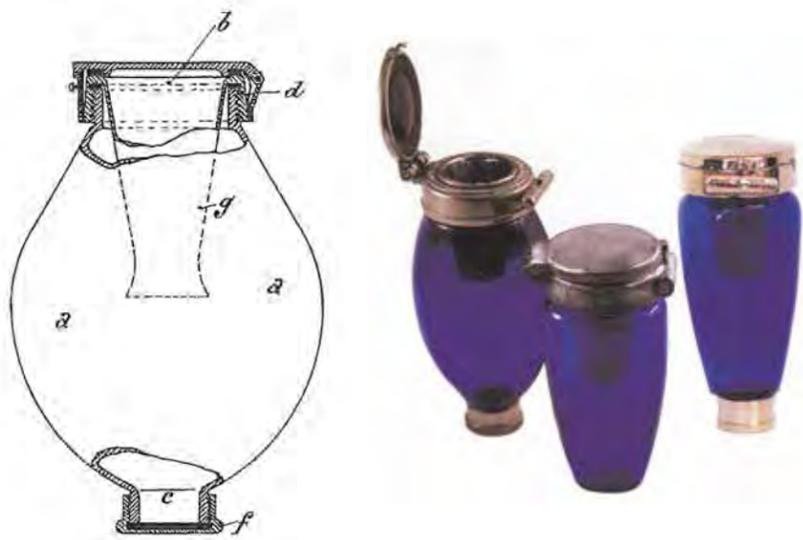
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A technical wonder, the Blue Henry was a glass pocket cuspidor invented by Dr. Peter Dettweiler. The Noelle lid (d) kept it from leaking, the funnel (b, g) in the upper third kept it from spilling, and the screw cap (f) at the bottom allowed easy rinsing. Sketch for German patent application, 1889.

members of the Anti-Tuberculosis League, painted thousands of signs reading "Don't Spit" on sidewalks in a single night.

In places of public gathering, such as barrooms, a variety of encouraging notices appeared: a sarcastic "If you spit on the floor at home, you can do it here," and "Gentlemen will not, others must not spit on the floor," and "MY FRIEND. Let me remind you that spitting on the sidewalks, in the street cars, or in any public place is forbidden by law. It is unsanitary and a menace to the health of others. It spreads TUBERCULOSIS. Every gentleman



will obey the law and respect the rights of others."

It is unknown if the legislation of oral excreta ejection suffered any backlash from the public regarding "spitters' rights." Were there acts of civil disobedience by spittle spewers or indignant letters to newspapers from spittoon manufacturers? Was there any complaint that a ban on spitting was the beginning of a slippery slope that would lead to the withdrawal of other beloved pleasures? These questions are currently under a somewhat tongue-in-cheek investigation. ❧

Twana Sparks is a surgeon, humorist and the author of a new book, Ping Pong Balls and Donkey's Milk: The treatment of tuberculosis at Fort Bayard, New Mexico, from which this is excerpted and adapted. The book is available at www.createspace.com/4250883 and at Amazon.com. Sparks will be offering a four-lecture series, "Tuberculosis Treatment at Fort Bayard, 1900-1950" in the spring of 2014 through the Western Institute of Life Long Learning (www.will-learning.com).

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SOUTH OF THE BORDER • MARJORIE LILLY

Looking Up in Ascension

Three years after angry citizens resorted to lynching, the Mexican town of Ascension is quieter but still troubled.



A man and child walk in the plaza in the troubled Mexican town of Ascension. (Photos by Marjorie Lilly)

As I enter Ascension, Chihuahua, from the north, there are about a dozen Ministerial Police stopping and checking cars to see if they are stolen and if there are guns in the car. They do this at different times during the week.

The local police walk the streets with rifles dangling from their shoulders. They are much better armed than before the dramatic upsurge in violence between 2007 and 2011. Soldiers can from time to time be seen patrolling the streets in the back of trucks.

But otherwise Ascension presents the picture of a normal, healthy small town with vehicles bustling through the streets all day.

Ascension's central plaza is dense with trees that shelter lots of aging men and younger people from sun. A large white gazebo in the center hosts bands for Wednesday evening concerts, which people attend without fear now. Plastic banners hung on giant arches at the four corners of the plaza advertise candidates for beauty queen at the autumn agricultural fair. All appears calm.

Ascension, an hour's drive south of the border, had stories written about it in US news media on a national level after the Sept. 21, 2010, incident when two teenage boys were killed by a lynch mob. The five-member gang they were part of had kidnapped a young female waitress.

The descenso of La Santísima Muerte.



Fed up with the useless, often corrupt police and the endless kidnappings, townspeople ran after the boys, grabbed two with their own hands and ferociously beat them up. Police tried to rescue them, but the teenagers died in the overheated police cars. Two others were detained and one fled.

The press took note because this kind of mob violence has been common in southern Mexico, but never so close to the US border.

The residents expelled the local police the following day. Almost immediately, the violence fell off substantially.

The people of Ascension had been desperate since at least May 2009, when they occupied City Hall and demanded that the army come and save them from the criminals.

In August 2011, after the lynching, 26 local police fled town because they were being threatened by the drug gangs. The local police are now functioning again, but the state police were run out of town and the federal police have left after being called in on an emergency basis.

Former mayor Jaime Dominguez Loya says that at that time, there were about six kidnappings per week.

A woman in an office in Ascension says that during the worst time "my phone rang all day long" because of calls by extortionists. She remembers hearing friends tell about seeing "four dead people in one part of town or seven in another."

After these years of extreme violence and turmoil, residents now go out freely in the evenings. But there is still a prickly kind of fear of the now-underground drug cartels that people voice from time to time.

Some people feel there are more urgent issues than drug cartels right now. The water table has been going down for years because of the drought, and experts are predicting that water for all uses may disappear in Ascension within 5, 10 or 15 years. Also, hunger increased dramatically during the time of violence.

At the Junta de Agua, director Luis Reyes talks about their program in the local schools to teach kids to conserve water. They hand out bottles, pencils and thermos bottles with the slogan "Cuide el agua" (take care of water) inscribed on them. The Junta de Agua also metes out fines for wasting water and installs public water purifiers.

The former director of another water group, CO-TAS (Comite Tecnico de Aguas Subterranas), left the organization, apparently frustrated by not being able to accomplish what he wanted. I speak to the new director, Sergio Blancas, at the roadside stand for Tecate beer where he works sometimes, besides being a farmer. Part of his mandate is to regulate the drilling of wells. But he claims that growers are getting illegal permits through bribes, and that he can't do anything about it without traveling to Mexico City.

Almost all Blancas is doing is monitoring water wastage—an important issue—and working with politicians to make some progress on drip irrigation. "If we can't avoid this crisis, we hope the government can help us," says Blancas.

Ascension had several inches of very welcome rain this year, but Blancas says, with a big grin on his

face, that because of "the Mexican way of thinking," this will probably just make people relax their efforts to conserve water.

About 25% of farmers' wells have dried up in Ascension, according to Jose Luis Garcia, director of the Fondo de Aseguranza Agricola "La Mesilla." Not many farmers have gone out of business, but many have reduced their crops by 40% to 50%.

Only a very few growers have started doing drip irrigation to conserve water in the *municipio* of Ascension, as compared to Luna County, NM, where almost all farmers have installed drip systems.

The ranch that is most often mentioned for using drip irrigation is "Los Molinos." Garcia says it needs only three irrigations per season for its cotton. Watering the old-fashioned way requires about six or seven irrigations per season.

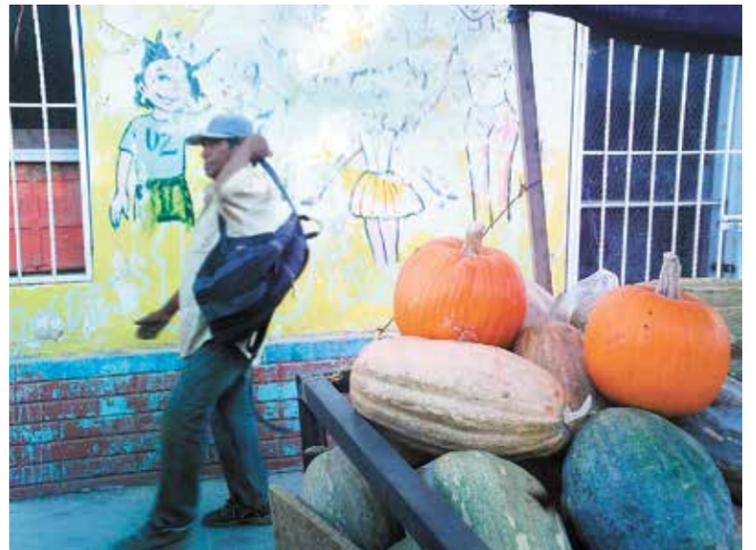
Ascension grows about five times more cotton than chile, says Garcia. Most of the cotton is sent to central Mexico—Mexico State, Puebla, Oaxaca and other states where the textile industry is strong. The majority of chile goes to processors in New Mexico, but also to other parts of Mexico.

From 2011 to 2013, the amount of cotton cultivated varied widely from 12,000 to 30,000 hectares, mostly because of price changes, Garcia says. (A hectare is about 2.5 acres.) The chile cropland varied from 4,000 to 5,000 hectares.

The new mayor, as of Oct. 10, is Sergio Gonzalez of the rightist PAN (Partido de Accion Nacional) party. He's well aware of the need for jobs.

He claims he'll create, with help from the federal government, a plant to sanitize chile so it will meet FDA standards in the US, as well as a greenhouse that will use only 5% of the water that would be used in a field. He also talks about paving streets and creating sports fields.

"I'll use federal resources for technical advances in irrigation," he says.



A street scene in Ascension. On other streets, local police still walk with rifles dangling from their shoulders.

Gonzalez also likes the idea of starting a Casa de Cultura for youth "where they can go and learn about art and music, and develop culturally."

There are 17,000 people in Ascension, he says, despite the sign as you enter town that said 9,007 a while back. The national statistical organization INEGI is notoriously inaccurate. I hear another official claim there are 22,000 residents.

When asked if he is going to bring back the state police, the mayor says, "For the time being, no."

Maria Dolores Rodriguez Pinon is the wife of new mayor Sergio Gonzalez and also the director of the DIF, a social-work organization of the mayor's office.

The violence of the Calderón presidency produced some dramatic hunger in Ascension. "A lot of orphans have been left over," says Maria Rodriguez. (In Mexico children who have lost one parent are called orphans.) There are now about 200 official orphans to take care of, as well as at least 200 unofficial orphans who are children of the disappeared, who as yet have no official death certificates.

A problem during the time of the violence was that the DIF, which usually raises money by sponsoring concerts, races, dances or other events, found that people were too scared to attend them. But things

have gotten a little better now. In 2012, the DIF distributed P50,000, or about \$7,000, worth of food.

Despite this, Gonzalez says there still are people who go without eating for a day or two at a time. Some people go barefoot.

“Local people don’t have work,” Rodriguez says. At the car parts manufacturer, AAMSA, they’ve recently laid off many employees.

Gonzalez confirms that local growers send buses to southern states like Oaxaca, Veracruz or Guanajuato to bring farm workers to Ascension during the harvest season. Because they work for less money, these workers often displace local farm workers.

Rodriguez says it’s common for people in Ascension to go work in the US. “A lot cross the border in Arizona,” she says. “But many are coming back because there’s no work.”

Because of the poverty, robbery is common. “One thing people often rob is cylinders of gas,” she says, referring to the small containers that are used domestically.

The job description of the municipal police is only to “prevent” violence and to deal with traffic issues.



Farm workers line up to get paid.



Sergio Gonzalez, recently elected mayor.

The chief of police is Carlos Flores, who arrived “2 years, 4 months, and 10 days” before, as he phrases it when I interview him in September. He arrived from Juarez just a little while before the lynching incident.

I ask Flores about the firearms—AR-15 rifles and 9mm pistols—that were purchased by former mayor Jaime Dominguez Loya in desperation after the 26 poorly armed policemen fled town. The police had been threatened and three police had been killed.

Such firearms are commonly used by US police, but are usually kept tucked away inside their vehicles. In Ascension they’re displayed openly.

Flores says the AR-15s are useful because they “intimidate people,” by which I assume he means

ASCENSION continued on next page

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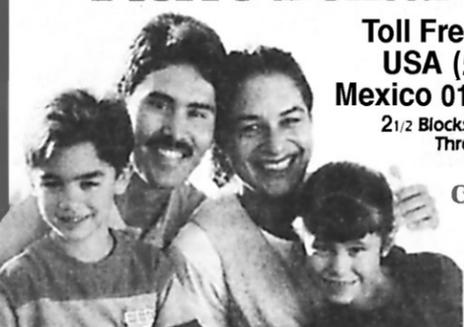


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ASCENSION continued

criminals. This tactic may work to some extent, but they also make innocent people nervous.

Flores tells me there have been just 10 killings in the three years he's been in office. Two professional people I relate this to later just laugh. One of them estimates there had been 30 or 40 killings during that time period.

A report by the University of Chihuahua in Juarez says that the Health Center of Ascension reported 12 deaths due to "laceration by firearm" in 2012 alone.

Flores does not allow me to take his photo, for security reasons.

One man I talk to in Ascension was one of the leaders of the citizen defense committee—never a formal group, he maintains. He was one of the two men who went up and grabbed the kidnappers in the cotton field during the lynching incident. He doesn't want his name used.

He's very good-humored and gives me a big handshake when I meet him. During our conversation his grandson creeps up on him twice to scare him, and he obligingly throws his arms up in the air and howls.

About the lynching he comments dolefully, with his head sunk down, "The people were *very* tired."

He says the self-defense group is still intact. They all own guns, he says, but have no need to use them because it's so quiet. This man says he doesn't know of one case of kidnapping in Ascension where the victim died.

One thing that clearly distinguished the violence in Ascension from that in Palomas was the many kidnappings and extortions for money in Ascension. In Palomas extortion was virtually unknown.

The word on the street and elsewhere is usually that the Sinaloa cartel holds the reins in Ascension, taking the place held by the Juarez cartel before the violence. But enough people claim that the Juarez cartel is in control to leave the issue somewhat in doubt.

Most people's experience with the *narcos* is shadowy and speculative.

The last time I'd driven to Ascension, I noticed a *descanso* (roadside memorial) on the left-hand side as I approached town. Painted on the front was *La Santisima Muerte*, a hooded figure carrying a scythe,



Jose Luis Garcia, director of the Fondo de Asegurancia Agricola "La Mesilla."

with an owl at its feet. It made my head spin around. I'd never seen one of those.

A man in an office in Ascension guessed that it was built by someone in the Sinaloa cartel about a year ago.

A physician, who served for a while in an Ascension hospital a year or so ago, tells a story about a *jefe de los narcos* who was brought to the hospital with a severe gunshot wound while this physician was on duty. Staff arranged for the wounded man to be brought to the hospital in Nuevo Casas Grandes and put him in an ambulance to transport him there.

But the man never showed up at the hospital. Staff speculates that he was brought to a doctor working on the payroll of his cartel.

Secondary school students walk home in the warm afternoon sunlight. They swing along confidently, with backpacks of wildly varying colors and designs, as if they're competing for the most outrageous one.

It's a hopeful sight, in a town where only about 5% of adults have completed high school. Probably most of them will lead a life for the most part separate from the drug gangs.

But I ask one high school student if he knows any people involved with the *narcos*, and he says yes. Then he adds, soberly, "But if you talk about them you could get killed."

An undercurrent of fear runs through Ascension. The *narcos* have dug in their heels and are there for the long run.

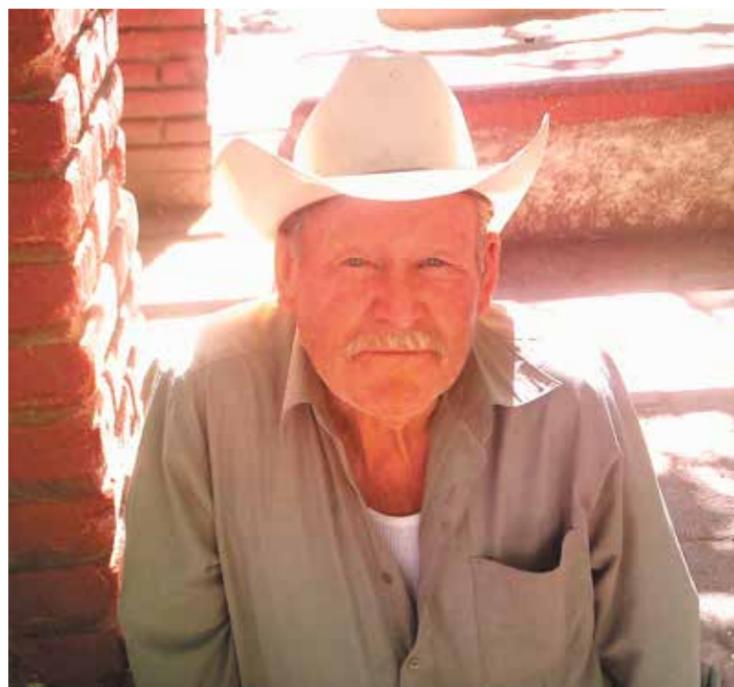
The so-called drug war achieved only a terrifying crime wave for Ascension, leaving hundreds of orphans, and a changing of the guard for the cartels. Most people interviewed for this article still hide behind a screen of anonymity.

But for now the people of Ascension are just trying to live a normal life. It's not too much to ask. ❀

Marjorie Lilly reports on border issues in her Borderlines column.



La Santisima Muerte, a hooded figure carrying a scythe, with an owl at its feet.



Small farmers like this man worry about water. Many have reduced their crops by 40% to 50%.

100 HIKES • LINDA FERRARA

Hiking Herpetologist

Tagging along to Little Bear Canyon, near the Middle Fork of the Gila River.

Being a herpetologist (study of amphibians and reptiles) and an avid bird watcher, it's not surprising that Julian Lee has done his fair share of hiking. He relocated to Silver City from Florida in 2006 and has been exploring the wilderness in this area ever since. He most frequently hikes with a group of four friends on either Thursday or Friday. When he describes their adventures to me, I often find myself begging him to show me where they went. Don't miss the opportunity to take one of his WILL classes; he's an amazingly interesting and talented orator!

We got together in the fall and hiked a trail he recommends.



Name: Little Bear Canyon-Trail 729

Distance: Eight miles, round trip

Difficulty: Moderate

Directions: Starting at the intersection of Hwy. 15 and 32nd Street in Silver City, travel 23.6 miles north up Hwy. 15. Turn left towards the Gila Cliff Dwellings (not the Visitor's Center). Approximately .5 miles up on the right is a brown Forest Service sign pointing to T.J. Corral. There is a parking area, bathroom, corral, Forest Service Bulletin Board and trailhead here. Travel time: 1.5-2.0 hours. The hike begins at the trailhead, where there is an old sign that says: West Fork Trail 151 / Little Bear Canyon 3 / Middle Fork 4.25. Head towards the Middle Fork on this trail.



Photos of Little Bear Canyon hike by Linda Ferrara.

Notes: There are several hiking options in this area. Consider exploring the side trail at the two-mile mark (you will see a forest sign pointing towards the Lilley Park Trail #164). Or, at the convergence of the Middle Fork, you can head west towards Big Bear Canyon or Jordan Hot Springs, or east onto Middle Fork Gila Trail #157.

Describe something unusual that happened on a hike in this area: "Back in June 2013, we were hiking in the Meadow Creek area," Lee recalls. "As we traversed steep slopes through an arroyo, on the right-hand side, I observed a pale, beige animal moving up the steep incline through the trees. A deer perhaps. My dog, Orfa, alerted to it and started pursuit. A few seconds later, a second animal, moving fast, came from the left side of the drainage, crossed the drainage in front of me and followed Orfa, who was in pursuit of the first animal. My immediate thought was coyote. I was apprehensive, for I realized that my dog might get entangled with a pack of coyotes! I called for her, with no response. Luckily, within five minutes she came happily back, unharmed. The consensus of the hiking group was that they were either coyotes or young wolves. It seems that some hikes go from quiet and peaceful to bedlam and back to peaceful in a short span of time."

Any hiking equipment tips? "I need a boot with more support around the ankle and arch. The lighter, nylon ones that are popular just don't work for me. More support means less chance of twisted ankles, etc."

Do you have any observations from all the hiking you've done? "We have come across people hopelessly unprepared with a pint of water, and wearing impossible footwear. I'm not talking about a walk through Fort Bayard Game Preserve; these people are way out in the wilderness!"

"Another observation is that after you hike eight miles, then get back in the car and sit for a one-to-two-hour ride home, you feel old getting out of that car once the muscles and joints have stiffened up. That's a relatively new experience for me!"

Recap: At 69, Lee is able to hike farther and faster than I can; I can just imagine what he was like as a member of the California-based El Cariso Hotshots back in the 1960s!

Recap: At 69, Lee is able to hike farther and faster than I can; I can just imagine what he was like as a member of the California-based El Cariso Hotshots back in the 1960s!

To read more about Linda Ferrara's 100-hike challenge, check out her blog at 100hikesinayear.wordpress.com.



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SOUTHWEST ADVENTURES • JAY W. SHARP

Below Cooke's Peak

Exploring the history and prehistory of the rough country in the shadow of this southwest New Mexico landmark.



Above: Cooke's Peak overlooking Cooke's Range and the eastern end of Cooke's Canyon. (All photos by Jay W. Sharp)

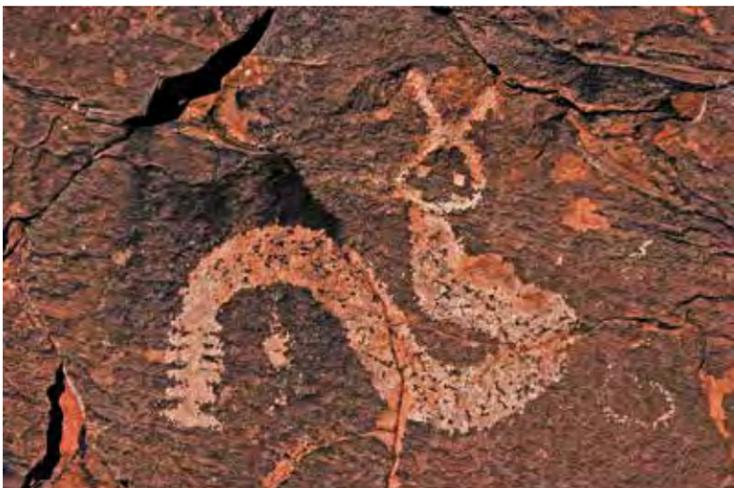
Sometimes, relatively obscure places have served as grand stages for human drama—spiritual outreach, cultural exchange, treasure seeking, travelers' passages, deadly conflict, courage defined, military assertion, and, too often, tragic endings.

I recall, for instance, the massive ruins of the 12th century mosque of Mansoura, in the ancient city of Tlemcen, Algeria, where I visited many years ago. The mosque was once a major center for Islam in northwestern Africa. When I was there, an Algerian Muslim friend and I were the only people within the remaining walls, recalling the muezzins who, centuries ago, stood in the balcony at the top of a towering minaret, summoning the faithful to worship.

I remember Saint Nazaire, on France's Atlantic Coast, where I traveled back in the 1970s. It was the site of a large, heavily fortified and critically important facility for maintaining and repairing World War II German battleships. In 1942, it became the target of a daring and decisive amphibious assault—the “Greatest Raid of All”—when British commandos inflicted ruinous damage on the dry dock. Remnants of the Nazi post remain in place today, open for exploration. With a friend or two one heavily overcast day, I ventured across the empty parade grounds, through



Right: Pony Hills petroglyph of a macaw, which is native, not to the Southwestern deserts, but to Central America and northern South America. It suggests possible influences from the Mesoamerican city states of southern Mexico. Below: Pony Hills petroglyph, rattlesnake.



the massive and vacant concrete submarine pens, and into the grimly dark coastal artillery bunkers. Standing inside one of the bunkers, looking through an artillery-slot window, I could see a woman in a long black coat and a deep maroon scarf standing at the Atlantic shoreline, alone, staring contemplatively out across the foggy gray waters. Otherwise, my friends and I were the only visitors.

I often think of northwestern New Mexico's Pueblitos—many village sites and lookout structures, all abandoned and most now in ruins—that my wife and I visited several times back in the mid-1990s. They marked a temporary merging of Puebloan and Navajo cultures, which joined together for protection against Spanish conquest from the east and Ute raiding from the north during the 17th and 18th centuries. Sometimes, just my wife and I explored the Pueblito/Navajo ruins, where crumbling rock walls and humble hogans may lie side by side. Other times, we visited the ruins with friends. We never encountered another soul at any of the sites.

Similarly, now, I find that the hills, canyons and desert lands just south of Cooke's Peak, in southwestern New Mexico, have served as a rugged desert setting for the long human pageantry of the region, but the story occupies little space in the history books. The state does not list it, for instance, in its Recreation and Heritage Guide. The Bureau of Land Management, in its 1985 New Mexico Statewide Wilderness Study: Appendices Wilderness Analysis, did say, “The historical component of this WSA [Wilderness Study Area, which encompasses most of the Cooke's Range] is probably the most significant of all the WSAs in the Las Cruces District.” I would suggest that the significance extends well beyond that.

The Setting

Cooke's Peak, rising 8,400 feet above sea level and some 3,600 feet above the surrounding desert floor, dominates Cooke's Range, which is administered by the Bureau of Land Management. The name “Cooke” recalls Lieutenant Colonel Philip St. George Cooke, commander of the Mormon Battalion, which crossed the range in 1846. Easily visible from as far away as the Organ Mountains, some miles east of the Rio Grande, Cooke's Peak served as a beacon for travelers crossing the Chihuahuan Desert. “In front we could see in the distance Cooke's Peak, rising from the plain in bold prominence from among the surrounding hills,” wrote Waterman L. Ormsby in *The Butterfield Overland Mail*. Ormsby, a journalist, was the only through passenger on John Butterfield's inaugural westbound run, from St. Louis to San Francisco.

Cooke's Range, a heavily faulted, north-south, igneous and sedimentary formation roughly 17 miles in length, lies some 12 to 15 miles north of Deming. Cooke's Canyon, a rough three- to four-mile-long crevice that runs generally east to west, crosses the range south of the peak. It lies at the heart of the area's history. Cooke's Spring, one of the few dependable sources of water in the area, is located near the eastern end of the canyon. Mixed desert shrubs and

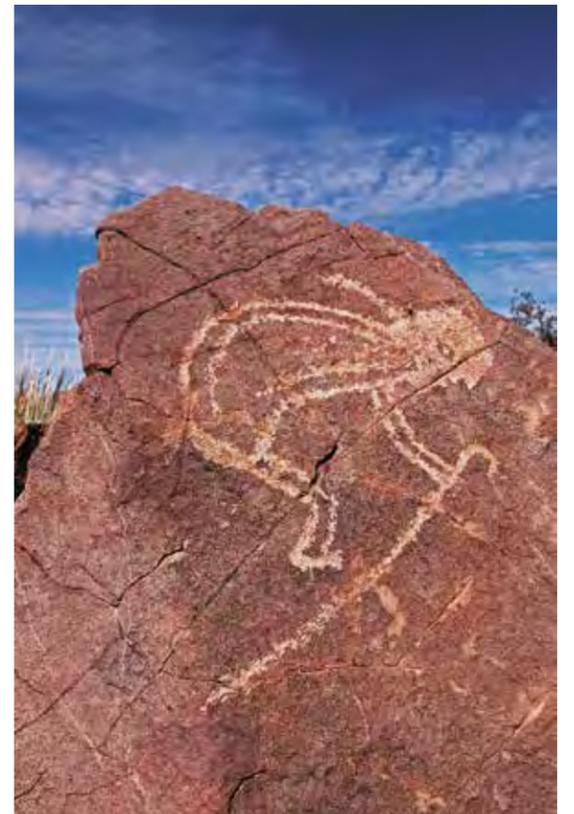
tobosa grass dominate the plant community in the lower slopes of the range, and piñon pine and juniper shrubs, the higher elevations. With its diverse natural habitats, the range hosts a considerable variety of wildlife.

Prehistoric Sites

Along the canyon trail and in the rugged lands below Cooke's Peak, deadly late 19th century conflicts between the Chiricahua Apaches and relentlessly expanding Anglo and Hispanic populations defined much of the history of America's desert Southwest. But earlier peoples, centuries to millennia ago, left evidence of their own chapters in the area.

For instance, at the western end of Cooke's Canyon, at a prehistoric living site near the juncture with Frying Pan Canyon, you will find images chiseled and scribed into rock surfaces—“petroglyphs”—that almost certainly speak to a center of ritual for hunting and gathering peoples some 2,000-3,000 years ago and for early agriculturists 600-2,000 years ago. Telltale images of spear points suggest the reverence that the early hunter held for his weapon. Imaginative images of figures with goggle eyes and others with elaborate headdresses and decorated faces recall the ceremony and dance the early agriculturist shaman performed to petition the spirit world for the success of crops and the welfare of his people.

Just across an adjacent desert basin—Starvation Draw—immediately south-southwest of Cooke's Range, at a prehistoric living site called Pony Hills, you will discover still more such petroglyphs. Images, for instance, of goggle-eyed figures, human footprints, a mountain sheep, a rattlesnake and abstracted figures point to a rich but enigmatic human story. A large human figure with a staff may represent a local interpretation of the famous Kokopelli, or hump-backed flute player, who played a central role in Puebloan mythology. Petroglyphs of a macaw (native, not to the Southwest, but to Central America



Pony Hills petroglyph, a figure similar to Kokopelli, the humped-back flute player, a prominent figure in Puebloan mythology.

and northern South America) and a stylized rabbit suggest cultural influences from the great Mesoamerican city states far to the south, in southern Mexico and Central America.

At some point, probably after the early agriculturists abandoned Cooke's Range six to seven centuries ago for some unknown reason, an Athapaskan-speaking people, the Chiricahua Apaches, moved in to occupy the region. Over the succeeding centuries, they laid claim to the area as part of their homeland. Restless hunters and raiders, the Apaches left evidence of their presence in the detritus of their rancherias, or ephemeral campsites, which lie scattered across the slopes and through the canyons south of Cooke's Peak. They would assert their right to the land when Anglo and Hispanic populations surged across the Southwest in the mid-19th century, drawn by the promise of conquest, opportunity, treasure and adventure.



Massacre Peak, across Cooke's Canyon from Frying Pan Canyon, with a petroglyph panel in the foreground, at the western end of Cooke's Canyon.

The Rise of Conflict

Military forces, trappers, miners, drovers, emigrants, merchants and commercial transporters making their way across the Chihuahuan Desert often followed or crossed the trail that led through Cooke's Canyon. They capitalized on its value as one of the few locations with a spring that offered a reliable source of water for travelers and their livestock.

For example, it was in 1846, during the Mexican-American War, that Lieutenant Colonel Cooke led his Mormon Battalion—troopers with their families—through what would become known as Cooke's Range, across Cooke's Canyon and past Cooke's Spring in an epic march from Council Bluffs, Iowa, to San Diego, Calif. While the battalion helped secure the Southwest for the United States, it also capitalized on the march to garner US government support in moving Mormon families westward, away from the persecution they suffered in Iowa.

Trappers followed the canyon trail in a quest for valuable pelts of animals of the wilderness, serving markets back east and sometimes depleting local wildlife populations. Prospectors came in search of mineral resources—gold, silver, copper and other profitable ores—often scarring the hillsides with forest clearings, trenches, prospect pits, shafts and mine waste. Vaqueros and cowboys came to drive longhorn cattle westward, some as far as California, to capitalize on vast virgin rangelands. Entrepreneurs like the celebrated Roy Bean came to establish new enterprises and serve newly established communities. Soldiers came—and some left—to answer the call of the Civil War. Adventurers came for the sheer excitement of exploring a wild new land.

In 1857, James E. Birch established a mail and passenger service that connected San Antonio and San Diego, following the trail through Cooke's Canyon. The next year, John Butterfield followed suit, connecting Saint Louis to San Francisco—a 2,800-mile-long journey, the world's longest stage-

coach route. Both followed much the same route across the desert Southwest. Coaches from both services stopped at a newly built stone way station at Cooke's Spring, where an onsite crew changed out draft teams and fed drivers and passengers.

Not surprisingly, the Apaches and their chief, Mangas Coloradas, saw this human wave as a threat to their homeland. "This major intrusion into the heart of Mangas's country," wrote Edwin R. Sweeney in *Mangas Coloradas: Chief of the Chiricahua Apaches*, "not only destroyed the Apache land but also psychologically devastated the Indians."

As Sweeney noted, "...it was inevitable that hostilities between whites and the Chihennes [the Chiricahua Apache band that viewed the Cooke's Range as part of its homeland] would occur; after all, Americans were poaching and prospecting in some of the choicest regions of Apache country." Meanwhile, the Civil War erupted. The stage lines terminated their service. American military forces transferred to battlefronts to the east. Although the Apaches did not understand the reasons for the withdrawals, it did seem the ideal time to drive the remaining intruders from their land.

In the summer of 1861, Mangas Coloradas and his son-in-law Cochise—the two most prominent Chiricahua leaders of the time—set up a headquarters near Cooke's Peak, or as the Apaches called it, "Dziltanatal" ("Mountain Holds Its Head Up Proudly"), to develop and coordinate battle plans. According to Sweeney, they set ambushes "to kill as many whites as possible."

The Apaches succeeded probably beyond anything they anticipated. They made the passageway through Cooke's Canyon a "gauntlet of death." During the course of their campaign, their forces

killed, according to some sources, more than 400 travelers, leaving a grisly wake of bones and makeshift graves along the canyon trail.

John Cremony, in his *Life Among the Apaches*, described the aftermath of one massacre in the canyon: "As I was the first to pass through Cooke's Canyon after this affair, the full horror of the torture was rendered terribly distinct. The bursted [sic] heads, the agonized contortions of the facial muscles among the dead [who had been roasted, alive, over open fires], and the terrible destiny certain to attend the living [captured women and children] of that ill-fated party, were horribly depicted on my mind."

Cooke's Canyon became perhaps the most feared segment of the entire trail westward from the Rio Grande's Mesilla Valley to California. As Sweeney said, "In terms of fatalities, it exceeded the two most dangerous passes in southeastern Arizona—Apache Pass and Doubtful Canyon—combined."

Fort Cummings

The situation grew so perilous that the Lincoln administration—even with the Civil War at its peak, in 1863—felt compelled to commit the resources necessary to build and man a new post below Cooke's Peak. It would become known as Fort Cummings. Its force would be charged with putting a stop to the massacres and raids by Mangas Coloradas' and Cochise's Chiricahua warriors.

Army Captain Valentine Dresher, Company B, 1st California Infantry, of the California Column was given responsibility for selecting the site and initiating construction.

He chose to locate it at the eastern end of Cooke's Canyon, beside Cooke's Spring and the now-vacated stagecoach way station. Cooke's Peak stood prominently on the horizon to the northwest, a part of the view.

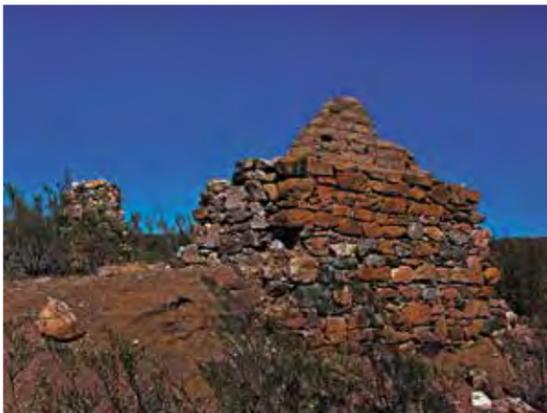
Dresher's unit began construction of the fort in October 1863. As W. Thornton Parker, an Army officer assigned to the fort later in the 1860s, wrote in his book *Annals of Old Fort Cummings*, the brand-new fort "presented an ancient look which... the American flag floating from the tall flag staff in the center of the parade ground look[ed] almost out of place." The fort's adobe ("doby," as Parker called them) walls,



about 12 feet in height, "formed a huge square against which within the enclosure were erected the various buildings occupied by the garrison, i.e., the barracks, the hospital, the officers' quarters, the quarter-master and commissary departments, etc. Opposite from the main entrance there was a door going out to the hay stacks in the rear. The sentries walked their beats day and night at both entrances and there were also guards at the doors of the quarter-master and commissary departments. To the rear of the fort were huge piles of hay stored for the use of the cavalry and the quarter-master's department."

The soldiers stationed at Fort Cummings found frontier life Spartan. "The 'doby' buildings were low structures with flat roofs, built against the inner walls of the fort," said Parker. "There were no outside windows even in the hospital. All the windows looked upon the parade ground—there were of course no outside windows in the fort walls. The floors were of dirt. In some rooms army blankets were fastened down with wooden pegs for carpets. In one corner of

Fort Cummings standing ruins of adobe walls, with the rock-walled stagecoach way station visible through a doorway.



Stagecoach way station, standing ruins of rock walls.



each room was a large open fireplace."

The soldiers also had to be resourceful and watchful to protect themselves from venomous residents of the desert. "The legs of the bedsteads were in good sized tins containing water to prevent large red ants from crawling upon the beds. Overhead we nailed up rubber blankets, so that scorpions, centipedes, and tarantulas would slip off on to the floor, and be less likely to fall on the sleeper. Rattlesnakes got into our store rooms and into any open boxes, or among blankets and clothing."

The soldiers faced continual strong reminders of why they had been assigned to Fort Cummings. "A settler in the sixties," said Parker, "stated that he had counted nine skeletons while passing through [Cooke's] Canyon, and the graves and heaps of stones which used to fringe the trail will long bear record of those dreadful times.... In 1867 the military authorities caused detachments of soldiers to collect the bones in the Canyon and to bury them in the post cemetery," located on a hill not far south of the fort.

Fort Cummings standing ruins of adobe walls, with Cooke's Peak in the background.



Fort Cummings standing ruins of adobe walls, with Cooke's Peak visible through a doorway.

COOKE'S PEAK
continued
on next page

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COOKE'S PEAK continued

By the early 1870s, US forces had largely suppressed the Apache threat to the Anglos and Hispanics in the lands below Cooke's Peak, and soldiers began to withdraw, leaving Fort Cummings abandoned by 1873. The Army reoccupied the fort seven years later, however, when the Apaches, now under the leader named Victorio, launched a new campaign against the invaders of their homeland. Troopers operated out of the fort for the next six years, until the autumn of 1886, when the Apache wars finally ended once and for all with Geronimo's surrender at Skeleton Canyon, in the southwest corner of New Mexico, near the border with Arizona.



Today, Fort Cummings, visited by few people, lies in ruins, with only a few "doby" walls still standing. The stagecoach way station also lies in ruins, with only remnants of its rock walls still in place. Cooke's Spring is protected by a roofed rock structure called the "spring house," built in the 1880s, although the water is no longer safe to drink. The cemetery, with scattered graves, many unmarked, stands as a grim reminder of the violent conflict of cultures below Cooke's Peak in the late 19th century.



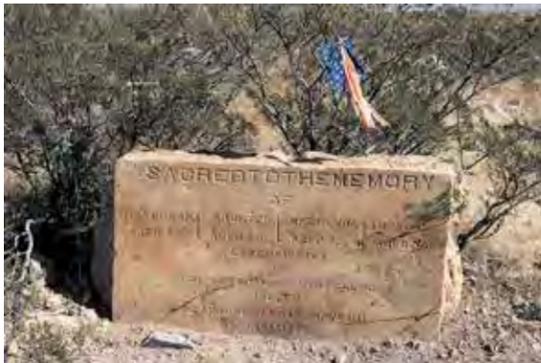
Top: Cooke's Spring rock-wall spring house with roof still intact. Located near the fort. Above: Unknown child's grave. Located in the Fort Cummings cemetery.

Nevertheless, as Parker suggested, the post held a firm place in the recollections of those who served there. "Fort Cummings!" he wrote. "What memories cling to its short but honorable record. Staunch and strong, it seemed to derive inspiration from the glorious hills and arid mountains at whose feet it nestled. Here it stood, a shelter to its faithful garrisons, and a haven of refuge to the weary and imperiled emigrants and travelers who hastened to it for succor and relief."

through Cooke's Canyon, although on my last trip, the road was often very rough, especially in the vicinity of Frying Pan Canyon. You will certainly need a four-wheel-drive vehicle. As always in desert ventures, you should come amply supplied with water and prepared for emergencies. You should advise someone of your destination and plans.

Below Cooke's Peak Today

Now—as with the mosque of Mansoura, the Nazi post at San Nazaire, or the Pueblitos of northwestern New Mexico—relatively few people make the effort to explore the remnants of the long and dramatic human history of the hills, canyons and desert lands below Cooke's Peak. It can be a rewarding experience, especially if you have a knowledgeable guide for your first trip. (Unfortunately, many of the area's markers and signs have been damaged or destroyed by vandals.)



Monument to four soldiers who died at the hands of the Apaches at a site near Fort Cummings.

You can reach Pony Hills and the Fort Cummings area by rough dirt roads that turn northwest off Hwy. 26, which runs from Deming to Hatch. You can access both of those locations by a high-clearance vehicle.

The United States Geological Survey map titled "Deming, New Mexico" will serve as a general guide to the area. You can acquire that map, and perhaps others, at the Bureau of Land Management district office: 1800 Marquess St., Las Cruces, NM 88005, (575) 525-4300. ☞

As far as I know, you can still follow the old trail

Jay W. Sharp is a Las Cruces author who has been a contributor for various print and Internet publications over the past several years and who is the author of Texas Unexplained, now available as an e-book from Amazon or iTunes. To read his guides to plants and animals of the Southwest, see www.desertexposure.com/wildlife.

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A Double Resource of Life

Marigolds and memories in Mexico.

Late in October, Judith and I went to Colonia Modelo, Mexico, to distribute food. Judith was occupied measuring out beans into little plastic bags with Oralia's mother, when the father motioned for me to follow him out behind the house.

I didn't know where he was going, but when we got closer I could see. It was a little garden of glowing flowers about four feet tall.

They were orange marigolds that he was growing for the Dia de los Muertos in a few days, Nov. 2. They were in a patch of ground about four by six feet. In the noon sunlight the flowers were incandescent, like lava, a fire consuming itself.

The flowers are known as *campasúchil* in Mexico. The word means "20 flowers" in Nahuatl.

I'd never seen a stand of marigolds so tall and full. He said, yes, he used a lot of fertilizer for them. Many people prefer to grow their own so they can be sure to get the maximum growth from them. You could see a few more little patches throughout town.

I think for Mexicans they represent a brimming heart. Oralia's father said, "*Tenemos tres muertos*" (we have three dead people).

On Nov. 2, a Saturday, I arrived in Modelo at 10 a.m. I was told by a man in the street to follow a dirt road a little way east of the town to the cemetery. It was a very new cemetery with maybe 20 graves.

I saw a few graves close to each other with well-crafted wreaths made of marigolds, plus a few marigolds stuck into the mound of dirt above the grave. One of these graves belonged to the deceased husband of Romelia, a widow Judith and I were bringing food to. This was one of the "*muertos*" that Oralia's father was referring to. I never found out who the others were.

A priest came after about half an hour and gave a talk to the people standing around. (The people who weren't Catholic stayed away.) He said that to some people the Day of the Dead was just a time to redecorate the tombs of their family members, but to others it had a deeper meaning.

Driving back through Palomas, I looked over to the cemetery and saw little going on, because the view was mostly blocked by a flood-control dike that crossed the road.

Later I came back and drove over the dike to see what was happening. I was surprised to see a very different scene. There were at least a hundred people among the many graves. They were raking the dirt to even it out, attaching plastic or silk flowers to the plain crosses or elaborate tombs, or sitting in white plastic chairs at family reunions and eating from coolers.

You could hear a band playing from the other side of the cemetery, or *panteón*, as they call it. The atmosphere was not exactly festive, but it was engaging and cheerful. Sometimes you'd see a couple of people sitting with mournful faces, but most people just chatted quietly.

The band was made up of the street musicians you usually see in Palomas, with a few extra players. There was a saxophone, a snare drum, a guitar, a bass fiddle and an accordion. The music was languid and jazzy, compared to the stuff they usually play.

One of the phrases I caught was, "*El día que yo fallecí*" (the day I died). There was a long grill next to them whose smoke permeated the air.

Someone nearby had his truck radio on. There were a few booths where women sold flowers or burritos and chimichangas. From there Palomas looked distant. Across the barbed-wire fence you could see the eternal trash typical of poor Mexican towns—the con-

tainers of the flowers and food that had been thrown away.

There are elaborate analyses of what death means to Mexicans, like that of Carlos Fuentes in *A New Time for Mexico* (University of California Press, 1997): "The so-called Mexican love of death is really a double resource of life. Death is the other half of life, completing life. But death is part of life only if it becomes a conscious part of life, a permanent companion, an object of celebration and tragic resistance."

I can't say what the celebration means to the people in Palomas, some of whom are Indians from the south, where the customs originated, and others who are not. It would be safe to say there is a homogenization of the meaning in Palomas.

But I know that my sense of the Dia de los Muertos changed after I experienced it. It seemed to me a loving thing, at least in part a stanching of the fear of being forgotten after death.

But some graves are pitifully forgotten. There are crosses with no names, others completely broken in the rubble of dust and stones, with a plastic soda bottle and a couple of silk flowers shredded by the wind. The deceased may have been an old drunk nobody knew, or the family may have moved away.

One especially touching one was a cross that had "Nino-Mayo 19" painted vertically, "Roberto Rodriguez" horizontally, and a small plastic stand saying "Dad" stuck into the ground. There was no year indicated.

But the norm was fake flowers and more flowers in competing color combinations. Light peach with yellow. Fuschia with dark purple. Deep blue, yellow and white. Dark green, red, deep purple, orange and yellow.

The arrangements are so creative and vivid they defy death.

If there is a Mexican love of death that dooms the country to violence, it hasn't subsided much, if at all, since Enrique Pena Nieto came into office. And he promised to reduce the killings right off.

In fact, *Zeta* magazine in Tijuana claims that in the first 11 months of Pena Nieto's term there have been more narco-related murders than in the last 11 months of the Calderón presidency. They counted 19,015 killings in Pena Nieto's months, against 17,068 in Calderón's months.

During his time in office Pena Nieto has claimed over and over that the crime rate is falling.

The violence has been shifting from place to place. Acapulco was the number-one city for violence in Mexico in 2012, with 835 killings. Mexico City, after being a haven from violence until recently, has zoomed to the number-two spot with 708 killings. Juarez, mercifully, slid down all the way to fifth place, with 363 killings.

Although to us on the border the drug war seems far away, it's clear it's far from over. ☘

Borderlines columnist Marjorie Lilly lives in Deming.



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HENRY LIGHTCAP'S JOURNAL • HENRY LIGHTCAP

Enchanted Follies

Lightcap's annual roundup of newsworthy New Mexico.

Famed New Mexico artist extraordinaire Georgia O'Keefe did as much to showcase our unique southwestern *joie de vivre* as anyone, especially among fans of impressionist gynecological canvas. She managed to capture that indefinable New Mexico essence, an enigmatic quality that is felt rather than seen, and we lucky enough to live here are surrounded by it every day.

Just stand up and walk to the nearest window, open it and look outside. Past the mountainous bank of crispy tumbleweeds stacked sky-high against the barbed-wire fence and beyond the decrepit assemblage of non-functional General Motors vehicles arrayed on blocks in the front yard. Past the skulking, skinny, egg-sucking mongrels milling about, and beyond the half-buried bath tub serving as a covered altar for a plaster statue of the Virgin Mary. What do you see? Enchantment, my friend—pure, unadulterated, New Mexico enchantment, and we had a bumper crop of it in 2013.

To start my annual recap, we go to that wellspring of enchantment, Santa Fe, where a legislative committee bravely fought for the rights of drunken employees. According to a Feb. 8 story in the *Las Cruces Sun-News*, a Las Cruces sanitation worker was too—ahem—trashed to hold onto his garbage truck, and did a face-plant on the street. He got an owie, and was awarded \$100,000 in workers' compensation benefits, which might seem ludicrous if you aren't drunk. Luckily, Democrats on the House Labor and Human Resources Committee know how hard it is to work after a midday pitcher of martinis at TGI Fridays, so they were able to block a bill that would have given judges the flexibility to deny all or most benefits to intoxicated workers who are hurt on the job. Way to look out for the little man.

New Mexico's outlaw past is still alive and well in Roswell, although on a scale that would make Billy the Kid shake his head in disbelief. According to a story in the *San Francisco Chronicle* published June 11, a diabolical criminal genius made a daring escape attempt after being arrested for burglary. While the coppers were engaging in routine doughnut-interrogation duties, the suspect wiggled out of his handcuffs and slipped away. Avoiding the stereotypical getaway conveyances, the outlaw prudently selected a low-profile vehicle that would escape the attention of all but the average six-year-old girl: He found a tiny girl's bicycle, one of those jobs with a plastic flowery basket and white-rubber 10-inch tires, and furiously pedaled away. Surprisingly, a grown-ass man on a tiny girl's bike was fairly conspicuous after all, and the outlaw was returned to custody. He faced additional charges of evading arrest and having no sense of shame.

The very next day, the *Albuquerque Journal* reported that no matter how cool a tattoo might look, it's not a good idea to ink your nephew. Especially if he's only three years old. And you're using homemade tools. And you aren't even a tattoo artist. Apparently, all of these factors combined were enough to land one New Mexico uncle in jail for child abuse for six months, where he's sure to see a lot of professionally done tattoos on a daily basis.

Love means never having to say you're sorry, but it seems that one Albuquerque man should at least

send flowers after a classic New Mexico date night on May 29. The *Albuquerque Journal* story made it clear that love wasn't the only thing in the air when a Duke City dunderhead was having sex with a woman while driving drunk and crashed, ejecting her from the vehicle. Responding officers found the driver wearing nothing but one shoe and a pair of inside-out Underoos, and his formerly amorous companion was buck nekkid. Sure, she was a bit cut up, but otherwise fine, so the driver gallantly decided to call it a night and drive away after the crash, but without his nekkid lady. This is exactly the sort of thing that makes women loathe men. Luckily, appalled bystanders took the man's keys, so he opted to hide behind a cactus until he was politely invited to seek shelter in the back seat of a squad car.

One of the most enchanting things about our kingdom is our mouth-watering cuisine, especially when infused with the magical powers of chile. When your chile levels involve the services of a HAZMAT crew, however, you might be doing it wrong. Such was the case in Santa Teresa on Oct. 17, when an angry cloud of habañero chile powder descended on unsuspecting denizens. According to the *Sun-News*, about 50 people were affected and one woman was sent to the hospital when dust from ground-up chile pods from a food-processing plant entered the ventilation systems of nearby buildings, causing more irritation than a Justin Bieber appearance. As die-hard chile lovers, New Mexicans are known to stick chile into everything, including beer, ice cream, lasagna and chocolate, but we need to draw the line at the air we breathe.

A Las Cruces sanitation worker was too—ahem—trashed to hold onto his garbage truck, and did a face-plant on the street.

Top-shelf enchantment didn't arrive until late in the year, but our friends in Deming really knocked it out of the park. In a story that made national news, a wayward Walmart shopper was pulled over for rolling a stop sign exiting the parking lot. Reasonable suspicion clearly established, local constables noticed that the driver was clenching his buttocks, which really should be a natural reaction whenever you're pulled over in Deming. Using Sherlockian powers of deduction, they figured he was hiding narcotics in his most holy-of-holies. After obtaining a search warrant—for his butt—the officers proceeded to x-ray the suspect's abdomen. When nothing appeared, they then performed a more intimate search involving rubber gloves. When that didn't produce results, the officers went in again. Then, again with an enema. And a second enema. A third enema followed. Still not satisfied, they performed another x-ray with no luck. With police hot on the trail of what was clearly the best drug smuggler in history, the suspect was then sedated, prepared for surgery, and had a camera inserted into his anus, rectum, colon and large intestines. At this point, the officers gave up. They let the man off with a warning. Tired of people poking things into his posterior, he had other ideas at this point, and called an attorney who is currently crawling up the ass of every law-enforcement official in Luna County. They will be experiencing the enchantment of litigation for a long, long time.

The future is difficult to predict, and we can't be sure what adventures 2014 holds for us, but one thing is certain: There is no place as enchanted as our wonderful, magical, madcap state of New Mexico. ☘

Henry Lightcap rang in the New Year in Las Cruces.




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BODY, MIND & SPIRIT • MATTHEW SOMMERVILLE

Yoga: A Path to Well-Being

The physical aspect of yoga is only part of the 3,000-4,000-year-old story.

The word “yoga” (of Sanskrit origins, meaning “to join” or “to yoke”) has become ubiquitous in our culture. Yoga is everywhere now. Whether you’re in a large city or a small town, you will find there are yoga classes being offered. It may seem like yoga is somewhat of a “new” thing on the social landscape. In this country, yoga has been steadily growing for the last 50 years. Still, relatively speaking, that’s fairly new. The origins of yoga, however, are believed to go back some 4,000-5,000 years.

OK, so yoga has been around for a while. But what is yoga?

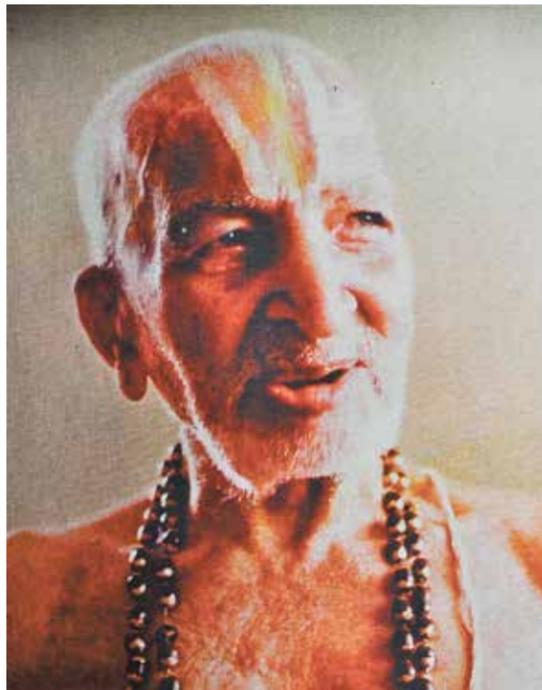
I think many of us associate yoga with exercise, something we do at a gym or a spa or a yoga studio where we get an hour or so workout. This is true, as this is how yoga is often practiced (and, actually, has evolved) here in the US and western countries in general. But yoga, traditionally speaking, is more than just physical exercise—an activity addressing the well-being of the body. Yoga is also about the well-being of the mind.

That yoga came about as something to help both the body and mind was described by one of my yoga teachers this way: Around 2,000-3,000 BCE, the ancient Vedic wise men of the Far East started to notice a change in people’s behavior. These ancient “physicians” began to notice that people were behaving in strange ways and that their physical and mental health seemed to be deteriorating. This was at a time when people were starting to live in large groups (think small “cities”) and were starting to do specialized tasks that came along with the domestication of animals and grains (think “agrarian revolution”). They noticed that people seemed less at ease (think “stressed”) and were behaving more erratically. In other words, people seemed to be going a little crazy. These “scholars” of the time came up with yoga (and other practices) to help people regain a sense of well-being in their lives—a practice that would help them both physically and mentally.

How do we know this is what yoga is all about? While the word *yoga* appears in various ancient Vedic texts, the practice of yoga was written down and formalized by Patanjali in what is known as the Yoga Sutras. Here we have yoga succinctly outlined. Patanjali outlines what he called “ashtanga,” or the eight limbs of yoga. These eight practices consist of: 1. Yama, our conduct with the outer world; 2. Niyama, our conduct with ourselves; 3. Asana, discipline of the body through postures; 4. Pranayama, control of life-force energies through the breath, 5. Pratyahara, withdrawal of the senses; 6. Dharana, meditation on a single object; 7. Dhyana, connection with an object in meditation; and 8. Samadhi, oneness with the object of meditation.

The two things to notice here are, first, that “asana” (the physical practice of yoga) is only one of the eight practices. In modern yoga, we have come to think of yoga as being only asana, which is not the case. Second, we can see that meditation, an activity primarily of the mind, plays a large role in yoga practice. In fact, the word “asana” means “to sit.” Traditionally speaking, asana is simply a means to prepare the body for meditation.

While we see a lot of emphasis on the physical part of yoga these days, no two yoga instructors approach yoga in the same way. If you go to a yoga class or, more interestingly, if you go to a few and compare the way the instructors present yoga, you’ll find that each is different, with some emphasizing asana while others including



The figure who is often called the “father of modern yoga”—Sri Tirumalai Krishnamacharya.

(or emphasizing) breath work and meditation. This is good; this means lots of choices for us to match what we would like to get out of a yoga practice with an appropriate class.

What we know for sure is that yoga improves health. Recent studies have shown this to be true. For example, in a study at University of Illinois, it was shown that just 20 minutes of yoga can improve cognitive function as well as increase mental focus and working memory. A University of Pennsylvania study found that people who suffered from hypertension had lowered blood pressure levels as a result of yoga practice. Interestingly, compared to those who participated in a walking/nutrition/weight counseling program, the group practicing yoga was found to have lower blood pressure levels.

A recent Boston University study showed that 12 weeks of yoga could effectively reduce anxiety and increase gamma-aminobutyric (GABA) levels in the brain; low levels of GABA have been linked with depression and anxiety disorders. In another study, published in 2011 in *Diabetes Care*, making yoga a part of a typical diabetes care regimen seemed to

BODY, MIND & SPIRIT continued on next page

Yoga is also about the well-being of the mind.

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BODY, MIND & SPIRIT continued

help steady blood sugar levels. In 2009, in a pilot study working with older adults, it was apparent that practicing yoga improved bone density. The list goes on with research showing that yoga is good for our health and well being, both in body and mind.

What this seems to suggest is that there's an "intelligence" to yoga in the ways it's able to address and benefit human health on many levels. It's my thinking that, while this "ancient knowledge" has been practiced in Eastern cultures for the last 3,000-4,000 years, we in the West are only now starting to take notice and take (very) seriously what yoga offers in the way of improving one's health. This is also good.

In many ways, our health care system is creating a culture that is becoming increasingly dependent on a system that's addressing symptoms rather than healing the body at the causal level. Yoga does the opposite. For example, with high blood pressure, rather than symptomatically "fixing" high blood pressure levels, yoga conditions the body as a whole, affecting cardiovascular, metabolic, neurological and other functions in a way that helps return the body's blood pressure back to its normal/healthy settings. The long term "side effects" of yoga? A feeling of self-created well being.

Lots of people are feeling these "side effects." According to a 2012 Yoga in America study, it's estimated that 20 million Americans practice yoga. Yoga classes, as mentioned, are everywhere and they are getting big. Yoga "rock stars" such as John Friend and Rodney Yee fill gymnasiums, where they hold yoga seminars and workshops. More typically, a class might vary from 30 to 5 or 6 students in a class session.

The "yoga class" is what we most commonly think of as the place where one goes to learn and practice yoga. But, as it turns out, this (along with spandex yoga pants and sticky mats) is something that has been popularized in Western countries and not something that was part of the yoga tradition.

If we go back to yoga's origins in India, it seems that yoga was taught on a one-on-one basis. It was an experience between a student and teacher. The figure who is often called the "father of modern yoga"—Sri Tirumalai Krishnamacharya—gave instruction to his students precisely in this way. That's because, for Krishnamacharya, each person was unique, having special attributes both in their strengths and weaknesses; therefore, their needs were to be addressed individually.

In other words, yoga wasn't a "program" that could be applied generally to every or anyone. A particular asana (pose), for example, might help one person and, for someone else, be counter-productive or even detrimental depending on the individual's physical strengths and vulnerabilities. This was how Krishnamacharya taught through his lifetime, giving private instructions to (as it turns out) many who would become prominent figures in bringing yoga to the West (B.K.S. Iyengar, A.G. Mohan, Pattabhi Jois, Indra Devi, T.K.V. Desikachar and others).

So traditionally yoga was taught one-on-one. Interestingly, this is being taken up again with yoga therapy, where an individual works with a yoga therapist who creates a specialized practice for that person. For example, for someone with chronic low back pain, the yoga therapist (much like a physical therapist) builds a specialized practice addressing that low back



Traditionally yoga was taught one-on-one, rather than in large classes as is common in the US today.

condition based on that person's age, physical condition, lifestyle and other factors. The practice might include, along with asana (movement), working with the breath, meditation, lifestyle pattern recommendations, even dietary suggestions. In short, yoga therapy makes available another way of engaging in yoga besides (or along with) the group class setting.

That there are 20 million-plus yoga practitioners in America alone would seem to be a testimony to yoga's efficacy, that it's helping people to feel better. This seems to be more than a fad. Whether by showing up for a yoga class or working individually with a yoga therapist, the results in terms of feeling better—of improved health both in body and mind—is being noticed by many.

Introducing oneself to yoga is as simple as finding out where classes are in your area. Here in the Silver City area, there are a number of excellent yoga teachers, each of whom has a different approach to yoga. As each instructor's approach is different, it's informative to compare approaches and see which approach seems to match your particular interests (more emphasis on the body, more emphasis on the mind, etc.).

One thing that may work against yoga in our culture is that its health improvements are felt over the long term. Yoga does not fix your low back pain overnight. It doesn't want to. Those who have experienced physical therapy, for example, know that improvement is often experienced over the course of weeks or even months. The positive effects of yoga, both physical and psychological, are felt over time through steady practice, returning to the mat each day and slowly reconditioning the body and mind toward a state of health and well being (even if it's just a few minutes each day).

This can often be the biggest challenge in doing yoga: simply showing up. We're in many ways a "fix it now" culture that likes to see results right away. Yoga works slowly. It's a process of engagement with oneself that unfolds over time. Down the road, when the "results" are being felt, one realizes the changes are more profound than could have been imagined. It's by no mistake that the word "transformation" is often associated with the practice of yoga.

After being around for over 3,000 years, it's probably safe to say that yoga is here to stay. We live in a time when the pressures of living seem to be, for many of us, increasing rather than decreasing. We see this in a dwindling sense of ease in our day-to-day lives, the difficulties we experience in making a living or in our relationships, the lack of free time to enjoy ourselves, the pressures we feel both on our bodies and minds. These conditions are the very things that inspired the ancient Vedic wise men to create the practice of yoga—to help others find a sense of ease

and balance in their lives. It's good that yoga has found its way here to the West, as the need to bring our lives back into balance may be needed more than ever. ☸

Matthew Sommerville teaches Svastha yoga and practices yoga therapy in Silver City. For more information, go to www.yogahridaya.com.

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BODY, MIND & SPIRIT • TABITHA ALTERMAN

7 Ways to Eat Well for Energy

No need to suffer with winter blahs when solutions are as close as your fridge and pantry.

As the days get shorter and the nights get chillier, many of us find ourselves feeling more sluggish throughout the day. Although we may simply need more sleep during this time of year—when our ancestors would have spent more time at rest—modern lifestyles generally demand that we maintain busy schedules throughout the winter. When hibernation simply isn't an option, what's a tired person to do? Try these seven dietary tips for a natural boost that might help keep you from running on empty.

1 Sustain nutrition. Eating well throughout the day is the best way to supply sustained energy to all the hard-working parts of our bodies, including the brain. A lack of energy is usually a sign that something is out of balance, and diet is often the culprit. When we choose appropriate foods throughout the day, they can keep our energy stores steady and our minds sharp, helping us feel good.

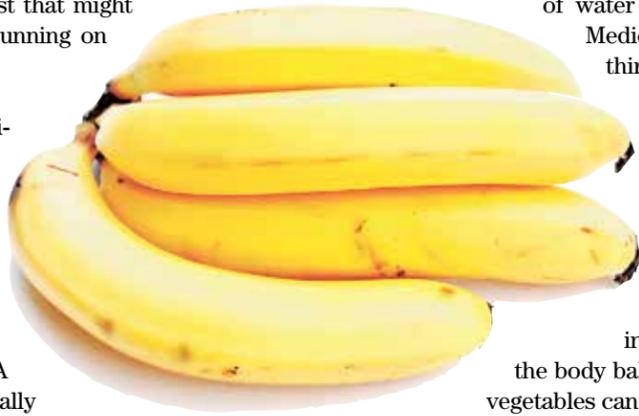
People who eat healthy breakfasts have better moods throughout the day, plus improved concentration. Choose a breakfast packed with fiber, protein and healthy fats such as oatmeal, whole-grain toast with peanut butter or scrambled eggs. Eat similarly at lunch, dinner and for snacks, combining whole grains, vegetables, fruits, proteins and healthy fats.

Although food supplies us with energy, eating too late at night could actually prevent us from getting high-quality rest. Terry Walters, author of *Clean Food*, suggests aiming to eat your last meal a few hours before bedtime so you'll enjoy restorative sleep through the night, rather than stalled digestion.

2 Sustain hydration. Studies show that even very mild levels of dehydration can slow us down. Recent studies conducted at the University of Connecticut's Human Performance Laboratory found that mild dehydration altered mood, energy levels and the ability to think clearly. When dehydrated, our bodies draw upon their resources to adjust internal water balances instead of using those

resources to provide energy, says David Grotto, a registered dietitian and author of *The Best Things You Can Eat*.

When it's not hot outside it can be easy to let water consumption slip. While there is no one-size-fits-all recommendation for the amount of water you should drink, common recommendations range from 64 to 100 ounces a day. One method is to divide your weight in half and drink that many ounces of water daily. The Institute of Medicine recommends using thirst as your guide. It is possible, though rare, to overhydrate, so always pay attention to thirst cues. Want something more flavorful than water? Coconut water hydrates while delivering electrolytes to keep the body balanced. Many fruits and vegetables can be hydrating, too.



Besides providing a healthy snack, bananas are a good source of magnesium, which may boost energy.

3 Limit sweets. Sweets cause blood sugar to spike and dip, making us feel wired, then tired and sluggish. When it's time to reach for a snack, opt for something with complex carbohydrates to keep blood sugar levels stable instead. Carbohydrates are the body's main source of energy, and we can maximize energy by steadily delivering slow-burning carbohydrates, rather than straight simple sugars.

If you crave something sweet, enjoy a piece of fruit, which contains fiber, or protein-packed yogurt with honey. Faster-burning sugars do provide a sometimes-necessary boost of energy. Combining them with slower-burning carbs helps prevent the spike-and-dip cycle that leads to sugar addiction. You might also consider sweetening coffee, tea, oatmeal and yogurt with stevia, a calorie-free herb that has no effect on blood sugar levels.

4 Choose caffeine carefully. When you need a boost, a little bit of caffeine should do the trick, because it temporarily speeds up the body's metabolism. Skip sugar- and preservative-laden energy drinks and go straight to a source of naturally occurring caffeine such as coffee or tea. One cup of

BODY, MIND & SPIRIT continued on next page

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Silver Health CARE's main clinic hours remain unchanged, Monday-Fridays 8AM-5PM. If you need to be seen before Urgent CARE opens, you may come to our regular clinic and we'll try to work you in. You might even find yourself with a lower copay!

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BODY, MIND & SPIRIT continued

coffee in the morning is OK for most people, but consider sipping it slowly throughout the morning for more consistent results.

Most teas contain less caffeine than coffee, but it may be all you need. Green tea contains many powerful antioxidants in addition to the moderate caffeine boost. Studies show that green tea can also improve memory and attention. If you want caffeine later in the day, opt for tea, and aim to stop consuming caffeine by late afternoon. If sustained energy throughout the day is a concern for you, you don't want to do anything to mess with your sleep at night.

Chocolate also contains low levels of caffeine, plus a mild stimulant called theobromine. A small serving of dark chocolate, which doesn't usually contain too much sugar, can also boost mood temporarily.

5 Pack in protein. Protein-rich foods such as beans, nuts, meat, fish, tofu, eggs and dairy help our bodies make use of their energy sources by shuttling nutrients to and from various tissues. Pork, chicken, beef and turkey also contain tyrosine, which increases chemicals in the brain that keep us focused and alert.

If you start feeling sluggish in the afternoon and your temptation is to reach for something sweet, try to retrain your brain to go for protein instead. Protein wakes up brain receptors. You'll find it delivers exactly the boost you need, but without the feel-bad fall afterward.

6 Make room for magnesium. Many patients with low energy benefit from supplemental magnesium because it's deficient in much of the soil in which our food is grown, says Jason Hamm, a Chinese medicine specialist in Lawrence, Kan. Magnesium deficiency can lead to low energy, plus a number of other problems. A study conducted by the USDA's Agricultural Research Service found that during moderate activity, subjects with low magnesium levels used more energy, leading directly to fatigue, than those with adequate levels.

Good food sources of magnesium include dark, leafy greens; nuts; seeds, especially pumpkin seeds; whole grains; beans; lentils; avocados; bananas; dried fruit; and some fish, especially halibut.

7 Stock up on "superfoods." So-called because they are incredibly nutritionally dense, superfoods deliver low-calorie infusions of numerous nutrients, including the all-important antioxidants that slow the processes of aging. A few superfoods to sprinkle throughout your day include cinnamon; cacao powder; lemon juice; sprouted seeds; chia seeds; berries of all kinds, especially goji berries; and cereal grasses (barley grass, wheatgrass, chlorella, spirulina). ❁

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BODY, MIND AND SPIRIT • GLENN HENDERSON

Ancient Healthcare

How the movements and sounds of Qi Gong can help unlock a healthier lifestyle.

"If you do not change direction, you may end up where you are headed."—Lao Tsu

More and more folks from all walks of life are seeking new practices that lead away from lifestyles steeped in killer-stress and teeming with habits that drain vital energies.

Modern research clearly indicates that regimens that bring us into states of profound relaxation, while simultaneously allowing full participation of the body and mind, hold the greatest benefit. In essence, we return to our most natural and holistic state of health and well being. The ancient practice of Qi Gong is an exemplary example of this.

What Is Qi Gong?

The ancient practice of Qi Gong (Chi Gung) is a Chinese health care system originating anywhere from 4,000-10,000 years ago (depending on historic sources). Qi Gong is, by definition, preventative, holistic, quick and easy to do, affordable, and requiring no special equipment. Qi Gong exercise routines or "forms" combine gentle, slow, body movement with controlled breathing patterns, and a quiet, relaxed and meditative mental focus.

The word "Qi" refers to "the universal life-force energy" that the experienced practitioner attracts and cultivates from various internal and external sources, stores within the body, and circulates to various organ and body systems through energy channels or meridians. Literally the Chinese word Qi means "breath" or "air," emphasizing the importance of the breath.

The word "Gong" literally means "work" and serves to emphasize the Qi Gong players' personal responsibility to a lifestyle that promotes overall health, seeks vitality and longevity, and cultivates spiritual awareness. For the ancient Chinese, Qi Gong beneficence required time (patience), commitment (intention) and effort (endurance.)

Wu Masters and Taoism

Qi Gong is typically associated with the Chinese philosophical/religious practice of Taoism (circa 500 BCE), called "The Way." Traditionally the origin of Taoism is credited to the mythical folk hero sage, Lao Tsu. He is said to have



The National Center for Complementary and Alternative Medicine (nccam.nih.gov) has studied the health benefits of Qi Gong and produced a video about Qi Gong and Tai Chi.

authored the ultimate seminal Taoist text, the *Tao Te Ching*. This book was a series of prose verses that "implied the essential, unnamable process of the Universe." The *Tao Te Ching* has illuminated and inspired painters, sculptors, musicians, dancers, writers, calligraphists, masons and even farmer/gardeners in Eastern and Western cultures for centuries. To date it is considered the most-translated text in world literature.

Despite its rich and all-encompassing influence, scholars have recently challenged the prevalent historic origins of Qi Gong and Taoism. Its truest roots can now be ascribed to the oral cultures of northern China's Yellow River Valley some 5,000-10,000 years ago.

These ancient peoples were said to be keen observers of the natural flow of the earth and the heavens (the Tao) and the mutually inclusive polar forces of yin (female-earth) and yang (male-heavens). They not only studied changes in the seasons, the habits of animals and plants, and the nature of the elements, but they were also well versed in astronomy, understood astrological influences and assumed the roles of the Shaman, as mediators between the world of

Spirit and Man.

They were called the Wu Masters, and for several thousand years were prominent in the spiritual and social folklore and mythology of that region. Over 10,000 years ago these shaman-kings/queens led their people in the ceremonial "Da-Wu," or "The Great Dance." Performers of Da-Wu were said to experience tremendous health benefits as well as profound spiritual awareness. Thus began the tradition of harmonizing the physical body with both the earthly natural forces and the heavenly forces of the universe through the movement of body, breath and energy, or what we now call Qi Gong.

The mythology of the Wu Masters is profound and magical. The story of one of the Taoist Eight Immortals, Han Xiang (circa ninth century) illustrates this: One tale tells of Han being carried by his teacher/master to the magic peach tree where grew "immortal peaches." Han climbs the tree and suddenly falls, instantly becoming immortal. He demonstrates his heavenly powers by making peony flowers bloom in early winter. Not only was each blossom a different color, but each flower contained, hidden within it, a small poem. At a banquet, his uncle, a renowned statesman, wanted Han to study Confucianism instead of Taoism. Han demonstrated the power of the Tao by pouring glass after glass of wine from a bottomless gourd. He is usually pictured carrying "the flute of life" and is considered the Taoist patron saint of music.

The Eight-Piece Brocade

Presently, there are hundreds of different Qi Gong forms in existence. One of the oldest and most consistently popular forms is the Eight Piece Brocade. Perhaps a more apropos name is "The Eight Silken Movements," which describes the smoothing effect these exercises have on the body and its energies.

Despite being developed for his soldiers by Chinese Marshal (General) Yue Fei during the war-torn Song Dynasty (960-1368 AD), the Eight Piece Brocade is considered to have no direct martial arts applications and therefore is considered more a medical/health practice.

Practicing the Eight Piece Brocade provides some immediate health benefits. Each exercise was designed to gather energy or *qi* through the movement of the arms and legs and channel this flow to a specific internal organ or set of organs.

For example, the second piece brocade imitates an archer and is called "Draw the Bow and Shoot the Vulture." This movement is specifically designed to strengthen the kidneys and the waist area, which is important in blood filtration and waste removal, regulating fluid levels, and balancing electrolytes, while indirectly supporting liver function.

The eight-brocade form allows the body a full range-of-motion movement that stretches muscles,



World Tai Chi and Qi Gong Day was celebrated around the globe, including at the United Nations.

strengthens tendons and ligaments, and increases bone density and blood circulation.

Physiologists report stimulated immune function, specifically an increase in number of the crucial T-cells. Neuroimaging brain-wave analysis shows Qi Gong balancing the right and left hemispheres of the brain, increasing memory, and improving the ability to counteract all types of stress. Practitioners report better balance in the

physical body, a greater sense of being grounded, increased stamina and endurance (vitality) as well as emotional/mental calmness. Qi Gong has been known to relieve insomnia and other sleep disorders.

The Six Healing Sounds

"Stress cooks your brain."—Ancient Taoist saying

Another profound Qi Gong form is the Six Healing Sounds. Popularized by modern Taoist Master Healer Mantak Chia, this form combines Qi Gong postures, movements and sound toning to regulate the organ systems. Taoist healers recognized that organ malfunction was due to the blocks in the energy flow caused by stresses inherent in modern society. Blocked organs tend to lose their ability to naturally cool themselves; hence they over-heat and literally become contracted, hard and dysfunctional.

The Taoists discovered that each healthy organ vibrates at a very specific frequency. By toning or making sounds to mimic that specific frequency, performing a Qi Gong form, the block can be removed and the organ naturally restored to its optimum state of health.

Taoist healers highly recommended that the Six Healing Sounds be done daily and in sequential order. Aside from the toning sounds, the practice can also include color visualizations corresponding to each organ or organ system, as well as an emotional clearing meditation.

Eight Piece Brocade Qi Gong and the Six Healing Sounds provide people of all ages and levels of health a holistic and preventative exercise practice. Simple yet powerful, these forms help self-cultivate physical vigor, mental and emotional serenity and balance, and the potential for healthier lifestyle. ✨

Glenn Henderson has practiced and studied Qi Gong and Tai Chi for over 20 years. Beginning January 2014 he will be giving ongoing classes in Eight Piece Brocade Qi Gong and The Six Healing Sounds. For more information and class schedules email him at Gmusik10@yahoo.com or call (575) 654-4351.

BODY, MIND & SPIRIT continued on next page

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Body, Mind & Spirit is a forum for sharing ideas and experiences on all aspects of physical, mental and spiritual health and on how these intersect. Readers, especially those with expertise in one or more of these disciplines, are invited to contribute and to respond. Write PO Box 191, Silver City, NM 88062, or email editor@desertexposure.com. The opinions expressed herein do not necessarily reflect the views of *Desert Exposure* or its advertisers, and are not intended to offer specific or prescriptive medical advice. You should always consult your own health professional before adopting any treatment or beginning any new regimen.

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BODY, MIND & SPIRIT

Grant County Weekly Events

Support groups, classes and more.

Sundays

ARCHAEOLOGY SOCIETY—First Sun. of every month, field trip. 536-3092, whudson43@yahoo.com.
BINGO—1st and 2d Sun. Doors open 12:30 p.m., games start 1:35 p.m. Benefits Salvation Army and Post 18 charities. American Legion Post 18, 409 W. College Ave. 534-0780
HOLISTIC PRESENTATIONS—11 a.m. PeaceMeal Coop Deli. 534-9703
PRAYER AND STUDY IN THE EASTERN ORTHODOX TRADITION—Sunset. Theotokos Retreat Center, 5202 Hwy. 152, Santa Clara. 537-4839, theotokos@zianet.com.

Mondays

AARP CHAPTER #1496—Third Monday. 12:30 p.m. Senior Center, 205 W. Victoria. Contact Marcia Fisch, 388-1298
AARP WIDOWED PERSONS—Second Mondays. 11 a.m. Glad Tidings Church. Contact Sally, 537-3643.
AL-ANON—12:05 p.m. First Presbyterian Church, 1915 Swan, Silver City. Contact Valerie, 313-2561.
ART CLASS—9-10:45 a.m. Silver City Senior Citizen Center. Beginners to advanced. Contact Jean 519-2977.
GENTLE YOGA—5:30-7 p.m. First Church of Harmony, 609 Arizona St., Becky Glenn, (404) 234-5331.

LEGO MINDSTORMS—Ages 10 and up. 4 p.m. Silver City Public Library, 515 W. College Ave., 538-3672.
PING PONG—5:30-7 p.m. Grant County Convention Center. Beginners 7-8 p.m.
SILVER CITY SQUARES—Dancing 7-9 p.m. Presbyterian Church, 1915 N. Swan St. Kay, 388-4227, or Linda, 534-4523.
TAI CHI FOR BETTER BALANCE—1 p.m., Senior Center. Call Lydia Moncada to register, 534-0059.

Tuesdays

ALCOHOLICS ANONYMOUS—Men's group, 7 a.m. Unitarian Fellowship Hall, 3845 N. Swan. Jerry, 534-4866.
ALZHEIMER'S/DEMENTIA SUPPORT—1st Tues. 1:30 p.m. Senior Center. Margaret, 388-4539.
BAYARD HISTORIC MINE TOUR—2nd Tuesday. Meet at Bayard City Hall, 800 Central Ave., by 9:30 a.m. \$5 fee covers two-hour bus tour of historic mines plus literature and map; call 537-3327 for reservation.
CHESS CLUB—All ages. 4 p.m. Silver City Public Library, 515 W. College Ave., 538-3672.
COMPASSIONATE FRIENDS—4th Tuesday. 6:30 p.m. Support for those who've lost a child. Episcopal Church, Parish Hall, 7th and Texas St. Charlene Mitchell, 534-1134.
FIGURE/MODEL DRAWING—4-6 p.m. Contact Sam, 388-5583.
KIWANIS CLUB—Noon. Red Barn, 708 Silver Heights Blvd., 590-0540.
LOS COMADRES CANCER SUPPORT GROUP—1st Tues. 6 p.m. Business and Conference Center, 3031 Hwy. 180 E. (next to Ace). 388-1198 ext. 10.
REIKI CIRCLE—First Tuesday of the month, 6:30 p.m. 2035 Little Walnut. Treatment for those in need of healing. Vicki, 388-8114, or Virginia, 388-4870.
SLOW FLOW YOGA—11:30 a.m. 5:30-7 p.m. First Church of Harmony, 609 Arizona St., Becky Glenn, (404) 234-5331.

SOCIAL SERVICES—Noon. Red Barn, 707 Silver Heights Blvd. 538-5666.
TEA PARTY PATRIOTS—2nd and 4th Tues. 6 p.m. Red Barn Steakhouse, 708 Silver Heights Blvd. 388-4143.

Wednesdays

ARCHAEOLOGY SOCIETY—Third Weds. of every month. Oct.-Nov., Jan.-April 7 p.m. Silver City Women's Club. Summers 6 p.m. location TBA. 536-3092, whudson43@yahoo.com.
BACK COUNTRY HORSEMEN—2nd Weds. 6 p.m. Gila Regional Medical Center Conference Room. Subject to change. 574-2888.
BAYARD AL-ANON—6 p.m. Santa Clara Senior Center, 107 East St., Santa

Clara. 537-3141.
A COURSE IN MIRACLES—6:30 p.m., 600 N. Hudson. Information, 534-9172 or 534-1869.
CURBSIDE CONSULTING—Free for nonprofits. 9 a.m.-noon. Wellness Coalition, 409 N. Bullard, Lisa Jimenez, 534-0665, ext. 232, lisa@wellnesscoalition.org,
FOOD ADDICTS ANONYMOUS WOMEN'S GROUP—6:30 p.m. 1000 N Hudson St., 519-1070.
GRANT COUNTY DEMOCRATIC PARTY—2nd Weds. Potluck at 5:30 p.m., meeting at 6:30 p.m. Sen. Howie Morales' building, 3060 E. Hwy. 180.
GROUP MEDITATION—5:30 p.m., A Daily Practice, 104 N. Texas St. 388-1198 ext. 10.
LADIES GOLF ASSOCIATION—8 a.m. tee time. Silver City Golf Course.
LEGO CLUB—Ages 4-10. 4:30 p.m. Silver City Public Library, 515 W. College Ave., 538-3672.
PING PONG—5:30-7 p.m. Grant County Convention Center. Beginners 7-8 p.m.
PROSTATE CANCER SUPPORT GROUP—3rd Weds. 6:30 p.m. Gila Regional Medical Center Conference Room. 388-1198 ext. 10.
REPUBLICAN PARTY OF GRANT COUNTY—Third Weds. 6 p.m. Red Barn.
STORYTIME—All ages. 10 a.m. Silver City Public Library, 515 W. College Ave., 538-3672.
TRAUMATIC BRAIN INJURY SUPPORT GROUP—3:30-5 p.m. All-Purpose Room, Billy Casper Wellness Center, Hudson St. & Hwy. 180. James, 537-2429, or Danita, 534-9057.

Thursdays

ARTS ANONYMOUS—5:30 p.m. Artists Recovering through the Twelve Steps. Unitarian Universalist Fellowship, 3845 N. Swan St. 534-1329.
CANCER SUPPORT GROUP—1st Thurs. 6 p.m. Gila Regional Medical Center Board Room. 388-1198 ext. 10.
CARDIAC SUPPORT GROUP—3rd Thurs. 4 p.m. Grant County Business and Conference Center, 3031 Hwy 180E, 590-2578.
DE-STRESSING MEDITATIONS—12-12:45 p.m. New Church of the SW Desert, 1302 Bennett St. 313-4087.
GILA WRITERS—2-4 p.m. Silver City Public Library. Trish Heck, trish.heck@gmail.com, 534-0207.
GRANT COUNTY ROLLING STONES GEM AND MINERAL SOCIETY—2nd Thurs. 6 p.m. Senior Center, 204 W. Victoria St. Kyle, 538-5706.
HATHA YOGA—5:30 p.m. First Church of Harmony, 609 Arizona St. Lori Zitzmann.
HISTORIC MINING DISTRICT & TOURISM MEETING—Second Thurs. 10 a.m. Bayard Community Center, 290 Hurley Ave., Bayard. 537-3327.
KUNDALINI YOGA—5:30 p.m. A Daily Practice, 104 N. Texas, 388-2425.
NEWCOMERS CLUB—Third Thurs. 11 a.m., luncheon noon. Women's Club, Yucca and Silver Heights Blvd. Linda Sylvester, (480) 518-5839, lindasylvester@msn.com.

PROGRESSIVE PILATES—5:30-6:30 p.m., 315 N. Bullard, 2d fl. 519-8948.
TOPS—5 p.m. 1st Presbyterian Church, 1915 Swan, 538-9447.
WOMEN'S CANCER SUPPORT GROUP—1st Thurs. 6-7 p.m. GRMC Conference Room, 1313 E. 32nd St. 388-1198, ext. 10.
VINYASA FLOW YOGA—11:30 a.m. First Church of Harmony, 609 Arizona St., Becky Glenn, (404) 234-5331.
YOGA CLASS—Free class taught by Colleen Stinar. 1-2 p.m. Episcopal Church fellowship hall, 7th and Texas.

Fridays

KUNDALINI YOGA—Noon. A Daily Practice, 104 N. Texas St.
OVEREATERS ANONYMOUS—6 p.m. Gila Regional Medical Center conference room. 313-9400.
SILVER CITY WOMAN'S CLUB—2d Fri., 10:30 a.m., lunch 12 p.m. 411 Silver Heights Blvd. 538-3452.
TAIZÉ—2d Friday. Service of prayer, songs, scripture readings and quiet contemplation. 6:30 p.m. Episcopal Church of the Good Shepherd, 538-2015.
WOODCARVING CLUB—2d and 4th Fridays except holidays. 1 p.m. Senior Center. 313-1518.
YOUTH SPACE—5:30-10 p.m. Loud music, video games, chill out. Satellite/Wellness Coalition.

Saturdays

ALCOHOLICS ANONYMOUS BEGINNERS—6 p.m. Lions Club, 8th & Bullard (entrance at Big Ditch behind Domino's). Newcomers and seasoned members welcome.
ALZHEIMER'S/DEMENTIA SUPPORT—10 a.m.-noon. Gila Regional Medical Center Conference Room. Margaret, 388-4539.
BLOOMING LOTUS MEDITATION—1 p.m. Details: 313-7417, blooming-lotus-sangha@googlegroups.com.
DOUBLE FEATURE BLOCKBUSTER MEGA HIT MOVIE NIGHT—5:30-11 pm. Satellite/Wellness Coalition.
EVENING PRAYER IN THE EASTERN ORTHODOX TRADITION—5 p.m. Theotokos Retreat Center, 5202 Hwy. 152, Santa Clara. 537-4839, theotokos@zianet.com.
KIDS BIKE RIDE—10 a.m., Bikeworks, 815 E. 10th St. Dave Baker, 590-2166.
NARCOTICS ANONYMOUS—6 p.m. New 180 Club, 1661 Hwy. 180 E.
SADHANA MORNING PRAYER, MEDITATION, YOGA—Last Sat. 5-7 a.m. A Daily Practice, 104 N. Texas, 388-2425.
SPINNING GROUP—1st Sat., 1-3 p.m. Yada Yada Yarn, 614 N. Bullard, 388-3350.
STORYTIME—All ages. 10:30 a.m. Silver City Public Library, 515 W. College Ave., 538-3672.
VINYASA FLOW YOGA—10 a.m. All levels. First Church of Harmony, 609 Arizona St., Becky Glenn, (404) 234-5331. ☸

All phone numbers are area code 575 except as noted. Send updates to events@desertexposure.com.

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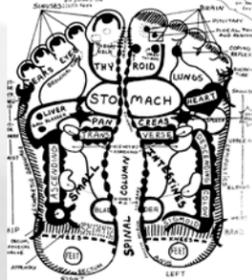
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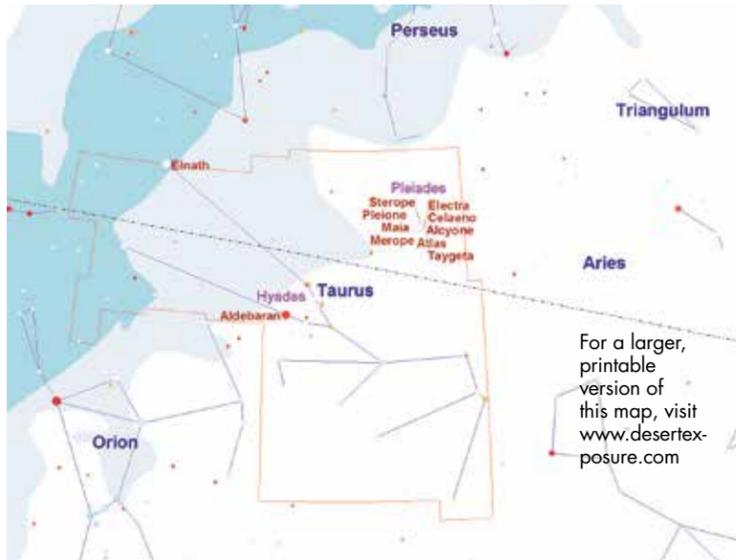
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THE STARRY DOME • BERT STEVENS

Taurus, the Bull

Plus the planets for January.



Taurus, the Bull, hangs just south of overhead on January evenings. The ecliptic travels through this constellation, so the Sun and planets can be found there from time to time. There are two open star clusters in Taurus, the Hyades and Pleiades. The nine brightest stars in the Pleiades all have names and are collectively called the Seven Sisters (including their parents, Atlas and Pleione, makes nine). Interestingly, Subaru is the Japanese name for the Seven Sisters and the car company's logo is a stylized representation of this cluster.

High in our eastern sky after it gets dark is the constellation Taurus, the Bull. Taurus is marked by the first-magnitude star Aldebaran, a reddish, spectral class K5 star that sits in front of the Hyades open star cluster, a large V-shaped grouping that is easy to recognize. Taurus is the 17th largest constellation and it has the ecliptic traveling through it, so you can sometimes find one or more of the planets within its bounds.

In mythology, the ever-amorous Zeus fell in love with Europa, the beautiful daughter of King Agenor of Phoenicia. He appeared to her and her companions as a white bull (Taurus) that was very docile. Europa and her friends were taken with the bull and made flower garlands and placed them around the bull's neck. He was so docile that the trusting Europa climbed on his back. Taurus immediately plunged into the sea and swam to Crete with the terrified Europa on his back. There he changed back into Zeus and ravaged the maiden. She bore him three sons. The oldest, Minos, brought the Cult of the Bull to Crete.

There are two major open star clusters in Taurus, both visible to the naked eye. One is the previously mentioned Hyades, which mythologically represents the five daughters of Atlas, a giant who carried the heavens on his shoulders. It is 153 light-years away (compared to Aldebaran's distance of only 65.1 light-years). It is the closest open cluster to us and covers 5.5 degrees in our sky, corresponding to a diameter of 20 light-years across for the cluster's core. Almost 200 stars have been identified with the Hyades, but not all are in the core of the cluster.

The other open cluster is the Pleiades, the seven daughters of Atlas and Pleione (half-sisters of the Hyades). This cluster is much smaller in our sky, just under two degrees across. But it is only slightly smaller than the Hyades in space, 16 light-years across versus the Hyades' 20. The difference is the distance. The Pleiades are around 400 light-years away, two and a half times the distance to the Hyades. The Pleiades has over a thousand stars, but the nine brightest are Alcyone, Atlas, Electra, Maia, Merope, Taygeta, Pleione, Celaeno and Sterope. They are called the Seven Sisters, and include their parents, Atlas and Pleione.

The stars of the Pleiades range from the hot B-class stars like the Seven Sisters down to dim brown dwarfs. Brown dwarfs are substars that are not big enough to create the hot stellar interior needed to fuse hydrogen into helium. They produce little light and heat, so they are not considered true stars. They fit in the gap between the lightest stars, about 80 times the mass of Jupiter, and the gas-giant planets. While they cannot fuse hydrogen, brown dwarfs heavier than 13 Jupiter masses can fuse the heavier deuterium (a hydrogen atom with an extra neutron in its nucleus) with another neutron to form helium-3 (two protons and one neutron in the nucleus). Larger brown dwarfs can also fuse lithium.

The first brown dwarf was discovered orbiting the red dwarf star Gliese 229 in 1994, but not confirmed until 1995. Gliese 229 is spectral class M1, though some other red dwarfs are spectral class K. Its brown dwarf companion, dubbed Gliese 229B, is between 20 and 50 times the mass of Jupiter and could fuse deuterium, but it has used up its entire supply. Gliese 229B's surface temperature is only 1,300 degrees Fahrenheit.

Watch the Skies
(times MST)

- Jan. 1, 4:14 a.m.—New Moon
- Jan. 5, 2 p.m.—Jupiter at opposition
- Jan. 7, 8:39 p.m.—First Quarter Moon
- Jan. 15, 9:52 p.m.—Full Moon
- Jan. 23, 10:19 p.m.—Last Quarter Moon
- Jan. 28, 8 p.m.—Venus 2 degrees north of Moon
- Jan. 30, 2:38 p.m.—New Moon
- Jan. 31, 12 p.m.—Venus stationary

In 1995, Tiede 1 was discovered in the Pleiades cluster and confirmed to be a brown dwarf. The confirmation of Gliese 229B came after that of Tiede 1, so Tiede 1 is the first confirmed brown dwarf. Since that time thousands of brown dwarfs have been discovered. Most float freely in space, like stars, indicating that even on the very-low-mass end of the stellar scale, stars and planet form in very different ways.

The Planets for January

Venus departs the evening sky this month. On Jan. 1 it will be six degrees above the west-southwestern horizon as it gets dark. By 6:30 p.m., it will have set. After the first week of the month, Venus will be too close to the Sun to be seen. On Jan. 1, Venus will be a 3% illuminated crescent disc that is 60.4 seconds-of-arc across, glowing at magnitude -4.3. The Goddess of Love spends the month moving slowly westward in Sagittarius. Venus will appear in the morning sky by the end of the month.

Mercury puts in an appearance in the evening sky towards the end of the month. The Messenger of the Gods starts the month in Sagittarius, travels through Capricornus and ends the month in Aquarius. At the end of the month, Mercury will be magnitude -0.5 with a disc that is 7.1 seconds-of-arc across and 51% illuminated. You can find it 11 degrees above the west-southwestern horizon as it gets dark, setting just after 7 p.m.

The King of the Gods is already up in the east-northeast as it gets dark. At midmonth, **Jupiter's** disc is 46.5 seconds-of-arc across and the planet shines at magnitude -2.7. Jupiter is moving slowly westward in central Gemini.

Mars rises in the east just before midnight. It is moving eastward in central Virgo, shining at magnitude +0.6. Its disc gets a little larger each day, reaching 7.7 seconds-of-arc across at midmonth.

Saturn is moving slowly eastward in central Libra this month. At midmonth, the Rings are 36.6 seconds-of-arc across and tilted down 22.4 degrees with the northern face showing. Its disc is 16.1 seconds-of-arc across. The Ringed Planet shines at magnitude +0.6; it rises at 2:15 a.m. in the east-southeast.

Enjoy the cold clear nights of January and "keep watching the sky"!

An amateur astronomer for more than 40 years, Bert Stevens is co-director of Desert Moon Observatory in Las Cruces.




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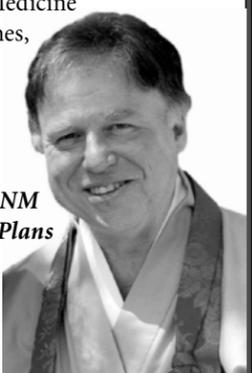
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Red or Green?

Southwest New Mexico's best restaurant guide.

Red or Green? is *Desert Exposure's* guide to dining in southwest New Mexico. The listings here—a sampling of our complete and recently completely updated guide online at www.desertexposure.com—include some of our favorites and restaurants we've recently reviewed. We emphasize non-national-chain restaurants with sit-down, table service.

With each listing, we include a brief categorization of the type of cuisine plus what meals are served: B=Breakfast; L=Lunch; D=Dinner. Unless otherwise noted, restaurants are open seven days a week. Call for exact hours, which change frequently. All phone numbers are area code 575 except as specified. We also note with a star (*) restaurants where you can pick up copies of *Desert Exposure*.

If we've recently reviewed a restaurant, you'll find

a brief capsule of our review and a notation of which issue it originally appeared in. Stories from all back issues of *Desert Exposure* from January 2005 on are available on our Web site.

Though every effort has been made to make these listings complete and up-to-date, errors and omissions are inevitable and restaurants may make changes after this issue goes to press. That's why we urge you to help us make Red or Green? even better. Drop a note to Red or Green? c/o *Desert Exposure*, PO Box 191, Silver City, NM 88062, fax 534-4134, or email updates@red-or-green.com.

Remember, these print listings represent only highlights. You can always find the complete, updated Red or Green? guide online at www.desertexposure.com. Bon appétit!

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GRANT COUNTY

Silver City

ADOBE SPRINGS CAFÉ, 1617 Silver Heights Blvd., 538-3665. Breakfast items, burgers, sandwiches: Mon.-Thur. B L, Sat. & Sun. B L D.*

ALOTTA GELATO, 619 N. Bullard St., 534-4995. Gelato, desserts and hot drinks: All day.*

BILLY'S BBQ AND WOOD-FIRED PIZZA, Hwy 180E, 388-1367. Karaoke Fri., live entertainment Sat. Barbecue, steak, pasta, pizza: Tues.-Fri. D. Sat. L D. Italian nights Weds., Sat.*

BRYAN'S PIT BARBECUE, Mimbres Valley Self Storage and RV Park, (660) 247-3151 or (660) 247-3160. Barbecue: L D.

CAFÉ OSO AZUL AT BEAR MOUNTAIN LODGE, 60 Bear Mountain Ranch Road, 538-2538. "Bear Mountain Lodge blends food, art and natural beauty into a memorable experience that pleases all the senses.... The menu changes daily, with entrées that are always imaginative and tasty—comfort food in a form that most of our mothers would never have thought of producing." (March 2011) Weekend brunch, weekday L by reservation only.*

COURTYARD CAFÉ, Gila Regional Medical Center, 538-4094. American: B L, with special brunch Sundays.*

CURIOS KUMQUAT, 111 E. College Ave., 534-0337. "A hotspot of modern culinary innovation. Lunch features soups, salads and sandwiches. Dinners are elaborate, imaginative, exotic five-course culinary creations. Entrées always include vegetarian and vegan options... plus others determined by what local ranchers have available." (July 2010) Contemporary: Mon. L, Tues.-Sat. L D.*

DELIGHTFUL BLEND, 3030 N. Pinos Altos Road, 388-2404. Coffeeshop.

DIANE'S RESTAURANT, 510 N. Bullard St., 538-8722. "Always evolving, always interesting, Diane's has it all." (Sept. 2013) Fine dining (D), steaks, seafood, pasta, sandwiches (L), salads: Tues.-Sat. L D, Sun. D only (family-style), weekend brunch.

DIANE'S BAKERY & DELI, The Hub, Suite A, Bullard St., 534-9229. "Always evolving, always interesting, Diane's has it all." (Sept. 2013) Artisan breads, sandwiches, deli, baked goods: Mon.-Sat. B L early D, Sun. B L.*

EL GALLO PINTO, 901 N. Hudson St., 597-4559. "Breakfast dishes are served all day, along with all the other traditional Mexican favorites like burritos (with a long list of filling options)... plus a vertical grill cooks sizzling chicken and carne al pastor." (October 2013) Mexican: Mon.-Sat. B L D, Sun. B L.

GIL-A BEANS, 1304 N. Bennett St. Coffeeshop.*

GRANDMA'S CAFÉ, 900 Silver Heights Blvd., 388-2627. American, Mexican: B L.*

GRINDER MILL, 403 W. College Ave., 538-3366. Mexican: B L D.*

JALISCO CAFÉ, 100 S. Bullard St., 388-2060. Mexican: Mon.-Sat. L D.

JAVA THE HUT, 611-A N. Bullard St., 534-4103. Espresso and coffeeshop: Mon.-Sat.*

JAVALINA COFFEE HOUSE, 201 N. Bullard St., 388-1350. Coffeeshop.*

KOUNTRY KITCHEN, 1505 N. Hudson St., 388-4512. Mexican: Mon.-Sat. B L early D, Sun. B only.*

LA COCINA RESTAURANT, 201 W. College Ave., 388-8687. Mexican: L D.

LA FAMILIA, 503 N. Hudson St., 388-4600. Mexican: Tues.-Sun. B L D.*

LA MEXICANA, Hwy. 180E and Memory Lane, 534-0142. Mexican and American: B L, closed Tues. Lion's Den, 208 W. Yankie, 654-0353. Coffeeshop.

MASA Y MAS TORTILLERIA, Suite C-The Hub Plaza, (505) 670-8775. Tortillas, tacos, chimichangas, burritos, enchiladas, menudo, tamales and more. Mexican: Mon.-Sat. B L.*

MEXICO VIEJO, Hwy. 90 and Broadway. "A remarkably extensive menu for a small roadside food vending stand, and the dishes are not what one normally finds in other Mexican restaurants." (July 2013) Mexican food stand: Mon.-Sat. B L early D.

MI CASITA, 2340 Bosworth Dr., 538-5533. New Mexican cuisine: Mon.-Thurs. L, Fri. L D.

MILLIE'S BAKE HOUSE, 215 W. Yankie, 597-2253. "The food is oven-fresh and innovative." (November 2012) Soup, salads, sandwiches, baked goods: Tues.-Sat.*

NANCY'S SILVER CAFÉ, 514 N. Bullard St., 388-3480. Mexican: Mon.-Sat. B L D.

THE PARLOR AT DIANE'S, 510 N. Bullard St., 538-8722. "Always evolving, always interesting, Diane's has it all." (Sept. 2013) Burgers, sandwiches, homemade pizzas, paninis: Tues.-Sun. L D.

PRETTY SWEET EMPORIUM, 312 N. Bullard St., 388-8600. Dessert, ice cream: Mon.-Sat.*

Q'S SOUTHERN BISTRO AND BREWERY, 101 E. College Ave., 534-4401. American, steaks, barbecue, brewpub: Mon.-Sat. L D.

RED BARN, 708 Silver Heights Blvd., 538-5666. Steakhouse: L D.*

RIVER RANCH MARKET, 300 S. Bullard, 597-6328. Grass-fed meats, pastured poultry, gluten-free baked goods, to-go soups and stews, cast-iron cooking. Weds.-Sat.*

SHEVEK & CO., 602 N. Bullard St., 534-9168. "If sampling new types of food is part of the adventure of traveling for you, you only have to go as far as Shevek & Co. Restaurant in Silver City to take a culinary tour around the world." (May 2013) Mediterranean: Fri.-Tues. D.*

SILVER BOWLING CENTER CAFÉ, 2020 Memory Lane, 538-3612. American, Mexican, hamburgers: L D.*

SUNRISE ESPRESSO, 1530 N. Hudson, 388-2027. Coffeeshop: Mon.-Sat. B L, early D.

SUNRISE ESPRESSO, 1212 E. 32nd St., 534-9565. Coffeeshop, bakery: Mon.-Fri. B L, early D, Sat. B L only.*

THREE DOGS COFFEEHOUSE, 503 N. Bullard St. Coffeeshop, baked goods, sandwiches, wraps: Mon.-Sun. B L.*

TRE ROSAT CAFÉ, 304 N. Bullard St., 654-4919. "The dinner menu ranges from humbler (but not humdrum) fare like burgers, pizzas and pastas to daily specials that include more upscale items like grilled salmon and petite sirloin steak. Appetizers include homemade chile relleno poppers, egg rolls (with specialty fillings changing from day to day) and the ever-popular, ever delicious bacon-wrapped dates." (August 2012) International eclectic: Mon.-Fri. L, D, Sat.

D. Sat. brunch.*

VICKI'S EATERY, 315 N. Texas, 388-5430. "Serving hearty breakfasts, sandwiches both cold and grilled, wraps and salads that satisfy in a homey yet sophisticated way. Don't miss the German potato salad." (Dec. 2009) American: Mon.-Sat. B L. Sun. B.*

WRANGLER'S BAR & GRILL, 2005 Hwy. 180E, 538-4387. Steak, burgers, appetizers, salads: L D.*

YANKIE CREEK COFFEE HOUSE, 112 W. Yankie St. Coffeeshop, coffee, homemade pastries and ice cream, fresh fruit smoothies.*

Bayard

FIDENCIO'S TACO SHOP, 1108 Tom Foy Blvd. Mexican: B L D.

LITTLE NISHA'S, 1101 Tom Foy Blvd., 537-3526. Mexican: Wed.-Sun. B L D.

LOS COMPAS, 1203 Tom Foy Blvd, 654-4109. Sonoran-style Mexican, hot dogs, portias, menudo: L D.

M & A BAYARD CAFÉ, 1101 N. Central Ave., 537-2251. Mexican and American: Mon.-Fri. B L D.

SPANISH CAFÉ, 106 Central Ave., 537-2640. Mexican, tamales and menudo (takeout only): B.

SUGAR SHACK, 1102 Tom Foy Blvd., 537-0500. Mexican: Sun.-Fri. B L.

Cliff

PARKEY'S, 8414 Hwy. 180W, 535-4000. Coffeeshop: Mon.-Sat.

Hurley

GATEWAY GRILL, 2705 Hwy. 180E, 537-5001. American and Mexican: Sun.-Thur. B L, Fri.-Sat. B L D.*

Lake Roberts

SPIRIT CANYON LODGE & CAFÉ, 684 Hwy. 35, 536-9459. "For the German sampler, café customers can choose two meat options from a revolving selection that may include on any given day three or four of the following: bratwurst, roast pork, schnitzel (a thin breaded and fried pork chop), sauerbraten (marinated roast of beef), stuffed cabbage leaves, or roladen (rolled beef with a sausage and onion filling)." (July 2011) German specialties, American lunch and dinner entrées: Saturday midday D.

Mimbres

ELK X-ING CAFÉ, (352) 212-0448. Home-style meals, sandwiches and desserts: B L.

MIMBRES VALLEY CAFÉ, 2964 Hwy. 35, 536-2857. Mexican, American, burgers: Mon.-Tues. B L, Wed.-Sun. B L D, with Japanese tempura Wed. D.

3 QUESTIONS COFFEE HOUSE, Hwy. 35, 536-3267. "Consistently good food based on the success of the family's Living Harvest Bakery." (December 2013) Buffet: Tues.-Sat. B L.

Pinos Altos

BUCKHORN SALOON AND OPERA HOUSE, Main Street, 538-9911. Steakhouse, pasta, burgers: Mon.-Sat. D.

DOÑA ANA COUNTY

Las Cruces & Mesilla

ABRAHAM'S BANK TOWER RESTAURANT, 500 S. Main St. #434, 523-5911. American: Mon.-Fri. B L.

A DONG, 504 E. Amador Ave., 527-9248. Vietnamese: L D.

ANDELE RESTAURANTE, 1950 Calle del Norte, 526-9631. Mexican: Mon. B L, Tues.-Sun. B L D.

AQUA REEF, 900-B S. Telshor, 522-7333. Asian, sushi: D.

ARABELLA'S, 1750 Calle de Mercado, 526-1313. Cuban, Italian: D.

BAAN THAI KITCHEN, 1605 S. Solano Dr., 521-2630. Thai: Tues.-Sat. L D, Sun. L.

BLUE AGAVE CAFÉ, 1765 S. Main St. (inside Best Western Mission Inn), 524-8591. Southwestern: B.

BLUE MOON, 13060 N. Valley Dr., 647-9524. Bar, burgers: Sat.-Sun. L D.

BOBA CAFÉ, 1900 S. Espina, Ste. 8, 647-5900. Sandwiches, salads, casual fare, espresso: Mon.-Sat. L D.*

BRADLEY D AND WILLIAM B., 2540 El Paseo Road, 652-3871. American comfort food: L, D.

BRAVO'S CAFÉ, 3205 S. Main St., 526-8604. Mexican: Tues.-Sun. B L.

CAFÉ DE MESILLA EN LA PLAZA, 2051 Calle de Santiago, 652-3019. Coffee-house, deli, pastries, soups, sandwiches: B L early D.

CATTLEMAN'S STEAKHOUSE, 2375 Bataan Memorial Hwy., 382-9051. Steakhouse: D.

DE LA VEGA'S PECAN GRILL & BREWERY, 500 S. Telshor Blvd., 521-1099. Pecan-smoked meats, sandwiches, steaks, seafood, craft beers: L D.

DELICIA'S DEL MAR, 1401 El Paseo, 524-2396. Mexican, seafood: B L D.

DG'S UNIVERSITY DELI, 1305 E. University Ave., 522-8409. Deli: B L D.*

DOUBLE EAGLE, 2355 Calle De Guadalupe, 523-6700. Southwestern, steaks, seafood: L D, Sun. champagne brunch buffet. *

GARDUÑO'S, 705 S. Telshor (Hotel Encanto), 522-4300. Mexican: B L D.

GUACAMOLE'S BAR AND GRILL, 3995 W. Picacho Ave., 525-9115. Burgers, pizza, salads, sandwiches, Hawaiian appetizers: L D.

HIEBERT'S FINE FOODS, 525 E. Madrid Ave. #7, 524-0451. Mexican, American: B L D.

HIGH DESERT BREWING COMPANY, 1201 W. Hadley Ave., 525-6752. Brew pub: L D.*

INTERNATIONAL DELIGHTS, 1245 El Paseo Rd., 647-5956. Greek and International: B L D.

JAPANESE KITCHEN, 141 Roadrunner Parkway, 521-3555. Japanese: L D.

JOSEPHINA'S OLD GATE CAFÉ, 2261 Calle de Guadalupe, 525-2620. Pastries, soups, salads, sandwiches: Mon.-Thur. L, Fri.-Sun. B L.

KATANA TEPPANYAKI GRILL, 1001 E. University Ave., 522-0526. Japanese: Mon.-Fri. L D, Sat. D.

LA POSTA RESTAURANT DE MESILLA, 2410 Calle De San Albino, 524-3524. Mexican, steakhouse: L D, Sat.-Sun. and holidays also B.

LAS TRANCAS, 1008 S. Solano Dr., 524-1430. Mexican, steaks, burgers, fried chicken: L D, Sat.-Sun. also B.

LOS COMPAS, 1120 Commerce Dr., 521-6228. Mexican: B L D.*

MESILLA VALLEY KITCHEN, 2001 E. Lohman Ave. #103, 523-9311. American, Mexican: B L.*

MESILLA VALLEY PIZZA & SUBS, 3961 E. Lohman Ave. #21, 521-9293. Pizza, sandwiches: Mon.-Sat. L D.

MESON DE MESILLA, 1803 Avenida de Mesilla, 652-4953. Steaks, barbecue, seafood, sandwiches, salads, pasta: L D.

MIGUEL'S, 1140 E. Amador Ave., 647-4262. Mexican: B L D.

MILAGRO COFFEE Y ESPRESSO, 1733 E. University Ave., 532-1042. Coffee-house: B L D.*

MIX PACIFIC RIM CUISINE AND MIX EXPRESS, 1001 E. University Ave. #D4, 532-2042. Asian, Pacific: Mon.-Sat. L D.

MOUNTAIN VIEW MARKET KITCHEN, 120 S. Water St., 556-9856. Sandwiches, bagels, wraps, salads and other healthy fare: Mon.-Sat.: B L early D. *

NOPALITO RESTAURANT, 310 S. Mesquite St., 524-0003. Mexican: Sun.-Tues., Thurs.-Sat. L D.*

OLD TOWN RESTAURANT, 1155 S. Valley Dr., 523-4586. Mexican, American: B L.*

PAISANO CAFÉ, 1740 Calle de Mercado, 524-0211. Mexican: B L D.*

PEPPERS CAFÉ ON THE PLAZA (IN THE DOUBLE EAGLE RESTAURANT), 2355 Calle De Guadalupe, 523-6700. Southwestern: L D. *

PHO SAIGON, 1160 El Paseo Road, 652-4326. Vietnamese: L D.

Q'S, 1300 Avenida De Mesilla, 571-4350. Brewhouse with steak and pasta: L D.

RED BRICK PIZZA, 2808 N. Telshor Blvd., 521-7300. Pizzas, sandwiches, salads: L D.

RENOO'S THAI RESTAURANT, 1445 W. Picacho Ave., 373-3000. Thai: Mon.-Fri. L D, Sat. D.

ROBERTO'S MEXICAN FOOD, 908 E. Amador Ave., 523-1851. Mexican: B L D.*

ROSIE'S CAFÉ DE MESILLA, 420 Avenida de Mesilla, 526-1256. Breakfast,

Mexican, burgers: Sat.-Thurs. B L, Fri. B L D.

SAENZ GORDITAS, 1700 N. Solano Dr., 527-4212. Mexican: Mon.-Sat. L D.

SANTORINI'S, 1001 E. University Ave., 521-9270. Greek, Mediterranean: Mon.-Sat. L D.

SAVOY DE MESILLA, 1800-B Avenida de Mesilla, 527-2869. "If you are adventurous with food and enjoy a fine-dining experience that is genuinely sophisticated, without pretension or snobbishness, you definitely need to check out Savoy de Mesilla. The added attraction is that you can do this without spending a week's salary on any of the meals—all of which are entertainingly and delectably upscale." (March 2013) American, Continental: B L D.

THE SHED, 810 S. Valley Dr., 525-2636. American, pizza, Mexican, desserts: Wed.-Sun. B L.*

SHEBA GRILL, 2265 S. Main St., 525-1100. Indian, Middle Eastern: Mon.-Thurs., Sat.-Sun L D, Fri. D.

SI ITALIAN BISTRO, 523 E. Idaho, 523-1572. Italian: Mon.-Sat. L D.

SIMPLY TOASTED CAFÉ, 1702 El Paseo Road, 526-1920. Sandwiches, soups, salads: B L.

SI SEÑOR, 1551 E. Amador Ave., 527-0817. Mexican: L D.

SPANISH KITCHEN, 2960 N. Main St., 526-4275. Mexican: Mon.-Sat. B L D.

SPIRIT WINDS COFFEE BAR, 2260 S. Locust St., 521-1222. Sandwiches, coffee, bakery: B L D.*

ST. CLAIR WINERY & BISTRO, 1720 Avenida de Mesilla, 524-0390. "A showcase for St. Clair wines... rooted in the same attention to detail, insistence on quality and customer-friendly attitude as the winery." (July 2012) Wine tasting, bistro: L D.

SUNSET GRILL, 1274 Golf Club Road (Sonoma Ranch Golf Course clubhouse), 521-1826. American, Southwest, steak, burgers, seafood, pasta: B L D.

TERIYAKI BOWL, 2300 N. Main St., 524-2055. Japanese: Mon.-Sat. L D.

TERIYAKI CHICKEN HOUSE, 805 El Paseo Rd., 541-1696. Japanese: Mon.-Fri. L D.

THAI DELIGHT DE MESILLA, 2184 Avenida de Mesilla, 525-1900. "For the adventurous, there are traditional Thai curries, soups and appetizers to choose from, all of which can be ordered in the degree of heat that suits you.... The restaurant is clean, comfortable, casual in a classy sort of way, and totally unpretentious." (January 2011) Thai, salads, sandwiches, seafood, steaks, German: L D.*

TIFFANY'S PIZZA & GREEK AMERICAN CUISINE, 755 S. Telshor Blvd #G1, 532-5002. Pizza, Greek, deli: Tues.-Sat. B L D.*

VALLEY GRILL, 1970 N. Valley, 525-9000. American: B L D, Friday fish fry.

VINTAGE WINES, 2461 Calle de Principal, 523-WINE. Wine and cigar bar, tapas: L D.

ZEFFIRO PIZZERIA NAPOLETANA, 136 N. Water St., 525-6757. Pizza, pasta, also sandwiches at adjoining Popular Artisan Bakery: Mon.-Sat. L D.

ZEFFIRO NEW YORK PIZZERIA, 101 E. University Ave., 525-6770. Pizza: L D.

Table Talk

As promised in this space, **Little Toad Creek Brewery & Distillery** has opened a second location—in downtown Silver City, in the Bullard and Broadway space formerly occupied by Isaac's. The year-round location will offer the same craft-distilled liquor and beers as the original in Lake Roberts (currently closed for the winter), as well as a full food menu. A Grand Opening, with live music, hors d'oeuvres and giveaways, will be held Saturday, Jan. 11. Hours are daily except Tuesday, 11 a.m.-11 p.m.

The historic downtown building housed Isaac's from 2006 until it closed in 2012. Before that it was home to Old World Bakery. 200 N. Bullard St.

Peace Meal Burrito Bar in the Hub in downtown Silver City is closing.

The **Curious Kumquat** in Silver City has announced the winners of its Grant County Food Artisan contest, with a \$500 cash prize for the winner. The purpose of the contest was to find the top home-based food artisan who is canning, preserving, curing or making foods using local ingredients. More than 30 entries were received with items ranging from pickles and preserves to wine and juices. The winner was Anna Willhite, with spiced cabbage; runner-up was Mary Chevalier, India relish, with second runner-up Mary Willhite, pickled beets.

Meanwhile in Las Cruces, the invasion of chain eateries continues. The city's second **Dunkin' Donuts** franchise recently opened at 3835 E. Lohman Ave., between Jason's Deli and Pioneer Bank. ☘

Send restaurant news to updates@red-or-green.com.

Blanca Dr., 824-9377. Mexican: Mon.-Sat. B L D, Sun. B L.

Doña Ana Big Mike's Café, Thorpe Road. Mexican, breakfasts, burgers: B L D.

Radium Springs Country Cupboard, 827 Fort Selden Rd., 527-4732. American: B L D.

Santa Teresa Billy Crews, 1200 Country Club Road, 589-2071. Steak, seafood: L D.

LUNA COUNTY

Deming Adobe Deli, 3970 Lewis Flats Road SE, 546-0361. Bar, deli, steaks: L D.*

BALBOA MOTEL & RESTAURANT, 708 W. Pine St., 546-6473. Mexican, American: Sun.-Fri. L D.

BELSHORE RESTAURANT, 1030 E. Pine St., 546-6289. Mexican, American: Tues.-Sun. B L.

CAMPOS RESTAURANT, 105 S. Silver, 546-0095. Mexican, American, Southwestern: L D.*

CANO'S RESTAURANT, 1200 W. Pine St., 546-3181. Mexican: Mon.-Sat. L D.

CHINA RESTAURANT, 110 E. Pine St., 546-4146. Chinese: L D.

DEMING TRUCK TERMINAL, 1310 W. Spruce St., 544-2228. "Indian food is offered on a separate menu and you have to ask for that menu. The list of dishes is not very long, but the spices and flavor of the dishes that are offered are authentically Indian." (November 2013) American, Mexican, Indian: B L D, Sun. L buffet.

EL CAMINO REAL, 900 W. Pine St., 546-7421. Mexican, American: B L D.

ELISA'S HOUSE OF PIES AND RESTAURANT, 208 1/2 S. Silver Alley, 494-4639. "The southern-style fare is a savory prelude to 35 flavors of pie." (April 2012) American, barbecue, sandwiches, pies: Mon.-Sat. L D. *

EL MIRADOR, 510 E. Pine St., 544-7340. Mexican: Mon.-Sat. B L D.

"FORGHEDABOUT" PIZZA & WINGS, 2020 Hatch Hwy. 26, 275-3881. "Direct from New York City, Bob Yacone and his wife, Kim Duncan, have recreated an authentic-style New York pizza parlor on the outskirts of Deming." (June 2013) Italian, pizza, wings: Mon.-Sat. L D, Sun. D.

GOLDEN SUN STAR, 500 E. Cedar St., 544-0689. Chinese: L D.

GRAND MOTOR INN & LOUNGE, 1721 E. Pine, 546-2632. Mexican,

DINING GUIDE

continued after next page



Alotta Words about ALOTTA GELATO

We will be CLOSED FOR VACATION during part of January. Be sure to call our answering machine or check our Facebook page for the days and hours we'll be closed.

We've noticed that a lot of our customers are acting a bit sheepish lately-- many of them are apologetic and embarrassed to admit that they crave our gelato even in the dead of winter. For those of you needing reassurance, now hear this: THERE'S NOTHING WRONG WITH YOU— IT'S PERFECTLY OK TO EAT OUR WONDERFUL FROZEN TREATS ANYTIME! If you still feel a little funny being seen eating gelato on a wintry day, we have a solution: we will happily hand-pack a pint or quart container of the flavors of your choice and place it in a plain, unmarked bag for you to devour in the privacy of your own home with the shades discreetly drawn.

If you need to shake off the winter doldrums, we suggest one of our music CDs from local artists such as Melanie Zipin, Bayou Seco or Brandon Perrault to name but a few, or wonderful World Music CDs from the Putumayo label. Also, we'd like to point out that gift certificates are available for all occasions, can be purchased in any amount, and can be used a little at a time to stretch the delicious experience throughout the year.

Don't forget: *ALOTTA GELATO* is open 7 nights a week until at least 9:00 PM (10:00 PM on Friday and Saturday nights). We have all kinds of hot drinks (such as coffee, 20-plus kinds of tea, hot cocoa, hot cider and even ramen noodles) to warm your insides when it's chilly outside, and we also carry delicious dessert items such as Key Lime Bars, Raspberry Streusel Bars, Chocolate Chip Brownies, Triple Lemon Cheesecake, slices of flourless Chocolate Raspberry Torte, cookies, and big honkin' wedges of triple-layer Carrot Cake!

Resolve to treat yourself right and enjoy the best gelato in the state! Thanks for reading; as a token of our appreciation for you, our valued customer, **bring this ad for 25¢ off any size gelato for each member of your party.**



Find us on Facebook Visit us online at: www.alottagelato.com



Alotta Gelato - 619 N. Bullard St., in Downtown Silver City - 575-534-4995



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Look for the red heart menu items- your guide to diabetes and heart friendly selections.

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- **Silver City:**
- Adobe Springs Café**
- Billy's BBQ**
- Diane's Restaurant**
- Grinder Mill**
- Kountry Kitchen**
- Peace Meal Cooperative**
- Shevek's & Co.**
- Silverado**
- The Jalisco Café**
- The Red Barn**
- NEW Tre Rosat Café**
- Vicki's Eatery**
- Wrangler's Bar & Grill**
- Bavard-**
- Little Nisha's**
- M and A Bavard Café**
- Hurley-**
- Gateway Grill**
- Mimbres-**
- Elks Xing Café**
- Lordsburg-**
- El Charro**
- Fidencios**
- Ramona's Café**
- Rodeo-**
- Rodeo Café**

It takes a community . . .

The 3rd Annual **Tamal Fiesta y Más** organizing committee wishes to thank everyone who made this year's Fiesta a grand success:

Major Sponsor:

Griffin's Propane

Partners:

- Southwest New Mexico Green Chamber**
- Grant County Chicano Music Project**
- Western New Mexico University**
- Silver City Main Street Project**
- Silver City Museum**
- Town of Silver City**

2013 Tamal-Making Contest Winners:

Best Traditional Tamal: Manuel Lozoya of Masa y Más

Best Sweet Tamal: Sandra Calderon and Troy Miller of La Bonita Bakery

Judges:

Mrs. Ernestina Padilla (Madrid) Chacón (and her daughter Dina Madrid), Maria Dominguez of WNMU, Town Councilor Mike Morones

Individuals, organizations, and businesses:

Pat Cano, Lupe Cano, Adrienne Booth, Ora Rede, Virginia Bustillos, Rita Arellano, Sammy Silva, Consuelo Hester, Charmaine Wait, Carolyn Smith, Kate Brown, Monica Garcia, Ron Reed and his crew from the Maintenance Dept. at WNMU, Geli and the Heartbreakers, Mariachi Fuego del Sol, Mariachi Rosas del Desierto, Lloyd Studios, The Palace Hotel, Silver City Sun-News, The Murray Hotel

Thanks to all vendors and everyone who attended the event, purchased food and other items, and truly helped "bring community together through tamales"!





SUNRISE ESPRESSO 10TH ANNIVERSARY

Sunrise Espresso II
1212 East 32nd St.
Now offering Smoothies

Sunrise Espresso is celebrating its 10 year Anniversary of serving the highest quality coffee to all the good people of Silver City. To celebrate, for the month of October, mention this ad and receive 10% off the cost of your order.

Now with two convenient locations to serve you!

Our premier drive-up location at 1530 N Hudson, between Billy Casper Medical Center and Harvest Fellowship Church, and our 32nd location at 1212 E 32nd, at the corner of Lesley and 32nd which features at comfortable walk-in and an express drive-up window. In addition to our great espresso drinks, we are now offering real fruit smoothies, savory pasteries, homemade biscotti, fresh baked muffins and scones to our menu.

Silver City's PREMIER Drive-Up Espresso Bar!
1530 N. Hudson • Silver City, NM • 575-388-2027
Mon.-Fri. 6am to 4pm • Sat. 7am to 2pm
New Second Location: 1212 E. 32nd St. • Silver City, NM
Mon.-Fri. 6:30 am to 2pm • FREE WiFi



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mmvbeef.com
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DINING GUIDE
continued

steak, seafood: B L D.
IRMA'S, 123 S. Silver Ave., 544-4580. Mexican, American, seafood: B L D.
LA FONDA, 601 E. Pine St., 546-0465. "Roomy, bright and airy, La Fonda is no mere taco joint. The extensive menu features all the Mexican favorites at bargain prices, plus a wide range of Anglo fare and a breakfast that's worth the drive to Deming. Famous for its fajitas: Choose chicken, beef or both, fajitas for two, or try the unusual stuffed fajita potato or seemingly contradictory fajita burrito." (September 2009) Mexican: B L D.*
LAS CAZUELAS, 108 N. Platinum Ave. (inside El Rey meat market), 544-8432. "This gem of a restaurant turns out perfectly cooked steaks and seafood, as well as a full line of Mexican fare." (June 2011) Steaks, seafood, Mexican: Tues.-Sat. L D.*
MANGO MADDIE'S, 722 E. Florida St., 546-3345. Salads, sandwiches, juice bar, coffee drinks.
MANOLO'S CAFÉ, 120 N. Granite St., 546-0405. "The menu offers breakfast, lunch and dinner choices, and it's difficult to convey the immense range of food options available. In every section of the menu, there's a mixture of American-style 'comfort' food items and Southwest-style Mexican dishes which no doubt qualify as Hispanic 'comfort' food. There's nothing particularly fancy about the food, but it's fresh and tasty. And the prices are reasonable." (February 2012) Mexican, American: Mon.-Sat. B L D, Sun. B L.
MIMBRES VALLEY BREWING Co., 200 S. Gold, 544-BREW. Craft beer, burgers, wings, paninis: Mon.-Sat. L D.
PALMA'S ITALIAN GRILL, 110 S. Silver, 544-3100. "Even if you think you don't like Italian food, you might want to try this family-run enterprise, with Harold and Palma Richmond at the helm. In addition to the name, Palma brings to the restaurant her Sicilian heritage and recipes that came to the United States with her grandmother. Harold brings training in classic Continental cuisine, along with his family's New England food traditions." (Sept. 2010) Italian: L D. Sat. prime rib, Sun. buffet.*
PATIO CAFÉ, 1521 Columbus Road, 546-5990. "The famed burgers are

ground fresh daily from 85% lean beef—a half-pound apiece before cooking—and formed for each order. You can adorn your burger in any of a dozen different combinations of cheese, bacon, chiles, pico de gallo, sautéed onions, barbecue sauce, fresh mushrooms, even ham." (February 2006) Burgers, American: Mon.-Sat. L D.*
PRIME RIB GRILL (INSIDE HOLIDAY INN), I-10 exit 85, 546-2661. Steak, seafood, Mexican: B D.
RANCHER'S GRILL, 316 E. Cedar St., 546-8883. Steakhouse, burgers: L D.*
SI SEÑOR, 200 E. Pine St., 546-3938. Mexican: Mon.-Sat. B L D, Sun. B L.
SUNRISE KITCHEN, 1409 S. Columbus Road, 544-7795. "Good-quality comfort food. There's nothing on the menu that is really exotic. But all the familiar dishes, both American and Mexican, are done well, and it's that care in preparation that lifts the food above the ordinary. This is not a freezer-to-fryer type of restaurant." (September 2012) American, Mexican, breakfasts: Mon.-Thur. B L, Fri. B L D.
TACOS MIRASOL, 323 E. Pine St., 544-0646. Mexican: Mon., Wed.-Sat. B L D, Tues. B L.
TOCAYO'S MEXICAN RESTAURANT, 1601 E. Pine St., 567-1963. Mexican, dine in or take out: Mon.-Sat. B L D, Sun. B L.
Akela
APACHE HOMELANDS RESTAURANT, I-10. Burgers, ribs, "casino-style" food: B L D.*
Columbus
PATIO CAFÉ, 23 Broadway, 531-2495. Burgers, American: B L.*
HIDALGO COUNTY
Lordsburg
EL CHARRO RESTAURANT, 209 S. P Blvd., 542-3400. Mexican: B L D.
FIDENCIO'S, 604 E. Motel Dr., 542-8989. Mexican: B L early D.
KRANBERRY'S FAMILY RESTAURANT, 1405 Main St., 542-9400. Mexican, American: B L D.
MAMA ROSA'S PIZZA, 1312 Main St., 542-8400. Pizza, subs, calzones, salads, chicken wings, cheeseburgers, shrimp baskets: L D.
RAMONA'S CAFÉ, 904 E. Motel Dr., 542-3030. "Lordsburg's quiet Mexican food treasure offers some unusual takes on traditional recipes." (December

2012) Mexican, American: Tues.-Fri. B L D, Sun. B mid-day D.
Animas
PANTHER TRACKS CAFÉ, Hwy. 338, 548-2444. Burgers, Mexican, American: Mon.-Fri. B L D
Rodeo
RODEO STORE AND CAFÉ, 195 Hwy. 80, 557-2295. Coffeshop food: Mon.-Sat. B L.
RODEO TAVERN, 557-2229. Shrimp, fried chicken, steaks, burgers, seafood: Weds.-Sat. D.
CATRON COUNTY
Reserve
ADOBE CAFÉ, Hwy. 12 & Hwy. 180, 533-6146. Deli, American, Mon. pizza, Sunday BBQ ribs: Sun.-Mon. B L D, Wed.-Fri. B L.
BLACK GOLD, 98 Main St., 533-6538. Coffeehouse, pastries.
CARMEN'S, 101 Main St., 533-6990. Mexican, American: B L D.
ELLA'S CAFÉ, 533-6111. American: B L D.
UNCLE BILL'S BAR, 230 N. Main St., 533-6369. Pizza: Mon.-Sat. L D.
Glenwood
ALMA GRILL, Hwy. 180, 539-2233. Breakfast, sandwiches, burgers, Mexican: Sun.-Weds., Fri.-Sat. B L.
GOLDEN GIRLS CAFÉ, Hwy. 180, 539-2457. Breakfast: B.
MARIO'S PIZZA, Hwy. 180, 539-2316. Italian: Mon.-Tues., Fri.-Sat. D.
Other Catron County
SNUFFY'S STEAKHOUSE AND SALOON, Quemado Lake, 773-4672. Steakhouse: D (Dec.-April: closed Mon.-Tues.)
SIERRA COUNTY
Hillsboro
BARBER SHOP CAFÉ, Main St., 895-5283. American, Mediterranean, sandwiches: Thurs.-Sat. L.
HILLSBORO GENERAL STORE & CAFÉ, 100 Main St., 895-5306. American and Southwestern: Sun.-Wed., Fri.-Sat. B L.
NOTE—Restaurant hours and meals served vary by day of the week and change frequently; call ahead to make sure. Key to abbreviations: B=Breakfast; L=Lunch; D=Dinner.*=Find copies of *Desert Exposure* here. Send updates, additions and corrections to: updates@red-or-green.com. ☼



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40 DAYS & 40 NIGHTS

What's Going on in January

Plus a look ahead into early February.

**JANUARY
WEDNESDAY
New Year's Day**

THURSDAY
2 Silver City/Grant County
BROWN BAG PROGRAM—History of Chihuahua Hill. With Ardene Rickman, Helen Jaurequi and Librado Maldonado. 12-1 p.m. Silver City Museum Annex, 302 W. Broadway, 538-5921, silverscity-museum.org.

Las Cruces/Mesilla
BIG BAND DANCE CLUB—Jim Helder Septet. New Year's Ball. Semi-formal attire. Finger food. 7-10 p.m. \$9, \$7 members. Court Youth Center, 402 W. Court St., 526-6504.

MESILLA VALLEY STAMP CLUB—6-8 p.m. Branigan Cultural Center, 501 N. Main St., 541-2154, las-cruces.org/museums.

SPIRITUAL PSYCHIC TAROT READINGS—Lina Marlana Carr. 2-5 p.m. Mountain View Market, 1300 El Paseo, 523-0436.

THE PALACE FLOPHOUSE—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

FRIDAY
3 Silver City/Grant County
BUNNY BUNNY—Through Jan.

4. A high-energy and touching solo performance of Alan Zweibel's tribute to the hilarious and lovable Gilda Radner; recounting the friendship of these two "Saturday Night Live" comic icons who shared more than just a few good laughs. Tickets at MRAC office, Wells Fargo Bank, and at the door. 7:30 p.m. \$10. a)sp." A" @e Studio Art Gallery, 110 W. 7th St., (514) 402-0401, www.bunnybunny.freestandingroom.com.

WNMU WOMEN'S BASKETBALL VS. REGIS UNIVERSITY—5:30 p.m. wnmumustangs.com.

WNMU MEN'S BASKETBALL VS. REGIS UNIVERSITY—7:30 p.m. wnmumustangs.com.

Las Cruces/Mesilla
DOLL-MAKING—In conjunction with Toys and Dolls and the Lincoln: The Constitution and the Civil War exhibitions, a morning of doll-making using traditional materials accessible in the Civil War era. 10-11:30 a.m. Free. Branigan Cultural Center, 501 N. Main St., 541-2154, las-cruces.org/museums.

OPEN MIC NIGHT—7-9 p.m. Free. Rio Grande Theatre, 211 N. Downtown Mall, 523-6403, riograndetheatre.com.

ROSEMARY McKEOWN—Rosemary McKeown's oil paintings depicting colorful southwest landscapes and buildings will be showcased in the El Paso Electric Gallery during the month of January. McKeown began her artistic career 10 years ago when she began studying under Master Artist Joe Ireland. Reception 5-7 p.m. Rio Grande Theatre, 211 N. Downtown Mall, 523-6403, riograndetheatre.com.

SATURDAY
4 Silver City/Grant County
COMMUNITY DANCE—Big Ditch Crickets, The Fiddle Club, Fiddling Friends and other special guests. All ages. Dances taught. 7-10 p.m. \$5, free for children under 12. Old Elks Lodge, 315 N. Texas St.

BUNNY BUNNY—See Jan. 3. 7:30 p.m. \$10. a)sp." A" @e Studio Art Gallery, 110 W. 7th St., (514) 402-0401, www.bunnybunny.freestandingroom.com.

FEMME SCHISM: WARRIOR WOMEN PAID LESS?—Exhibit through Jan. 30. Solo exhibit. 18 and up. Opening reception. 7 p.m. a)sp." A" @e Studio Art Gallery, 110 W. 7th St.

WNMU WOMEN'S BASKETBALL VS. METRO STATE UNIVERSITY-DENVER—5:30 p.m. wnmumustangs.com.

WNMU MEN'S BASKETBALL VS. METRO STATE UNIVERSITY-DENVER—7:30 p.m. wnmumustangs.com.

Las Cruces/Mesilla
FARM FUN FOR KIDS—Youth ages 5 and up are invited to participate in a farm workshop tailored specifically for inquisitive minds. The workshop is designed to help kids learn about different aspects of vegetable farming, livestock, worm farming and composting. Pre-registration required. 12-1:30 p.m. \$10, \$8 members. Mountain View Market Farm, 2653 Snow Road, 523-0436, mountainviewmarket.coop.

SEAN LUCY WITH EVERETT HOWL &

THE WOLVES—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

STORYTELLERS OF LAS CRUCES—Terry Alvarez. 10:30 a.m. Coas Books Downtown, 317 N. Water St.

STORYTELLERS OF LAS CRUCES—Nancy Banks. 10:30 a.m. Coas Books Solano, 1101 S. Solano.

SUNDAY
Deming

5 IRMA LEE—Exhibit opening. 1-3 p.m. Deming Arts Center, 100 S. Gold, 546-3663, demingarts@hotmail.com.

TUESDAY
7 Las Cruces / Mesilla

ARGENTINE TANGO DE LAS CRUCES—Tuesdays. 6:30-9:30 p.m. \$5, NMSU students free with ID. 2251 Calle de Santiago, 620-0377.

KIM LYTTON—Lytton has a music degree in violin and a wide variety of musical tools under her belt. In addition to playing the violin, she sings, performs on the piano and guitar. She has her own recording studio and has written, produced and recorded hundreds of songs. The songs she performs are from the 1920s through the 1970s. 6:30 p.m. Free. Rio Grande Theatre, 211 N. Downtown Mall, 523-6403, riograndetheatre.com.

TRAP, NEUTER & RETURN: FERAL CAT CARE—Nationally recognized expert on feral cat care Joe Miele will explain some simple things we can do to make the feral cat population more comfortable, and learn how to humanely reduce the population by preventing new litters. 6-7:30 p.m. Free. Mountain View Market, 1300 El Paseo, 523-0436.

WEDNESDAY
8 Silver City/Grant County

TRIVIA NIGHT—7 p.m. Bear Mountain Lodge, 60 Bear Mountain Ranch Road, 538-2538.

THURSDAY
9 Silver City/Grant County

WARM YOUR HOME NATURALLY—The basics of do-it-yourself passive solar design. The class will introduce the basics of passive solar design—solar gain, insulation and thermal mass—and use these fundamentals to explain how to design ovens, water heaters and even homes and home renovations. 12-1 p.m. Free. Silver City Co-Op Community Room, 520 N. Bullard St., 388-2343, silverscityfoodcoop.com.

BREATH/MEDITATION SKILLS—Psychic Development Series. 1-2:30 p.m., \$10. The Rock Center, 413 N. Bullard St., 956-5200, www.gayerock.com.

MANIFEST YOUR DESIRES—Thursdays through Feb. 6. 3-4 p.m., \$35. The Rock Center, 413 N. Bullard St., 956-5200, www.gayerock.com.

Las Cruces/Mesilla

BIG BAND DANCE CLUB—CDs. Mike D'Arcy DJ 7-10 p.m. \$7. Court Youth Center, 402 W. Court St., 526-6504.

FILM LAS CRUCES—Monthly forum. Trailers for locally made films will be screened, alongside short films by student filmmakers, followed by Q & A sessions with the filmmakers and industry news as it pertains to our area. 7 p.m. Rio Grande Theatre, 211 N. Downtown Mall, 523-6403, riograndetheatre.com.

LOST BUILDINGS OF LAS CRUCES—Local historian Christopher Schurtz. 7 p.m. \$2. New Mexico Farm & Ranch Heritage Museum, 4100 Dripping Springs Road, 522-4100, www.nmfarmandranchmuseum.org.

LOU SHIELDS—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

NMSU MEN'S BASKETBALL VS. SEATTLE U—7 p.m. Pan Am Center, 646-1420, panam.nmsu.edu.

FRIDAY
10 Silver City/Grant County

MIKE + RUTHY—Ruth Ungar and Mike Merenda have emerged as one of acoustic America's most revered musical duos. MRAC Folk Series. 7:30-10 p.m. \$20, \$15 members. Buckhorn Opera House, 32 Main St., Pinos Altos, www.mimbresarts.org.

WNMU WOMEN'S BASKETBALL VS. ADAMS STATE UNIVERSITY—5:30 p.m. wnmumustangs.com.

WNMU MEN'S BASKETBALL VS. ADAMS STATE UNIVERSITY—7:30 p.m. wnmumustangs.com.

Las Cruces/Mesilla
BEADS AND JEWELRY—Local artist

Karen Feder will discuss the history of beads and their use in the cultures and countries featured in the exhibit "Adorning the World: The Intersection of Jewelry and Culture." Feder will bring examples of many of the beads and objects used in her artwork. She will explore how body adornment is the primary indication of status and wealth in a wide range of cultures in different regions of the world. 1 p.m. Free. Branigan Cultural Center, 501 N. Main St., 541-2154, las-cruces.org/museums.

MESILLA VALLEY OUTDOOR EXPO—Get lost indoors at the Mesilla Valley Outdoor Expo. The show features hunting, fishing tackle, ATVs, RVs and more. 1-9 p.m. \$8, free under 12. Las Cruces Convention Center, 680 E. University Ave., 526-0112, facebook.com/MVoutdoorexpo.

SATURDAY
11 Silver City/Grant County

BASICS OF DO-IT-YOURSELF PASSIVE SOLAR DESIGN—Will cover the basics of passive solar—solar gain, appropriate insulation and thermal mass—and how to apply these concepts to ovens, water heaters, homes, and home retrofits. Taught by Jean Eisenhower of Home and Garden Inspiration. Participants will see two solar ovens cooking, discuss various aspects of building ovens and water heaters, and tour a passive-solar home, discuss ways to maximize its function, and see artistic applications of natural plaster used as thermal mass. Participants are encouraged to bring their own home designs to brainstorm passive solar retrofit possibilities with the group. Bring your own lunch. Pre-registration required; contact for location info. 10 a.m.-2 p.m. \$30. homeandgardeninspiration.net.

CRAFT CLASS—Make a bandana pillow. Ages eight and older. Pre-registration encouraged. 10 a.m.-12 p.m. \$5. Silver City Museum, 312 W. Broadway, 538-5921, silverscitymuseum.org.

FOLDED FLOWER CLASS—Make an origami flower from fabric. Basic hand sewing skills required. 2-4 p.m. \$5. The Common Thread, 107 W. Broadway, 538-5733, fiberartscollective.org.

GRAND OPENING—Hors d'oeuvres, giveaways, live music. Little Toad Creek Brewery & Distillery, 200 N. Bullard.

PRACTICAL PSYCHIC PROTECTION—9 a.m.-4 p.m., \$45. The Rock Center, 413 N. Bullard St., 956-5200, www.gayerock.com.

VACCINATION CLINIC—9 a.m.-noon. High Desert Humane Society, 3050 Cougar Way, 538-9261.

WNMU WOMEN'S BASKETBALL VS. FORT LEWIS COLLEGE—5:30 p.m. wnmumustangs.com.

WNMU MEN'S BASKETBALL VS. FORT LEWIS COLLEGE—7:30 p.m. wnmumustangs.com.

Las Cruces/Mesilla

MESILLA VALLEY OUTDOOR EXPO—See Jan. 10. 9 a.m.-6 p.m. \$8, free under 12. Las Cruces Convention Center, 680 E. University Ave., 526-0112, facebook.com/MVoutdoorexpo.

EL PASO PRO MUSICA—Paul Rosenthal, violin; Natasha Paremski, piano; Zuill Bailey, cello; Stephanie Meyers, viola. 7:30 p.m. \$5-\$25. St. Paul's Methodist Church, (915) 833-9400, eppm.org.

MISS IZZY COX—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

NMSU MEN'S BASKETBALL VS. IDAHO—Pan Am Center, 646-1420, panam.nmsu.edu.

STORYTELLERS OF LAS CRUCES—Douglas Jackson. 10:30 a.m. Coas Books Downtown, 317 N. Water St.

STORYTELLERS OF LAS CRUCES—Judith Ames. 10:30 a.m. Coas Books Solano, 1101 S. Solano.

SUNDAY
12 Las Cruces / Mesilla

MESILLA VALLEY OUTDOOR EXPO—See Jan. 10. 9 a.m.-4 p.m. \$8, free under 12. Las Cruces Convention Center, 680 E. University Ave., 526-0112, facebook.com/MVoutdoorexpo.

MONDAY
13 Silver City/Grant County

GROUP MEDITATION CHANTING HU—Also Jan. 27. People of all beliefs are welcome to participate in a group meditation chanting HU, an ancient

EVENTS continued on next page

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Thu 1/2	The Palace Flophouse (Albuquerque Americana)
Sat 1/4	Sean Lucy w/ Everett Howl & The Wolves
Thu 1/9	Lou Shields (Chicago One-Man-Skateboard-Blues Band)
Sat 1/11	Miss Izzy Cox (Austin One-Woman Voodoo-Billy Band)
Thu 1/16	David Vidal (LA Slide Blues)
Sat 1/18	Jen Exten (TorC Singer-Songwriter)
Thu 1/23	Secret Circus (Pop-Rock from Sweden)
Sat 1/25	Montoya Clan (Bisbee/LC)
Thu 1/30	Tiffany Christopher (Local Lady Rocker)

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The Fountain Theatre will be **closed** for building maintenance
January 3 through February 6, 2014.
 We will reopen **Friday, February 7.**

For the most current information on what we'll be playing in February, please check out our Facebook page (<https://www.facebook.com/mvfs89>).

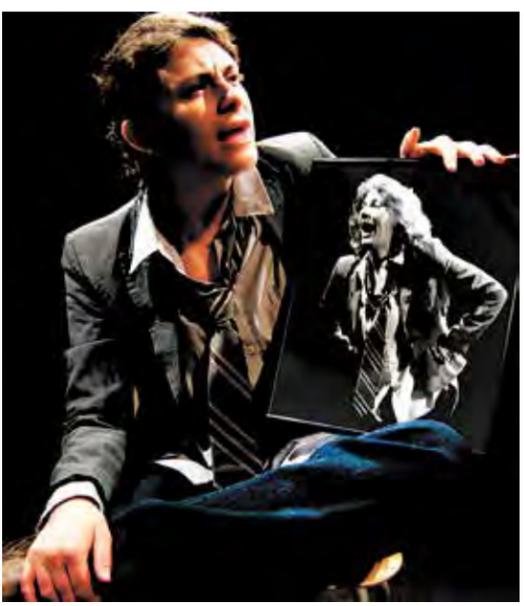
Mesilla Valley Film Society
 2469 Calle de Guadalupe, Mesilla • www.mesillavalleyfilm.org • (575) 524-8287
 Shows nightly at 7:30- Sunday Matinee at 2:30.
 The Fountain Theatre—featuring the best independent, foreign and alternative films in the Southwest. Home of the Mesilla Valley Film Society since 1989!

THE TO DO LIST
 Resolve to enjoy 2014.



Mike + Ruthy.

We have plenty of ways to help you ring in the New Year and keep your resolution to have fun in 2014. Start with a special performance at A SPACE Gallery in downtown Silver City, **Jan. 3 and 4**, of *Bunny Bunny*: **GILDA RADNER: A Sort of Love Story**. Performed by Rosaruby Kagan and directed by Tanner Harvey, the production is their stage abridgment of Alan Zweibel's book by the same name. An homage to his long-time friend, "Saturday Night Live" star Gilda Radner, it recounts his "most cherished memories" in vignettes sketched in dialogue. Actress Ka-



Rosaruby Kagan in *Bunny, Bunny*.

gan grew up in the Mimbres Valley and has worked with theater companies in New York City, Austin and Montreal, where *Bunny Bunny* debuted to stellar reviews. Following these special hometown performances, the show will tour to Lawrence, Kan., and Victoria, BC, as part of the internationally recognized Uno Festival. Tickets are available in advance at the Mimbres Region Arts Council office and at the door.

On **Jan. 10**, MRAC's Folk Series brings **Mike + Ruthy** to the Buckhorn Opera House in Pinos Altos. Self-described as folk roots musicians and hailing from Woodstock, NY, Ruth Ungar and Mike Merenda have performed more than a thousand concerts including at Carnegie Hall accompanying Arlo Guthrie (with their former band The Mammals) and Madison Square Garden as part of Pete Seeger's 90th birthday celebration. In 2012, Mike + Ruthy released their fourth EP, "The NYC EP," featuring the premiere recording of "My New York City," a revived lyric from the Woody Guthrie Archives.

This is also the month Silver City's Western Institute for Lifelong Learning cranks up for a new season of education and inspiration. You can sign up for classes—choosing from an impres-

sive 74 different offerings—at the **WILL Signup Social** on **Jan. 15** at 5 p.m. WNMU's Global Resource Center. WILL's **Lunch & Learn** series kicks off that same day with a talk on classical music by James L. Smith, also at the Global Resource Center. On Jan. 22 the series continues with Julian Lee on the 1959 Decker Wildfire and Jan. 29 with three WNMU professors on Latino families and education.

On **Jan. 24**, the Grant County Community Concert Association presents **Jesse Lynch** and "Jazz 101." Celebrating 101 years of jazz in song, words and onscreen, the concert features Lynch on piano, Joe Michaels on bass and Matt Smallcomb on drums.

That same day in Las Cruces, as well as **Jan. 25**, seven-time Emmy Award winner Ed Asner and two-time Emmy recipient Loretta Swit will perform their Roosevelt biographical plays, *Eleanor & FDR*, as a benefit for New Mexico State University Theatre Arts scholarships, local choir Singing Out! and the Safe Haven animal shelter at NMSU's Center for the Arts. The Theatre Guild, the legendary New York producing organization, has presented the two plays separately on tour throughout the US during the past three years. Ron Nash, supervising director, developed the idea of shortening the two plays and presenting them as an evening with the Roosevelts. The creative team is interested in *Eleanor & FDR* as a pre-Broadway tryout of a possible New York run.

Asner is perhaps best known as the gruff but soft-hearted journalist Lou Grant, the character he originated on the landmark TV comedy "The Mary Tyler Moore Show" and continued in the spin-off "Lou Grant." Swit earned her own TV fame as the quick-witted, impassioned Major Margaret "Hot-Lips" Houlihan of television's most honored series, "M*A*S*H."

Another double play, so to speak, runs **Jan. 24-Feb. 16** at the Black Box Theatre in Las Cruces: *Romance/Romance*, a musical composed of two one-act plays linked by the common theme of love. First is *The Little Comedy*, based on a short story by Arthur Schnitzler set in late 19th century Vienna. It focuses on Josephine and Alfred, who have both become bored with their comfortable lifestyles and decided to take on new personas. Alfred takes on the role of a struggling poet and Josefina, a working-class woman. The plot centers around their budding relationship as they meet during a weekend in the country. Second, *Summer Share* is based on a Jules Renard 1898 play, made into a modern-day musical, set in the Hamptons, about two married couples in their 30s who are spending the summer in a rented cottage. 🌻

EVENTS continued

students free with ID. 2251 Calle de Santiago, 620-0377.

WEDNESDAY
15 Silver City/Grant County WILL LUNCH & LEARN—"Too Old to Rock and Roll, Too Young to Die: A Beginner's Guide to Understanding Classical Music," hosted by James Smith. Bring a sack lunch. 12 p.m. Free. WNMU Global Resource Center, 12th & Kentucky, 538-6835, will-learning.com, info@will-learning.com.
WILL SIGN-UP SOCIAL—5:30 p.m. WNMU Global Resource Center, 12th & Kentucky, 538-6835, will-learning.com, info@will-learning.com.

Las Cruces/Mesilla CULTURAL CONNECTIONS BOOK CLUB—To accompany the exhibit "Lincoln: The Constitution and the Civil War," the Cultural Center's Cultural Connections Book Club will read Robert Hicks' *Widow of the South* in January. The historical fiction is based on the true story of a woman who reburied 1,500 soldiers at her home rather than see their burials plowed under. 2-4 p.m. Branigan Cultural Center, 501 N. Main St., 541-2154, las-cruces.org/museums.
EL PASO PRO MUSICA—Rubens String Quartet, featuring David Leisner, guitar, Zuill Bailey, cello. 7:30 p.m. \$5-\$25. NMSU University Center for the Arts, 1000 E. University Ave., 915-833-9400, eppm.org.
STYX—Classic rock legends. 7:30 p.m. \$25-\$35. Pan Am Center, 646-1420, panam.nmsu.edu.

THURSDAY
16 Silver City/Grant County A BAROQUE FEAST OF ART, MUSIC AND FOOD—Focusing on the Baroque period of Rembrandt and other notable artists, this special event will pair period music and food with a period piece from the BBC documentary, "The Private Life of a Masterpiece," telling the story behind great works of art. Judith Meyer will display her 250-year-old lute and will also provide some art instruction.

6:30-7:30 p.m. WNMU Parotti Hall, 1000 W. College Ave.
GREG AND JEAN ANN—Original folk and favorite covers. 2-4 p.m. Yankie Creek Coffee House, Yankie and Texas.
GROWING SPROUTS AND MICRO-GREENS—See Jan. 14. 12-1 p.m. Free. Silver City Co-Op Community Room, 520 N. Bullard St., 388-2343, silvecity-foodcoop.com.

NEWCOMERS CLUB—Linda Billings will speak about "Life in Damascus." 11 a.m. \$10 includes lunch. Silver City Women's Club, Yucca & Hwy. 180.

BEGINNING CLAIRVOYANCE—Psychic Development Series. 1-2:30 p.m., \$10. The Rock Center, 413 N. Bullard St., 956-5200, www.gayerock.com.

Las Cruces/Mesilla
BIG BAND DANCE CLUB—Ron Thielman seven-piece band. 7-10 p.m. \$9, \$7 members. Court Youth Center, 402 W. Court St., 526-6504.

CHEESE TASTING—11 a.m.-1 p.m. Mountain View Market, 1300 El Paseo, 523-0436.

DAVID VIDAL—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

EAT SMART LIVE WELL—Detox Wellness Class. Learn the safe ways to naturally detox without stressing your body. 5-6 p.m. \$3, free for members. Mountain View Market, 1300 El Paseo, 523-0436.

SPIRITUAL PSYCHIC TAROT READINGS—Lina Marlena Carr. 2-5 p.m. Mountain View Market, 1300 El Paseo, 523-0436.

VEGAN SUPPORT GROUP—Learn about the aspects and advantages of eating vegan, as well as the difference between eating a vegetarian diet and a vegan diet. 7-8 p.m. Mountain View Market, 1300 El Paseo, 523-0436.

HEART OF THE HOME: THE ART OF PATRICIA BURNETT—Reception. See Arts Exposure section. 6-8 p.m. New Mexico Farm & Ranch Heritage Museum, 4100 Dripping Springs Road, 522-4100, www.nmfarmandranchmuseum.org.

FRIDAY
17 Silver City/Grant County
GLA NATIVE PLANT SOCIETY—George Farmer will present a program on "Seed Matters: We Reap What We Sow," the epic journey of seed—12,000 years of relationship between people and plants that transformed the world.

You will also learn why plant diversity is a critical component to human life and the current perils that are diminishing that diversity. 7 p.m. Free. WNMU Harlan Hall.

SATURDAY
18 Silver City/Grant County
BOOK SIGNING—*Walking Going—Journey to the Holy Mountains of Nepal*, with author Esther Melvin. 2 p.m. Silver City Museum, 312 W. Broadway, 538-5921, silvecitymuseum.org.

Las Cruces/Mesilla
DESERT BABY-WEARERS—Learn about safe and comfortable baby-wearing, practice new methods, try different carriers and meet other baby-wearers at this monthly meeting. 10 a.m.-12 p.m. Free. Mountain View Market, 1300 El Paseo, 523-0436.

NMSU SWIMMING AND DIVING VS. IDAHO—11:30 a.m. Aquatics Center.

JEN EXTEN—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

SEEDSHARE—Collect seeds and learn seed saving. This free community event gathers gardeners and farmers who want to promote seed saving and food gardening. Whether you are a beginner, new to desert growing, or a seasoned pro, SeedShare is an opportunity to collect seeds, solve problems, learn seed saving skills, and meet other growers. All seeds are free, but take only what you will use. You don't have to bring seeds to get seeds, but because we rely on donations, please bring some seeds if you can. Small envelopes or zip-top bags, bulbs, cuttings and tubers are also appreciated. Optional potluck lunch. 1-3:30 p.m. Mountain View Market, 1300 El Paseo, 523-0436.

STORYTELLERS OF LAS CRUCES—Sarah Addison and Sharlene Wittern. 10:30 a.m. Coas Books Downtown, 317 N. Water St.

STORYTELLERS OF LAS CRUCES—Gloria Hacker. 10:30 a.m. Coas Books Solano, 1101 S. Solano.

SUNDAY
19 Silver City/Grant County
MUSEUM BOOK CLUB—*To Hell on a Fast Horse*. 2 p.m. Silver City Museum, 312 W. Broadway, 538-5921, silvecity-museum.org.

FUNDRAISING DINNER—Benefits Bridge Community. Entertainment by

Spare Parts barbershop ensemble. Pasta, salad, bread, dessert, beverage. 4 p.m. \$10. First United Methodist Church, 314 W. College Ave., 538-5754.

Las Cruces/Mesilla
COMPASSION & CHOICES—Guest speaker will be Julie A. Stanton, admissions supervisor, Mesilla Valley Hospice. 1:30-3 p.m. Branigan Cultural Center, 501 N. Main St., 541-2154, las-cruces.org/museums.

KARLA BONOFF—6-8:30 p.m. \$25-\$35. Rio Grande Theatre, 211 N. Downtown Mall, 523-6403, riogrande-theatre.com.

THE ROAD SHOW 2014—This year's tour features Skillet, Third Day, Jamie Grace, Andy Mineo, Royal Tailor, We as Human, The Neverclaim, and Soulfire Revolution with guest speaker Tony Wolf and a pre-show party with KB. 6 p.m. \$10-\$20. Pan Am Center, 646-1420, panam.nmsu.edu.

Hillsboro
ANA EGGE—3-5 p.m. \$5. Hillsboro Community Center.

MONDAY
20 Martin Luther King Jr. Day

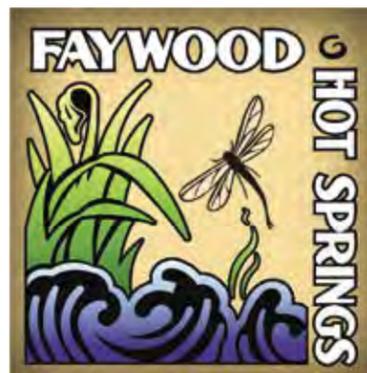
TUESDAY
21 Silver City/Grant County
STILL-LIFE PAINTING—Beginning 10-week session with Paul Hotvedt. 2-4 p.m. \$200. Leyba & Ingalls Arts, 315 N. Bullard, 388-5725, www.leybaingallsarts.com, www.paulhotvedt.com.

Las Cruces/Mesilla
ARGENTINE TANGO DE LAS CRUCES—Tuesdays. 6:30-9:30 p.m. \$5, NMSU students free with ID. 2251 Calle de Santiago, 620-0377.

THREE CALAVERAS—The three easily blend their influences of punk rock, garage, country, blues, Americana and folk into original compositions, and also cover their favorite artists. 6:30-7:30 p.m. Free. Rio Grande Theatre, 211 N. Downtown Mall, 523-6403, riogrande-theatre.com.

WEDNESDAY
22 Silver City/Grant County
WILL LUNCH & LEARN—Julian Lee speaking on "Dynamics of a Catastrophe."

EVENTS continued on next page



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RIDER'S EDGE 2014 SCHEDULE AVAILABLE SOON!
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The Harry Benjamin Auction
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Auction of work from the Harry Benjamin Collection
Saturday, February 22, 2014
1 - 5 pm

WNMU Global Resource Center (GRC) Auditorium
 At the intersection of 12th St. and Florida St.
 Silver City, New Mexico

For more information please visit:
www.harrybenjaminauction.com

EVENTS continued

trophe: The Decker Wildfire of 1959." Bring a sack lunch or just bring yourself! 12 p.m. WNMU Global Resource Center, 12th & Kentucky, 538-6835, will-learning.com, info@will-learning.com.

Las Cruces/Mesilla

HERBAL MEDICINE—Wednesdays through March 26. From the Ground Up proprietor Deborah Brandt will lead an in-depth course series detailing the diverse uses and applications of traditional herbal medicine to maintain a healthful, vibrant quality of life. Each week will feature a different topic, beginning with "Herbs to Treat Respiratory Ailments." 6-7:30 p.m. \$20, \$15 members. Mountain View Market, 1300 El Paseo, 523-0436.

MVM BOARD OF DIRECTORS MEETING—5:30-8:30 p.m. Mountain View Market, 1300 El Paseo, 523-0436.

THURSDAY

23 Silver City/Grant County LIFE DRAWING/PAINTING—Beginning 10-week session with Paul Hotvedt. 2-4 p.m. \$200 plus \$60 model fee. Leyba & Ingalls Arts, 315 N. Bullard, 388-5725, www.leybaingallsarts.com, www.paulhotvedt.com.

CONNECTING WITH YOUR HIGHER SELF—Psychic Development Series. 1-2:30 p.m., \$10. The Rock Center, 413 N. Bullard St., 956-5200, www.gayerock.com.

Las Cruces/Mesilla

BIG BAND DANCE CLUB—CDs. Mike D'Arcy DJ. 7-10 p.m. \$9, \$7 members. Court Youth Center, 402 W. Court St., 526-6504.

EAT SMART LIVE WELL—Detox Cooking Class. 5-6 p.m. \$3, free for members. Mountain View Market, 1300 El Paseo, 523-0436.

SECRET CIRCUS—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

FRIDAY

24 Silver City/Grant County JESSE LYNCH—"Jazz 101," 101 years of America's art form in song, words and onscreen. Featuring Jesse Lynch, piano; Joe Michaels, bass; Matt Smallcomb, drums. Grant County Community Concert Association. 7:30 p.m. \$20, \$5 students to age 17. WNMU Fine Arts Center Theater, W. 12th St & N. Kentucky St., gconcerts.org.

THE HARRY BENJAMIN COLLECTION PART II—Selected works will be exhibited. Reception. 5-8 p.m. Free. WNMU McCray Gallery, 1000 W. College Ave., 538-6517.

Las Cruces/Mesilla

ELEANOR & FDR—Also Jan. 25. Seven-time Emmy Award winner Ed Asner and two-time Emmy recipient Loretta Swit will perform their Roosevelt biographical plays. 7:30 p.m. \$20-\$40. Pan Am Center, 646-1420, panam.nmsu.edu.

ROMANCE/ROMANCE—Through Feb. 16. Musical composed of two one-act plays linked by the common theme of love. "The Little Comedy" is based on a short story by Arthur Schnitzler. Set in late 19th century Vienna, it focuses on Josephine and Alfred, who have both become extremely bored with their very comfortable lifestyles and have decided to take on new personas. Alfred takes on the role of a struggling poet and Josefine, a working-class woman. The plot centers around their budding relationship as they meet during a weekend in the country. "Summer Share" is based on a Jules Renard 1898 play, made into a modern-day musical, set in the Hamptons, about two married couples in their 30s who are spending the summer in a rented cottage. 8 p.m. \$12, \$10 students and seniors over 65. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

SATURDAY

25 Silver City/Grant County CHINESE NEW YEAR CRAFT CLASS—Year of the horse. 11 a.m.-1 p.m. Bayard Public Library, 1112 Central Ave.

WNMU WOMEN'S BASKETBALL VS. NM HIGHLANDS UNIVERSITY—5:30 p.m. wnmumustangs.com.

WNMU MEN'S BASKETBALL VS. NM HIGHLANDS UNIVERSITY—7:30 p.m. wnmumustangs.com.

Las Cruces/Mesilla

MONTOKA CLAN—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

NMSU MEN'S BASKETBALL VS. TEXAS-PAN AMERICAN—Pan Am Center, 646-1420, panam.nmsu.edu.

ROMANCE/ROMANCE—See Jan. 24. Through Feb. 16. 8 p.m. \$12, \$10 students and seniors over 65. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

WINE AND CHEESE PAIRINGS—Moun-



Ed Asner and Loretta Swit star in *Eleanor & FDR* at NMSU's Center for the Arts, Jan. 24-25.



tain View Market's first wine and cheese sampling event pairs traditional and specialty cheeses with local wine from Amaro Winery. 12-4 p.m. Mountain View Market, 1300 El Paseo, 523-0436.

STORYTELLERS OF LAS CRUCES—Loni Todoroki. 10:30 a.m. Coas Books Downtown, 317 N. Water St.

STORYTELLERS OF LAS CRUCES—Sonya Weiner. 10:30 a.m. Coas Books Solano, 1101 S. Solano.

SUNDAY

26 Las Cruces / Mesilla ANTIQUE TREASURES DAY—This is the only day each year that guided tours are given to the collections room where more than 10,000 artifacts are stored in a climate-controlled environment. Visitors get a behind-the-scenes look at the museum's collections and preservation program. Regular admission. 12-4 p.m. New Mexico Farm & Ranch Heritage Museum, 4100 Dripping Springs Road, 522-4100, www.nmfarmandranchmuseum.org.

SWEETHEARTS OF SONG—Also Jan. 27. A collection of songs from operettas. 7 p.m. \$10. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

MONDAY

27 Silver City/Grant County GROUP MEDITATION CHANTING HU—See Jan. 13. 6:30-7 p.m. Center for the Healing Arts, 300 W. Yankee, 956-5038.

Las Cruces/Mesilla

SWEETHEARTS OF SONG—See Jan. 26. 7 p.m. \$10. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

TUESDAY

28 Las Cruces / Mesilla ARGENTINE TANGO DE LAS CRUCES—Tuesdays. 6:30-9:30 p.m. \$5, NMSU students free with ID. 2251 Calle de Santiago, 620-0377.

WEDNESDAY

29 Silver City/Grant County WILL LUNCH & LEARN—"Latino Families' Attitudes Toward Education and Common Misconceptions." Professors Lydia Huerta, Margarita Wulfange and Alexandra Neves share their findings. Bring a sack lunch or just bring yourself! 12 p.m. Free. WNMU Global Resource Center, 12th & Kentucky, 538-6835, will-learning.com, info@will-learning.com.

Las Cruces/Mesilla

HERBAL MEDICINE—See Jan. 22. Wednesdays through Mar. 26. "Support for Immune Function." 6-7:30 p.m. \$20, \$15 members. Mountain View Market, 1300 El Paseo, 523-0436.

THURSDAY

30 Silver City/Grant County CHAKRA/AURA WORK—Psychic Development Series. 1-2:30 p.m., \$10. The Rock Center, 413 N. Bullard St., 956-5200, www.gayerock.com.

Las Cruces/Mesilla

BIG BAND DANCE CLUB—Steppin' Up. 7-10 p.m. \$9, \$7 members. Court Youth Center, 402 W. Court St., 526-6504.

NMSU MEN'S BASKETBALL VS. BAKERSFIELD—Pan Am Center, 646-1420, panam.nmsu.edu.

TIFFANY CHRISTOPHER—Live music. High Desert Brewing, 1201 W. Hadley, 525-6752.

FRIDAY

31 Silver City/Grant County WNMU WOMEN'S BASKETBALL VS. UNIVERSITY OF COLORADO-COLORADO SPRINGS—5:30 p.m. wnmumustangs.com.

WNMU MEN'S BASKETBALL VS. UNIVERSITY OF COLORADO-COLORADO SPRINGS—7:30 p.m. wnmumustangs.com.

Las Cruces/Mesilla

ROMANCE/ROMANCE—See Jan. 24. Through Feb. 16. 8 p.m. \$12, \$10 students and seniors over 65. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

THE FOREIGNER—Through Feb. 16. Winner of two Obie Awards and two Outer Critics Circle Awards as Best New American Play and Best Off-Broadway Production. An inspired comic romp, equal in inventive hilarity to the author's classic comedy *The Play* demonstrates what can happen when a group of devious characters must deal with a stranger who (they think) knows no English. 8 p.m. \$10, \$9 students, seniors and military, \$7 children 6 and under. Las Cruces Community Theater, 313 N. Downtown Mall, 523-1200, lccnm.org.

FEBRUARY SATURDAY

1 Silver City/Grant County WNMU WOMEN'S BASKETBALL VS. CSU-PUEBLO—5:30 p.m. wnmumustangs.com.

WNMU MEN'S BASKETBALL VS. CSU-PUEBLO—7:30 p.m. wnmumustangs.com.

Las Cruces/Mesilla

NMSU MEN'S BASKETBALL VS. UTAH VALLEY—Pan Am Center, 646-1420, panam.nmsu.edu.

ROMANCE/ROMANCE—See Jan. 24. Through Feb. 16. 8 p.m. \$12, \$10 students and seniors over 65. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

THE FOREIGNER—See Jan. 31. Through Feb. 16. 8 p.m. \$10, \$9 students, seniors and military, \$7 children 6 and under. Las Cruces Community Theater, 313 N. Downtown Mall, 523-1200, lccnm.org.

URBAN CONTAINER GARDENING WORKSHOP—Want to grow vegetables and herbs at home but don't think you have the space, soil or time? Learn the best strategies and techniques to become an urban grower. This workshop will offer skills and tips on how to grow in small places. Instruction will cover all aspects of growing edibles in containers: what, when, and how to plant, as well as how to help your vegetables and herbs thrive. Pre-registration required. 10 a.m.-12 p.m. \$20, \$15 members. Mountain View Market Farm, 2653 Snow Road, 523-0436, mountainview-market.coop.

SUNDAY

GROUNDHOG DAY Las Cruces / Mesilla
2 CIRQUE MONTAGE—A whimsical world of animated characters. 3-5 p.m. \$25-\$35. Rio Grande Theatre, 211 N. Downtown Mall, 523-6403, riograndetheatre.com.

ROMANCE/ROMANCE—See Jan. 24. Through Feb. 16. 2:30 p.m. \$12, \$10 students and seniors over 65. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

THE FOREIGNER—See Jan. 31. Through Feb. 16. 2 p.m. \$10, \$9 students, seniors and military, \$7 children 6 and under. Las Cruces Community Theater, 313 N. Downtown Mall, 523-1200, lccnm.org.

Deming

THE TRIUMPH OF FAITH—Reception for exhibit by Joseph Manuel Chavez. 1-3 p.m. Deming Arts Center, 100 S. Gold, 546-3662.

TUESDAY

4 Las Cruces / Mesilla EL PASO PRO MUSICA—Piers Lane,

Complete Chopin Nocturnes. 7:30 p.m. \$5-\$25. NMSU Atkinson Hall, 1075 N. Horseshoe, 646-2421.

HARLEM GLOBETROTTERS—7 p.m. \$25-\$82. Pan Am Center, 646-1420, panam.nmsu.edu.

THURSDAY

6 Silver City/Grant County KINETICS AND PSYCHOMETRY—Psychic Development Series. 1-2:30 p.m., \$10. The Rock Center, 413 N. Bullard St., 956-5200, www.gayerock.com.

Las Cruces/Mesilla

ROMANCE/ROMANCE—See Jan. 24. Through Feb. 16. 7 p.m. \$8. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

FRIDAY

7 Las Cruces / Mesilla
ROMANCE/ROMANCE—See Jan. 24. Through Feb. 16. 8 p.m. \$12, \$10 students and seniors over 65. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

THE FOREIGNER—See Jan. 31. Through Feb. 16. 8 p.m. \$10, \$9 students, seniors and military, \$7 children 6 and under. Las Cruces Community Theater, 313 N. Downtown Mall, 523-1200, lccnm.org.

SATURDAY

8 Silver City/Grant County 15TH ANNUAL CHOCOLATE FANTASIA—Join us in Downtown Silver City for a day of fun, community and chocolate. Downtown merchants and galleries decorate in keeping with the fairy tale theme, "Once Upon a Chocolate," and there will be free events for the entire family including site-specific events, games and an awards ceremony. 11 a.m.-4 p.m. \$20 for 20 handcrafted chocolates. Downtown Silver City, 538-2505, mimbresarts.org.

VACCINATION CLINIC—9 a.m.-noon. High Desert Humane Society, 3050 Cougar Way, 538-9261.

Las Cruces/Mesilla

AMIT PELED, CELLO-CLASSIC FOUR—Also Feb. 9. 7:30 p.m. NMSU Atkinson Hall, 1075 N. Horseshoe, 646-2421.

ROMANCE/ROMANCE—See Jan. 24.



Silver City's 15th annual Chocolate Fantasia appeals to sweet teeth on Feb. 8.

Through Feb. 16. 8 p.m. \$12, \$10 students and seniors over 65. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

THE FOREIGNER—See Jan. 31. Through Feb. 16. 8 p.m. \$10, \$9 students, seniors and military, \$7 children 6 and under. Las Cruces Community Theater, 313 N. Downtown Mall, 523-1200, lccnm.org.

SUNDAY

9 Las Cruces / Mesilla
AMIT PELED, CELLO-CLASSIC FOUR—3 p.m. NMSU Atkinson Hall, 1075 N. Horseshoe, 646-2421.

ROMANCE/ROMANCE—See Jan. 24. Through Feb. 16. 2:30 p.m. \$12, \$10 students and seniors over 65. Black Box Theatre, 430 N. Downtown Mall, 523-1223, no-strings.org.

THE FOREIGNER—See Jan. 31. Through Feb. 16. 2 p.m. \$10, \$9 students, seniors and military, \$7 children 6 and under. Las Cruces Community Theater, 313 N. Downtown Mall, 523-1200, lccnm.org. ✱

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BEFORE YOU GO: Note that events listings are subject to change and to human error! Please confirm all dates, times and locations.

CONTINENTAL DIVIDE • DAVID A. FRYXELL

Selfie Control

Our photos, ourselves.

When Oxford University Press, publishers of the respected *Oxford English Dictionary*, announced that “selfie” was the Word of the Year for the year just concluded, pundits predictably bemoaned the news as yet another sign of the Decline of Western Civilization. On the bright side, at least the choice wasn’t “twerk.”

A “selfie,” in case you’ve been living under a bridge for the past couple of years, is a photo taken of oneself, typically by a smartphone camera. Gone are the days, apparently, of posing for a trained professional portrait photographer, all dolled up in your finest Sunday clothes. In a selfie, the world is simply grateful if the subject is *wearing* clothes (see future, as yet unscheduled rant about “sexting”). Since they don’t require the skills, or even the assistance, of a second party, selfies can be endlessly updated, posted and reposted in the vast echo chamber of Facebook, Twitter and blogs.

We’ll get to what this means for the Decline of Civilization in a moment (far be it from me to miss a chance to jump on a meme with both feet and bang out a column). But first let us consider an important technical issue:

Taking a good “selfie” is hard.

Not that I’ve tried very many times (other than as research for this column), and when I have it’s been with good, ego-less reason. Need a current photo of me to promote a talk? No problem—click. Hmmm. OK, here’s this one from 2003. (From the vantage point of future historians looking back at our era from the 51st century, 2003 will look plenty “current” for circa 2014. Heck, Western Civilization will have Declined so much by then, nobody will be educated enough to tell the difference, or to have historians.)

But, anyway, when I have held out my smartphone camera and attempted a selfie, the results have not been pretty. (We’ll pause here so you can all get out of your systems those cracks about blaming the messenger and how I’m just lucky the camera didn’t break and that’s what Photoshop was invented for. There. Are you quite done? Onward.)

Posing for a camera is difficult for non-models in any case, with that forced awkwardness of faking a smile. If you have pre-fluoridation teeth, forget the toothy grin. And you never look in photos as you appear to yourself in the mirror—maybe if you went into Photoshop and flipped the whole thing, mirror-wise?

Posing for yourself proves to be even tougher and weirder. (I suppose the youthful narcissists who earned “selfie” the Word of the Year distinction got over this after the thousandth or so self-portrait snapshot.) Something about the arm’s length nature

of a selfie makes it difficult to find the proper framing, too, and there’s a fisheye-lens effect I find it almost impossible to fix. (A true selfie is taken with the smartphone camera held in one’s hand, I’m given to understand. The notion of setting up a camera and using a self-timer apparently went out with Polaroid film and the Bronze Age.) I can’t help getting an awful lot of chin and a view up the nose—I look like William F. Buckley, curdling with disdain at some liberal guest on his old “Firing Line” show.

Then you have to look at your photo and go, “Eew, who *is* that guy?” How do these youngsters (and, let’s face it, no end of frankly pathetic oldsters) manage to look so good in a format designed to make one look so bad? If I’d spent all the previous night drinking, fallen out of bed with my hair sticking out at all angles, and somehow dragged my hungover self to a portrait photographer, I would still look better than in my best day of selfie-snapping.

Leaving aside for the moment the question of how one can be narcissistic over photos so preordained to make one look bad, let us turn to how the rise of the “selfie” clearly presages the decline of all that is right and proper in the Western world. If the twist dance craze and nose rings didn’t push Western civilization over the edge, selfies oughta do it.

It’s undeniable that a certain amount of self-absorption goes into the taking of a selfie. Hence the name. Otherwise they’d be called “otheries” or “somebody-elsies.” You’re showing the world, well, you—preferably in a favorable light or some situation that sets you above and apart: Here’s me dining at La Cirque. Here’s me at the Justin Bieber concert (“above and apart” being in the eye of the selfie-taker). Here’s me with my new nose ring.

The Twitterverse and Facebookland, too, tend to contribute to this world of mirrors sense that it’s all about you. Who, after all, really cares that you just ate at Dunkin’ Doughnuts and believe that this establishment has the best coffee (in 140 characters or less)? Amazingly, someone out there does! Someone out there will “follow” you—and not in a creepy, stalker way (well, not entirely). What does it matter that you “like” Bob’s Practical Plumbing Supply on Facebook? Well, for some reason it matters to Bob (or to his teenaged daughter, who manages what he calls his “Facetweet” account), and that makes you important!

Time to celebrate by taking a selfie of yourself holding that flange you bought at Bob’s, perhaps in front of Dunkin’ Doughnuts. Post it, and maybe Bob’s teenaged daughter will “like” you back!

This mirrorworld phenomenon extends to things large as well as small. *New York Times* columnist Frank Bruni recently wrote, “To monitor Facebook

or Twitter right after Nelson Mandela’s death last week was to be struck by how many people weren’t so much passing along the news as laying claim to it: Here’s what I thought of him. Here’s when I intersected with him. Here’s the personal reverberation.”

Here’s a selfie of me mourning Nelson Mandela! See the tears?

But selfies probably don’t portend the Decline of Western Civilization any more than ducktail haircuts and poodle skirts did. (The jury is still out on rap music, though.) Are we truly more self-centered today than in our forebears’ time? Probably we just have more free time and technology to exercise our natural egocentricity. If the Greatest Generation hadn’t been all caught up fighting World War II and saving the world from unspeakable evil, they might have spent more time on their shortwave radios talking about themselves.

Keep in mind, for example, that exercise in vanity known as nylon stockings. Though DuPont had developed nylon in the 1930s, nylon stockings weren’t widely available until May 15, 1940, designated as “N-day.” Desperate women (or their beleaguered husbands, instructed not to return home without the prize) thronged stores in a “battle of nylons.” One newspaper headlined the havoc, “Girl Collapses, Woman Loses Girdle at Nylon Sale.” Some 780,000 pairs of stockings were sold in a single day. After World War II made nylons scarce, stocking-less women made do by drawing a line up the backs of their legs with eyeliner to simulate the look of wearing hosiery.

Faddish? Vain? Self-centered, even? Yet these were the same women who rolled up their sleeves and became Rosie the Riveter.

We rise or fall to the occasion. After 9/11, remember, Americans rallied round the flag and were prepared to do whatever it took to make things right. Then President George W. Bush told us all to go shopping instead, and the rest is history.

Who’s to say that, given the right historic moment, the current generation wouldn’t drop its cellphone cameras, leave its Facebook pages fallow and sign off Twitter to meet the challenge? “These are the times that try men’s souls,” wrote Tom Paine in the darkest days of the American Revolution. If George Washington

had been able to stay at Mount Vernon perfecting his wooden-tooth smile for a selfie, do you really believe he would have?

One can only hope that our best selves are better than any selfie can reveal. ❄

I look like William F. Buckley, curdling with disdain at some liberal guest on his old “Firing Line” show.

When not editing Desert Exposure, David A. Fryxell keeps trying to take a better picture for his editor’s page.



Am I doing this wrong? I keep getting pictures of what’s in the mirror!

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