

Dapson and List Win Rio Rancho Runoff Election

By Jesse Jones, Sandoval Signpost

The runoff election for the Rio Rancho City Council on Tuesday finally decided who will take the helm for two council seats.

Deborah S. Dapson, a local businesswoman received almost 53 percent of the votes (443 votes) for the District 1 City Council seat beating her incumbent opponent, former Rio Rancho mayor Jim Owen, who received 399 votes.

Nicole Dahn List, whom Mayor Gregg Hull appointed, has retained her seat in the District 6 race with approximately 51 percent of the votes, totaling 416. Her opponent, Edward Lynn Paulsgrove, received just over 48 percent of the votes, with 393 in total.

The runoff election was triggered after none of the candidates obtained a 50% or more of votes in the March 5 election, as stipulated by the city's charter.

Both Sandoval and Bernalillo County Canvassing Boards will certify the runoff election on Monday, April 15, as a portion of the city is in Bernalillo County.

There were 1,651 votes cast according to the city clerk's unofficial results, compared to the 5,139 votes in the March 5 election.

The newly elected councilors will be sworn in on April 25 and will officially take office on May 1.

Councilor Sworn In and Water Rate Hike Approved

Another councilor awaits confirmation



Bernalillo Town Councilor Sharon Quintana-Torres is sworn in. (Photo Credit Jesse Jones)

By Jesse Jones, Sandoval Signpost

Monday's meeting of the Bernalillo Town Council kicked off with a swearing-in ceremony for one incumbent councilor even as the official outcome of the race for another council seat remains unconfirmed.

The council meeting began with Judge George P. Eichwald of the 13th Judicial District Court swearing in Councilwoman Sharon Torres-Quintana with her husband Paul at her side.

Torres-Quintana, Phillip Valverde and James S. Baca ran against each other for two at-large seats on the council. Torres-Quintana secured her seat with 354 votes in the municipal office election on March

15. However, a recount was triggered in the race for the second seat, after Phillip Valverde received 333 votes and James S. Baca received 324 votes.

The recount, due to their extremely close vote count, took place Tuesday at the town hall building. Unofficially, Valverde will retain his seat as the vote counts remain unchanged. However, the recount's official outcome must be confirmed by the secretary of state.

Legislative highlights

Following the swearing-in ceremony, State Rep. Alan Martinez (R-Sandoval) delivered a legislative update to the Town Council.

House Bill 2 allocates \$160,000

for advanced training on domestic violence for law enforcement and public safety workers. House Bill 193 provides funds for law enforcement retention bonuses and House Bill 236 allows retired officers to return after 12 months at base salary to fill workforce gaps. The Bernalillo Fire Department is getting \$900,000 in capital outlay for a new fire engine.

Higher water rates

Many of Bernalillo's businesses will now pay more for water under the new rate increase the council voted to approve unanimously.

Mayor Jack Torres said the rate increases are part of an attempt to

— See Councilor on page 3

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Placitas Star Party Rescheduled For May 4

Staff and astronomers capitalize on "May the 4th be with you!"

Sandoval Signpost staff

The Placitas Community Library has rescheduled its popular spring star party, after canceling the March date due to cloudy weather. The new date is Saturday, May 4.

The star party will begin at 6 p.m. with solar viewing. At 7 p.m., The Albuquerque Astronomical Society (TAAS) Star Master Tom Grzybowski will give a presentation on the important stars that will be visible—the Jupiter, Uranus, Sirius, double stars, and star clusters. The sky will be dark and viewing will continue into the night. There will be various types and sizes of telescopes to guide you to the wonders of our dark skies.

The Placitas Star Party is free and open to all people between the ages. So bring your family, friends and your curiosity. TAAS members will be on hand to share their knowledge of the heavens, as well as having different telescopes on hand.

Library staff recommends patrons arrive well before dark for parking

and to watch the setup of the various types of telescopes. Dress warmly and only use red flashlights or headlamps in the observing area to preserve night vision. This event is co-sponsored by TAAS and the Placitas Community Library. Only the parking lights on cars should be on as visitors come into the parking lot. PCL's magnificent "Parking Jedi" will be on hand with their light sabers to direct you. If you bring a flashlight, please cover it with red which is the only light that does not affect night vision.

For more information, see www.taas.org, www.placitaslibrary.com, or call 867-3355.



TAAS Members at the annual spring star party

PLACITAS Community LIBRARY

Adult Opportunities

- **APR 6 (2 PM): Raising Elk in Placitas** with Dale Spencer
- **APR 7 (2 PM): The Origins of the Village of Placitas Community Library: A Retrospective 1958 - 1981.** Share this history and honor the people that helped bring a library to Placitas in 1958. We will have the opportunity to thank one founder in-person, Frances Escarcida, a Library Trustee and lifetime library advocate.
- **APR 13 (9 AM):** Volunteer Coffee & Connect
- **APR 13 (2 PM):** *The Witches of Abiquiu: The Governor, the Priest, the Genizaro Indians, and the Devil* with Dr. Rick Hendricks

SPRING FLING

Saturday, April 20th ~ 10:00 am – 4:00 pm

The PCL invites you to join us at our Spring Fling. This is a community outreach and fundraising event to support the Library which is a non-profit 501(c) 3.

Plants – Wide variety.
 Talavera – Pottery from Mexico.
 Books – Fiction, Non-Fiction and more.
 DVD's - Movies and TV series.
 Puzzles - Many different puzzles.
 Baked Goods – Homemade baked goods.
 Selected Consignment - Household décor, art work, furniture, dishes, & more.

Library Hours:
 Sunday 1 – 4pm /
 Tuesday 10 am – 7pm /
 Wednesday, Thursday &
 Saturday 10 am – 5 pm

Art Exhibits in the Gracie Lee Room

“Colores de Mexico”
 Now to April 17
 Reception April 5 @
 5 pm - 7 pm

Placitas Studio Tour Preview
 April 20 to May 12

Children’s Activities

April 9 at 10:00 ~ Pre-K Story Time on Tuesday. Stories, Activities, Snacks, and time to check out books. Also be sure to pick up your April edition of the *Early Literacy Calendar* for tips, activities, and fun ways to help your child with reading.
 For ages 0-5.

April 28th from 1-3. Sunday ~ Celebrate the Earth! Activities for pre-k and elementary school children and their families.

453 Hwy 165, Placitas 87043 (505) 867-3355 placitaslibrary.com

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— Councilor from page 1

bring all the town’s ordinances up to date.

As reported by the *Signpost*, this changes the base rate for water usage for businesses that use large amounts of water but does not affect residents.

The mayor said he instructed his staff to determine how many businesses would be impacted by the proposed tiered-rate increase for water usage.

There are a total of 86 businesses in the 0 to 2,000 gallons of water usage category, which will not have any increase in their water rates. However, 122 businesses in the 2,001 to 39,999 gallons of water usage category will have to pay \$5.50 per gallon of water in that category. Similarly, there are 20 businesses in the 40,000 to 99,999 gallons of water usage category who will pay \$9.50 per gallon of water within that category and 24 businesses in the 100,000 gallons and above category who will pay \$15 per gallon of water above 100,000 gallons.

“I know that our water consultants are concerned that we’ve got some businesses that have high use and there isn’t a lot of concern on their end,” said the Bernalillo Public Works Director Troy Martinez.

“The intent was that this would be a reason for them to start looking at why – whether they have leaks that they’re not fixing. They haven’t hired a leak detection company to figure out what’s going on in their business and they’re just willing to pay the bill currently.”

The top two water users in the town are Mister Car Wash at 324 US-550 and Ultra Health Dispensary Bernalillo at 55 Camino Don Tomas.

“What we’re trying to do is get them to understand that water is just not another cost of doing business,” said Torres. “It is the number one priority for us.”

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Mrs. Pickel has a Master of Laws (LL.M.) in Estate Planning and Elder Law, is the former chair of the Elder Law Section of the New Mexico Bar, is the former division chair of the Estate and Trust division of Real Property, Estate and Trust Section of the New Mexico Bar, is a member of the National Academy of Elder Law Attorneys, and was a prior board member of the Greater Albuquerque Habitat for Humanity. She served as an Assistant Judge Advocate General (JAG) with the U. S. Air Force before settling in Placitas.



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Man Accused of Shooting, Killing Wife In Car With Children

By Michael Hodoock, Sandoval Signpost

A Ribera man is accused of fatally shooting his wife inside his vehicle with children in the back seat.

This is the second homicide investigated by the Rio Rancho Police Department in just ten days.

According to a criminal complaint, on the evening of April 3, RRPD arrived at Sandoval Regional Medical Center responding to a call about a woman being treated for a gunshot wound to the head. Desirae Lussow died after arriving at the hospital. Officers say that Lussow's teenage son and his younger siblings were in the car when her husband, 35-year-old Pablo Padilla shot her.

Police said that the family was traveling from Ribera to Tow Daddy's impound yard in Rio Rancho to pick up a car when the couple got into an argument. According to a criminal complaint, the argument escalated into a physical altercation between Padilla, Lussow and Lussow's son. Police said Padilla pulled the vehicle over near

Paseo del Volcan and Camino de Encantadas, picked up an AR-15 rifle that he stored by the driver's seat, and shot Lussow in the head.

Padilla told police that the rifle went off while he, Lussow and her son fought over the gun and that he could not say who picked the gun up.

Police said that based on "physical evidence found by officers on scene and also the restricted space inside the vehicle cab, it would have been unlikely for [Lussow's son] to gain control of the weapon such that it would have been able to shoot the back of [Lussow's] head."

While searching Padilla for weapons, police said they found a small baggie in his pocket containing a substance that Padilla said was methamphetamine. Padilla told police that he was driving his vehicle at 100 mph to get to the impound lot before it closed.

Padilla was booked into the Sandoval County Detention Center and charged with first-degree murder, possession of a controlled substance and reckless driving.



(Credit kalio from Getty Images Signature)

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Tan Pants Bandit Strikes Again



(Courtesy FBI)

By Sandoval Signpost staff

On April 1, the Rio Grande Credit Union of Rio Rancho at 1526 Unser Blvd SE was robbed by a suspect that the FBI has nicknamed “The Tan Pants Bandit.”

The suspect demanded money from a teller, who handed over an undisclosed amount. He is described as a white male, approximately 5 feet 7 inches tall, with a stocky build. In

addition to his tan pants, the suspect wears a black sweatshirt, a black beanie, a white face mask, glasses and black Nike shoes.

The suspect is also wanted in connection with the March 4 robbery of the First Financial Credit Union of Rio Rancho on 2201 Rio Rancho Blvd SE. The FBI is offering a \$2000 reward for information leading to the arrest and conviction of the “Tan Pants Bandit.”

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County Fire Departments Gear Up for Wildfire Season

Training also included search and rescue operations



Sandoval County Fire and Rescue train for wildfire season. Courtesy Sand. County Fire

Michael Hodock, Sandoval Signpost

Sandoval County Fire and Rescue completed training exercises in April to prepare for the busy wildfire season. These include the annual wildland training, which is required for all firefighters throughout Sandoval County and the surrounding areas, and the special Rope Rescue Technician training taught by the Rio Grande Basin Heavy Technical Rescue team.

The team is a collaborative project between Sandoval County Fire and Rescue, Rio Rancho Fire and Rescue, and the Corrales Fire Department. The team, which is optional to join, specializes in rope rescue, trench rescue, structural collapse, confined space training, swift water rescue, and search & rescue.

The Signpost spoke with SCFR Battalion Chief Adam Quinn about the most recent Rope Rescue Technician training. Quinn said that the exercises train firefighters and EMS workers to “not only locate, but access, stabilize and then eventually transport the patient back to the vehicle or to the hospital as required.” Many times the rescue team is deployed to situations known as “extended scenes,” which Quinn said usually entail a long drive that might require search as well as rescue. Scenarios firefighters are trained in could be a quick 15-minute trail hike or a rescue that would take several hours.

“We’re able to provide emergency medical services if required [in scenarios] such as somebody falling off a cliff or down a valley or ledge,

or they’ve driven their vehicle off an easily accessible roadside,” Quinn said.

Search and rescue can be time-consuming, and Quinn said that in addition to using manpower to find lost or distressed individuals, the Rio Grande Basin Team utilizes drones to help with search and rescue operations. Sandoval County also has a canine team to locate individuals or groups, and in worse-case scenarios, to track human remains.

The annual Wildland trainings are typically held in the spring when New Mexico experiences increased fire hazards. Quinn said that this year, fire departments throughout the state worked alongside New Mexico State Forestry and participated in their first live fire training exercise in years.

Quinn gave *The Signpost* a safety message for anyone planning to visit the outdoors in Sandoval County. “If you’re going out, make sure you plan and you notify somebody outside of your party when you’ll be back,” says Quinn, “we encourage everybody to pack appropriate food and water and prepare for adverse weather conditions [by] having enough clothing. Pack a lightweight first aid kit [and] use some sort of mapping technology.”

Sandoval County Fire did not have an exact number of wildland fires they were involved in last year, but bringing several agencies together to form the Rio Grande Basin Team and conduct these training exercises is a key step in creating a more coordinated response during search and rescue operations in the county.

Studies Find ‘Forever’ Chemicals in Rio Grande

Chemicals linked to major health risks



This article is part of a three-part package on shoplifting from our news partners at the new nonprofit City Desk ABQ. Read about what’s happened since a law was passed to target organized retail crime and about some of the most brazen thefts at citydesk.org.

Tierna Unruh-Enos, City Desk ABQ

Two statewide studies released findings that PFAS—which stands for poly-fluoroalkyl substances—chemicals have been detected in groundwater and surface water resources across New Mexico. The study, conducted by the U.S. Geological Survey (USGS) and the New Mexico Environment Department (NMED) found urban areas—like Albuquerque—re the most significant contributor.

After discovering that populated areas contribute the highest PFAS levels to surface water statewide, a follow-up USGS study was conducted to examine the water quality in the Rio Grande as it flows through Albuquerque. In the second recently published article, scientists found that the city significantly contributes to the levels of PFAS in the Rio Grande.

PFAS are almost impossible to avoid. They are found in our homes, our offices, our supermarkets—practically everywhere.

Frequently called ‘forever chemicals,’ PFAS are a group of synthetic chemicals used in a wide variety of consumer goods, such as firefighting foams, nonstick cookware and fast-food packaging. According to the U.S. Environmental Protection Agency, studies have found that PFAS may have significant health risks. These chemicals are found in many water sources around the country and can stay in the environment for a long time, hence “forever,” making them a top water-quality concern.

According to the Centers for Disease Control, PFAS have now been linked to a wide range of health risks in both human and animal studies—including cancer (kidney and testicular), hormone disruption, liver and thyroid problems, interference with vaccine effectiveness, reproductive harm and abnormal fetal development.

The initial statewide study sampled 117 groundwater wells and 18 surface water sites across the state between

August 2020 and October 2021. Of the 117 sites tested, 27 were found to have PFAS, though no results exceeded the EPA’s 2016 health advisory limit of 70 nanograms per liter (ng/L). The PFAS were also detected in all major rivers in New Mexico, with the highest concentrations from sites downstream of urban areas.

After discovering that populated areas contribute the highest PFAS levels to surface water statewide, a follow-up USGS study was conducted to look at the water quality in the Rio Grande as it flows through Albuquerque. In the second recently published article, scientists found that the city significantly contributes to the levels of PFAS in the Rio Grande.

Scientists collected water samples from upstream and downstream of Albuquerque, as well as treated water released from the wastewater treatment plant. The results showed that PFAS levels were approximately 10 times higher in the river downstream of the urban area compared to upstream locations.

“The comprehensive survey of New Mexico’s major rivers and evaluation of groundwater quality across the state is critical in helping NMED protect these valuable resources,” said Andy Jochems, Source Water Protection Team Lead for the New Mexico Environment Department. “The science provided by the USGS helps us make informed decisions about our drinking water resources into the future.”

“Our study highlights the complex nature of chemicals associated with urban areas and their impact on river systems,” said Kimberly Beisner, USGS hydrologist and lead author of the studies. “The data show that urban areas can be a major contributor of PFAS to rivers, with constantly changing concentrations due to wastewater discharge, stormwater runoff and other sources.”

PFAS levels changed over the 24 hours the USGS team took samples from the Rio Grande. Some of the changes seemed to be from treated wastewater being released into the river. Other changes may have been from stormwater washing PFAS off streets and other surfaces in the urban area when it rained.

To learn more about the work the USGS is doing on PFAS and the studies on drinking water, visit the PFAS Integrated Science Team’s website at usgs.gov and search PFAS.

How to Participate in NM's 2024 Primary Elections

Registering, switching parties and voting explained

Austin Fisher, Source NM

New Mexico's primary election will determine who will appear on the general election ballot this November.

Primary election day will be held on June 4. Early voting begins May 7. These dates can affect whether voters can participate in the primaries being held by political parties in the state.

How to register to vote in the Primary

If someone wants to register to vote online at NMVote.org or by mail, they must do so by May 7, Alex Curtas, a spokesperson with the New Mexico Secretary of State said.

As long as someone goes in-person to a polling place in their county, they'll be able to register and vote in the same transaction, Curtas said. This is called "same-day voter registration."

The secretary of state directs eligible voters who want a mail-in ballot to apply online here, however, the mail-in ballot application page on the website is not working. Curtas did not respond to follow up questions about the problem with the online system in time for publication. *Source New*

Mexico will update this story when we hear back.

Anyone can still request a mail-in ballot by filling out this form and returning it to their county clerk.

If someone doesn't want to register to vote online, they can register to vote through the mail by filling out the official paper application (English / Español) and mailing it to their local county clerk's office. Mailing addresses for county clerks are found here.

Data show there are more than 310,000 New Mexicans who are old enough to vote but are not registered.

There are an estimated 1,638,985 people of voting age in New Mexico, according to the U.S. Census Bureau.

As of Jan. 31, there were 1,328,593 people registered to vote in New Mexico, according to the New Mexico Secretary of State's Office.

How to switch political parties

New Mexico has what's called a "modified open primary," Curtas said.

The primaries are technically closed, so a voter must declare a party affiliation and only vote for candidates on that party's ticket.



(Photo by Element5 Digital on Unsplash)

But around 25% of New Mexico voters are not affiliated with one of the three major political parties in the state.

Because of the state's same-day registration option, those people who aren't affiliated with a major party can switch their party affiliation and vote on the same day. This is available during general elections, but could also have a drastic impact on party politics during primaries.

Democratic, Republican and Libertarian voters make up the major parties in the state. The Green Party of New Mexico is the only qualified minor party with the secretary of state.

If someone is undeclared or not affiliated with any major party, they can go to any polling place during early voting or on election day, choose their party and vote in that party's primary.

If someone is already affiliated with a major party, however, they cannot switch their party and vote on the same day, Curtas said.

Any person can switch their party affiliation online or by mail before May 7, Curtas said.

The latest New Mexico Secretary of State data show 43.5% of registered

voters are Democrats; 31.1% are Republicans; and 23.3% are either independent, unaffiliated with any party or declined to select a party.

Another 1.1% are registered Libertarians and 0.9% are marked "other" in the statewide voter statistics.

How to vote

To vote in person, find a local polling place here. Once registered, voters can see a sample of what their ballot will look like, along with any other information they might need, here.

Curtas also encouraged people to vote by mail.

"It's completely secure, and there are lots of different accountability processes built in there," Curtas said.

Most counties have multiple secure ballot drop box locations where people can drop off their mail-in ballots, Curtas said. People can also drop off their mail-in ballots at any polling place in the county where they're registered to vote.

Source NM is an affiliate of States Newsroom, the nation's largest state-focused nonprofit news organization

Common Cause Election Protection Program Seeks Volunteers for June Primary

Helpers needed to watch out for

misinformation and intimidation

Sandoval Signpost staff

The non-profit, non-partisan group, Common Cause New Mexico, is seeking volunteers to monitor polling places and assist voters who may face snafus, confusion, misinformation, intimidation or other obstacles to casting their vote in the June 4 primary election.

Common Cause New Mexico has been running an election protection program since 2008 to make sure that every eligible New Mexico voter who wants to vote can and that every vote is counted accurately. The program is not affiliated with any

party, candidate or issue campaign.

Common Cause trains volunteers who are stationed at polling places and equipped with resources that voters need to safely cast their ballots, including a hotline number staffed by trained legal professionals.

Learn more.

Sign up for training: <http://protectthevote.net> or by calling 505-417-4012

Legal hotline volunteers (people with legal backgrounds wanted): <https://electionprotection.wetheaction.org>

For interviews or more information contact Mason Graham at 505-417-4012 or mgraham@commoncause.org [Source commoncause.org](http://Source.commoncause.org)

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Judith Gordon Plays Piano With Friends

Placitas Artist Series concert features familiar ensemble cast

Sandoval Signpost staff

Pianist Judith Gordon explores diverse repertory with a wide range of solo artists and ensembles. At her upcoming April 21 Placitas Artists Series concert, she will play piano among five friends: Jesse Tatum, flute; David Felberg & Elizabeth Young, violins; Margot Schwartz, viola; and Felix Fan, cello. Gordon calls the presentation a “Sonic Kaleidoscope of Strings & Flute.” The scope includes Mozart’s Piano Trio in E-flat Major, Debussy’s Sonata for Cello and Piano, Arnold Schoenberg’s Phantasy; and Johann Sebastian Bach’s Brandenburg Concerto No. 5 in D Major.

Gordon graduated from the New England Conservatory, where she recently received the Outstanding Alumni Award, and was an associate professor of music at Smith College from 2006-20. Newly based in New Mexico, she performs regularly with the musicians of Chatter.

Several members of the ensemble will be familiar to PAS audiences. In broad brushstrokes, Jesse Tatum serves as principal flute of the Santa Fe Symphony; David Felberg, a



Pianist Judith Gordon. Courtesy Placitas Artist Series

founder of Chatter, and concertmaster of the Santa Fe Symphony, has soloed with the New Mexico Philharmonic and New Mexico Symphony among other groups; Elizabeth Young has performed with Santa Fe Opera

and the New Mexico Philharmonic; and Felix Fan has joined many presentations in central New Mexico as well as worldwide. New to PAS is Margot Schwartz, Assistant Principal second violin of the Santa Fe Opera

Orchestra.

Individual concert tickets can be purchased at PlacitasArts.org. K-12 students accompanied by an adult ticket holder can attend for free.

PAS encourages concertgoers to come early for a 2:00 p.m. monthly artists’ reception in the Fellowship Hall at Las Placitas Presbyterian Church, located at 7 Paseo De San Antonio Rd. Admission to the gallery is free. On exhibit will be the works of Nancy Schrock, oil painting; Michelle d’Amour, oil painting; Sandy Langelier, oil painting; and Colleen Gregoire, oil and watercolor painting.

The current exhibit is open to the public, free of charge, during church gallery hours, Tuesday-Friday, 9:00-1:00 and by appointment. These artists are on exhibit from April 13 through May 4. All artwork on display is available for purchase.

The Placitas Artists Series visual artist annual call for 2024-25 visual artists is now open. This includes painting, photography, tapestry, as well as sculpture, jewelry, clay, and glass. Apply online at <http://www.placitasartistsseries.org/24-25-art-call.html>. The deadline to submit artwork is April 30.



SPONSORS: Albuquerque Office of Equity and Inclusion | Bernalillo County | Bold Futures | Center for Educational Initiatives | McCune Charitable Foundation | National Endowment for the Humanities | New Mexico Humanities Council | One Albuquerque Arts & Culture | Urban Enhancement Trust Fund | W.K. Kellogg Foundation

VENUES: : Albuquerque Museum | National Hispanic Cultural Center | Outpost Performance Space | South Broadway Cultural Center | Three Sisters Kitchen | Valle de Oro National Wildlife Refuge

2024 AfroMundo Festival

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afromundo.org/festival/2024

All events are free and open to the general public.

“Thorns and Blooms” by Lauryn Mills-Bohannon, featured courtesy of Bold Futures.

Laguna Burger to Open New Location in Rio Rancho

New location is the company's 5th

Sandoval Signpost staff

New Mexico-based burger chain Laguna Burger has expanded to Rio Rancho, making it the chain's fifth location.

The 3,000-square-foot space, located at 2401 Rio Rancho Blvd., includes seating for 105 and is located in the same complex as Latitudes Market and Convenience Store. Mac's Steak In the Rough previously occupied the space.

Rio Rancho will be the second permanent Laguna Burger location outside of the Laguna Pueblo, alongside an Albuquerque location in Avanyu Plaza near the Indian Pueblo Cultural Center.

In a statement, Jorge Brasil, managing partner of Laguna Burger's parent company Fuego Enterprises, said the company looks forward to working with Latitudes.

"We are excited to bring the Laguna Burger to Rio Rancho and become part of one of New Mexico's fastest-growing communities," Brasil



said. "We look forward to partnering with our friends at Latitudes to create a one-stop spot for lunch, or dinner, gas or groceries."

Construction on the location began earlier this year.

In addition to its four permanent locations in Albuquerque, Laguna and Route 66 Casino Hotel, Laguna Burger can be found in The Pit during University of New Mexico Basketball games and the chain

has a food truck. For the food truck weekly schedule of locations, visit thelagunaburger.com.

The Rio Rancho location is expected to open on April 18.



First Responder Spotlight

Lt. Manuel Terrazas

By Sandoval County Optimist Club

First Responder Spotlight is a monthly column submitted by the Sandoval County Optimist Club.

Manuel Terrazas is the lieutenant responsible for his crew operations for the Town of Bernalillo Fire Department. He has been with the department for 12 years as a career firefighter/EMT and served as a volunteer for a year before that. Terrazas came to Bernalillo from Santa Fe to work as the safety officer in the town's youth conservation corps program.

Lt. Terrazas has worked with the same shift for seven years, and becoming the leader of his hard-working, highly motivated crew of four members has given him a new perspective on the work he loves. On a 48-hour shift, the crew will average eight calls a day, at all hours of the day or night. Most of the calls are

medical emergencies, some of which involve injuries at the town skate park or other broken bone incidents.

One of the interesting calls happened when a girl filling her car at a service station saw a spider crawling on the car window. She decided to kill the spider with fire. When she lit her lighter the fumes from the gasoline ignited and she was the one who got singed. On the highway, when there is rain or snow, there is always an increase in the number of calls to automobile accidents.

When not out on a call, the Lieutenant's time is taken up with training and with seeing that the chores and reports are completed. He oversees the reports and chores at both of the two fire stations in the town. Off duty, he likes to study the Bible and visit with family. He and an older brother built a race car, a '91



Lt. Manuel Terrazas

CRX Honda that outperformed a Lamborghini. He finds that racing relieves his stress.

Although fire departments in other cities offer large incentives

to attract trained firefighters/EMTs, Manuel Terrazas likes Bernalillo and his job too much to consider a move. We are grateful for that.

Community Briefs

By Sandoval Signpost Staff

Get Artsy

ARTNM! returns to Rio Rancho on Apr. 13 from 10 a.m. to 3 p.m. at the Sandoval County Administration Building. During the event, local arts and crafters will show and sell their work, and local arts organizations will tell you where and how to engage in the visual arts, music, and theater in Rio Rancho. Admission is free and the Dogs for a Cause Food Truck will also be on site.

Park in the Park

The City of Rio Rancho's Parks and Recreation Department is looking for folks with cars 35 years or older to enter the 22nd Annual Park N' The Park. The event is on Apr. 27 at the Campus Park in Rio Rancho. To enter your car for the event, visit rrnm.gov/16/Parks-Recreation or enter the day of the event. There is an entry fee of \$30 or \$35 for entering the day of the event. The event will take place from 10 a.m. to 4 p.m. and will also have food trucks and live music.

Seedling Giveaway

The City of Rio Rancho is holding a Tree Seedling Giveaway event on Apr. 20 from 10 a.m. to 12 p.m. at the City Hall parking lot. All seedlings will be bare root and available on a first-come, first-served basis. Proof of Rio Rancho residency is required. You can only receive one package per household. If you have any questions about the event please email ndahl@rrnm.gov.

Substance Abuse Survey

The Pacific Institute for Research and Evaluation along with the NM Office of Substance Abuse Prevention is asking New Mexicans to take an online survey to have a better understanding of substance abuse issues in the state. The survey is currently open until April 28. Anyone who takes the survey will also be eligible to win \$100 or \$500. At least 3 people each week will win \$100. To take the survey you must be 18 or older and live in New Mexico. Visit tinyurl.com/NMCS2024.

CREATIVE NEW MEXICO



www.creativenewmexico.org

Take Back the Drugs

The Bernalillo Police Department is holding their annual Prescription Drug Take Back Day. During this event, residents can bring any expired, unused, and unwanted prescription pills for disposal. If you

don't properly dispose of the unused or expired prescription drugs in your home, they might find a new one. This is an anonymous drop-off, with no names or questions asked. The event will be held on April 27 from 10 a.m. to 2 p.m. at the Bernalillo Police Department.

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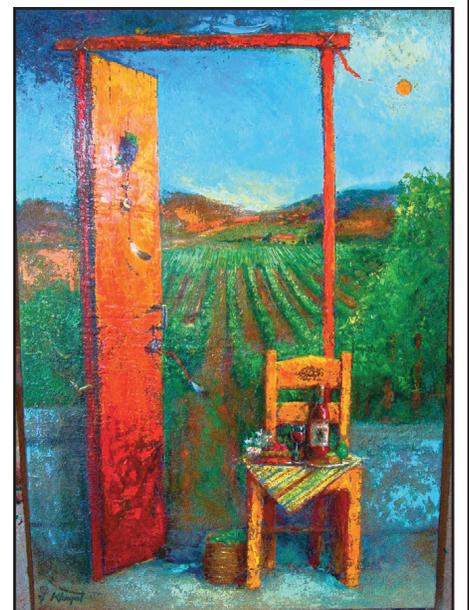
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Politics Two Ways

By Linda G. Harris,
Guest Columnist



Two New Mexico political groups are using opposite tactics to reach a common goal—elect Democrats. While the West Side Democrats in Albuquerque focuses on personal activism, Blue CD2 New Mexico uses data and remote messaging techniques to reach new voters. Both groups say their specific methods are helping win elections.

The West Side group is led by Dorothy Wilkinson. She spent 28 years teaching in Gallup before retiring to Albuquerque, where she had planned to take it easy. “But 2016 happened,” she said. Her return to activism was a natural extension of her involvement in collective bargaining in Gallup.

The West Side includes the chunk of Bernalillo County west of the Rio Grande and is one of Albuquerque’s fastest growing areas with a 2020 population of 132,500. The West Side falls under Congressional

District 1, but due to recent redistricting, a rectangle-sized portion of the area is now in CD 2.

Wilkinson said the group regained its momentum after the pandemic, thanks to volunteers who made phone calls inviting people to meetings. Traditional methods like phone banking and door-to-door canvassing in the run-up to the 2022 midterms paid off. In what Wilkinson called “people working for people,” volunteers logged thousands of hours by Election Day.

“While our goal is to get Democrats elected, we also want to create a space where like-minded Democrats can work together,” she said, citing how their efforts in 2023 helped win a West Side seat on the school board. “We worked with the (Albuquerque) Teachers Federation to keep Moms for Liberty out of the district,” she said, referring to a group known for book bans. In the final tally, their candidate Ronaldo Tome-Warito defeated the long-time incumbent by 200 votes.

In 2021 Rochelle Williams, founder and co-chair of Blue CD2, was back in her Tularosa hometown

after retiring from a business career in Albuquerque. However, she soon grew frustrated with the Republican hold in area politics. After reading ViAnn Beadle’s analysis of voter registration and turnout in the district, she thought, why can’t we use these numbers to turn the district blue? “It was my aha moment,” she said. She and Beadle, chair of Indivisible Las Cruces, invited people to a Zoom meeting to gauge interest in taking on the challenge. By the third meeting, the group voted to organize. From then on, she said, “We were running flat out, hair on fire.”

District 2 is huge, taking up nearly half the state, from Zuni Pueblo on the north to the Mexican border on the south. With a couple of exceptions, Republicans have consistently held the district’s congressional seat.

Williams said because they used data to drive their decisions, the group tended to attract volunteers with backgrounds in research and data collection. Blue CD2’s decision to operate remotely followed the successful practices of national

organizations such as Field Team 6 and Sisters United Alliance.

Using specific data and in-depth marketing research, Blue CD2’s messaging team created snappy content (including a blue donkey in aviator glasses) for postcards, billboards, social media, and ads. In 2022, their 300-member post card team wrote 20,000 postcards to young, mostly Hispanic, low-turnout voters reminding them to vote. Their efforts helped bring in 6,783 new voters. “Gabe (Vasquez) won by 1,346 votes,” she said. Congressman Vasquez is up for re-election in 2024.

Number crunching also extends to fund-raising. Now a registered federal PAC, the group has sponsored successful Zoom fundraisers like the popular “Virtual House Party” and Zoom meetings featuring “celebrity” panelists, such as political columnist Simon Rosenberg and Reed Galen of the Lincoln Project. By November 2024, Williams said they want to bring in 12,000 new voters—and they intend to raise \$250,000 to do it.

New Mexico Elections Earn Top Rating

State election administrators have earned kudos for their continuous efforts to improve voting procedures and secure free and fair elections.

Usually at the bottom of most rankings, New Mexico officials topped all states on the prestigious Election Performance Index (EPI), a project of the Massachusetts Institute of Technology’s Election Data and Science Lab, described as “a non-partisan, objective measure of U.S. election administration.”

With a score of 88% in the 2022 mid-term election cycle, New Mexico jumped eight places ahead of its 2018 ranking and topped Michigan, Colorado, Vermont and Nebraska. Arkansas, Mississippi and Wyoming bottomed the list.

The most recent EPI is based on 18 indicators, including the percentage of mail ballots that are rejected, whether the state requires risk-limiting tabulation audits, and the

turnout rate.



Peter St. Cyr

New Mexico’s peak ranking is a clear indication how far the state has moved ahead from the days-long vote-count debacle following the Democrats’ 2008 Super Tuesday election and the indictments of two former New Mexico secretaries of state: Rebecca Vigil Giron, for alleged misuse of federal funds (charges were later dropped), and Dianna Duran, who pled guilty to embezzlement, fraud and campaign violations.

Data from two years ago show the state had an 80.35% voter registration rate and a turnout rate of 46.54%, almost a full percentage point below the national average. Still, voters will cheer that the average reported wait in line to vote is less than four minutes. New Mexico also got high marks for its voter registration and online lookup tools.

The peak ranking should give residents confidence headed into June’s primary and this fall’s general election, which has been described as the most consequential election of the century.

Free and fair elections, administered with fairness and confidence, are the bedrock of our democracy, and current Secretary of State Maggie Toulouse, a Democrat, at the helm of state elections since first being elected in 2016, should take a bow for her commitment to these improvements.

“Alongside my incredible staff and the tireless work of our 33 county clerks and their staffs, I’m proud to have helped modernize New Mexico’s elections by finding a critical balance between voter access and election security,” Toulouse said in a news release.

Toulouse also gave state lawmakers credit for enacting new election laws.

The EPI compares states’ performances; it’s also a way to chart national trends that have made steady gains over the past decade. New Mexico jumped from a total score of less than 70% in 2010 to close to 90% presently.

While we recognize this gain, we suggest election administrators not rest on their laurels but continue their hard work, especially getting out the vote and boosting turnout.

After all, free and fair elections are the means through which the will of the people is translated into governance.

We can’t imagine an alternative where governance isn’t derived from the people’s consent but from the whims of self-proclaimed autocrats or the selfish interests of a few. Such a society would be bereft of the freedoms and protections we often take for granted.

Elections empower citizens to shape our collective future. Each vote cast is more profound than just choosing a candidate; it’s about asserting our right to govern ourselves. The simple act of voting is more than a civic duty – it’s the heartbeat of a functioning democracy.

Vote integrity hinges on our freedom to participate in the electoral process without fear, intimidation or manipulation.

It’s a human right that should be defended at all costs.

For more information on voting in New Mexico, visit the state’s online portal at NMVote.com.

Contact the writer at Peter505@me.com.

Is It Good PR, or Russian Propaganda?

You might have missed it. On April 7, the chairman of the House Permanent Select Committee on Intelligence, Mike Turner (R-Ohio)



Merritt Hamilton Allen

announced on two different Sunday news programs that members of his caucus were repeating Russian propaganda in their arguments against foreign aid for Ukraine.

Just let that sink in for a minute. Turner said on CNN's State of the Union, "It is absolutely true we see, directly coming from Russia, attempts to mask communications that are anti-Ukraine and pro-Russia messages, some of which we even hear being uttered on the House floor."

Anti-Ukraine sentiment in the most extremist arm of the GOP has been simmering since Russia invaded in February 2022. U.S. intelligence data shows a proactive Kremlin campaign to undermine American support for Ukraine has been ongoing since at least May of 2022, and underway in earnest since January 2023.

U.S. intelligence documents shared with *The Washington Post* indicate a Moscow public relations firm called Social Design Agency, whose chief executive, Ilya Gambashidze, has been sanctioned by the U.S. for his involvement in a "persistent foreign

malign influence campaign" involving the creation of fake European media outlets posting fake news stories about the war in Ukraine and so-called corruption in Ukraine.

A large part of this fake narrative has been to push that the war is about expansion of NATO. As Turner said on CNN, the war in Ukraine is not about NATO. It is about Russia claiming territory it believes to belong to Russia, which Vladimir Putin has been perfectly clear about in his public speeches and interviews.

This effort has the highest priority of the Russian government, being overseen by Sergei Kiriyenko, the first deputy chief of staff at the Kremlin. He called together Gambashidze and other political strategists working on the campaign in January 2023 with directions to increase the content and use American elected leaders' words against them.

In the intelligence documents shared with *The Washington Post*, very familiar themes appear – what is disturbing is that they are all crafted by Russian troll farms or Gambashidze's Social Design Agency. Here are some examples:

- Promote fears of overspending on foreign policy against a backdrop of domestic inflation, homelessness, and raise the spectre of eventual armed conflict in Europe where America will lose;

• Highlight the level of homelessness in America and note that it is starting to resemble a "third world country;"

• Highlight themes of "universal poverty, record inflation, a halt to economic growth ... the risk of job losses for white Americans, privileges for colored and degenerate people and invalids;"

This has been done not just via fake news sites but also with fake social media profiles. One recommended social media comment developed by the campaign from a fake American reads, "I am overcome with anger when another Ukrainian aid package is distributed right before my eyes into the pockets of American and Ukrainian officials. Indeed, it is hard to understand such gestures of 'help' when one's own homeless sit at the feet of passersby [and] sleep under bridges."

According to Pew Research, a third of Americans say they get some of their news from social media. And we have fallen into the habit of liking and sharing "news" that we agree with. We need to make sure it is real.

It's not just Russians preying on Republicans, either. Iran and its proxies are likely running an anti-Israel campaign targeting Democrats and those on the left. Hamas is not concerned about Palestinian casualties until it can blame Israel for them. Pressuring sympathetic Americans to pressure President Biden to withhold

or withdraw support for Israel is the best thing Iran and Hamas can do to further their cause.

I've worked for the U.S. government in public information in different capacities for three decades. I want to make this public service announcement: the U.S. government may want to put events in a positive light; the government may withhold classified information; the government may attempt to put out disinformation to the enemy; but the U.S. government is not in the business of deluding its citizens.

Americans must get out of the tribal habit of assuming everything that comes out of the opposition party's mouth is a complete lie. Ideological disagreement does not equate to deliberate falsehood. We must watch real news broadcasts and read newspapers. Our true enemies, like Russia, China, and Iran, have seized on our current political schism and desire for the "news we want to hear" and are using it against us every single day.

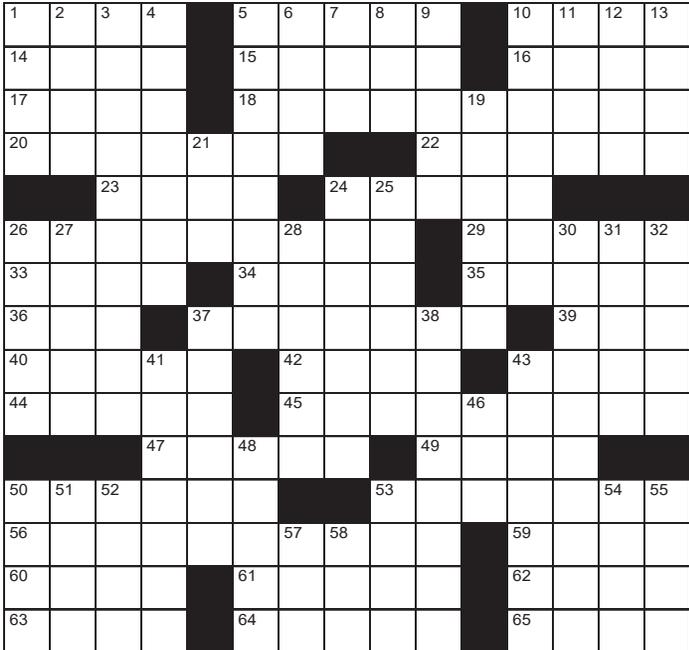
Merritt Hamilton Allen is a PR executive and former Navy officer. She appeared regularly as a panelist on NM PBS and is a frequent guest on News Radio KKOB. A Republican, she lives amicably with her Democratic husband north of I-40 where they run one head of dog, and two of cat. She can be reached at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



The Weekly Crossword by Margie E. Burke

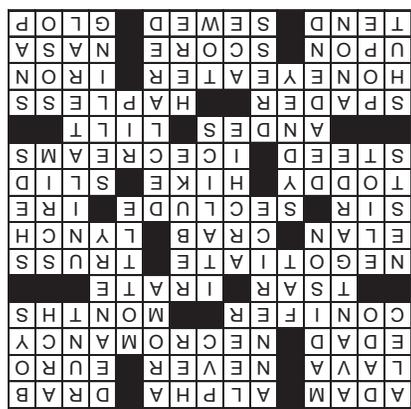
ACROSS

- 1 Leading man?
- 5 Top dog
- 10 Colorless
- 14 Etna output
- 15 Defiant response
- 16 Mark's successor
- 17 Age, in Acapulco
- 18 Dead reckoning?
- 20 Cedar or cypress
- 22 Fairly long time
- 23 Pre-1917 ruler
- 24 Steaming
- 26 Try to work it out
- 29 Structural support
- 33 Get-up-and-go
- 34 Seafood choice
- 35 "Twin Peaks" co-creator David



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- 36 Word said with a salute
- 37 Keep hidden
- 39 Rage
- 40 Warming drink
- 42 Scouting outing
- 43 Tried to get home, maybe
- 44 War horse
- 45 Ben & Jerry's offerings
- 47 Alpaca's habitat
- 49 Airy melody
- 50 Star of "The Blacklist"
- 53 Unfortunate
- 56 Bird of the South Pacific
- 59 ___-clad
- 60 Stratford-___-Avon
- 61 Get the point
- 62 Discovery grp.
- 63 Oversee
- 64 Employed a Singer
- 65 lcky stuff
- DOWN**
- 1 Knighted Guinness
- 2 Woodworking groove
- 3 Like innovative art
- 4 Noted NYC avenue
- 5 "The Vampire Lestat" author
- 6 Sly glance
- 7 Pipe material
- 8 That girl
- 9 Mealtime lure
- 10 Clerical residence
- 11 Litter's smallest
- 12 St. Louis landmark
- 13 80's flick, "The Lost ___"
- 19 Splotch or blotch
- 21 ___ Tuesday (Mardi Gras)
- 24 Slanted type
- 25 Chastise
- 26 Hatchlings' homes
- 27 Poet T. S. ___
- 28 Riverdale High redhead
- 30 Kind of decision
- 31 Theater curtain fabric
- 32 Outbuildings
- 37 Site of a famous opera house
- 38 Announced
- 41 Maze setback
- 43 Retailer's forte
- 46 Tide type
- 48 Slip cover?
- 50 Not even ajar
- 51 Vatican VIP
- 52 Poetic adverb
- 53 Command to Fido
- 54 Fair
- 55 Like some decisions
- 57 High card
- 58 AAA service



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Atlas Tower Company is proposing to construct a 203 ft (overall height) Lattice Tower telecommunications tower facility located near County Road 11 south of San Pablo Road, Cuba, Sandoval County, New Mexico 87013. Any interested party wishing to submit comments regarding the potential effects the proposed facility may have on any historic property may do so by sending comments to: Project 009224-PR - MB, EBI Consulting, 21 B Street, Burlington, MA 01803, or at 585.815.3290.

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Public Meetings

Sandoval County

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

Sandoval County Investment Committee

Apr. 23, 3 p.m.

Sandoval County Chambers
1500 Idalia Rd., Building D

Sandoval County Commission

Apr. 24, 6 p.m.

Sandoval County Chambers
1500 Idalia Rd., Building D

Board of Finance

May 8, 5 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-Meetings

Parks and Recreation Commission

Apr. 15, 6 p.m.

Rio Rancho City Hall

Governing Body Work Session

Apr. 16, 3 p.m.

Rio Rancho City Hall

Planning & Zoning Board

Apr. 23, 6 p.m.

Rio Rancho City Hall

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. 22, 6:30 p.m.,
Bernalillo Town Hall

Planning & Zoning

May 7, 6 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. 17, 6 p.m.

Planning & Zoning

Apr. 18, 6:30 p.m.

EVENTS

FRIDAY, APRIL 12

Art Openings

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

Comedy

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

Ken Flores \$20-\$30 7-9 pm
Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Dance

Flamenco D'Aki 6:30-8:30 pm
Kaktus Brewing Co. 471 South Hill, Bernalillo

Music

Despacito Thursdays \$5 9 pm-1 am
The Salt Yard - West 3700 Ellison Drive Northwest, Albuquerque

Nathanial Krantz 9-11 pm Sandia Resort and Casino 30 Rainbow Road, Albuquerque

Terry Winchell & The Fine Line 7-9 pm
The Range Cafe 925 S Camino Del Pueblo, Bernalillo

Woodpeckers 7:30-9:30 pm Casa Vieja Brewery 4541 Corrales Rd, Corrales

SATURDAY, APRIL 13

Art Openings

Photography Artist Dana Patterson Roth: "Layers of Memory" Reception 1-3 pm
Wild Hearts Gallery 221 B Hwy. 165, Placitas

Comedy

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

Ken Flores \$20-\$30 7-9 pm
Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Discussion / Lecture

Witches of Abiquiu 2-4 pm Placitas Community Library 453 Hwy. 165, Placitas, 87043

Music

CS Rock Show w/ Danny O 7:30-9:30 pm
Casa Vieja Brewery 4541 Corrales Rd, Corrales

Joe Daddy Warner & Friends 12-3 pm
Kaktus Brewing Co. 471 South Hill, Bernalillo

Martin y Moso 7-9 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

Nathanial Krantz 9-11 pm Sandia Resort and Casino 30 Rainbow Road, Albuquerque

Rawk Out 7-10 pm Brew Lab 101 3301 Southern Blvd. SE, Rio Rancho

Saturday Night Barn Dance w/ The Dust Devils 6-9 pm
Kaktus Brewing Co. 471 South Hill, Bernalillo

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

Performance

BLUME Haiti Event: Cello Ensemble Pieces by Haitian Composers 3-5 pm
Casa Perea Art Space 4829 Corrales Road, NM-448, Corrales

SUNDAY, APRIL 14

Discussion / Lecture

Breathing Stone: Living Small in a Southwest Village 2 pm
Sandoval County Historical Society & Museum 161 Homestead Lane, Bernalillo

Music

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

MONDAY, APRIL 15

Art

Adult Coloring Night 5-9 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

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 16

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 & Museum 161 Homestead Lane, Bernalillo

Games

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

Music

EQNX Jazztet 6-8 pm Ex Novo Brewing 4895 Corrales Rd, Corrales

Kyle Martin 5:30-8 pm Steel Bender Brewery 8305 Second St. NW, Los Ranchos de Albuquerque

WEDNESDAY, APRIL 17

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

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

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"I'M SO GRATEFUL I NEVER STOPPED SEARCHING!"

Bernalillo resident Maria R had been experiencing the debilitating side effects of Peripheral Neuropathy.

"I was beginning to have other health issues due to the lack of sleep. I needed help just standing up and when I was standing I was afraid I would fall because I had no feeling in my feet. My life felt like a nightmare."

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

"I was so desperate to the point of giving up" exclaimed Maria R. from Bernalillo. "I was in so much discomfort due to the numbness, tingling, and burning on the back of both legs and in my feet."

Maria R had been diagnosed with peripheral neuropathy and had seen a neurologist with no relief. To complicate things further, Maria had been diagnosed with two fractured discs in her back that were causing her severe pain. "I was no longer able to do surgery and all other treatments didn't work. I was starting to feel hopeless."

Maria is one of 3 million people in the United States suffering from peripheral neuropathy, a degenerative disease of the peripheral nervous system. "Those with peripheral neuropathy experience numbness, tingling, burning and even severe cramping due to the dying off of the peripheral nerves," explains Dr. Andrea Brogdon of Albuquerque Acupuncture & Integrative Medicine. "These nerves continue to die off until they have completely expired leaving sufferers with numbness and debilitating balance issues. Patients come to see me after having seen many other doctors with no relief. They have been told that there is nothing they can do or that they just have to live with it."

"I was beginning to have other health issues due to the lack of sleep. I needed help just standing up and when I was standing I was afraid I would fall because I had no feeling in my feet. My life felt like a nightmare," says Maria.

"I learned about Dr. Andrea Brogdon from an article I read and learned that she helped others like me, experiencing the same symptoms.

I made an appointment hoping she was going to be able to help me. It was my last resort."

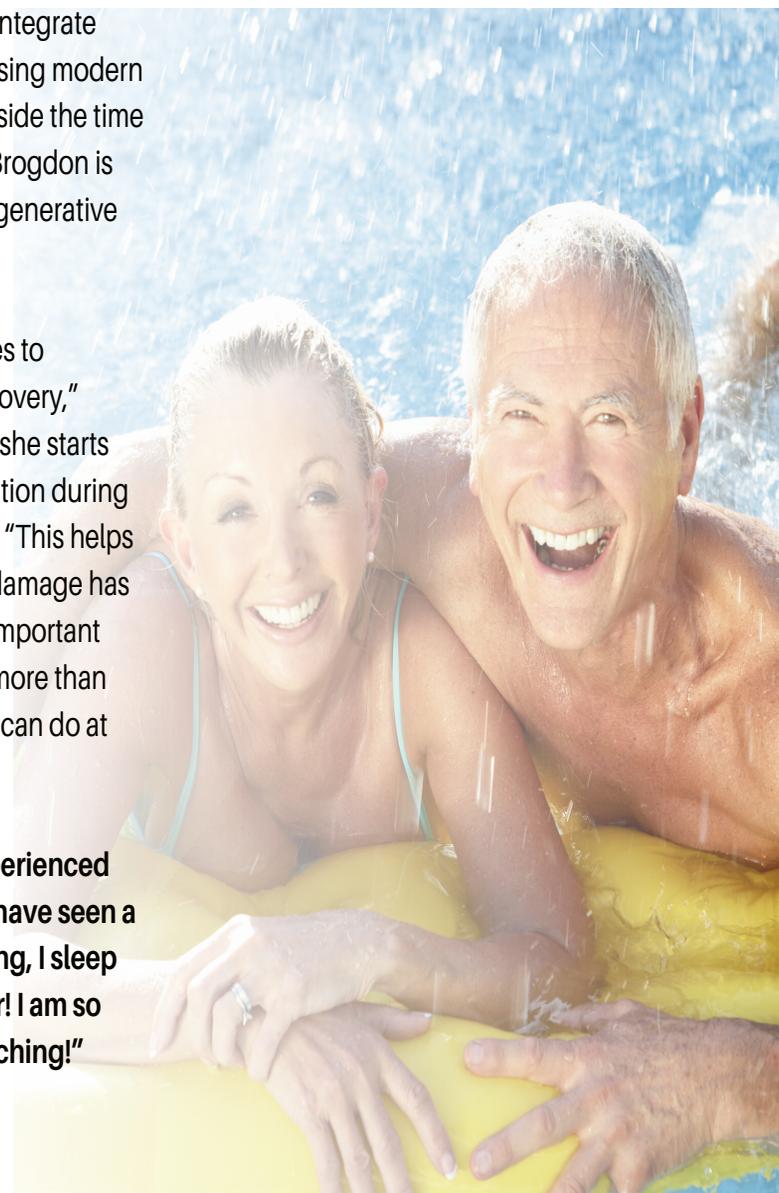
Dr. Andrea Brogdon has helped thousands of patients get their life back after being diagnosed with peripheral neuropathy and living with the debilitating effects of the disease. How does she get such amazing results? "Acupuncture has been used for centuries to improve circulation but the real magic happens when I integrate ATP Resonance BioTherapy™." By using modern technological advancements alongside the time tested science of acupuncture, Dr. Brogdon is able to reverse the effects of this degenerative disease, regardless of its origin.

"Early detection is key when it comes to improving your chances of a full recovery," explains Dr. Brogdon. Which is why she starts every patient with an initial consultation during which a sensory exam is performed. "This helps to determine just how much nerve damage has occurred," tells the doctor. "This is important because if the patient has suffered more than 95% sensory loss there is very little I can do at that point."

"After several treatments, I experienced tremendous relief. Life is good! I have seen a huge improvement in my walking, I sleep better, even my mood is better! I am so grateful I never stopped searching!" exclaims Maria.

If you or a loved one are living a life of suffering due to peripheral neuropathy and your pain has prevented you from doing the things you love with the people you love, it's time to call Dr. Brogdon and the staff at AAIM.

Call (505) 355-1984 today to schedule an initial consultation or visit AAIM-ABQ.com to read more incredible success stories.



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