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JULY 11, 2024

Albuquerque Man Accused of Threatening Sandoval County Judge

By Jesse Jones, Sandoval Signpost

Las Cruces police arrested an Albuquerque man June 26 in Las Cruces on charges of threatening a Sandoval County judge.

According to court documents, 54-year-old Robert Jaramillo allegedly made threats “towards the safety of” a 13th Judicial District Court Judge over a several-week period.

Jaramillo faces a fourth-degree felony charge in connection with the alleged threats. Court documents state that Las Cruces police arrested Jaramillo on a warrant filed after the judge’s assistant reported that Jaramillo allegedly called and threatened the judge. According to a criminal complaint, Jaramillo threatened to “beat up [the judge] and kill him.” The judge’s office had reportedly been receiving voicemail messages as well from Jaramillo for the past four weeks.

Investigators located Jaramillo in Las Cruces using an emergency phone ping from AT&T.

Jaramillo is scheduled to appear in front of Judge Sara Blankenhorn in Taos on July 18. It was not clear as of press time who Jaramillo’s lawyer will be.

Artie Pepin, director of the Administrative Office of the Courts, said in a statement:

“I am not able to share some details about the incident due to the need to keep confidential our plans and training for threat responses and because there is an active criminal case as a result of the incident. A judge and court personnel reported that an individual made repeated phone calls threatening violence to court personnel and the judge and that a number of these calls were recorded.”

Read the full story at
sandovalsignpost.com

U.S. Rep. Melanie Stansbury Works to Repatriate Tribal Lands Near Sandoval County

Congresswoman working to preserve cultural heritage of tribes



(From left) Sandoval County Commissioner Joshua Jones, Santa Ana Pueblo Gov. Nathan K. Garcia, U.S. Sen. Martin Heinrich, U.S. Rep. Melanie Stansbury, and Placitas resident Mary Rose de Valladares at a community event to protect the Buffalo Tract in 2023. (Source: U.S. Sen. Martin Heinrich)

By Tierna Unruh-Enos,
Sandoval Signpost

Two historic decisions regarding tribal land around Sandoval County have happened this year, and U.S. Rep. Melanie Stansbury, along with U.S. Sen. Martin Heinrich, worked and advocated for both of those decisions as well as future plans to repatriate tribal lands.

In June, Secretary of the Interior Deb Haaland officially withdrew more than 4,000 acres of land near Placitas from mineral leasing, including gravel mining. The area included the Buffalo Tract and the Crest of Montezuma, following decades of advocacy work and community organizing.

“Part of why preserving that land is important is it’s an important wildlife quarter. If you’ve ever gone hiking and Placitas through the front of the mountains there, you know, that’s where you get a lot of animals coming

down the mountain, trying to get down to the river,” said Stansbury.

Stansbury said preserving those lands from gravel mining by multinational gravel companies isn’t just about preserving the ecosystem and public health, but really about preserving our cultural heritage and the cultural patrimony of the pueblos.

Also in June, the Pueblo of Santa Ana officially reacquired 60,000 acres of ancestral land. The land was bought back from former Gov. Bruce King’s family.

“It’s the historic pathway that the Pueblo people who live in that area there, have traditional stories of how they came to their current villages that are tied to that place,” she said. “In a similar vein, right now, my office is working very closely with San Felipe Pueblo.”

The village of San Felipe is actually in U.S. Rep. Teresa Leger

Fernandez’s office. But Stansbury says there are significant lands that fall within her district as well, including a number of pieces of land that are currently managed by the Bureau of Land Management and that are heavily used for recreation. She says the pueblo is seeking to have those lands repatriated back to them because there’s a lot of property damage and also folks are going out there and disturbing religious sites.

“For those who do go on to our public lands, please be conscious that these are sacred and historic sites of our pueblos and the first peoples of this land and do not disturb a cultural artifact that you find out there because it may be an active use,” she said.

She said her office is working with the BLM and the pueblo to get that land returned legislatively to the tribe, although there is no specific timeline for when that might happen.

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Summer Reading Program for Kids

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.

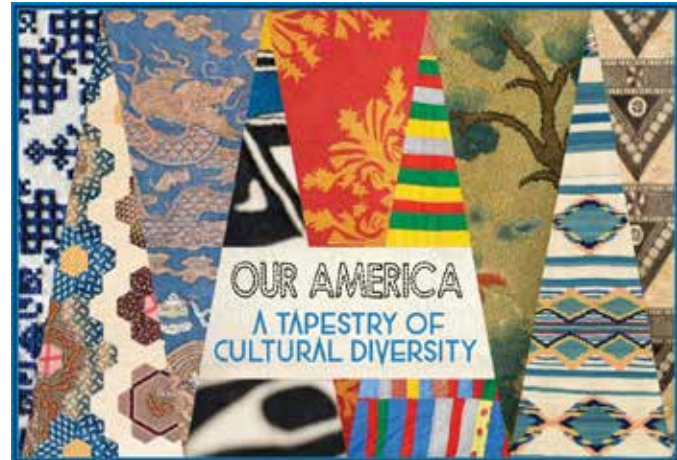
July 20 at 1:00 - Glass Painting with Karen

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:



Through July 18

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Meetings Schedule

SANDOVAL COUNTY To view the agendas for upcoming meetings and read past meeting minutes, visit sandovalcountynm.gov/commission/sscmeetings/ 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
PLACITAS To view the agendas for upcoming meetings and read past meeting minutes, visit placitaslibrary.com/get-know-pcl/library-board/ Placitas Community Library Board July 18, 6 p.m. Placitas Community Library	VILLAGE OF JEMEZ SPRINGS To view the agendas for upcoming meetings and read past meeting minutes, visit jemezsprings-nm.gov/meetings/ Village Council Monday, July 15, 6 p.m. Lodger's Tax Advisory Board Monday, July 15, 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 22, 6 p.m. Bernalillo Town Hall	

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Fourth of July Celebrations in Corrales and Placitas



By Sandoval Signpost staff

Corrales

The annual Corrales July Fourth parade in typical fashion, was more than a parade, it was the village's largest event of the year. Attracting thousands of visitors along Corrales Road, this year's parade and events for the Fourth attracted dozens of floats.

The parade featured horses, marching bands, antique cars, tractors and more. The wet section of the parade allowed spectators and parade participants to cool off and get sprayed with water while they cheered on those marching down Corrales Road.

Photographer Roberto E. Rosales captured the highlights.

Placitas

Placitas' annual Fourth of July parade is a more relaxed affair, attracting several dozen viewers from the Placitas area and at least a dozen floats.

Community members attended the parade and shared their photos with the *Signpost*.



A classic car in the Placitas Fourth of July parade. (Source: Joan Fenicle)



Placitas Fourth of July parade float. (Source: Joan Fenicle)



Pet Mayor Wendell, far left, along with his chief of staff and younger brother Julius are handled by Leslie Franz and Bruce Hofkin. (Roberto E. Rosales / Corrales Comment)



Happy Rascal Ranch float makes an appearance in the Placitas Fourth of July parade (Source: Bunny Bowen)



Two year-old Kendelyn Jo Rollins rides Hercules. (Roberto E. Rosales / Corrales Comment)

Bernalillo Wants to Add Walmart Gas Station to Busy Highway

Council to hear from public in August

By Jesse Jones, Sandoval Signpost

Bernalillo town councilors were presented with plans to add a new Walmart gas station and convenience store along busy Highway 528. If approved, it would be the first in Sandoval County.

The council, with Mayor Pro Tem Dale Prairie presiding in the absence of Mayor Jack Torres, was presented with the ordinance by Planning and Zoning Director Stephanie Shumsky at the July 8 meeting. The ordinance proposed amending the Venada Plaza Shopping Center master plan to add a gas station and convenience store, as well as a plan to reduce the size of the parking lot.

The discussion marked the second step in the process to establish the first Walmart gas station in the county. The next step will take place at the regular council meeting Aug. 12, where the governing council will review the gas station proposal for

consideration and hear any public comments.

The proposed gas station and convenience store would be positioned between Enchanted Hills Dentistry and Orthodontics and the Venada Plaza PNC Bank branch, with the only entrance accessible from Montoya Road.

According to Shumsky during the planning and zoning meeting, building the gas station would result in the loss of approximately 155 parking spaces. She was comfortable recommending approval because these spaces are generally unused, and the vast parking lot often sits empty.

The planned convenience store would be 1,440 square feet in size, and the gas station would provide a total of 20 pump spaces. There would also be room for a turnaround for the gasoline delivery trucks.

According to USA Today, in 2016, Walmart ended its 20-year



(Source: Adobe Stock)

partnership with Murphy USA. Walmart decided to operate and brand gas stations independently outside its stores. However, Murphy USA will continue managing over 1,000 branded locations within Walmart parking lots.

In other business, the council approved raising the fee for preparing and analyzing commercial

water budgets from \$750 to a fixed \$1,000, aiming to simplify processes and reduce administrative burdens associated with varying costs.

Get involved

The next town council meeting is at 6:30 p.m. July 22 at the Town Hall Council Chambers, 829 Camino del Pueblo.



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Canyon Blues & Jazz

Sandia Chill Sunday Concert

July 14, 2024

Ray Charles Tribute

7-8:30 Michael Matison
Tracey Whitney & Friends
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Where: Placitas Homestead Village, 221 Hwy 165
Gates open 1 hour prior to concert start

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Tickets and Membership:
CanyonBluesandJazz.org
[@sandiachillconcerts](https://www.facebook.com/CanyonBluesandJazz)



The Impact of the New Deal in a New Era

Projects that transformed Sandoval County

By Jesse Jones, Sandoval Signpost

Across Sandoval County, the lasting impact of the New Deal is still visible in the public buildings, roads, bridges, parks, and public art that have shaped daily life for nearly a century. These remnants from a bygone era tell stories of resilience, community and hope, illustrating the enduring legacy that continues to influence our present and future.

The National New Deal Preservation Association (NNDPA) explores these themes in its latest book, "THE NEW DEAL: Looking Back, Moving Forward," in which members and guest authors delve into New Deal personalities and programs, connecting the historical achievements to contemporary relevance.

In response to the severe economic effects of the Great Depression, President Franklin D. Roosevelt's administration initiated a national effort known as the New Deal beginning in 1933 and ending when the U.S. entered World War II.

Programs such as the Works Progress Administration and the Civilian Conservation Corps brought much-needed relief and development to communities across the United States. By 1935, these programs employed over half of New Mexico's population, providing approximately 425,000 jobs.

Schoolhouses in Placitas, excavated ruins at Jemez Pueblo and the roads and structures in state parks underscore the impact of the New Deal on the county's history.

Today, preservationists, notably the NNDPA, work to preserve, conserve and restore these landmarks, ensuring they remain a testament to this era in American history.

"(The New Deal) kept families from falling apart economically," said Kathy Flynn, the executive director of the NNDPA. "It virtually affected every family in New Mexico except the richies."

The WPA had broad impact, helping to provide jobs for the 12.8 million unemployed Americans in construction, arts and music. Projects like building schools, courthouses and murals improved communities culturally and economically, leaving a lasting legacy in infrastructure and community development across the United States.

It encompassed programs like



The Civilian Conservation Corps building a 3-mile-long road into Frijoles Canyon. (Source: NM Chapter of the Living New Deal)

the Federal Art Project, the Public Works of Art Project and the Federal Music Project (FMP).

The New Deal art projects employed 167 New Mexico artists to create murals, paintings and sculptures for public buildings, many of which can still be seen today. The FMP aimed to support music and cultural development by making sure as many towns as possible had a symphony. New Mexico's director at the time focused on preserving and promoting Spanish American music traditions in New Mexico by creating a book on Spanish American music.

"Most of the Spanish American musicians had never seen music in writing and some people couldn't read music, it was a thing that was passed out ear to ear," Flynn said.

The CCC employed more than 3,000,000 men between 1933 and 1942 aged 18 to 25 from families on government assistance. They enlisted for at least six months to work on environmental conservation projects, transported and housed by the U.S. Army and guided by the U.S. Forest Service, National Park Service and the Departments of the Interior and Agriculture. The men were paid a dollar a day, with \$20 kept for personal expenses and the remainder sent home monthly to

support their families.

CCC employees fought forest fires, planted three billion trees, maintained roads, protected 20 million acres from soil erosion, and built facilities like wildlife refuges, fish-rearing stations, and established 800 state parks around the country.

Sandoval County projects

In Sandoval County, numerous projects continue to serve their original purposes, while others have been repurposed to meet evolving community needs. However, some communities within the county have become ghost towns over time.

According to the Living New Deal website, the WPA constructed what is now known as the San Antonio Catholic Mission Community Center in Placitas, originally a two-room schoolhouse that also served as Placitas' first library.

Later, Bernalillo Public Schools and the Archdiocese of Santa Fe executed a land swap. The school system acquired a gymnasium at Our Lady of Sorrows in Bernalillo, while the Archdiocese gained ownership of the Placitas school.

Roosevelt Elementary School, Bernalillo's first public school, was built by the WPA in 1936. According to the Martha Liebert

Public Library, the school fell into disrepair. However, a joint effort involving Bernalillo Public Schools, the Town of Bernalillo and Sandoval County helped secure funding from Bernalillo Public Schools and a capital outlay appropriation from the 1993 New Mexico Legislature for the renovation of the building.

Today, the Bernalillo Fire and Rescue Department is considering repurposing the abandoned Roosevelt Elementary School into a new fire station.

According to Flynn, other WPA projects in Bernalillo included the construction of a public welfare building, health center, road improvements, sewing rooms, canning and clothing projects and ditch drainage improvements.

New Deal Preservation

According to Flynn, the NNDPA has spent \$100,000 to preserve or restore artwork around the state, receiving both federal and state funding. The organization employs conservators to assess and recommend necessary restoration work throughout New Mexico. Those who are interested in supporting the NNDPA can donate at nndpa.org/donate.

Conservation Enforcement on Santa Ana Pueblo Lands Expected at End of July



This story originally appeared in Source NM, an independent, nonprofit news organization that shines a light on governments, policies and public officials in New Mexico. We publish it here with permission as a part of our commitment to support the best local journalism in New Mexico, even if we don't write it.

By Austin Fisher, Source NM

Once Tamaya Kwii Kee Nee Puu is signed into trust with the federal government, people who are not members of the Santa Ana Pueblo and who trespass will be subject to tribal and federal law enforcement.

In June, Santa Ana Pueblo officials were joined by the Southwest Regional Office of the U.S. Bureau of Indian Affairs to host a fee to trust signing ceremony at the Prairie Star Restaurant.



A mesa overlooks prairie in Tamaya Kwii Kee Nee Puu. (Source: Santa Ana Pueblo)

But the final signatures aren't expected until around the end of July, said Doug McKenna, director of the Santa Ana Pueblo's Natural Resources Department.

McKenna said the land is almost entirely fenced off and signs are posted prohibiting trespassing.

To do anything on the land, one

would need permission from the Santa Ana Pueblo Governor's Office, he said.

Until the final signatures are made at the end of July, the land is considered private property and any trespassing would be prosecuted by either the Sandoval County Sheriff's Office, the New Mexico Department

of Game and Fish, or the local district attorney, he said.

With the lands being signed into trust, the tribal government will be able to enforce trespassing and other laws through civil actions in tribal court, McKenna said. Non-Native people cannot be tried in tribal court for criminal charges, but can for civil charges, he said.

"It enhances the authority for conservation officers to do their job to better protect the natural and cultural resources out there," he said.

People who are hunting, fishing or gathering once the lands are in trust can be brought into federal criminal court, he said.

People could also be prosecuted federally for tearing down signs or fences; or digging for pottery, burial sites or other cultural resources, McKenna said.

"It's for the betterment of the community," he said. "I think people will think about things before they trespass, cut fences, or come across Indian land."

Village of Cuba Implements Water Restrictions Amid Drought Concerns

Despite rainfall, drought conditions persist

By Jesse Jones, Sandoval Signpost

The Village of Cuba recently implemented restrictions on outdoor watering due to a prolonged lack of rainfall, soaring temperatures and extreme drought conditions.

Ironically, soon after the restrictions were implemented, monsoon rains began flooding the state.

"We'll probably keep it in place and just play it by ear through July and see what happens," Mayor Denny Herrera said.

The restrictions aim to reduce village water consumption by 10% to 20% and mandate residents refrain from watering between 8 a.m. and 5 p.m. The village asks that residents with addresses ending in odd numbers water only on odd-numbered days, while those with addresses ending in even numbers water on even-numbered days. Ornamental water usage and washing sidewalks and driveways is prohibited.

According to Herrera, Cuba police officers and water department officials will monitor the village for violators who have meters on the village's water system. This includes some residents

located outside the village limits in the county.

Herrera said individuals caught ignoring the restrictions will receive a verbal warning, as Cuba does not have an ordinance in place to fine residents for noncompliance.

"I think it is more of a good neighbor policy and I think it'll work out well like that," Herrera said.

The water restrictions were implemented as a precautionary measure to prevent another serious water emergency, similar to the one declared in May. As previously reported in the *Signpost*, the county approved an emergency/disaster declaration to address a water supply crisis in the village related to the 40-year-old water line issues around Highway 126, Nacimiento Road and Southern All Around Road.

According to Herrera, the U.S. Army Corps of Engineers is currently working with the village to design and upgrade the water tank. The village is also working with the New Mexico Rural Water Association and other state agencies for funding to take care of the aging pipes.



(Source: Village of Cuba)



Community Briefs

By Sandoval Signpost staff

Learn Safe Sun-Viewing at Jemez Historic Site

On Sunday, July 14, from 10 a.m. to 12 p.m., the Jemez Historic Site will be hosting a solar viewing event joined by both The Albuquerque Astronomical Society and New Mexico Arts. Guest speaker will be Tom Grzybowski who will give a 45-minute presentation, "The Sun's Nature and How to Observe its Features." After the presentation, a safe sun observation through two types of solar telescopes will occur. This event will bridge old practices of astronomy to modern-day studies and also introduce people to solar astronomy.

New Mexican Musical Traditions at Coronado Historic Site

The Coronado Historic Site is hosting a concert featuring Lone Piñon, a group that performs traditional New Mexican music, from 2 to 4 p.m. Sunday, July 14. Admission is \$7 for adults and free for children 16 and younger, along with several other groups. This concert celebrates the rich and diverse musical traditions of New Mexico. Tickets are available at newmexicoculture.com.

Cabazon Park's Shop Local Market

On The Shop Local Market Rio Rancho invites local vendors to Cabazon Park's market, set for 10 a.m. to 3 p.m. July 27 at Cabazon Park and Community Center, 2307 Cabazon Blvd. SE. The market supports handmade and homegrown items only — no franchises, resales,

political booths or big-box store products. No artificial additives or unsustainable oils are allowed. Vendor space is \$35 for a 15-foot by 15-foot area. Bring your own tables and chairs. Admission is free for shoppers. Register online at rrnm.gov/3863/Online. No drop-ins are accepted. For more information, call the Cabazon Community Center at 505-892-4499.

48th annual Sandoval County Fair

This year's Sandoval County Fair is from July 29 at 10 a.m. to Aug. 4 at 11 a.m. for a spectacular celebration of community, agriculture, and fun. Expect thrilling bull rides, live entertainment, mouthwatering treats and vibrant exhibits. Tickets are available at sandovalcountyfair.org. General admission is \$10 for adults

and \$5 for children and seniors (65+). Children under 5 get in for free. On Uniform Day and Senior Day, admission is free with an ID.

Unlimited Fair Passes are available. The Family Unlimited Pass is \$65 and includes six wristbands for all-week entry. The Individual Unlimited Pass is \$25 and includes one wristband for all-week entry.

Placitas Artists Series

The season-opening concert for the Placitas Artists Series will feature a performance by Patterson/Sutton Duo, Guitar and Cello. Set for 3 p.m. Sept. 22, On September 22, at 3 p.m. the concert takes place at Las Placitas Presbyterian Church, Highway 165, in Placitas. Tickets can be found at placitasarts.org



Commentary

Times of Agony

There has been no shortage of commentary about the Biden vs. Trump debate.

As the debate closed, the first focus was on Joe Biden's appearance, voice and style. He had a poor start and improved as the night wore on, but commentators, journalists, Biden allies and Joe Biden himself conceded it was a bad night.

And a bad night for a candidate always brings out the vultures and the feeding frenzy. As journalist Nicolas Kristof once said, we report

Corner to Corner



Diane Denish

crash landings, not safe landings.

Since the debate, *The New York Times* has published 192 articles about Biden's debate performance — 142 news articles and 50 opinion pieces. Trump was covered in 92 stories, most in regard to the Supreme Court's immunity ruling. None mentioned Trump's own mental fitness or sociopathic lying.

In a disservice to viewers, CNN announced pre-debate its reporters would not fact check the two men in real time. As a result, the moderators let Trump spew lies about taxes, abortion, the deficit, and Biden.

Trump employed what is called the Gish Gallop in the debate. The formal definition of the Gish Gallop is "a rhetorical technique in which

a person in a debate attempts to overwhelm an opponent by abandoning debating principles, providing an excessive number of arguments with no regards for the accuracy or strength of those arguments and that are impossible to address adequately in the time allotted to the opponent."

Trump used this technique effectively throughout, and, just as the definition implies, he spoke without regard to accuracy, spewed falsehoods and used his well-rehearsed style of personal attacks.

Here are a few examples of lies, all without evidence. Biden is "a Manchurian Candidate, paid by China." One fact checker has dubbed this "Liar, liar, Pants on fire!" He also claimed Biden "encouraged Russia to attack Ukraine." Not only false but bordering on delusional.

Most of his lies focused on immigration using the words "Biden," "migrant" and "crime" and claiming Biden was killing "so many at our borders" with immigrants "coming in and killing our citizens at levels we have never seen." Once again there is no evidence to back up such a claim. But the Gish Gallop is designed to ignore facts and data.

And, showing off his repeated efforts to rewrite Jan. 6 history, he tried to deflect blame to Sen. Nancy Pelosi, saying she refused his offer of 10,000 troops to assist. The latter has been frequently debunked by military

officials who were at the ready and got no call. This is not true by any account.

And lastly, Trump's claim that he "aced" two cognitive tests could or could not be true. He won't release results. But when asked about being 82 at the end of a term, should he win, he

turned to his golf game. I'm waiting for an intelligent voter to tell me he votes for the guy with the best golf handicap.

In the aftermath there was a feeding frenzy, as the number of articles indicates, and it was not by any standard an even handed approach.

The vultures were flying overhead and began to pounce.

Democrats, journalists and editorial writers began to question Biden's fitness for the job with some calling for his withdrawal from the race. None spoke directly about Trump's delusional state of mind. Some said Trump repeated falsehoods from his rallies, but some of the statements are so bizarre it should raise questions about his mental stability.

Regardless of the aftermath or the path ahead, one thing is clear: Neither Trump nor Biden won the debate. The only winner was the Gish Gallop, which was allowed to go unchallenged by both Biden and the moderators.

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The Weekly Crossword

by Margie E. Burke

ACROSS

1 School subj.

5 Cut corners

10 Seeing things

14 Woodwind

15 Gyro holders

16 Prom night ride

17 One way to be sold

19 Student overseer

20 Like some pets

21 Big name in tires

23 Fonda flick, "Easy ____"

25 Barely at all

26 Dismal

28 Gym weight

31 Rescue ring

33 A and B, e.g.

37 Thrilla in Manila boxer

38 Make, as a meal

40 Regret

41 Parking sticker

43 Raven's remark

45 Spotty ailment

47 Proton's place

48 Stands out

51 Mick Jagger, for one

53 Able to practice, say

56 Annoyance

59 Bulb flower

60 Like some milk

62 Small change

63 Oregon's capital

64 Tear to bits

65 Provocative

66 Shoot from cover

67 June 6, 1944

DOWN

1 Hydrant hookup

2 Big-horned goat

3 Sleep-inducing

4 Londoner's break

5 Long key

6 Word with mess or press

7 Tabloid

8 Algeria neighbor

9 Freudian topic

10 Getting on in years

11 Triangular traffic sign

12 Send, in a way

13 Heavyweight Liston

18 Clear (of)

22 Summertime top

24 Baltimore squad

26 Tickled

27 Aggravate

29 Throw off

30 2021 World Series champs

32 Abdominal organ

34 Held a sit-in, maybe

35 Currency since 1999

36 Come across as

39 Retirement place

42 Official pardon

44 Multi-slope roof

46 Take stock of

48 Pizza serving

49 Brought on board

50 Cake topper

52 Rowing need

54 Steve Carell flick, "____ Almighty"

55 Mustachioed artist

57 Horne or Olin

58 Circular current

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EVENTS

FRIDAY, JULY 12

Comedy

Blue Lab Comedy Night 8-10 pm
Brew Lab 101 3301 Southern Blvd.
SE, Rio Rancho

Francisco Ramos & Carlos Santos
\$20-\$25 7-8:30 pm Quezada’s
Comedy Club at Santa Ana Star 54
Jemez Canyon Dam Road, Santa Ana
Pueblo

Francisco Ramos & Carlos Santos
\$20-\$25 9:30-11 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

Markets

Bernalillo Farmer’s Market 4-7 pm
Rotary Park Bernalillo 370 Rotary
Park Rd. Bernalillo

Music

Hillary Smith and Chillhouse 7-9 pm
The Range Cafe 925 S Camino Del
Pueblo, Bernalillo

SATURDAY, JULY 13

Class / Workshop

IPEC Farmer Training 8-10 am
Indian Pueblo Entrepreneur Complex
2401 12th St NW, Albuquerque

Comedy

Francisco Ramos & Carlos Santos
\$20-\$25 7-8:30 pm Quezada’s
Comedy Club at Santa Ana Star 54
Jemez Canyon Dam Road, Santa Ana
Pueblo,

Francisco Ramos & Carlos Santos
\$20-\$25 9:30-11 pm Quezada’s
Comedy Club at Santa Ana Star 54
Jemez Canyon Dam Road, Santa Ana
Pueblo,

Community

Summer Star Party at Jemez Historic
Site \$10 8-11 pm Jemez Historic Site
18160 Hwy. 4, Jemez Springs

Discussion / Lecture

Second Saturday: The Dineh Tah’
Navajo Dancers and the Legacy of
General William T. Sherman 1-3 pm
Casa San Ysidro 973 Old Church Rd.,
Corrales

Exhibit

Artist Joan Fenicle: “The Art of
Wandering” Reception 1-3 pm Wild
Hearts Gallery 221 B Hwy. 165,
Placitas

Family/Kids

Children’s Summer Reading
Program: Beads! 1-2 pm Placitas
Community Library 453 Hwy. 165,
Placitas, 87043

Markets

Placitas Seller’s Market 7 am-1 pm
Homestead Village Shopping Center
221 NM-165, Placitas

Miscellaneous

Trujillo Family Funeral: Advance
Planning Lunch & Learn 11:30 am-
1:30 pm San Ysidro Catholic Church
5105 Corrales Rd, Corrales

Music

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

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

Outlaw 505 6-9 pm The Hopper Pub
& Pizzeria 4500 Arrowhead Ridge Dr
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

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

Outdoors

Jemez River Cleanup with Bosque
Chapter of Trout Unlimited 10:30
am-12:30 pm Battleship Rock
Parking Area Highway 4, Jemez
Springs, 87025

SUNDAY, JULY 14

Community

Looking to the Skies: Solar Viewing
\$7 10 am-12 pm Jemez Historic Site
18160 Hwy. 4, Jemez Springs

Food

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

Music

Canyon Blues & Jazz Sandia Chill
Sunday Concert: Ray Charles Tribute
\$0-\$20 7-8:30 pm Homestead
Village Shopping Center 221 NM-165,
Placitas

Concert with Lone Pinon \$7 2-4 pm
Coronado Historic Site 485 Kuaua
Rd., Bernalillo

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

MONDAY, JULY 15

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 16

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

Music

Karaoke Tuesdays 6-9 pm Tractor
Brewing Westside 5720 McMahon
Blvd NW bldg 5 ste a, Albuquerque

WEDNESDAY, JULY 17

Food

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

Games

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

Health & Wellness

Couples Yoga in the Park 6-7 pm Rio
Vista Park 1670 Riverside Dr. NE,
Rio Rancho

Music

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

Hosting a public event?
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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!**

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