



Hello Expressive Friends,

Happy Solstice and a big hug from Pinon Springs, New Mexico. I arrived here in early Nov. and my husband, Micheal, arrived near Thanksgiving. We are cozy by the wood stove here in our adobe style home in the high desert. This is our first Christmas here in our new home. We also are having fun rock hounding and recently went on a field trip to Bingham Mine. We brought back beautiful mineral specimens that include quartz crystals, azurite, fluorite, and galena. I attended the N.M. Tech Mineral Symposium and had a ball connecting with friends and rocking around.

Upon arriving here, I worked steadily to get my jewelry distributed to the Bosque del Apache Gift shop and two local galleries. Vergie Jake works with me as does her partner Bolson to create beautiful precious metal pieces. You can see our jewelry at www.ArtsCanHeal.com (choose "Jewelry"). I am also partnering with Rog Bates, president of Carolina Ha Ha, to offer humor for healing individually to cancer patients. A book of our applied research will be available. We welcome your referrals of Triangle cancer patients.

Micheal and our Navajo friend Bolson Guerro are busy building a small office building. Micheal reads slides that are sent out here and continues his work as a veterinarian pathologist. When the office is built, Micheal will have his own place for work and for playing with his ham radio. Since my jewelry making and expressive arts are created in our great room, it's a good thing that Micheal will have room for his stuff.

The sun starts rising at 6 a.m. and I meditatively watch the beautiful red, orange, yellow, and pink sunrise. I then take an inspiring sunrise hike to a special morning spot on the ridge. At 7,000 feet, we're surrounded by arroyos (dry creek beds), high ridges, and plenty of junipers and pinon pines. The land is rocky and has mineral specimens of volcanic origins. I often see coyote and elk tracks and the jack rabbits and cottontails hop all over the land at night. Lately, it has been even more beautiful with snow covering the high peaks of the Magdalena Mountains. The temperature has dipped at night to 4 degrees and usually is around 46 during the day. It's a dry cold with dependable sunshine. Out here I can watch the sunrise in the southeast while the moon sets in the northwest. The star spectacle at night shows me how beautiful the universe really is.

We sure earned this respite in NM for during our six months in NC, we cleared $\frac{3}{4}$ acres of land, planted a big garden, and finished a new bathroom and long utility hall at our historic country house in Durham, NC. Life is simpler here for we don't clear weeds or trees. We do have to remove the pack rat houses, for these little guys would like to enjoy the warmth of our home. Sorry pack rats, no room at this inn.

Christmas here is aglow with luminaries, the Navajo Ceremonial Dances, and the traditional foods of posoli, tamales, and fruit pies. There was a Christmas Dance at the Bear Café with an old time country band and ranchers and locals danced gracefully in western gear. May my joy and love warm your heart as you celebrate Solstice, Christmas, Hanukkah, and New Year's. I'd love to hear from you and learn of your holiday customs. May you feel the seasonal warmth all year long, Ruth Hamilton

Happy Holidays 2009
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