



The Carnelian Center

The mission of the Carnelian Center is to provide the community with affordable holistic health care while nurturing the individual through art, education and cultural integration. Our vision creates healing in a beautiful, peaceful setting with respect for the ecosystem and the preciousness of water.

A Quarterly Newsletter

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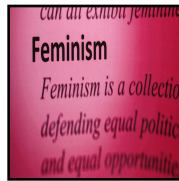
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Fascia, Container of the Self



By Lluvia Lawyer- Aby

What is it that keeps us together, the substance that holds our muscles, bones, joints, and organs in their proper place? It is called Fascia. Fascia is currently defined on Wikipedia as "... a layer of fibrous tissue. A fascia is a structure of connective tissue that surrounds muscles, groups of muscles, blood vessels, and nerves, binding some structures together, while permitting others to slide smoothly over each other..." If you have ever prepared a piece of meat for cooking, Fascia is the white layer that you might remove from the meat or that may separate fat from muscle.

Within your own body it is an intricate binding material like swaths of fabric or living Kling wrap swaddling each body part in its own cozy territory. It runs from the head to the toes, winding and stretch-

ing its way to each fingertip in one interconnected fibrous network. It creates the channels for nerve and blood vessels. Fascia is the binder, the container and the separator. It holds each organ in its proper place, securing them to the abdominal wall as a tether, giving them just enough room for the movement required for their function and life's shifts. The average length of the adult small intestine is 22 feet (Why so long? Because on its vast winding surface we absorb all our nutrients). This is all held in place by a beautiful twisting cauliflower-like sheath made of fascia.

Fascia and tendon lead into one another. The fascia surrounding a muscle becomes more fibrous and interwoven with the muscle cells toward the end of a muscle where it eventually becomes a tendon attaching itself to the bone. There is no one place where the tendon begins and the fascia ends.

Within our bodies we have many places where there are sacs of fluid to protect organs, joints, and nervous tissue. This is known as interstitial fluid, interstitial meaning between tissues. Membranes of fascia create these spaces. Around the brain and spinal cord this fluid is called cerebro-spinal fluid. You can imagine how important it is for your brain to be cushioned by these fluids so it is not just bouncing around in your skull. A facial sack (amniotic sack) also surrounds the amniotic fluid cushioning the baby while floating around inside its mother. The baby is so cushioned within that the mother could fall or be in a minor car crash and the baby would be quite protected. The heart is surrounded by one of these membranes called the pericardium. As you can imagine these capsules are not just simple sacks. In the case of your heart it is a three dimensional layer of fascia surrounding the organ and then another layer mimicking the heart's shape on the outside. There is just enough space in-between these two layers of fascia to create a reservoir of fluid to protect and cushion the heart. There are also complexities in this capsule that allow for the

venous blood flow into the heart and to the lungs and the arterial blood flow returning from the lungs and leaving the heart to bring oxygenated blood to the body.

In recent research interesting concepts of fascia are being proven, revised or discovered. Fascia appears to be extremely responsive to and interrelated with the nervous system. If you can find a way, as a body worker, to make the fascia 'release' this creates a response through the activation of the Parasympathetic nervous system (the "rest and digest" system as opposed to the "fight or flight" system). In other words, by opening the fascia through a Parasympathetic response you create both deep relaxation and a release in the connective tissue that has been restricting movement in the surrounding musculature and other tissues.

The fascia actually has tiny muscle cells imbedded within its structure, which help it to keep its shape. The fascia has the ability to expand and contract by way of these tiny muscle fibers (called myofibroblasts) that are interspersed throughout the fascia's tissue. Miofibroblasts are a type of smooth muscle tissue similar to what lines the digestive tract. These myofibroblasts are more prevalent depending on the type of physical activity. In other words your movement patterns determine how you are held together. There are more of the tiny muscle fibers in the lumbar area (lower back). Think of how long-term posture patterns affect this area or how injuries are stored in the "holding" of this fascia.

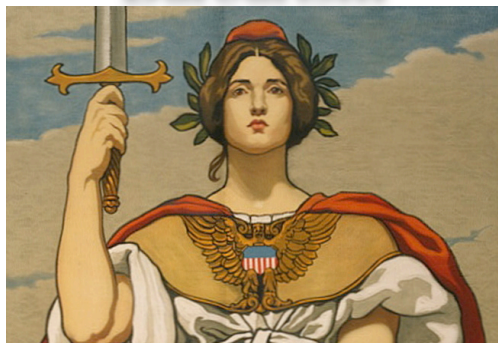
Some consider the fascia as part of the nervous system. There is also a specialized type of nervous tissue that is interspersed within the fascia. Nervous signals can be sent throughout the fascia giving it signals about what form to hold. That means head to toe. Think of how our state of being effects this fascial system. Collagen is one of the main parts of fascia. The plasticity of collagen is reflected in movement patterns (habits of movement). Hydration

has an effect on fascial plasticity. I have always felt that much of our emotion and memory is stored in this tissue. With these facts it only makes sense. I feel because of the mechanical/neurological nature of fascia it responds well to energy work if approached in the right way. This can be combined with other connective tissue restructuring techniques catering to the way the individual reacts to the work.

This makes me think of how the connective tissue transfers the force of impact throughout the facial structure. This allows for communication of the fascia across injured joints and beyond. Think of a limp or how we hold ourselves to protect a painful, injured area. Not only can these fascial holding patterns stay with us for years or decades after an “impact”, but the fascia also is the home of the scar tissue that can limit our body’s function. Through bodywork and self-focus on posture and the emotional self, and by becoming familiar with the concept of your own fascia you can transform the way you hold yourself as you move into your future. I will close with this quote in appreciation of the research which has been done in the area of fascia and in hopes that future research may further include alternative healing methods. A seed of future cooperation.

“One of the greatest problems of modern medicine is fragmentation”. ~Helene M. Langenin

Feminism and Barbarism



By Elizabeth Browne

The short story, “The Story of an Hour” by Kate Chopin tells the story of Mrs. Mallard’s atypical reaction to the death of her husband. Many may judge the protagonist, Mrs. Mallard, negatively for her unexpected response to the presumably traumatic news. However, knowing the history of the author, and the times in which she lived may bring compassion to one’s heart. Chopin was one of the first writers of feminist literature, and I believe that the atmosphere in which she lived was a catalyst in her passion for women’s rights. Thanks to feminists there have been great advancements in women’s rights in America. However, many improvements have yet to be made, especially in developing countries.

The story is set in a family home where Mrs. Mallard’s

sister, Josephine, is gently breaking the news of Mr. Mallard’s sudden death; careful not to aggravate a preexisting heart condition in Mr’s Mallard. After an initial outburst of anguish she locks herself in her room. Mrs. Mallard sits in a comforting chair and gazes out the window while she processes the shocking news. Suddenly an unnamable and suspenseful sensation begins to come over her. Mrs. Mallard recognizes the feeling as elation at the thought of her newfound freedom. She thinks of what her future may be like, “There would be no powerful will bending hers in that blind persistence with which men and women believe they have a right to impose a private will upon a fellow-creature”. Finally her sister convinces her to come out of her room. Just then her husband walks through the door. He wasn’t in the tragic accident after all. Mrs. Mallard has a heart attack and dies instantly!

Chopin lived in Louisiana in the 1800’s, when the “dominant paradigm” was that not all humans were equal and some could even be owned. Women weren’t held in much higher esteem than slaves, and marriage was seen more as ownership than the partnership we think of today. Chopin wrote “The Story of an Hour” in 1849 which happens to be the first year that a woman, Elizabeth Blackwell, graduated from medical school in America (NWHM). Women weren’t offered an education because “their place was in the home.” Women had few employment options and weren’t allowed, by law, to own property. This presumably would have made women not only subservient, but also dependent upon marriage to survive.

The Anthony Center for Women’s Leadership has posted a clear timeline of the evolution of women’s rights on the University of Rochester website. Not surprisingly, the feminist and abolitionist movements, which advocated for freeing slaves, were closely linked. In London in 1840, female delegates from America were not allowed to participate in the first Worlds’ Anti-Slavery Convention. Lucretia Mott and Elizabeth Cady Stanton were some of the women who were disregarded there. This motivated them to organize the first Women’s Rights Convention in America, and in 1848 it was finally held in Seneca Falls, NY.

Concurrently, in New Mexico in 1848, the Treaty of Guadalupe Hidalgo was enacted. This treaty upheld the property rights of women that were a longstanding part of the Mexican land grant system. In spite of this relatively progressive viewpoint, the Catholic Church’s influential opposition to women’s rights delayed the movement until the 1890’s. New Mexico was one of the last states to ratify the 19th Amendment granting suffrage, the right to vote, to women.

In 1851 Stanton and Susan B. Anthony met at an anti-slavery meeting in Seneca Falls, NY. This began their historical relationship of fighting for a wide array of women’s rights, including birth control, employment, property ownership, wills, divorce, suffrage, and education. In 1865 the 13th Amendment to the U.S. Constitution was ratified officially abolishing slavery. In 1866 the American Equal Rights Association was founded with the intention of securing civil rights to all Americans regardless of race or sex. In 1870 the 15th Amendment to the U.S. Constitution granted suffrage to former male African-American slaves, but still not to women. Women like Lucretia Mott, the Grimke sisters, Susan B. Anthony and Elizabeth Cady

Stanton spent more than 50 years of their lives fiercely advocating for women’s rights, and yet they did not live to see women granted the right to vote. It wasn’t until 1920 that the 19th Amendment was finally ratified granting suffrage to women across America.

The devotion of these courageous pioneers initiating profound change at a pivotal time allows women to enjoy independence today. These rights could easily be taken for granted by women today, but fortunately the feminist movement is still alive and strong.

According to author Chris Beasley, there are two main viewpoints of feminism. The first theory is that men and women are inherently the same and equipped with the same skills. The second viewpoint is that men and women are intrinsically different but of equal value.

Feminist literature uses fiction and nonfiction to educate the public on this multifaceted issue. Alice Walker is a contemporary, renowned African-American feminist author. In a recent poem by Alice Walker, she clearly refers to the subordination of women: “You’d be surprised to find how cleansing it feels to dispose of a dictator: . . . Life is too broad a country to tolerate such foolishness in your own small yard”. Walker has written powerful feminist novels such as, *The Color Purple*, from the perspective of a black woman in the south in the 1930’s, and *Possessing the Secret of Joy*, which is about female genital mutilation (FGM) in Africa.

One wants to believe there is hope for change regarding these traditional rituals. Author, photojournalist, and Dixon resident Michael Benanav, recently went to Kenya to document a progressively thinking Maasai Chief, Salaton Ole Ntutu. Chief Salaton founded the Maji Moto Cultural Camp in his village and the proceeds from tourists help to offer refuge to girls who have fled their families to escape FGM and forced marriages, often to elderly men. When these men die the women are not allowed to remarry and find themselves destitute. Chief Salaton’s village also offers refuge and financial opportunities to widows. While Benanav was in Moji Moto a circumcision ceremony was being held in a neighboring village. Chief Salaton invited Benanav to accompany him. After learning that a girl was about to undergo the ritualistic cutting, Benanav wrote, “I had a few moments of intense ethical reckoning before Salaton assured me that he had persuaded this family to join his campaign to end female genital mutilation in Maji Moto.” In order to pacify the desire for the tradition to be upheld, they nick the girls’ thighs, drawing blood and prompting screams. It is heartening to learn that even a traditional African tribal chief is protecting women from these brutalities.

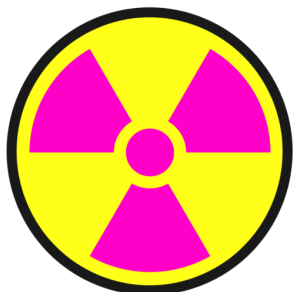
Waris Dirie published her autobiography titled, “Desert Flower” in 1997. Dirie’s auspicious first name, Waris, is Somali for desert flower, a flower that blooms in the harshest of conditions. She was born in 1965 into a nomadic camel herding family. Her family had her “circumcised” at five years old. At thirteen years old she was forced to marry a man old enough to be her grandfather. Dirie ran away from her family in the middle of the night, embarking on a tough path that led to her becoming an international super model. Dirie now speaks about the horrific practice of FGM with first hand experience, “Female Mutilation has no cultural, no traditional and no religious aspect. It is a

crime which seeks justice". In 1996 the Secretary-General to the United Nations, Kofi Annan, appointed Waris Dirie as UN Special Ambassador for the elimination of Female Genital Mutilation (Desert Flower Foundation).

Despite the heroic efforts of the UN, records show that over 8000 girls a day still are subjected to this torture. Women and girls around the world have been ceaselessly submitted to a wide range of heinous brutalities. The obstacles women continually face are staggering: child prostitution, rape, unsafe birthing conditions, men deciding women's health options, education, employment, and equal pay, just to name a few.

I have personally delivered babies in a rural clinic in West Africa where 95% of the women were victims of FGM. I had read Alice Walker and Waris Dirie's books. I knew about "witches" being burned at the stake, women not being allowed to vote, child prostitution, and a host of other heart wrenching traumas women endure. I am ashamed to admit that I once believed contemporary American feminists were privileged women refusing to acknowledge what men had to offer. I held a single story of a certain feminist being self-righteous, talking about how inferior and incapable men are of grasping the big picture while sipping tea that was prepared on a gas stove invented by men. I am proud that we have an African-American president; it is monumental considering America's history. Now that I have a more complete picture of what feminism is, I truly look forward to the day when Americans vote a woman into the White House!

Support for Senate Memorial 35 and House Memorial 36, For RECA, Radiation Exposure Compensation Act



By Sheri Kotowski

The following is an excerpt from the CCNS News Update that provides an overview of the nuclear issues that effect each and every one of us residing down wind and downstream from involuntary exposure to the radiation associated with the Manhattan Project, Los Alamos Nation Laboratory and the research, development and testing associated with atomic weaponry. For more information please go to: www.nuclearactive.org.

"Senator Howie Morales, of Silver City, and Representative Brian F. Egof, Jr., of Santa Fe, introduced memorials into their respective New Mexico legislative bodies, requesting that the New

Mexico Congressional delegation support amendments to expand compensation under the federal Radiation Exposure Compensation Act (RECA) for individuals exposed to radiation" (through service to their country while developing nuclear weapons.) "The proposed RECA Amendments would expand to include all of New Mexico, including those exposed to the July 16, 1945 Trinity Test of the first nuclear weapon, near Alamogordo. As always, public participation will make a difference. Please contact you legislators and ask them to support Senate Memorial 35 and House Memorial 36"

RECA, as Congressional federal legislation was first passed in 1990 and included specific types of exposures. Later in 2013 Senator Tom Udall led a bipartisan group including Senator Martin Heinrich to expand RECA to provide compensation, including medical benefits for those suffering from exposures in uranium mines and related operations harming those living downwind and downstream of nuclear weapons tests. Representative Ben Ray Lujan brought the bill to the House and it was co-sponsored by Representatives Michelle Lujan Grisham and Steve Pierce.

The update goes on to explain:

"The compensation (provided by RECA) would cover those who experienced the first bombing of innocent civilians living in the Tularosa Basin on July 16, 1945".

These NM Memorials provide support for the efforts of our Senator Udall and Representative Lujan "for their vision in introducing legislation to expand, under the Radiation Exposure Compensation Act, the rights of individuals exposed to radiation."

If you live in Taos County, District 42, your House Representative is:

Bobby Gonzales
Capitol # (505) 986-4425
Rm # 314B
roberto.gonzales@nmlegis.gov

If you live in Rio Arriba County, District 40, your House Representative is:

Nick Salazar
Capitol # (505) 986-4433
Rm. 413E
nick.salazar@nmlegis.gov

Your Senate Representative is:

Carlos Cisneros
Capitol # (505) 986-4362
Rm # 325B
carlos.cisneros@nmlegis.gov

Please call, email or drop into your Representatives office to voice your support Senate Memorial 35 and House Memorial 36.

Radiation exposure does not just affect you, it effects your children and your children's children through your genetic code.

The following map is from the report:

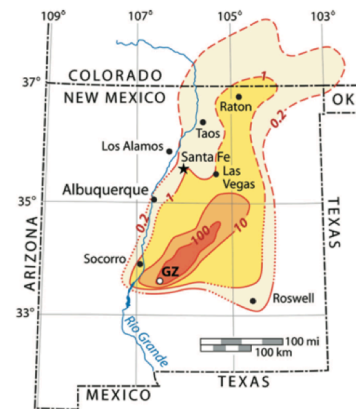


Fig. 5. Estimated local Trinity fallout patterns represented as exposure rate, mR h⁻¹ at t + 12 h, based on WSNSO analysis (Quinn 1987) extended (dashed line) with LLNL modeling (Cederwall and Peterson 1990). GZ = ground zero.

Trinity test as a source of radiation exposure • T. E. WIDNER AND S. M. FLACK

Introducing Cathy "CJ" Robinson



I am so grateful for the opportunity to introduce myself, my name is Cathy Robinson and most people call me "CJ." I am a Massage Therapist that practices at the Carnelian Center. I started practicing massage therapy in 2010 and have been working as a LMT since then.

I moved to New Mexico in 1992, from Madeline Island, Wi. A small island on the south shore of Lake Superior. As you can imagine the adjustment to a desert climate was huge for me. My first job was on a farm where I worked helping to propagate native plants for nursery sales. I learned a lot about the local flora and was inspired to get out in the wild lands of New Mexico and look for these native beauties in their natural habitat. On these walks I begun to appreciate the diversity of the New Mexico Landscape and sustainable practices.

In the last 20 years I have prospered greatly from my exploration of the wilderness in the southwest and have found that the experience of being surrounded by the beauty of wilderness is invaluable in terms of healing. There is a settling that happens in our souls when we take the time to be in nature. The more I fell in love with the land the more aware that I became of the need to protect it. So riding the edge of passion I sought to educate people of the beauty of wild lands via raft

trips and hikes. I hoped to inspire them to value wilderness as something that still existed within them.

One of the great things about living in Northern New Mexico is that you need not travel far to be surrounded by the moving beauty of nature. The spaciousness is what is most remarkable. We are free out here in Northern New Mexico. Yes I said free. What makes you feel free? Are there different qualities to freedom? My work as a therapist is often times oriented to helping you find the spaciousness in your own body. Supporting tired muscles through touch and awareness, helps them to realign with a greater sense of ease and fluidity. There are no judgements in nature and I assure you there are no judgements on my table.

I am incredibly honored to be a part of the Carnelian Center. There is such a wealth of experience there to draw upon, a supplement sharing shelf, resource library and classes, please check out our website for more information www.carneliancenter.org

Let's start the new year in the spirit of humanity ~

standing up for what we know is right and good,

not what we have been told and/or sold.

Let's not carelessly buy and buy anymore,

let's pass things by and make use of what we find,

or do less with less. Let's have this be a year of poetry

and song, of community and caring, of sharing the stage,

opening cages, speaking up, creating the world we want.

What are we waiting for... our hearts know it's time

But our heads still ask... how... what... where... why?

Why not?

We have been complicit too long. We think it's too complicated and don't know where to start....

Start with the heart Start where you are

Speak up for truth, Work for justice, Practice peace

By Jean Nichols

Have you ever seen the Majesty?

Search it out now!
Right where you are
It may seem absent but it is only us
Who have forgotten how to gaze upon it
There it is in the highway
There along the center line where it skips

And fades from its linear course
Printing out time, entropy and the story of
A machine and a man running the line that day
When he woke up and felt it he saw the
Majesty
In the living glow of his wife's skin as she slept
beside him
For once not waking for she was just too tired
Just too done with the endless days of struggle
and the dashboard
Grey dust gathering on the windshield
He felt the greatness in this morning
With its lack of coffee scent
Watched the breathing as it echoed through his
sleeping wife's skin
Across her neck he saw the glow of her life
fluttering
Falling back in love with her
Not that he did not love her but he fell back
into the time
When to him she was everything
Woman itself
Her radiance was the glow that surrounded
Guadalupe
On the pine altar
We walk to the window in contemplation
The great sky, the branches
And the Raven gliding through the air
We are humbled
Driven to gratefulness through the path of our
suffering

By Lluvia Lawyer-Aby

Carnelian Center Practitioner's List:

Sarah Grant practices a Japanese Acupuncture in the style of Kiiko Matsumoto. This style involves gentle touch of various areas, predominantly the abdomen, to get information about where to place needles. The needles are thin, and inserted to shallow depths, making the treatments quite painless. Treatments last 1 to 1 1/2 hours. Acupuncture is good for a variety of bodily imbalances including pain, headache, insomnia, allergies/asthma, fatigue, hormonal issues, and autoimmune disorders. Acupuncture treatments can be used to maintain good health. It has no negative side effects! To contact Sarah for an appointment or for questions, 505-992-1963, or sarah@farmersmarketsnm.org.

Lluvia Lawyer-Aby is a massage therapist who blends Deep Tissue, Swedish, Visceral-Somatic Shiatsu, Treager and Polarity in her work. She also use the energies of Reiki and Aka Doa. Her specialty is Core Synchronism which is a deeply relaxing, safe and gentle bodywork method. 'Core' is based on the philosophy of natural therapeutics, cranial osteopathy and polarity therapy combined to form a new approach. It works by balancing the tissues, bones,organs and fluids of the body with the energetic self thus bringing the person back into a stronger, more centered state where healing takes place naturally. Lluvia enjoys working on children and infants as well as adults. Lic.# 1902 Contact 505-689-2641

Elizabeth (Liza) Carson has been a Licensed Massage Therapist since 1995. One of Liza's strong points is her comprehensive understanding of the human anatomy. Her specialties include, but are not limited to: deep tissue and Lomi Lomi (traditional Hawaiian Massage, involving long fluid strokes using lots of hot oil). Although her body work tends to be deep and physical, she also brings a gentle sensitivity to her treatments. Liza loves doing Prenatal Massage and is a midwife intern soon to be a licensed Midwife. To schedule a massage or for information regarding pregnancy and/or childbirth call: 505-579-9131

Maria Chilton has 16 years practicing massage therapy. Her forte is her ability to spontaneously incorporate various modalities to suite the indi-

vidual's needs in the present moment. The techniques she calls upon include traditional Swedish massage, deep tissue, polarity therapy, shiatsu, Reiki, reflexology and cranio-sacral. For the past ten years Maria has made hot stone massage a specialty. "Bodywork is an art form. The client is the canvas while the body worker's hands, heart and intuition are the medium. The healing experience is the finished piece". Maria is also the owner and operator of Little River Remedies, a small herbal apothecary. For a massage appointment or an herbal remedy contact Maria @ (505)579-4321 or e-mail: mariachilton@hotmail.com

Bettina Lea has been practicing the Electro-Sculpture Body Wrap System for over 20 years. Immerse yourself in the rejuvenating and invigorating experience of the *Electrosculpture Body Wrap System* which tones and tightens your skin, promotes weight loss and reduces stress and tension. A unique and healing experience like no other! Santa Fe location or specific days at The Carnelian Center. Contact Bettina @ 505-366-9913

Cindy Stone, T-Touch Animal Therapy, Herbal Products, Dixon. Western Herbalism, based on the philosophy that what medicinal plants grow in your area, are the ones most likely that you will need for your wellbeing, is what my herbal skin care, healing salves and teas represent. It is a philosophy and way of life and is here for all to experience. I am also a TTouch practitioner, helping animals heal from injury, illness, behavioral problems or trauma, through various touches and wraps. The TTouch works on the nervous system and awakens the animal more to it's own intelligence through cellular communication. To learn more about Wild Earth Remedies check out www.wildearthcreams.com, or to find out more about the TTouch or schedule an appointment you can contact Cindy Stone at 575-613-0211.

Kate McDonald, Flower Essences, Offering appointments with Bach Flower Remedies, Robert Stevens Remedies, Reiki, and a graduate of Southwestern College Grief Counseling Program in Santa Fe. I have been working with Bach Flower Remedies since 1981. These flower preparations are made using homeopathic practices. They work with the person rather than focusing on a disease, bringing us back to our true nature, helping to free us from negative internal states. In 2009, I began using the Robert Stevens Remedies. Stevens is the Director of The School of Natural Therapeutics in Albuquerque, and also the developer of Core Synchronism. His remedies are an evolution of flower healing addressing our more modern stresses and their manifestations. These Remedies can produce many positive internal shifts, from subtle to dramatic that create greater ease and wholeness. Flower Remedy appointments may include only prescribing the Remedy or the Remedy with a consultation. Contact Kate @ 505-579-4296.

Rebecca Mueller, Ph.D., is a clinical psychologist, licensed in the states of New Mexico (License #1137) and Nevada (License #PY0343), with 20 years of experience providing assessment and therapy for individuals facing a broad range of psychological challenges including depression, anxiety, posttraumatic stress, grief and loss, substance abuse, interpersonal conflict, and self-esteem issues. Rebecca has worked previously for Northern Nevada Adult Mental Health Services in Reno, NV; the Department of Veterans Affairs Medical Center in Reno; and the Brothers of Charity in Co. Galway, Ireland. Currently she works for NonViolence-Works in Taos, under whose auspices she now offers counseling services as a representative of the Carnelian Center to residents of Dixon and surrounding area. Rebecca can be reached at 575-758-4297 Ext. 208.

Cathy J. Robison, #6599 is a licensed massage therapist that offers anatomy based therapeutic massage for health. Often times when we are recovering from injury or insult it is a challenge to sense the inherent health of our bodies. Through therapeutic touch we are able to access states of relaxation that resource our creative connection. Holistic restorative services include nurturing massage, deep tissue massage, and reflexology. call C.J. at 505-670-6124 to schedule. an appointment.

Disclaimer

The ideas and opinions expressed in this newsletter are not necessarily the opinions of anyone in particular. These articles are for entertainment purposes and we hope you enjoy!