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Bernalillo Museum Opens Exhibit on History of Local Sports

*Exhibition is years
in the making*

By Ashley Flores,
Bernalillo Community Museum

After years of work, the Bernalillo Community Museum is opening its latest exhibition, *A History of Sports in Bernalillo* on Saturday, June 29.

Through seven sports-related exhibits, visitors will learn of local athletes' accomplishments and the individual community members who worked tirelessly to maintain Bernalillo's sports programs.

An interactive exhibit portion will ask visitors to test their athletic ability. While the individual accomplishments of local teams and athletes are always an important aspect of sports, the museum staff hopes that *A History of Sports in Bernalillo* will remind visitors that it is the day-to-day commitment to a common goal, a team, and a community that makes sports special for the community.

This exhibition was curated primarily by local student employees and all content for the exhibition came directly from community members, Bernalillo High School and the Sandoval County Historical Society.

Exhibits include "Hometown Heroes," which looks at some of the local individuals who dedicated years of their lives to participating in and developing local sports and

— See EXHIBIT on page 3

The '30,000-foot' Timeline for the New Emergency Call Center

Board members discuss transition ahead of commission presentation



(Source: Sandoval County)

By Jesse Jones, Sandoval Signpost

The Sandoval County Regional Emergency Communication Center (SCRECC) Board held a work-study session June 25 in preparation for a presentation to the Sandoval County Commission.

The board discussed the transition plan for July 1, 2025, which involves relocating the call center from its current location inside the Rio Rancho Police Department to the Sandoval County government campus in Bernalillo after Rio Rancho officials informed SCRECC members the city was breaking away in January.

"Hopefully we work out as many of the kinks as we can and come July first when we quote unquote flip the switch, it's seamless and no one knows the difference," said Sandoval County Fire and Rescue Chief Eric Masterson, vice-chair of the SCRECC board.

The SCRECC, which handles all 911 and nonemergency calls in the region, is currently managed and operated by Rio Rancho. Under a Joint Powers Agreement (JPA) with

Corrales, Sandoval County, the Town of Bernalillo and Santa Ana Pueblo, the city also serves as the fiscal agent. However, the city has expressed concerns for several years about the distribution of funding and its representation on the board of directors. The majority of calls to the SCRECC originate from Rio Rancho.

During the work-study meeting, Masterson informed the board about the initial findings that MCM Consulting Group, the firm contracted by the county to oversee the relocation, will present to the County Commission.

The MCM concept was designed by Huitt-Zollars architecture firm and includes consoles for eight dispatchers, a data room, a break room and offices for the director and assistant director. The parking lot will be secured and fenced in, with the potential for building expansion if needed.

Masterson said the SCRECC is currently collaborating with 15 agencies. The new call center will have consoles for at least five staff

members per shift. These consoles will include channels for the Sandoval County Sheriff's Office, the Bernalillo Police Department, the Santa Ana Police Department, the county fire department, two call takers and a supervisor.

Currently, the JPA has a budget of \$2.5 million that comes from each of the member's contributions and salary savings. The county received \$460,000 in capital outlay funding.

MCM's proposed timeline is to enter the construction bidding process in August and start renovations in September. They anticipate that the build will take six months, with completion expected in February or March. The construction will involve setting up and operating the data room with all the necessary equipment.

According to Masterson, the county will need to start hiring people in January or February and start to test the equipment by March.

The board discussed the critical decisions that the remaining JPA members need to make, including the structure of the new SCRECC. Will it operate as a stand-alone entity similar to Valencia County, or will it follow the model of county employees, as seen in Santa Fe County? Other considerations included determining who will handle Inspection of Public Records Act requests, payroll administration and human resources responsibilities.

The board also expressed a desire for mayors and administrators from the JPA member entities to attend the next meeting to participate in decision making.

"The timeline is a very 30,000-foot timeline but that's what the conversation is going to be," Masterson said.

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July Adventures are:

July 13 at 1:00 - Taylor Swift Beading Party

Make Taylor Swift friendship bracelets with the assistance of the library's beading group. Each child will be able to make 3 bracelets, time permitting. Listen to Taylor's music while working.

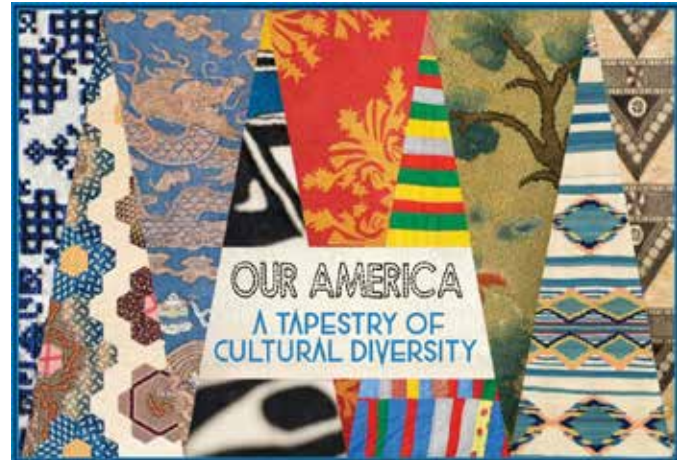
July 20 at 1:00 - Glass Painting with Karen

Shatar. You will trace a picture onto a 5x5 prefused clear piece of glass; then paint it. Pictures could come from a coloring book or some other source. You can bring one with you or use one of ours.

July 27 at 1:00 - A family science event with

Explora! A perfect way to end our program. There will be cake, books, and reading awards.

Gracie Lee Community Room Art Exhibit:



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— EXHIBIT from page 1

community-based programs.

“Beyond the Court” highlights local nonprofit organizations that use sports to create positive changes in their community.

“Sports in Bernalillo” lists 16 of the current sports teams at Bernalillo High School, the history behind each sport, and some of the accomplishments of local athletes.

“50 Years in the Making” discusses the history of Coronado Little League, how the program was started, and how it has been able to thrive for the last fifty years.

“Spartan Pride,” and “Our Mustangs of Bernalillo,” provide detailed histories of each school and a background for their fierce competitiveness.

Lastly, “Test Your Skills,” has a series of challenges that will allow guests to test their eye-hand coordination, accuracy, and reflexes.

The exhibition’s grand opening is from 10 a.m. to 3 p.m. Saturday, June 29. The Bernalillo Community Museum is open from 10 a.m to 3 p.m. Tuesday through Saturday, and is located at 118 Calle Malinche. Admission to the museum is free.



A basketball game at the Our Lady of Sorrows High School circa 1950. (Source: Bernalillo Community Museum)

Meetings Schedule

SANDOVAL COUNTY

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

County Commission

No meetings scheduled in July

RIO RANCHO

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

No meetings scheduled in July

VILLAGE OF JEMEZ SPRINGS

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

Village Council

July 15, 6 p.m.

Lodger’s Tax Advisory Board

9 a.m.

Village Administration building


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

July 7, 6 p.m.

Bernalillo Town Hall



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Placitas Artist Goes on a Road Trip

Exhibition is a trip through the Southwest

By Sandoval Signpost Staff

The *Art of Wandering* is a visual road trip of an exhibition, taking the viewer through parts of New Mexico and Colorado that Placitan Joan Fenicle has been inspired to paint.

Some of the paintings include locations that she visited many times over the 50 years she's lived in New Mexico. Others highlight locations that she happened upon purely by serendipity. Fenicle says her newest exhibition features locations she has experienced with a sense of respect and wonder.

"Wandering is about surrendering to possibilities and understanding that unplanned detours often bring the greatest rewards," Fenicle said in a press release. "If you set a destination and give yourself permission to get lost along the way, you might have what it takes to be a successful wanderer. I have been a wanderer since I was a small child



The Art of Wandering (Source: Joan Fenicle)

(much to my mother's dismay) and there remains a child within I never left behind."

Fenicle says that sometimes heading off on a journey off with only a map drawn on a bar napkin can lead to fascinating conversations with strangers, new discoveries and a desire to share those discoveries through her art.

Fenicle describes herself as a multimedia artist, using

photography, oil paint or mixed media to express her vision. *The Art of Wandering* is rendered entirely in oil on canvas on birch panel.

Fenicle told the *Signpost* she had a great time painting the various locations, and it was just as much fun to hand the exhibit as she planned how it would look and feel to the viewer.

The artist's reception will be celebrated with fellowship and

refreshments from 1 to 3 p.m. Saturday, July 13. A First Sunday ARTScrawl Meet the Artist event will be held from 10 a.m. to 2 p.m. July 7.

Wild Hearts Gallery is an artists' collective, supported by 15 local artists. Located at 221-B State

Highway 165. The gallery is open from 10 a.m. to 4 p.m. Tuesday through Friday and from 10 a.m. to 2 p.m. Saturday and Sunday. A visual tour of monthly exhibitions can be seen at wildheartsgallery.com.

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Bernalillo Council Finalizes Top Five Wish List

More than \$30 million needed for projects

By Jesse Jones, Sandoval Signpost

The Bernalillo Town Council this week unanimously approved the top five ranked projects for the 2026-2030 Infrastructure Capital Improvement Plan (ICIP), with an estimated cost of \$31.95 million.

At the June 24 council meeting, Mayor Jack Torres and the council identified and ranked their top five priorities on the ICIP wish list for state funding, with the new fire station securing the top position. The town is currently awaiting a detailed project estimate from the engineering firm Molzen Corbin, but the estimated cost for the project is \$5 million to \$7 million. The initial plan involves locating the fire station at the old Roosevelt Elementary School and potentially using the abandoned school building as part of the living quarters for the firefighters. The town has already secured \$4.1 million for the project.

The second and third projects on the list are water-related.

Number two is renovating the wastewater treatment plant, which carries an estimated cost of \$16 million, making it the most expensive of the projects. As of now, the town has \$750,000 allocated to the project and is requesting an additional \$15.75 million.

Third on the list are improvements to the Bernalillo water system, with an estimated cost of \$3.15 million. The town is requesting \$2.5 million, having secured \$750,000 in previous funding. To revitalize the aging water system, the town plans to enhance its three water wells with treatment systems, upgrade four water storage reservoir tanks and replace and relocate water mains and service lines.

Ranked fourth on the list is the rehabilitation of the Molino Building,



Highway 550 looking west in the Town of Bernalillo. (Roberto E. Rosales / Sandoval Signpost)

which is estimated at \$3.2 million. Situated next to the Rail Runner station in downtown Bernalillo, the historical structure is earmarked for renovation to serve as the Bernalillo Community Museum, visitor center and gift shop.

The final item on the top five list is to convert public buildings to be more energy efficient. Estimated at \$5 million, these improvements are slated for the town hall, the police department, public works buildings,

the library, as well as the recreation and senior centers.

The building improvements may encompass installing LED lighting, solar panels, water-conserving appliances, solar HVAC units and electric vehicle charging stations.

Traditionally, the governing body ranks only its top five priorities, allowing the town staff to rank the remaining items on the list.

"To be honest with you, if we ever get full funding for our top five

and get down to the sixth through whatever, I'll be shocked," Torres said. "I mean, it's important, but realistically, the top five are the ones that we really have an opportunity for."

Get involved

The next town council meeting is at 6:30 p.m. July 8 at the Town Hall Council Chambers, 829 Camino del Pueblo.

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Senate Passes Bill to Extend Funding for NM Fire Departments

Bill now heads to Biden's desk

By Sandoval Signpost Staff

On June 21, the U.S. Senate passed Sen. Martin Heinrich's bipartisan Fire Grants and Safety Act, legislation that will extend federal programs that help support local fire departments in New Mexico and across the country.

The bill would reauthorize the Federal Emergency Management Agency's Staffing for Adequate Fire and Emergency Response (SAFER) grant program and the Assistance to Firefighters Grant (AFG) program through 2030 and the United States Fire Administration (USFA) through 2028.

The programs are set to expire this year and are used by fire departments in New Mexico to address staffing needs, purchase equipment, develop fire training and education programs, and improve emergency medical services. The legislation now heads to President Joe Biden's desk.

"Now more than ever, we need to get New Mexico's firefighters and first responders the support needed to combat fires and keep our

communities safe," Heinrich said in a press release.

Local fire departments use the SAFER and AFG programs to recruit and retain additional personnel, as well as purchase up-to-date vehicles and equipment such as breathing air compressors, hoses, nozzles and more. Fire stations also use the programs to provide health screenings for firefighters and first responders and to fund important safety, technical rescue and emergency medical training.

According to a press release, since 2015, the SAFER and AFG programs have delivered over \$15.3 million to local fire departments across New Mexico.

The SAFER program has provided federal grants to support hiring and recruitment at local fire departments in Bernalillo County, Albuquerque, Rio Rancho, Bernalillo and others.

The Fire Grants and Safety Act gives \$95 million to USFA for the program— a nearly \$20 million increase from current levels and also continues the current levels of funding for the programs.



(Source: Bernalillo Fire and Rescue)

Community Briefs

By Sandoval Signpost Staff

Mayor's Benefit Fourth of July

Celebrate the Fourth at the annual Mayor's Benefit at Rotary Park in Bernalillo. The free event will be from 11 a.m. to 4 p.m. and includes a splash-fest for kids of all ages with water slides, water balloons and more. The Bernalillo Fire Department will have a water cascade from its 33' Ladder Engine. Hot dogs and hamburgers will be served from 11 a.m. to 1 p.m. Donations are welcome for the annual Bernalillo school supply drive that benefits Bernalillo children in need.

Fourth of July in Placitas

The annual Placitas Fourth of July parade will be held at 10 a.m. Thursday, July 4. The parade starts at Placitas Heights (N.M. Highway 165 and Camino de Rincon Colorado) and anyone who wants to participate should arrive at the church by 9:30 a.m. The lineup for observation of the parade is wherever you can find a shady spot from Placitas Heights along the highway and through the Village of Placitas.

Get creative with STEM

The Martha Liebert Library in Bernalillo is holding STEM learning on Tuesdays in partnership with R4 Creative. Have fun with different realities, Sphero robots, rocket flight, tech day of play 3D printing and so much more. Head to the library at 10 a.m. July 9, 16 and 23.

Summer Star Party with NM poet laureate

Join Jemez Historic Site's Summer Star Party for a fun evening under the stars with astronomy lessons, poetry readings, food trucks and art and craft vendors from 8 to 11 p.m. Saturday, July 13. Co-presented with New Mexico Arts and The Albuquerque Astronomical Society, learn about "Fabulous 50 Summer Stars and Constellations," and watch a laser constellation tour. Visitors will be able to look through TAAS telescopes. The event will be held at the Jemez Historic Site, 18160 N.M. 4 in Jemez Springs. Tickets are available at my.nmculture.org/32485/33072.

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FBI Offers \$10,000 Reward for Information About Deadly Ruidoso Wildfires

AP By Associated Press

RUIDOSO, N.M. (AP) — Federal authorities offered a reward for information about those responsible for igniting a pair of New Mexico wildfires that killed two people and destroyed hundreds of homes in the past week.

The FBI on Saturday offered up to \$10,000 for information in connection with the South Fork Fire and Salt Fire in southern New Mexico, which forced thousands to flee.

An agency statement said it was seeking public assistance in identifying the cause of the fires near Ruidoso, New Mexico, that were discovered June 17. The notice also pointedly suggested human hands were to blame, saying the reward was for information leading to the arrest and conviction of “the person or persons responsible for starting the fires.”

The South Fork Fire, which reached 17,569 acres, was 64% contained on Wednesday. The Salt Fire, at 7,939 acres, was 55% contained as of

Wednesday morning, according to the National Interagency Fire Center. Full containment was not expected until July 15.

From our sponsors

Recent rains and cooler weather have assisted more than 1,000 firefighters working to contain the fires. Fire crews on Saturday took advantage of temperatures in the 70s Fahrenheit (21 to 26 Celsius), scattered showers and light winds to use bulldozers to dig protective lines. Hand crews used shovels in more rugged terrain to battle the fires near the mountain village of Ruidoso.

Elsewhere in New Mexico, heavy rain and flash flood warnings prompted officials to order some mandatory evacuations Friday in the city of Las Vegas, New Mexico; and communities near Albuquerque, about 200 miles (320 kilometers) north of Ruidoso. Las Vegas set up shelters for displaced residents, and some evacuation orders remained in place there on Saturday.

Flash flood warnings were canceled Saturday, though the National Weather Service said afternoon

storms could produce excessive runoff and more flooding in the area.

The wildfires have destroyed or damaged an estimated 1,400 structures. Other fallout from the fires, including downed power lines, damaged water, sewer and gas lines, flooding in burn scars, continued “to pose risks to firefighters and the public,” according to a Saturday update from the New Mexico Energy, Minerals and Natural Resources Department.

Evacuations in areas near Ruidoso and road closures were still in effect. In Ruidoso, full-time residents will be allowed to return Monday, though everyday life won’t return to normal.

“You’re going to need to bring a week’s worth of food, you’re going to need to bring drinking water,” Mayor Lynn Crawford said on Facebook.

President Joe Biden issued a disaster declaration for parts of southern New Mexico on Thursday, freeing up funding and more resources to help with recovery efforts including temporary housing, low-cost loans to cover uninsured property and other emergency work

in Lincoln County and on lands belonging to the Mescalero Apache Tribe.

Deanne Criswell, administrator of the Federal Emergency Management Agency, met with Gov. Michelle Lujan Grisham, Crawford and Mescalero Apache President Thora Walsh Padilla on Saturday. “These communities have our support for as long as it takes to recover,” Criswell posted on the social media platform X.

Much of the Southwest has been exceedingly dry and hot in recent months. Those conditions, along with strong wind, whipped the flames out of control, rapidly advancing the South Fork Fire into Ruidoso in a matter of hours. Evacuations extended to hundreds of homes, businesses, a regional medical center and the Ruidoso Downs horse track.

Nationwide, wildfires have scorched more than 3,344 square miles (8,660 square kilometers) this year, a figure higher than the 10-year average, according to the National Interagency Fire Center.

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Ask the Experts: Upgrading Your Swamp Cooler to Cool A/C For Hotter Summers

Sponsored by Kidzz Mechanical

It is the time of year when many Albuquerque homeowners begin the arduous task of opening up their swamp cooler and wondering if this is the year they should finally convert to A/C.

To learn what the process really looks like, and how new financing options help homeowners manage, we asked Chad Redford, CEO at **Kidzz Mechanical**, an Albuquerque-based HVAC firm with more than 200 5-Star reviews on Google about today’s conversion process.

Chad, a lot of homes around Albuquerque were built with swamp coolers, but those don’t seem to work as well as they used to. Why is that?

The biggest issue with swamp coolers in our climate is that 10 or 20 years ago our monsoon season occurred in late August/early September. Now in recent years we get our monsoon season in early/mid July.

When the rains come the relative humidity increases from our usual 5-10% humidity to 25-35% relative humidity. When the relative

humidity increases to over 20% a swamp cooler only has the ability to change the temperature or air by 6-7°.

This change in climate has encouraged many people to convert to refrigerated air so that they have the ability to stay comfortable during the hottest days of the year.

And, we all know that swamp coolers can lower inside temperatures by up to 20-degrees. On our hottest days, inside temps can still be unbearable. The National Weather Service shows us that ABQ is seeing more high temperature days each year.

How long does it take to upgrade or install a new air conditioner?

In most cases we can install a new air conditioning system in one day.

Many people think they can’t afford an upgrade, but you have lots of reviews online from customers who did. What financing is available now?

At one time, homeowners had to pay the full cost before installing or upgrading to a new unit. But we’ve made upgrading more accessible.

We have worked with Wells Fargo to provide hundreds of our customers



with many different rate plans that accommodate their budget. Wells Fargo offers many different options based on your credit.

• If I’m not ready for an upgrade yet, do you handle smaller jobs like opening my swamp cooler?

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Letter to the Editor: UNM Sandoval RMC Can and Should Do Better

This letter is submitted as reader commentary by the author. Have an opinion? Of course you do! Send it to editor@sandovalsignpost.com or learn more here.

One of the reasons my husband and I moved to Sandoval County was because it was near a hospital. We have had many occasions to use UNM Sandoval Regional Medical Center, so we have a good sense of the quality of patient care the community receives.

We have had good and bad experiences, though I would be remiss if I didn't say at the outset that the problems were not the fault of the nurses and other health professionals. They do the best they can given the hand they're dealt.

In the Emergency Department, I

can see the stress on the faces of the nurses. They have horrible protocols for staffing. It's clear to a nonmedical professional like me that there aren't enough nurses. Sandoval nurses are terrific and try as hard as they can, but it's almost as if they have to play "beat the clock" to see patients and move them on. This is no way to run a hospital.

A recent example for me was when I was admitted to Sandoval RMC for a hernia repair. It didn't start out well because I was given incorrect paperwork in my packet. I had the surgery and was sent home, only to have to return in two days extremely sick and land in the intensive care unit. I am certain I was sent home too early to know if I was doing well or not.

I am aware that the hospital has

received a D rating from Leapfrog, a national group that rates the quality of hospital care. And the national Centers for Medicare and Medicaid Services gave Sandoval just one star out of five on a scale based on quality of care.

Sandoval has apparently tried to sweep those miserable ratings under the rug and just carry on instead of coming up with solutions to fix the patient care problems.

Sandoval needs to be held accountable and must offer solutions to improve the ratings, improve recruitment and retention, and offer training and education for all staff.

The nurses and health professionals formed a union and want to meet hospital administrators at the bargaining table to collaboratively come up with ways

to improve. It's disgusting that they won't bargain and continuously fight the union in court. None of this encourages staff recruitment, and it certainly doesn't help worker morale. I think it's good that patients like me are seeing how they behave. The top executives get paid a lot of money to run an efficient and safe hospital. Problems start at the top, and I hold them accountable. If this is how they behave in public, then it must be way worse when no one's watching.

The Sandoval community relies on Sandoval RMC, and hospital management needs to get serious about providing every patient a healthcare facility that gives us safe and efficient care.

Jillian King, Rio Rancho

FEMA Revamps New Mexico Operations

As Ruidoso area residents return to their homes — or what's left of their homes — we'll be watching FEMA.

For the past two years, since the disastrous Hermit's Peak Calf Canyon Fire, we've heard more about what FEMA hasn't done than what it has done.

This year the agency began changing its New Mexico operation. Jay Mitchell, the Federal Emergency Management Agency's new head of New Mexico operations, announced major changes. FEMA Administrator Deanne Criswell stood next to the governor at a recent news conference, promising, "We will be by your side throughout this recovery."

We'd all like to believe that. It would mean that the agency listened to criticism and responded. Finally.

For months, fire victims, advocates and elected officials complained about Mitchell's predecessor, Angela Gladwell, director of the Hermit's Peak/Calf Canyon Claims office. Gladwell became the face of dysfunctional government and failure to help people in desperate need after the fire in early 2022. The claims office didn't write a check until April 2023 and by year end had expended just 7% of the \$4 billion allocated by Congress. In April 2024 the payout had inched up to 13%.

Maybe Gladwell was the wrong person for the job, but I have to wonder if she was in an impossible situation.

Last year I wrote that "the agency that's supposed to help victims with housing and reimbursement operates in slow motion, if it operates at all." In New Mexico and every other state since Hurricane Katrina, FEMA "has done almost nothing, hogtied by its own regulations and bureaucratic inertia."

From its creation in 1979 to 2003, FEMA was a small, agile, independent agency that responded quickly. After it became a division of the Department of Homeland Security, it became another bureaucratic cog.

Decision making, spending and communications bogged down. Gladwell was a 25-year denizen of that culture when she came here in late 2022. I couldn't find anything in her long and impressive resume to indicate she'd ever been on the ground for a real disaster.

When she stepped down in January, a FEMA news release gave the beleaguered director credit for building a compensation program "from the ground up" and hiring a team of New Mexicans. Because funding came directly from Congress through a bill, her office had to create a new compensation program, which suggests FEMA had no template for a basic function. Her office was still trying to get program rules approved even as fire victims were pleading for help.

With Gladwell's departure, FEMA began consolidating New Mexico recovery operations and gave Jay Mitchell, the new director of the Joint Recovery Office, a new mission "to lead the on-the-ground long-term recovery efforts" as well as claims. Gladwell has been kicked upstairs.

Mitchell, who once led the state Department of Homeland Security, is a former Air Force colonel and global security consultant, but his most important credential may be that he's a fifth-generation New Mexican. We need someone who understands us, say critics; don't send us another FEMA bureaucrat.

In a recent op ed, Mitchell wrote: "I am committed to speeding up the recovery process from this horrific fire. As an experienced emergency management professional, I know recovery never happens fast enough, and that same sad fact is true of the recovery from this disaster. The process needs to go faster..."

"I understand the frustration and anger people affected by the fire carry about their loss and slow recovery. Bureaucracy is the last thing people want to deal with after losing homes and livelihoods, and the process can, at times, seem complex and daunting."

Mitchell is off to a fast start but with the Ruidoso fires, his responsibilities just doubled. If the agency empowers him to do what he needs to do, he could turn "FEMA bureaucrat" into a respectable term.

All She Wrote



Sherry Robinson





The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Tallies
- 5 German river
- 9 ___ chic
- 13 Cops' rounds
- 15 Verb preceder
- 16 Where the heart is
- 17 "Middlemarch" author
- 18 "Boyz n the Hood" director
- 20 Like some smiles
- 22 Leaves out
- 23 Greenish-blue hue
- 24 Canal site
- 26 Get the picture
- 27 Wide of the mark
- 30 Like a mumu dress
- 33 Equestrian event
- 35 Answer to "Where are you?"

| | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|--|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | | 9 | 10 | 11 | 12 |
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| 64 | | | | | 65 | | | | | 66 | | | |
| 67 | | | | | 68 | | | | | 69 | | | |

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- 38 Student over-seer
- 39 "Mob Wives" star Graziano
- 41 Saharalike
- 42 Layers of rock
- 44 Irsome
- 46 Mock rock band in a 1984 film
- 48 ___ out a win
- 49 Fall mo.
- 51 Do away with
- 52 Agenda entry
- 54 Absurd comedy
- 56 Some are raw
- 61 Gym staple
- 63 Set aside
- 64 Word after break or get
- 65 Spur (on)
- 66 Geometry calculation
- 67 New Jersey five
- 68 Pushing up daisies
- 69 Come across as
- 8 HS subject
- 9 Those guys
- 10 Cooking device
- 11 Overact
- 12 Pick up
- 14 Headache cause
- 19 "Two Women" Oscar winner
- 21 Indian royal
- 25 Drive off
- 27 Track figures
- 28 Guitar ridge
- 29 R. L. Stine book series
- 31 Kind of colony or code
- 32 Horse-drawn carriage
- 34 Jacket fastener
- 36 Gretzky's milieu
- 37 Advantage
- 40 Deserving
- 43 Played out
- 45 La Scala works
- 47 Think much of
- 49 Over and over
- 50 Slice the turkey
- 53 "Pollyanna" actress Hayley
- 55 Pantry items
- 57 Pond growth
- 58 Tissue additive
- 59 Run easily
- 60 Rose part
- 62 Really bad coffee

DOWN

- 1 Still asleep
- 2 Where to find a hero
- 3 Roasting platform
- 4 Brown fur
- 5 Fodder storage
- 6 Pork ___
- 7 Thrill-seeker's cord

| | | | | | | | | | | | | | | |
|---|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| W | E | E | S | | | D | E | A | D | | S | T | E | N |
| E | P | O | L | S | | | U | R | G | E | N | E | A | V |
| T | O | L | A | L | | | L | I | M | | D | E | A | T |
| S | T | A | I | R | | | E | M | A | T | E | R | C | F |
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| E | K | E | | | | | I | T | E | M | | | | |
| G | N | I | A | | | | O | N | N | A | | V | A | T |
| D | I | R | A | | | | E | N | E | R | | N | E | A |
| R | E | | | | | | S | A | V | A | | S | | D |
| | | | | | | | S | S | E | L | E | P | S | H |
| E | E | S | | | | | S | E | A | R | | T | E | A |
| S | T | I | M | | | | O | | G | N | I | M | | S |
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EVENTS

FRIDAY, JUNE 28

Comedy

Dusty Slay \$25-\$30 9:30-11 pm
Quezada’s Comedy Club at Santa Ana
Star 54 Jemez Canyon Dam Road,
Santa Ana Pueblo

Dusty Slay \$25-\$30 7-9 pm
Quezada’s Comedy Club at Santa Ana
Star 54 Jemez Canyon Dam Road,
Santa Ana Pueblo

Dance

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

Exhibit

Placitas Wild Hearts Gallery presents
Artist Joan Fenicle: “The Art of
Wandering” All Day Wild Hearts
Gallery 221 B Hwy. 165, Placitas

Markets

Bernalillo Farmers Market 4-7 pm
Rotary Park Bernalillo 370 Rotary
Park Rd. Bernalillo

Music

Bad Habit & The Enablers 7-9 pm
The Range Cafe 925 S Camino Del
Pueblo, Bernalillo

Lisa Litman Band 7:30-9 pm Casa
Vieja Brewery 4541 Corrales Rd,
Corrales

Silver Sky Blues Band 7-9 pm Marble
Brewery Westside 5740 Night
Whisper Rd. NW, Albuquerque

SATURDAY, JUNE 29

Class / Workshop

Heritage Spinning and Weaving:
Dyeing Purposes and Uses 1:30-3 pm
Casa San Ysidro 973 Old Church Rd.,
Corrales

Comedy

Dusty Slay \$25-\$30 7-9 pm
Quezada’s Comedy Club at Santa Ana
Star 54 Jemez Canyon Dam Road,
Santa Ana Pueblo

Dusty Slay \$25-\$30 9:30-11 pm
Quezada’s Comedy Club at Santa Ana
Star 54 Jemez Canyon Dam Road,
Santa Ana Pueblo

Community

Meet the Candidate - House District
57 Michelle Sandoval 5-7 pm Bosque
Brewing Co. (North) 834 US-550 ,
Bernalillo

Music

Coalesce Blue 7-9 pm Tractor
Brewing Westside 5720 McMahon
Blvd NW bldg 5 ste a, Albuquerque

Greg Johns & The Semi-Large Band
7-9 pm Casa Vieja Brewery 4541
Corrales Rd, Corrales

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

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

Operation Rewind 7-9 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

Songs of Summer with Hummingbird
Camp Students 5:30-7 pm Jemez
Historic Site 18160 Hwy. 4, Jemez
Springs

Sports

Duke City Gladiators vs. Tucson
Sugar Skulls \$18-\$53 6-8:30 pm Rio
Rancho Events Center 3001 Civic
Center Cir NE, Rio Rancho

SUNDAY, JUNE 30

Class / Workshop

The Art of Nature Journaling 11 am-1
pm Valles Caldera National Preserve
39201 New Mexico Highway 4,
Jemez Springs

Discussion / Lecture

The Worst of the Worst: Pedro de
Alvarado 2-3 pm Martha Liebert
Public Library 124 Calle Malinche,
Bernalillo

Food

Corrales Growers’ Market 9:30 am-12
pm Corrales Parks & Recreation 500
Jones Rd., Corrales

Music

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

Kaktus Kats Presents Rachel Ross 2-5
pm Kaktus Brewing Co. 471 South
Hill, Bernalillo

MONDAY, JULY 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, JULY 2

Class / Workshop

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

Games

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

WEDNESDAY, JULY 3

Games

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

Music

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

Outdoors

Traditional Gardening at Coronado
Historic Site \$7 10:30 am-12 pm
Coronado Historic Site 485 Kuaua
Rd., Bernalillo

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"I HAVE TWO WORDS FOR LONG COVID: THE WORST!"

Albuquerque resident Eric T had been suffering from the lingering effects of Long Covid symptoms. That was until he met Albuquerque's Dr. Andrea Brogdon of Albuquerque Acupuncture & Integrative Medicine and got his life back!

While the initial alarm of the Covid-19 outbreak has subsided, the fallout from the pandemic is ongoing. Many continue to feel long term impacts from their infection. In fact, nearly 23 million Americans (and 100 million people globally) have learned that regardless of the severity of their initial infection, they may continue to experience debilitating symptoms for weeks, months or even years. In a number of these cases, symptoms worsen with time, even turning deadly.

"I got Covid early last year and it was pretty bad," shares Eric. "I was hospitalized for 9 days and there was a point where I wasn't sure I was going to make it. I'm still here so I guess God had other plans but months passed and I was still gasping for air. I couldn't do everyday tasks like cut the grass or work in the yard, much less enjoy a quick bike ride. And then there was what my doctor called, 'brain fog'. I'd lose my train of thought mid-sentence or forget words for stupid things like plates and toilet paper. It felt like I'd had a stroke more than it did a virus."

Officially dubbed Long Covid, the aftermath of the original virus has taken on a life of its own. Dozens of symptoms have been reported and include everything from shortness of breath and cognitive issues to a sudden onset of diabetes and cardiothoracic conditions. These symptoms are so well-documented and common that those suffering now qualify for disability assistance.

Unfortunately for Eric and so many others, the treatment options thus far have been limited. "I started with my primary care doctor and saw specialist after specialist. A pulmonologist finally told me, 'This is the best we can do for you, it's time you start thinking about how you're going to live with Long Covid.' Apparently, their best was letting me live what felt like half a life."

Eric wasn't satisfied with that and decided to do his own research, which is how he ended up at AAIM Albuquerque Acupuncture & Integrative Medicine in Albuquerque.

"I fully believe the human body has the ability to heal itself, but sometimes it needs a little push. I've used acupuncture in the past to help me through a bout of sciatica and just knew if anyone could help me with this Long Covid business, it was going to be Dr. Brogdon."

You might think that a novel virus needs a novel solution, but if so, you'd only be half right. While the staff at AAIM Acupuncture does use innovative solutions like ATP Resonance BioTherapy® to combat Long Covid, because it aids in the healing and repair of specific cells and tissues, it's a much more time-tested science that's getting patients back to living their lives.

"Our O3 ReBoot Therapy® has all-encompassing and powerful healing capabilities," shares Dr. Brogdon. "Ozone therapy has been used since the 1800's and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral, and anti-inflammatory properties. We use it today to inactivate any residual Covid virus, stimulate oxygen metabolism, and activate the immune system. The whole treatment takes about 15 minutes and is completely noninvasive."

As with AAIM's other services, O3 ReBoot Therapy® requires consistent and repeated treatment to achieve measurable and long-lasting results.

"I'm in my second month of treatment and back to riding my bike and breathing better than before I even had Covid. Everyone [at AAIM] has been amazing! I really feel taken care of every time I walk in the door." says Eric.

Dr. Andrea Brogdon, AAIM's founder and leading practitioner, has been successfully treating chronic pain and complicated conditions for over two decades. She has pioneered effective protocols to treat seemingly hopeless conditions like peripheral neuropathy, fibromyalgia, and postherpetic neuralgia. When Covid-19 emerged three years ago, she and her team got right to work researching and developing therapies that would effectively address that complex virus. Based on the testimony of patients like Eric, it seems their efforts have been a smashing success.

For more information, visit AAIM-abq.com. In an effort to do their part in helping people through this difficult time, they are waiving the \$240 new patient consultation fee for Long Covid patients. Call (505)355-1984 to schedule.



**LONG COVID?
Call (505) 355-1984
to schedule a consultation!**

**10400 Academy Rd NE Suite 210
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WWW.AAIM-ABQ.COM**