2024 Garden Guide Inside pg. 5

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Court Records Detail Albuquerque Firefighter's Arrest in Rio Rancho

By Michael Hodock, Sandoval Signpost

In the past two weeks, three Albuquerque firefighters have been arrested and charged with driving under the influence.

On March 13, Rio Rancho Police officers were dispatched to Cleveland High School for a welfare check. AFR Driver Angelo Abeyta allegedly left the scene in a gray Toyota Tundra and showed signs of impairment when stopped by RRPD officers shortly afterward. Abeyta allegedly failed field sobriety tests and was transported to the RRPD for chemical testing. Two breath samples were taken and both samples showed a B.A.C. over 0.16 (twice the legal limit), according to a criminal complaint. Abeyta was booked at Sandoval County Detention Center for Aggravated DUI.

Last Friday, AFR Firefighter
Mateo Keyohara was charged with
aggravated DWI. According to a
criminal complaint, around 11:45 p.m.
on March 22, an Albuquerque Police
officer saw a gray Toyota Tacoma
"driving at an extremely high rate of
speed" on Rio Grande Boulevard and
Indian School Road in Albuquerque.
The officer says Keyohara hit a curb
trying to make a right turn, prompting
him to make a traffic stop for speeding
and failing to maintain traffic lanes.
When pulling into a gas station,
Keyohara allegedly drove up the curb

- See ARREST on page 3

Bernalillo Proposes Water Rate Hike



Photo by Paul Moody on Unsplash

By Jesse Jones, Sandoval Signpost

The Bernalillo Town Council is considering a new ordinance to raise water rates for businesses that use a large amount of water. If passed, the town will be joining many local officials along the Rio Grande who are pushing back against companies that use excessive amounts of water.

During the March 25 meeting, the council introduced a proposal for an ordinance to change the base rate for water usage for businesses that use large amounts of water.

Bernalillo Mayor Jack Torres had this to say at the meeting:

"The primary intent behind this is to provide protection for the town. Right now, we're pretty much vulnerable in terms of extremely high-use water users. We know other communities in the metro area that are running into a real challenge. Now, one in particular, that has a I guess you'd call it, a water production company. They sell commercial water and the amount of water they're pulling from those municipal wells is frightening. We get

behind this ordinance to really add a premium to the cost of extremely high commercial users. So it will dissuade anybody from wanting to do the same thing with us."

The Village of Los Lunas has had to contend with water usage issues similar to what Torres described with the Niagara Bottling Company. The company is based in California and opened a 160,000-square-foot facility in Los Lunas in 2016. As reported by *The Paper*., Niagara asked for an increase of water in 2021, from its original allowed 285 acre-feet per year (AFY) up to 650 AFY.

In 2022, according to the *Valencia County News-Bulletin*, the company requested access to 700 AFY and then asked to raise it to 782 AFY in 2023. On Feb. 8, the Los Lunas Village Council voted to approve the increase of 600 AFY to the outrage of many in the community.

Pueblo of Isleta Governor Max Zuni, Mayor Brian Olguin of the Town of Peralta and former Bosque Farms Mayor Wayne Ake, wrote a joint letter to the Los Lunas Village Council before the vote, expressing concerns about how it will affect neighboring communities.

"We're not identifying any particular business or industry, it's a pre-emptive move to avoid having that problem and then not being able to do anything about it," said Torres.

Who pays more?

The proposed ordinance will not change water rates for residents or businesses that use low amounts of water, but it will raise rates for companies that use an excessive amount of water.

The proposed ordinance would keep the current base rates for both residential and commercial customers and maintain the charges for each additional 1,000 gallons of water used.

What will change, are the commercial charges for each 1,000 gallons of water. Currently, each additional 1,000 gallons or portions will be assessed at \$5 per 1,000 gallons. The new proposal will introduce a tiered system—\$5.50 for 2,001 to 39,999 gallons, \$9.50 for 40,000 to 99,999 gallons, and \$15 for 100,000 gallons and above.

"It's going to be affecting the large the grower facilities, laundromats and car washes, anything that uses over 100,000 gallons and up, which is a lot of water," said Bernalillo Town Councilor Sharon Torres-Quintana.

According to Torres-Quintana, the water rate ordinance was last reviewed in 2015 but hasn't been updated since 1983. Similarly, the sewer ordinance, which is also proposed for an update, was last revised in 1976.

Get involved

Residents can give their input on the proposal at the next Town Council meeting at 6:30 p.m. on April 8, at the Bernalillo Town Hall, located at 829 Camino Del Pueblo.

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The Witches of Abiquiu

Sandoval Signpost staff

Pive decades after the Salem witchcraft trials, where over 200 people were accused of witchcraft in colonial Massachusets, there was an outbreak of witchcraft in Abiquiu, New Mexico.

Dr. Rick Hendricks and Malcolm Ebright wrote a book titled, "The Witches of Abiquiu: The Governor, the Priest, the Genizaro Indians and the Devil," based on a little-known event that took place in northern New Mexico in the eighteenth century. Hendricks served as the New Mexico State Historian from 2010 through 2019. Ebright is a historian, an attorney and director of the Center for Land Grant Studies.

The event developed into three distinct phases:

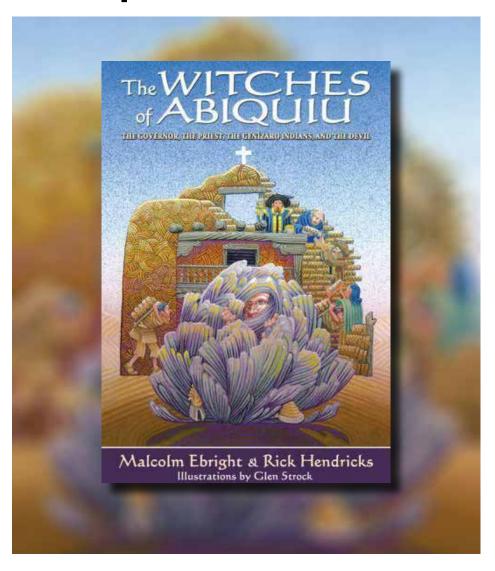
The first phase of the witchcraft activity in Abiquiu began in the summer of 1760. The governor of New Mexico, Francisco Antonio Marin del Valle, received word from the Franciscan friar, Juan Jose Toledo, that devil worshipers were preventing attempts to convert the Native people in Abiquiu to Christianity. They were sticking pins in dolls, using the evil eye, poisoning people, and forming pacts with the devil. There was a School of the Devil operating in

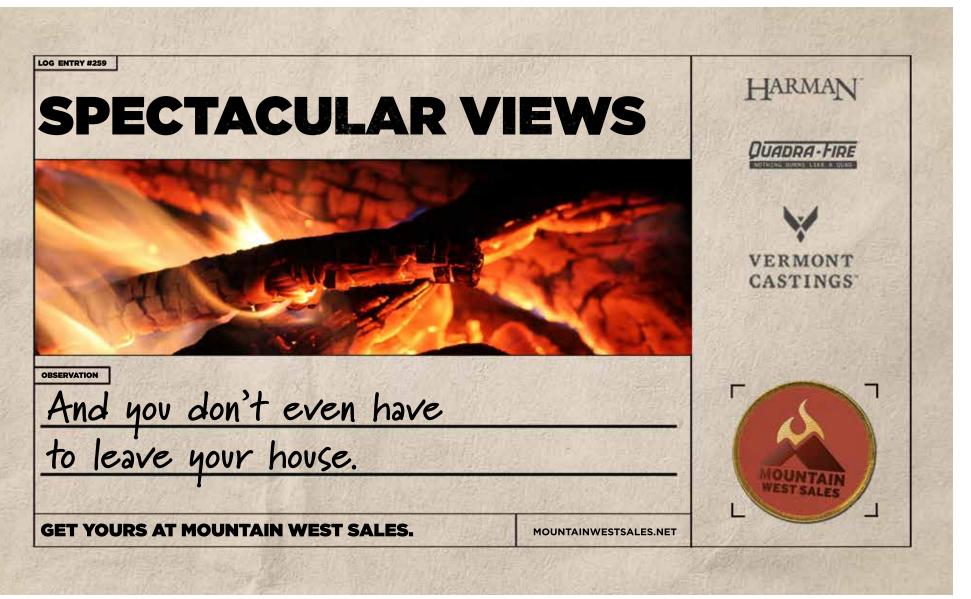
Abiquiu run by a man known as "El Cojo" (the cripple).

The second phase began in the spring of 1763. A young Native by the name of Joaquinillo had bewitched a woman and made her ill. A witch hunt, similar to Salem's, took place in Abiquiu. Authorities began to create lists of victims associated with each purported witch. In the documents the witch's name appeared in one column and the list of his or her victims in a second column. The list of witches described dozens of local witches and an extensive network extending into central Mexico.

The third and final phase began in the summer of 1764 when the Inquisition became involved. By that date, the Inquisition was not very interested in witchcraft and that feared institution had no authority over Natives in any event. The Inquisition disputed the Devil's involvement and suspected something might be wrong with the priest.

Join Dr. Rick Hendricks on Saturday, April 13 at 2:00 p.m. in the Gracie Lee Room at the Placitas Community Library located at 453 Hwy 165. This presentation is cosponsored by the Historical Society of New Mexico.





March 28, 2024 Sandoval Signpost





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The Sandoval Signpost is printed with soy ink on recycled newsprint

- ARREST from page 1

several times and almost hit other vehicles before parking.

Keyohara failed field sobriety tests, according to the complaint, and was arrested for driving under the influence. He was given a breathalyzer test and blew at or above double the legal limit, according to the complaint.

On March 17, around 9:44 p.m., AFR Driver Rane Wade Arlang Haddi was accused of making an improper turn onto the train tracks to avoid a sobriety checkpoint around Dr. Martin Luther King Jr. Boulevard. and Commercial Street in Downtown Albuquerque. According to the incident report, Haddi failed field sobriety tests and was charged with an aggravated DWI for refusing to take a breathalyzer test.

In a press release, AFR Fire Chief Emily Jaramillo said, "Albuquerque Fire Rescue takes off-duty incidents seriously. These actions are not representative of the mission of AFR and do not align with the standards and expectations the department holds for the members of Albuquerque Fire Rescue. The department is conducting an internal investigation and are fully cooperating with law enforcement."

Keyohara, Haddi, and Abeyta have been placed on administrative leave pending a full investigation.

The three cases come on the heels of DWI arrests of officers from other agencies.

Last month, The Signpost reported that on February 5, Albuquerque Police Officer Isaiah Ortiz y Pino was arrested by RRPD and booked on misdemeanor charges of battery on a household member. Ortiz y Pino is accused of getting into a physical argument with his girlfriend that involved throwing beer at the kitchen wall.

On February 14, Bernalillo County Sheriff's Deputy Daniel Vasquez-Moreno was arrested by RRPD and charged with one count of aggravated battery of a household member, and driving while intoxicated.



Meetings Schedule

SANDOVAL COUNTY

To view the agendas for upcoming meetings and read past meeting minutes, visit sandovalcountynm.gov/commission/ sccmeetings/

Planning and Zoning Commission Apr. 9, 4:30 p.m. Sandoval County Chambers 1500 Idalia Rd., Building D

Sandoval County Commission Apr. 10, 6 p.m. Sandoval County Chambers 1500 Idalia Rd., Building D

RIO RANCHO

To view the agendas for upcoming meetings and read past meeting minutes, visit rrnm. gov/2303/Watch-and-Download-City-

Lodgers Tax Advisory Board Apr. 4, 10 a.m. Rio Rancho City Hall

Keep Rio Rancho Beautiful Committee

Apr. 8, 5:30 p.m. Rio Rancho City Hall Library Board Apr. 8, 5:30 p.m. Loma Colorado Library

Senior Services Advisory Board Apr. 9, 1:15 p.m. Meadowlark Senior Center

BERNALILLO

To view the agendas for upcoming meetings and read past meeting minutes, visit tobnm. $gov/government/town_council/agendas_$ and minutes.php

Town Council Apr. 8, 6:30 p.m., Bernalillo Town Hall

VILLAGE OF JEMEZ SPRINGS

To view the agendas for upcoming meetings and read past meeting minutes, visit jemezsprings-nm.gov/meetings/

Village Council Apr. 12, 6 p.m.



County Contends With Emergency Communication Outage

By Jesse Jones, Sandoval Signpost

During the week of March 3, the Sandoval County Regional Emergency Communication Center (SCRECC) experienced radio communication issues due to a windstorm, continuing the challenges in maintaining reliable emergency communication systems.

On March 13, County Manager Wayne Johnson added an emergency item to the Sandoval County Commission agenda. It was to approve a service agreement with Motorola for service, equipment replacement and system maintenance for the county's public safety radio network. It was originally scheduled for the March 27 meeting.

"The only reason we even pushed this is because I wasn't willing to sacrifice the safety of our residents here in Sandoval County or risk it," said Johnson.

According to Johnson, the outage was due to misaligned microwave units as a result of high winds. While working on realigning the microwave links, the Motorola crews also identified some controllers at the antenna sites were failing, leading to intermittent dropouts and connectivity issues across various locations in the county.

An ongoing problem

Although this was the first time SCRECC has had a radio problem, it is not the first problem with the communications system this year.

According to Johnson, SCRECC faced an issue with their 911 phone system in mid-January. Whenever someone called the emergency number from outside Rio Rancho, the dispatcher could hear the caller, but the caller couldn't hear the dispatcher. However, communication was still possible through the non-emergency line. It was only the 911 line that was malfunctioning.

At the meeting, Sandoval County Fire Chief Eric Masterson said there was a brief network outage for a split second and the system quickly restored connectivity. As a result, there were no interruptions in communication with field units from Fire, EMS, or law enforcement agencies in Sandoval County.

"This is not a 911 problem, I want to emphasize that, 911 calls are also working with no problems at the center itself," said Masterson.

The county had upgraded its analog



SCRECC disptach center. (Credit T.S. Last)

VHF radio frequency system to a 700 megahertz digital system. Although the units were considered capable of functioning properly, they were actually at the end of their useful life and started to malfunction.

The commissioners unanimously approved the service agreement, which also authorized the county manager to approve the first-year purchase order for \$336,168.89. The agreement was on the agenda for the March 27 meeting for ratification by the commission.

Johnson said part of the solution to prevent this issue from recurring is the passage and approval of the contract, which includes measures to ensure reliable and uninterrupted service.

The agreement, which is for five years, has two prongs—one for services, including diagnosis, realignment, equipment installation, and maintenance; and another for equipment, where temporary units will be provided for failing units and replacements will be arranged.

Communications split

Rio Rancho informed SCRECC last year of their withdrawal from the Joint Powers Agreement (JPA), affecting dispatch services. The SCRECC, formed in 2003 to consolidate dispatch services statewide, saw Rio Rancho as its fiscal agent until 2015 when financial changes were made. The withdrawal has led to plans to relocate the dispatch center from Rio Rancho's police station to a new facility, with Rio Rancho intending to operate its dispatch center while SCRECC serves other agencies in Sandoval County from the new location.

Affordable Senior Housing Complex Breaks Ground in Rio Rancho



Felician Villa #2 mock up in Rio Rancho

Sandoval Signpost staff

A new affordable housing complex broke ground in Rio Rancho last week. CC Housing Inc., an affiliate of Catholic Charities, is building the Felician Villa Senior Apartments, located at 1301 Stephanie Rd SE. Felician Villas is one of four projects currently underway, with another four affordable housing centers previously opened across New Mexico.

The Felician Sisters of Rio Rancho donated eighteen acres of land, which was partitioned. The convent was allocated to a local health organization, and the remaining land was developed into Felician Villa apartments. CC Housing, Inc. in partnership with Chelsea Investment Corp., and a coalition of private and government partners, has 132 apartments designed for the needs of seniors aged 55+ years old.

"We are deeply moved by the outpouring of support for Felician Villa. This project is a shining example of what can be achieved when we come together for the greater good. Felician Villa is more than just bricks and mortar; it is about creating a loving community where our seniors can thrive," said Adam Saber, EVP, and COO of CC

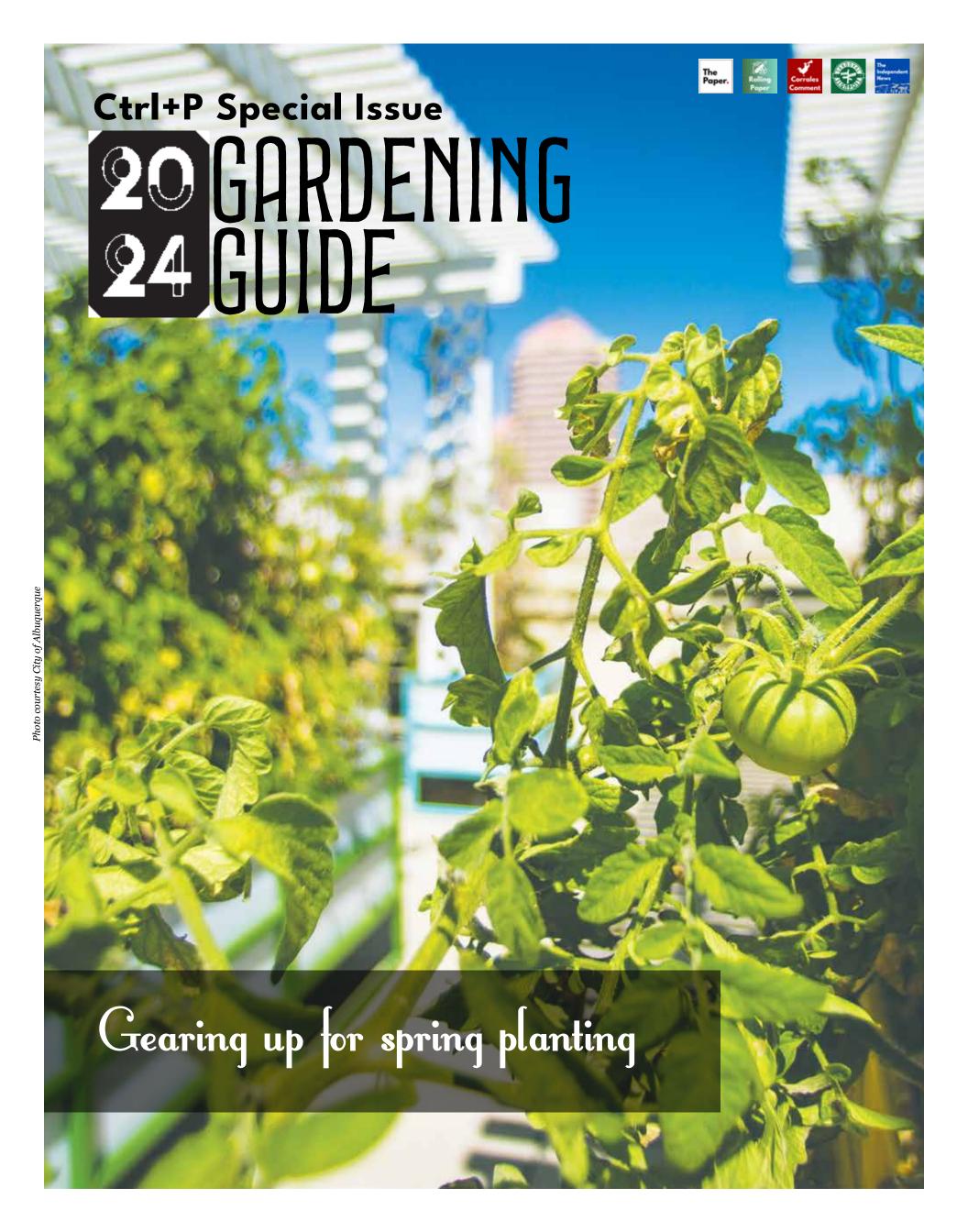
Housing Inc., "This project will offer another option in housing for local seniors."

The funding tapestry for Felician Villa weaves together contributions from the New Mexico Mortgage Finance Authority (NMMFA), Wells Fargo, The Richman Equity Group, American Express Bank, NA, Charles Schwab, Ally, Federal Home Bank of Dallas, Albuquerque Housing Authority, Rocky Mountain Community Reinvestment Corp., and other esteemed partners.

Felician Villa I and II will open in two phases and offer a range of amenities and services, from health and nutrition education to social activities, fostering an environment where residents can lead enriching lives. An on-site service coordinator will ensure that residents have access to resources and support.

Veterans will be given preference in this community-minded initiative, and residents of all beliefs and backgrounds can apply through Monarch Property Group, the designated property management company.

To learn more about these properties, including each center's property management company, visit us online at ccasfnm.org/affordable-housing or call 505-270-4670.



GARDENING GUIDE ______ March 28, 2024



Your Backyard Birdfeeding Specialists
Birdfood • Feeders • Birdbaths • Nature Gifts

(Credit Sara Atencio-Gonzales)

By Sara Atencio-Gonzales, Sandoval Signpost

It's "thyme" to start gardening... again for the Placitas Elementary School (PES). After a long break from budget setbacks and a pandemic, PES is bringing back its popular gardening program. The program was started by Principal Joseph Lepre back in 2015, who understood that some parents couldn't pick up their children right when school ended.

The school had already offered many after-school programs including

chess and sports. However, Lepre thought of a garden program to help teach students about botany. The program was originally open to 4th-5th graders, nicknamed the Caterpillars, to have a day during the week after school that allowed gardenrelated activities and work sessions during the school year.

When the program first started, the garden was maintained by the school's janitor, James Tellez, during the summer months. During the school year, the Caterpillars and teachers' aides maintained the garden. The

program would meet indoors during the cold months and students would still be able to learn about gardening while doing some fun activities.

Then, the school lost funding for teacher aides, so the teachers and some Sandoval Extension Master Gardener volunteers started to help maintain the garden. In 2020, due to the COVID-19 pandemic and some other setbacks, the program shut down.

The garden program is now being rebooted, with hopes of staying active for many years to come. Four Sandoval Extension Master Gardeners are currently running the program; Sandra Liakus, Pat Wright, Donna Popp, and Rachel Goshey.

On March 20, Liakus, Wright, and Popp had their first day back in the PES garden with kids from all different age groups. They also received some help on the first day from three students and one teacher from Bernalillo High School. The group all spent the day cleaning up leaves from the garden and getting them into their compost piles, and planting seedlings.

Liakus, Wright, and Popp originally joined the Sandoval Extension Master Gardeners program when they moved to New Mexico from different places across the U.S. and wanted to learn what to plant and grow here in the southwest.

"I wanted to learn more about the maintenance care of native plants in New Mexico and how to better care for them. You know, the right type of watering because the climate is so different here compared to Illinois," said Popp.

The Master Gardeners have a lot of goals for the future of the garden to be able to get it back to what it once was. "We're looking forward to working with the students through early June and by the time the students come back, it's harvest time," said Liasuk.

The three also hope to teach the kids some gardening-related skills so hopefully, all the kids will find their green thumb but they also hope to expand on the types of plants, fruits, and vegetables they plant in the garden. "We're trying to expand the tastes of the children too," said Liasuk.

The program is currently being held every Wednesday after school and currently has all age groups involved. Organizers hope to get more parents involved as volunteers to make sure that every child is having their needs met during the program.

To get involved with the Sandoval Extension Master Gardeners, visit sandovalmastergardeners.org



March 28, 2024

Shade Trees for New Mexico

By New Mexico Cooperative Extension Service

ess than one-third of New Mexico Lis naturally forested. The rest of the state is natural grassland or desert, with small areas of tundra. Thus, trees planted in our cities and around our homes must grow under climatic conditions and in soil that does not naturally support tree growth. Yet trees are valuable in our environment, making our surroundings more pleasant and ameliorating the effects of development and other human activity. They cool our cities, cleanse the air, and absorb noise. New Mexicans need tree species that can tolerate the soil and environmental conditions of an arid or semi-arid region. Also, because many trees are not native to our state, they require special care.

Selecting a Tree

There are a number of factors to consider when selecting a tree for landscaping, including tree size, water requirements, temperature and other weather conditions, and potential problems. All trees listed in Table 1 will grow in New Mexico. This table does not represent an exhaustive list of all potential trees for New Mexico, but it does provide good selections for a variety of situations. A tree should never outgrow its site, yet it must be large enough to fulfill the purpose for which it was planted. Become familiar with the mature size of a tree in New Mexico before deciding to plant that species.

Species native to areas with acid soil may be 15–20% smaller in New Mexico than in their native environments.

The tree you choose must also be able to survive on the amount of irrigation it will receive. Some trees grow naturally in streambeds and need large quantities of water. Others can survive on very little water once they are established. Plan an irrigation system that will meet the needs of the trees you choose. Minimum temperatures and other climatic factors affect tree survival. For example, some trees do poorly in southern New Mexico because the summers are too hot and dry for them. Be sure a tree species will survive where you live before deciding to purchase it.

Trees grow at different rates. As a general rule, the faster a tree grows, the weaker its wood and the more likely it is to be attacked by insect pests and diseases. Slow-growing trees, on the other hand, are difficult

to transplant and take years to reach salable size. Therefore, large, slow-growing trees are hard to find in nurseries. The best choices are to select a tree with a medium growth rate, or to select a fast-growing tree and plant a slow-growing tree nearby to replace it when the fast-growing tree dies.

Other features to look for when selecting a tree are the texture or apparent coarseness of the tree (both in leaf and without leaves), leaf color, presence of flowers and fruit, whether there is any fruit drop, and whether the pollen presents a potential allergy problem. In the case of dioecious trees (trees that have male and female blossoms on different plants), a male tree may present a pollen problem while a female does not. Trees with attractive flowers do not generally have high allergy potential. For many trees listed in Table 1, information on pollen allergy potential is unavailable, either because the tree has not been extensively studied or because the pollen allergy potential is so low that medical references do not consider it worth mentioning.

Planting a Tree

When planting trees in urban areas or other areas disturbed by construction, soil compaction caused by heavy equipment used in construction must be remedied. The soil has been compacted in these areas to the extent that neither water nor oxygen can adequately penetrate the soil. Site preparation for tree planting should consist of digging or rototilling at least 8 to 12 inches deep. This restores the pore space in the soil, permitting permeation of water and oxygen and facilitating the spread of roots throughout the soil. This results in more rapid tree establishment and a root system that better provides water and nutrients and supports the tree against New Mexico winds. The larger the area prepared by this process, the better able the tree is to grow in the landscape. Do not limit soil preparation to only the size of the rootball of the tree to be planted. Organic matter (peat or compost) may be added over this prepared area to encourage root extension. Once the soil has been loosened over a large area, dig a hole in this area of prepared soil large enough to contain the roots of the tree.

Remove containers from around the roots of container-grown trees and cut through any circling roots to encourage growth of new roots and reduce the potential for girdling by the circling roots as the trunk enlarges. Also, cut large roots that had emerged through drainage holes in the container.

Remove wire or
twine from the trunk
and roots of balled
and burlapped trees.
After placing the tree
into the planting
hole, cut any chicken wire
or heavy wire cages at the
bottom of the planting hole
and remove the wire. Roll any
burlap to the bottom of the hole to
prevent interference with root growth
outward into the prepared soil of the
planting site.

Backfill the hole with soil identical to the soil at the prepared planting site; do not add additional compost or peatmoss.

Caring for Trees

Water all trees regularly for the first two years after they are planted. After two years, reduce the watering frequency for trees with low and medium water requirements. Each time you water any tree, water until the soil is moistened to at least 30 in. deep. Trees need nitrogen fertilizer only when they are growing less each year than is normal for the species. Consult your nursery or county agent to determine appropriate growth rates. When trees need to be fertilized, spread 1 lb of actual nitrogen (5 lb ammonium sulfate) per 1,000 sq ft beginning under the dripline (farthest extent of branches) and extending outward several feet beyond the dripline, and water it into the soil. Add 3 lb of superphosphate at the same time as the nitrogen. Only fertilize trees in the spring or early summer. Otherwise, if you apply nitrogen fertilizer in late summer, trees will be more susceptible to freeze injury. With early training young trees will produce good form and need less pruning when they are mature. Check with your county Extension agent for information on proper pruning techniques.

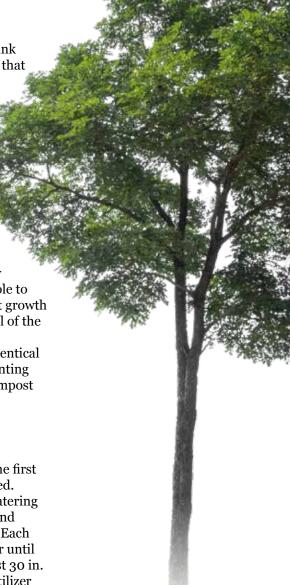
Revised by Curtis Smith College of Agricultural, Consumer and Environmental Sciences, New Mexico State University

Author: Extension Horticulture Specialist, Department of Extension Plant Sciences and Agricultural Science Center at Los Lunas, New Mexico State University

Original author: Lynn Ellen Doxon, former Extension Horticulture Specialist The Albuquerque
Bernalillo County Water
Utility Authority offers
rebates to customers
who plant qualifying
trees such as elm and
oak trees.

For more information about the 100+ qualifying species, visit 505outside.com





GARDENING GUIDE ______ March 28, 2024



By Corrales Garden Tour

One of the things those of us who arrange the Corrales Garden Tour each year understand is that gardening in the high desert is not always easy. Corrales and much of Sandoval County have two distinct ecosystems. The Bosque and the sand hills and each have their own issues, but most will agree that it can be difficult to plant a garden in the sand hills. Whether it be for eating from or enjoying the beauty of a garden,

the heat, lack of shade and, not to mention, the virtually pure sand offers a challenge to the would-be gardener (but you'll find it offers many more benefits). Leaving the Bosque challenges for another day, here are some tips for creating a garden in the sandier parts of the high desert.

Benefits of sandy soil

• There are a handful of plants that thrive in sandy ground, herbs, root vegetables and some berries.

- Sandy soil is much easier to work with, it's easy to dig and is lighter.
- Sand doesn't compact, it is easier to dig in.
- It's easily amended with compost.
- The fact that it is well-drained benefits most flowering plants.
- You really don't have to worry about over-watering or root rot.
- Transplanted plants can establish a little bit faster in sandy soils since

it is easier for their roots to get a foothold.

• Sandy soils warm up a little faster in the spring for earlier planting.

The downside to sandy soil

Sandy soils don't hold water or nutrients very well because sand is composed of silica, usually quartz crystals, and these have relatively no ability to hold onto nutrients and little ability to hold on to water.





March 28, 2024 GARDENING GUIDE

Even the plants that do well in sandy soil are going to need water and nutrients in order to thrive. In addition to amending the soil with compost and other soil amendments, it is a good idea to cover your plants with a garden shade cloth. Interestingly, tomatoes, who love the sun, wilt and gasp under the intense high desert sun. Being in the high desert means that you and your garden are closer to the sun. However, it doesn't make any sense to grow flowers and other plants that are appreciated for their beauty, not their nutrition under a cloth, so choosing hardy sunloving ornamentals and/or planting them in micro-climates, like close to the house, under a tree or in the north side of your house works to protect while providing the desired esthetics.

It doesn't have to be hard to grow a vegetable or ornamental garden in the high desert and in fact it can be quite rewarding because the growing season is often longer. A little preparation is all you need to grow nearly anything you want.

Sandy soil amendments

Choose fruit and vegetable plants that need fast drainage. Bramble

berries, herbs, and root crops are all good choices. Most importantly, increasing soil organic matter is the key to gardening in sandy soil. You have to make the soil more "sticky," so water and nutrients don't just flush through every time it rains.

In Corrales, the Village Mercantile has organic fertilizer and compost and Alameda Greenhouse near Los Ranchos at 9515 1/2 4th St. NW has a bevy of berry and herb starters to get your garden started.

The Corrales Garden
Tour 2024 will offer a
combination of unique
and traditional residential
gardens as well as
commercial and community
properties. Visit Corrales
gardens on June 2 and
learn about creating a
pollinator garden, get
water harvesting ideas,
and see composting
demonstrations. Tickets go
on sale on May 1, 2024 at
visitcorrales.com.



Courtesy Corrales Garden Tour

WATER BY THE SEASONS SPRING WATERING RECOMMENDATIONS (MARCH THRU MAY) FOR GREATER ALBUQUEROUE		
Plant Type	How Often?	How Deep
TREES	1-2 TIMES PER MONTH	24" INCHES
SHRUBS	2-3 TIMES PER MONTH	18" INCHES
FLOWERING PLANTS	1 TIME PER WEEK	12" INCHES
DESERT ACCENTS	▲ 1 TIME PER MONTH	12" INCHES
GROUNDCOVER	3 TIMES PER MONTH	8" INCHES
GRASS: TURF	1-2 TIMES PER WEEK	6' INCHES
GRASS: TURF	1-2 TIMES PER WEEK	12" INCHES
GRASS: ORNAMENTAL	1 TIME PER WEEK	18" INCHES
VINES	1-2 TIMES PER MONTH	12" INCHES



GARDENING GUIDE March 28, 2024



By New Mexico Cooperative Extension Service

Cultivated garlic, *Allium sativum*, is a hardy, cool-season perennial, although in some areas of extreme cold it may not survive the winter. A relative of onions, chives, and leeks, garlic produces bulbs with flat, solid leaves. As the garlic bulb matures, it becomes segmented into a cluster of fleshy cloves (Figure 1) enclosed in a white or purplish parchment-like outer sheath. Bulbs may contain 5 to 16 cloves, depending on variety (Table 1).

Each clove is made of two modified mature leaves around an axis with a vegetative growing point. The outer leaf is a dry sheath, while the base of the inner leaf is thickened, making up the bulk of the clove.

Although garlic is propagated from cloves, "topsetting" varieties may be propagated from bulblets or bulbils that form on the terminal end of a hollow seedstalk (scape) that develops from the main bulb before harvest. Bulbils form in a globe-shaped pod called a spathe. The outer whitish sheath of the spathe will eventually split, exposing a cluster of 10 to 40 brown, yellow, or purplish bulbils that can vary from the size of a grain of wheat to a kernel of corn.

A cluster of tiny white or purplish flowers may also form among the bulbils. These flowers are sterile; garlic produces no true seed.

Garlic is of somewhat limited nutritional value since most people eat it in relatively small amounts (although it is more nutritious than onions on a fresh weight basis). A 2-g serving of garlic will provide 3 mg of potassium, 0.4 g of carbohydrate, and trace amounts of calcium, fiber, iron, and vitamin C (Hathaway, 1993).

Suggested Varieties For New Mexico

There are generally two types of garlic: those that send up a seed stalk (hardneck varieties) and those that don't (softneck varieties). Under certain conditions, softneck varieties can send up a seedstalk, especially if stressed for water or damaged by cold weather. Hardneck (subspecies ophioscorodon) types like Rocambole and Continental usually do better in colder climates and are larger and easier to peel. Softneck (subspecies sativum) types like Silverskin and Artichoke have been cultivated over a longer period of time and tend to be better adapted over a great range of climatic conditions. Softneck types also tend to hold up better in storage due to their tighter skins.

Soil And Fertilizers

Garlic grows best in a rich, deep, well-drained sandy loam to clay loam soil with a pH between 6 and 8. Heavier clay soils should be avoided because bulbs may become misshapen and are harder to dig. Garlic is a heavy feeder, and a soil analysis should therefore be taken before planting to determine soil fertility levels. In New Mexico, the main fertilizer needs are phosphorous and nitrogen.

All phosphorous fertilizer should be banded 2 to 3 inches directly below the cloves before or at planting time. Fertilizers containing any nitrogen should be banded below and to the side (2 to 3 inches) of the cloves. When the fertilizer is banded, 75 to 100 lb/ac of P2O5 (0.17 to 0.23 lb/100 sq ft) are adequate; when broadcast and incorporated, higher rates may be needed.

A light application of nitrogen fertilizer (25 lb/ac of elemental nitrogen) incorporated into the beds before planting is sufficient to get bulbs off to a good start in the fall. Additional nitrogen fertilizer should be applied in the spring at a rate of 100 to 150 lb/ac (0.23 to 0.34 lb/100 sq ft) of elemental nitrogen. Apply the nitrogen in split applications (30 to 50 lb increments) at 3 to 4 week intervals beginning when plants emerge in the spring. Lightly incorporate the fertilizer in a band 4 to 6 inches to the side of the developing plants and irrigate immediately after application. Nitrogen can also be applied in the irrigation water.

Planting

Garlic is generally planted in the fall in New Mexico, September to October in northern areas and October to November in southern areas. Select clean, dry bulbs, and carefully break them apart into individual cloves. Cloves should be planted the same day they are divided. When planting by hand, plant cloves with the scar (stem) end down. Approximately 200 to 2,000 lb of cloves will be needed to plant an acre (Table 1). The amount will vary depending on variety (number of cloves per pound), row width, and plant spacing.

Plant cloves by hand or with a garlic transplanter 1 to 3 inches deep and 3 to 6 inches apart. In colder areas of the state, cloves may be planted slightly deeper for winter protection. Mulching will help protect bulbs from severe cold and will help conserve moisture. Two rows are usually planted 12 to 14 inches apart on top of a flat vegetable bed 38 to 40 inches wide. Single rows may be used with narrower beds. Irrigate immediately after planting.

Plant Development

Garlic cloves require a period of 6 to 8 weeks of cool weather (below 40°F) after planting to vernalize the plants so they will form bulbs. During the fall and winter, cloves will develop their root systems and initiate some top growth.

By early spring, the clove will have swelled considerably, forming a globular bulb with many fine roots. A pair of intertwined leaves will emerge from the terminal end of the bulb and will eventually break through the soil between February and April, depending on the weather and location. Emergence may be uneven. As the weather warms, leaf development will accelerate with flat, dark green leaves reaching a height of 1 1/2 feet or more. Keep plants well watered.

As temperatures rise and day length increases, bulb formation begins. Do not apply any more fertilizer after bulb formation begins. In June to early July, leaves will begin to turn brown and tops will fall, indicating maturity. Irrigation should be terminated at this time to avoid bulb discoloration and bulb rots. To ensure bulbs are fully mature, remove the top layer of soil from the top of a few bulbs and check to make sure the bulbs are fully divided into distinct cloves (differentiated). Digging bulbs prematurely can result in spoilage during storage, while waiting too long can result in disease and/or discoloration of the bulbs.

Pest Control

Garlic is susceptible to most onion diseases, including Botrytis, pink root rot, powdery mildew, and purple blotch. Good sanitation and long-term crop rotation are important, as well as the application of appropriate fungicides when necessary.

Onion thrips can be a major problem on garlic. Garlic growers should also scout for damage from cutworms, cabbage loopers, and wireworms. Check with your local county Extension agent for appropriate control measures.

Garlic has a very shallow root system. Like onions, it cannot withstand weed competition. Cultivation should be very shallow to prevent root damage. Pre- and postemergence herbicides are also available for weed control.

Author: Extension Vegetable Specialist and Assistant Professor, Department of Extension Plant Sciences, New Mexico State University. Revised by Stephanie Walker

College of Agricultural, Consumer and Environmental Sciences, New Mexico State University

View the full story at sandovalsignpost.com

March 28, 2024 GARDENING GUIDE

Selecting Ornamental Trees for New Mexico

By New Mexico Cooperative Extension Service

rees provide many benefits to us Trees provide many bearing and our environment. They cool our cities, cleanse the air, recycle oxygen and reduce noise levels. In addition, trees enhance our quality of life by providing habitat for desirable wildlife and creating a restful environment. However, with New Mexico's varied landscape, where less than one-third of the state covered with native forests, selecting trees that will thrive in this environment is challenging. Trees planted in our cities and around our homes grow under climatic and soil conditions that may not naturally support tree growth. Nevertheless, New Mexicans need trees that tolerate our soils and climate. The purpose of this publication is to provide a description of trees that are adapted to New Mexico. While, many of the trees recommended in this publication are not native to New Mexico, they will adapt and thrive with appropriate care.

Selecting a Tree

An important consideration when selecting a tree should be the planned function of the tree in the landscape.

This planned function will determine which tree is chosen and where it is planted. Trees may be chosen for their shade, flowers, seasonal leaf color, fruit (presence or absence), wildlife habitat, size and architectural form. Growth rate also is a consideration, but often not be the primary reason for selecting a tree. Trees that grow rapidly tend to have a short life and create hazards, because they often have weak wood and increased disease and insect problems. Trees should be considered a long-term investment as a well-placed, attractive part of the landscape that can substantially enhance the property value.

When choosing a tree for the landscape, consider the location in which the tree will be planted. Mature tree height and spread should be considered when selecting a site. Distance from structures, roads, walkways, walls and other paved areas are factors that must be considered. For example, if planted under power lines, trees eventually will interfere with power line maintenance and create electrical hazards. Poor site selection eventually could lead to structural damage, necessitating removal of the tree or pruning that could decrease the tree's form, function and value. Potential problems can be avoided by matching

the tree to the site. If you desire a specific tree, be sure to find a site appropriate for that tree. If your concern is a specific site, select a tree appropriate for that site. Many tree problems in New Mexico result from a failure to match trees and sites.

An unseen potential problem is the root system of an actively growing tree. As a tree grows, the root system expands beyond the tree's drip line. (The drip line is the area of soil beneath the ends of the tree's branches.) Trees planted close to walkways or other pavement can cause of the pavement to lift up due to root growth creating a hazard to foot traffic. Roots also can clog sewer or septic lines, resulting in costly repairs. Most of the tree's roots are in the first 18 inches of soil. However, the roots can spread a distance 1.5 or more times the height of the tree from the trunk. Thus, a 40-foot tree can have roots exploring soil 60 feet or more beyond the trunk. As a general rule, most of the large roots, which cause structural damage, will be found under the dripline of the tree at maturity. Smaller, less destructive roots extend much further. However, as these roots absorb water and nutrients, they may cause problems with septic systems.

To adequately care for trees,

homeowners must irrigate and fertilize well beyond the drip line. The homeowner should anticipate the future size of the tree (above and below ground) in the landscape.

Curtis W. Smith, Extension Horticulture Specialist, Department of Extension Plant Sciences

John Mexal, Professor, Department of Agronomy and Horticulture

John White, Extension Horticulture Agent, Doña Ana County Extension Office

Rolston St. Hilaire, Associate Professor, Department of Agronomy and Horticulture, College of Agriculture, Consumer and Environmental Sciences New Mexico State University

The Albuquerque Bernalillo County Water Utility Authority offers rebates to customers who plant qualifying trees such as Desert Willows and Velvet Mesquites.

For more information about the 100+ qualifying species, visit: abcwua. org/conservation-rebates-outdoor/



Friday, April 26 - 1pm to 6pm Saturday, April 27 - 8am to 12pm

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GARDENING GUIDE March 28, 2024

Dig into Gardening Safely Call 811 Before You Start!

Spring is in the air, and it's time to bring your garden back to life! Whether you're planting a new flowerbed, adding a tree to your landscape, or installing a new irrigation system, there's one essential step before you start digging - Call 811.



The Weekly Crossword

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- 1 Get fast cash
- for
- 5 Squandered
- 9 Up to the task
- 13 Stay clear of 15 Make simpler
- 16 Farsi-speaking land
- 17 Symbolizes
- 19 Hit the runway
- 20 Word after under or water
- 21 From there on
- 23 Like some sums
- 24 Passed out
- 25 Not these or those
- 28 Coloring stick 29 Detroit's county
- 30 Oracle
- 31 Church area
- 34 Place for gloss
- 35 Doesn't just ask 38 Like some
- scientists
- 39 Snow coaster 41 Italian tower town
- 42 Fashion magazine
- 44 Enumerate
- 46 Fancy, as clothes
- 47 Dishwasher soap brand
- 49 Complaint
- 50 Fret
- 51 Self-government
- 55 Kuwaiti, e.g. 56 West African
- nation 58 Blind trio of song
- 59 Not engaged

- 60 Teams 61 Rid of rind
 - 62 Winter woe 63 Prying

DOWN

- 1 Angelic strings
- 2 Rove anagram 3 Manage
- 4 Hollywood's Dunst
- 5 Actor Noah or Wallace
- 6 Road division
- 7 Repair shop fig.
- 8 Into the sunset
- 10 Nike and

- 14 In demand
 - 18 Beer, slangily
 - 22 Stable diet?
 - 24 Boxing venue

 - 26 Shadow
- 33 "Electric 9 Plane wing part
- Nintendo

- 11 Medieval weapon
- 12 Terminated

- 25 Mice catchers
- 27 Four dimensional realm
- 28 Stop
- 30 Clobber, oldstyle
- 32 Sneakers brand
- Avenue" singer Grant

- outbreak

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- map

 - 43 Part of a song
 - 45 Deep-six

 - 47 Swimming hazard
 - 48 Raptor's roost
 - maybe

 - **52** Nullify
 - 54 "No sweat"

36 Widespread

by Margie E. Burke

- 37 Lines on a city
- 40 Sound unit
- 46 Lovato or Moore
- 49 Yawning,
- 51 Ship bottom
- 53 Prevaricates
- 57 Trouble

Legal Notice

Notice to Creditors

In the matter of the estate of Jan E. Marfyak, deceased, late of Rio Rancho, NM, who passed away on 09 December 2023.

All creditors and claimants are hereby notified that they must present their claims within 30 days from the date of this notice.

The executor of the probate is Amber Gray-Fenner. Any inquiries or claims should be directed to PO Box 66613. Albuquerque NM 87193.

Further information regarding the estate's assets and outstanding debts can be obtained

Dated: 01 March 2024

Amber Gray-Fenner

Executor

PO Box 66613 Albuquerque NM 87193



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EVENTS

FRIDAY, MARCH 29

Art Openings

Photography Artist Dana Patterson Roth: "Layers of Memory" All Day Wild Hearts Gallery 221 B Hwy. 165, Placitas

Comedy

J.C. Currais \$20-\$25 9-10:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

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

Music

Chasing Time 7-9 pm The Range Cafe 925 S Camino Del Pueblo, Bernalillo

DJ Fishbowl 8-11 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

Despacito Thursdays \$5 9 pm-1 am The Salt Yard - West 3700 Ellison Drive Northwest, Albuquerque Slim Belly Blues Band 6-9 pm Boxing Bear Brewing Company Corrales Taproom 10200 Corrales Rd., Albuquerque

SATURDAY, MARCH 30

Class / Workshop

Rose Pruning Demo 10 am-12 pm Corrales Community Library 84 W. La Entrada, Corrales

Comedy

J.C. Currais \$20-\$25 9-10:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

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

Music

Big Treble 7-9 pm The Range Cafe 925 S Camino Del Pueblo, Bernalillo The Stray Dawgs 7-9 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

SUNDAY, MARCH 31

Music

Kaktus Kats Blues Jam 2-5 pm Kaktus Brewing Co. 471 South Hill, Bernalillo

MONDAY, APRIL 1

Games

Singo Music Bingo 7-9 pm Brew Lab 101 3301 Southern Blvd. SE, Rio Rancho

Trivia! With Trivia Mafia 6-9 pm Ex Novo Brewing 4895 Corrales Rd, Corrales

TUESDAY, APRIL 2

Class / Workshop

Tuesday Tech Classes 1-3 pm Corrales Community Library 84 W. La Entrada, Corrales

Exhibit

Sandoval Country Historical Society and Museum Open 9 am-12 pm Sandoval County Historical Society/The DeLay House 151 Homestead Lane, Bernalillo

Games

Chess Club 6-7 pm Corrales Community Library 84 W. La Entrada, Corrales

WEDNESDAY, APRIL 3

Games

Geeks Who Drink 7-9 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

Music

Kaktus Jazz Jam 6-9 pm Kaktus Brewing Co. 471 South Hill, Bernalillo

PUBLIC MEETINGS

Daily:The Mayor Hull Show. Go to rrnm.gov/
mayorhullshow. Rio Rancho Mayor Gregg Hull talks
about issues facing Rio Rancho.7 p.m.
Placit.
you ge

Daily: Recreating at Valles Caldera National Preserve. The park landscape remains open to vehicles along NM-4 and pedestrian/bicycle access along trails, as designated. For a complete list of activities at the National Preserve, go tonps.gov/vall/index.htm.

Mondays: Bernalillo/Placitas open Al-Anon meeting for families and friends of alcoholics/problem drinkers. 7:30-8:30. Held at the Bernalillo United Methodist Church, 136 Calle Don Andres (behind Abuelitas), Bernalillo. Maximum: 12 people; masks required. Info: 262-2177

Second Monday: Eastern Sandoval Citizens Association (ESCA) monthly meeting. 4 p.m. Held at the Placitas Community Library.

Second and fourth Mondays: Bernalillo Town Council meeting. 6:30 p.m. Held at Bernalillo Town Hall. Info: call 867-3311, townofbernalillo.org.

Mondays through Saturdays: Alcoholics Anonymous meetings in Bernalillo. For a complete list of schedules, visit the website at albuquerqueaa.org or call Central Office at 266-1900, open 24/7.

First Tuesdays: Albuquerque Newcomers' Club Welcome Coffee. 10 a.m. Held at Sandia Presbyterian Church (not affiliated with church)—10704 Paseo del Norte. Membership is open to residents who have lived in the Albuquerque area (including Sandoval County) for five years or less, or who are having major changes in their lives. Make new friends and increase your social life. Sign up for monthly luncheons and speakers, dining out, visits to area attractions, book and movie groups, bridge, bunco, mah-jongg, walking, wine tastings, etc. Singles' and men's groups. abqnewcomers@gmail.com. 231-6070

First Tuesdays: Coronado Kennel Club meeting. 7:30 p.m. All-breed kennel club. Schedule changes in August and December. Call 867-4510 for meeting location.

First Tuesday: Monthly ice cream social hosted by the Kiwanis Club. 6 p.m. Held at the Paleta Bar in Bernalillo—510 NM Highway 528.

Third Tuesday: Open meeting of the Sandia Vista Amateur Radio Club. 7 p.m. Held at Fire Station 41 on highway 165, just east of the Placitas Community Library. Everyone is welcome to attend meetings, whether or not they have an FCC License.

Third Tuesdays: Bead Society of New Mexico (BSNM) Monthly Membership Meeting. 6-8 p.m. We do not meet in July or December. Please check our website in case of occasional changes. Heights Cumberland Presbyterian Church, 8600 Academy Road NE. For more information, go to beadsocietyNM.org.

Third Tuesdays: Monthly meeting of the Republican Party of Sandoval County (RPSC). 7 p.m. at Gospel Light Baptist Church, 1500 Southern Boulevard in Rio Rancho. SandovalGOP.com.

Third Tuesdays: Sandia Vista Amateur Radio Club. 7 p.m. Help provide emergency communications in Placitas. Become a "HAM" radio operator. We will help you get your FCC license. Visitors welcome. Held at the Placitas Fire Station No. 41, Hwy 165, near the Library. sandiavista.net.

Fourth Tuesdays: Pathways: Wildlife Corridors of NM monthly meeting. 6:30 p.m. Held at Placitas Community Center. Open to the public. pathwayswc. wordpress.com.

Fourth Tuesdays: Eastern Sandoval County Arroyo Flood Control Authority (ESCAFCA) meeting. 6 p.m. Held in the Town of Bernalillo Council Chambers. Persons wishing to be on the agenda or persons with disabilities who need accommodations should call 771-7110 by the first Tuesday. Board meeting agenda is posted on the ESCAFCA website (escafca.com) and at the front desk of the Town Hall by Friday preceding the meeting

Fourth Tuesdays: Placitas Democrats and Friends. 6-7:30 p.m. Held at Placitas Community Library. Meetings are open to the public and feature candidates for local, state, national offices; sandovaldemocrats.org, 259-5860.

Tuesdays: Haven House Domestic Violence Support Group for women whose lives have been touched by domestic violence. 6:30-8:00 p.m. Topics include: Dynamics of Domestic Violence, Safety Plans, Developing Healthy Relationships, and information about available services. All sessions are confidential and free of charge. Held at Rio Rancho First Baptist Church, corner of Route 528 and 19th Avenue. 896-4869 or 1-800-526-7157.

Tuesday and Thursday: Sandoval County Historical Society is open. 9-noon. Photo Archive, Library, and Family Research. Located between Warrior gas station and Santa Ana Star casino on US 550.

Tuesdays, Fridays, and Sundays: Play Pickleball. 1 p.m. Pickleball is a game played on a court with paddles and a whiffle ball. The court is smaller than a tennis court and allows people to play who no longer want to run and jump as they did in their younger years. Anyone can play, even if they have never played tennis. Info: 505-934-2649. At Bernalillo Recreation Center.

Second Tuesdays: Coronado Optimist Club of Bernalillo. 6 p.m. Held at 149 E Calle Don Francisco in Bernalillo. "Bringing out the best in kids" 505-867-4680.

Wednesdays: Boy Scout meetings. 7 p.m. 237 Camino Del Pueblo, Bernalillo. In front of Loretto Park. 505-506-2773.

Wednesdays: Rotary Club of Rio Rancho Sunrise. 7 a.m. For breakfast, fellowship, a great speaker, and a chance to get involved in local and worldwide service projects. At Club Rio Rancho (used to be Chamisa Hills CC), 500 Country Club Drive, Rio Rancho. Info: Mac McKinney, 892-4313.

First Wednesdays: Free civil legal clinic offered. 10 a.m.-1 p.m. Held in the third-floor conference room

of the Second District Courthouse, at the southwest corner of Lomas and Fourth, NW. Free legal advice on a number of civil legal issues. No family law services will be offered. Attendance is limited to the first 25 persons who qualify for low-income assistance. Interpreters and bilingual attorneys will be on hand. Attendees should bring all of their paperwork. Expect about a thirty-minute, free legal consultation. 797-6077.

Second Wednesdays: Visionary Arts & Crafts Guild (VACG) monthly membership meeting. 6-8 p.m. VACG's mission is to develop a fellowship among craftspeople and facilitate a market for crafts. The VACG supports the "Art of Craft" through exhibitions, education, and public awareness to promote the development and appreciation of craftspeople and their work. Meets all months except October, November, and December. Info: vacgnm@gmail.com, facebook.com/vacgnm, VACGNM.com.

Second Wednesdays: Rio Rancho Art Association (RRAA) monthly membership meeting. 6:30-8:30 p.m. RRAA is a non-juried/all mediums regional art association. You need not be a resident of Rio Rancho to join. Held in Don Chalmer's Ford Community Room. 2500 Rio Rancho Boulevard, Rio Rancho. rraausa.org, rioranchoartassociation.blogspot.com or 301-2009.

Second and fourth Wednesdays: Sandoval County Civitans meet. 6:00 p.m. Held at Fair Winds, 920 Riverview Drive SE, Rio Rancho. 898-6884.

Second and fourth Wednesdays: Sandoval County Commission meeting. 6 p.m. Unless otherwise noted, all meetings will be held in the Sandoval Administration Building, 1500 Idalia Road Building D, Bernalillo. Info or meeting agenda: sandovalcounty.com, 867-7500.

Third Wednesdays: Las Placitas Association meets in person. 6 p.m. Visitors are welcome. Email: theboard@ lasplacitas.org for an invitation and further details.

Thursdays: Sandoval County Historical Society archives and library are open to members and the public for family research. 9 a.m.-Noon. Bernalillo. Info: 867-2755.

First Thursdays: Sandoval County veteran's outreach and business counseling. 1-4 p.m. Held at the Sandoval County Administrative Building, 1500 Idalia Road in Bernalillo. All honorably- discharged veterans may be entitled to VA benefits and state Veteran benefits. Come learn about your potential benefits. Bring your DD-214. 383-2414.

First Thursdays: Art and Music at the Loma Colorado Main Library Auditorium, Rio Rancho. Info: riorancholibraries.org, 505-891-5013.

Third Thursdays: Placitas Community Library Board of Directors meetings. At the Placitas Community Library, 453 Hwy 165. 6:30 p.m. Open to the public. Meeting agendas are posted at the library and Placitas Past Office

Fourth Thursdays: Sandoval County Development Planning & Zoning Commission. 6 p.m. Held at the Sandoval County Administration Building, 1500 Idalia Road., Bldg. D, Bernalillo.

Last Thursdays: Sandoval County veteran's outreach and business counseling. 11 a.m.-2 p.m. Held at 433 Meadowlark SE in Rio Rancho. All honorably-discharged veterans may be entitled to VA benefits and state Veteran benefits. Come learn about your potential benefits. Bring your DD-214. 383-2414.

Fridays: Sandoval County Stroke Support Group. 11 a.m.-12:30 p.m. Provides weekly support to survivors of stroke, their caregivers, adult family members, health care providers. Water & light snacks provided. No charge for meetings. Social outings arranged six times/year. Contact Geri: 620-8802.

First Fridays: Monthly luncheon of the Democratic Party of Sandoval County. 11:30 a.m.-1 p.m. Range Cafe in Bernalillo, 925 Camino del Pueblo. Sandoval Democrats gather once a month (most months) to welcome speakers, candidates, and government representatives. You pay for your lunch from the menu, or come for just the meeting. sandovaldemocrats.org.

Third Friday: Luncheon of the San-Bern Federation of Republican Women. Starts at 11:00 a.m. Held at Pelican's East or West 9800 Montgomery Blvd NE Albuquerque, NM 87111 and 10022 Coors Blvd NW Albuquerque, NM 87114. Contact Jeanette Nowers-Clark at 505-321-9189 Sanbernfrw1@gmail.com orSanbernfrw.org.

Saturdays: Los Ranchos Growers' Market. 8-11 a.m. Local farmers offer fresh produce, greens, eggs, fruit, honey, jams/jellies, baked goods, jerky, grass-fed beef, seedlings/plants, flowers, and more. Hot food venders in attendance as well. Held in Village of Los Ranchos, in Tennis Court Parking Lot, 6718 Rio Grande Boulevard. Free and vendors accept WIC/Senior discounts. Montoya4664@hotmail.com, 610-9591, or Los Ranchos Growers' Market on Facebook.

Saturdays: Casa Rosa Pantry. Open 9-11 a.m. Held in the pink house east of Las Placitas Presbyterian Church at 640 Highway 165, six miles east of I-25. Community outreach program provides nonperishable food items as well as dairy, frozen meats, and fresh produce as available for Placitas residents in need. Donations, volunteers welcome.

Third Saturdays: Rio Rancho Northwest Mesa NAACP meets "Virtual." Public is invited.

Third Saturday: Monthly meeting of the National Association for the Advancement of Colored People (NAACP). 11 a.m. Held at the Don Newton Community Center, 4900 Kachina Street NW, in Albuquerque. All are welcome. rrnaacp.org

Second Sundays: Second Sunday Studio Shows. 5 p.m. Live Acoustic Music. Suggested Donation: \$20. Sponsored by Solamente Natural Plaster. Contact: Kent 205-6010, kent@solamentenaturalplaster.com.

Second Sundays: Placitas Cannabis Cultivators Club. 3-5 p.m. Experienced or novice growers welcome. Group is designed to help anyone who wants to grow cannabis do it better. Donations accepted; not required. Contact: 373 8860, luckylouabq@gmail.com, meetup.com (Placitas Cannabis Cultivators Club, Placitas, NM).

CLASSIFIEDS

To place a classified ad, email your ad or questions to: tierna@sandovalsignpost.com (Includes a free posting on the Signpost website.) For further information, visit: www.sandovalsignpost.com or call the Signpost office at 505-300-4087

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Albuquerque resident Dawn R. had been experiencing the painful side effects of Peripheral Neuropathy. "My feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life."

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

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to 'just live with the pain' and you're taking medications that aren't working or have uncomfortable side effects.

Fortunately, four months ago Dawn read an article about Dr. Andrea Brogdon and the work she was doing to treat those suffering from

Peripheral Neuropathy, without invasive surgeries or medications.

Dr. Brogdon, founder of AAIM Albuquerque Acupuncture & Integrative Medicine, is using the tested science of acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Dawn enthusiastically describes life after receiving Dr. **Brogdon's treatments.** "I can wear socks and shoes!"

Dawn and her sister now operate a successful dog walking business, sometimes covering up to 5 miles a day.

> "It's life altering. As far as I'm concerned Dr. Brogdon saved my life!"

Dr. Brogdon is helping the senior community using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Albuquerque.

If you've missed too many tee times because of pain or you've passed on dancing because you're afraid of falling, it's time to call Dr. Brogdon and the staff at AAIM.

It's time you let your golden years **BE GOLDEN!**

Dr. Brogdon is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Only 10 new neuropathy patients will be accepted before the end of June so call (505) 355-1984 now to schedule a consultation.



PERIPHERAL NEUROPATHY? 10400 Academy Rd NE Suite 210 Call (505) 355-1984 to schedule a consultation!

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