

Bernalillo Dispensary Sues Town Over Green Paint

How green is too green?

By Tierna Unruh-Enos,
Sandoval Signpost

A dispensary has sued the Town of Bernalillo because the town wants the business to repaint its bright green color.

The lawsuit, filed June 26, appeals a Bernalillo Town Council decision to order The Dispensary Near Me, a cannabis dispensary located at 413 South Camino Del Pueblo in Bernalillo, to repaint its building following public complaints that the bright green color made an aesthetic impact on the street's historic ambiance.

Bernalillo Mayor Jack Torres said he could not comment on pending litigation.

At a May 28 meeting, the town council overturned an earlier decision by the Planning and Zoning Commission that had permitted the dispensary to use a bright green color for its exterior paint.

Trevor Donaldson, owner of Dispensary Near Me, added color above the building's portal which was not approved by the planning department, prompting residents who were worried about preserving the town's heritage, to appeal the Planning and Zoning Commission's approval of a variance request. According to the council's order, Donaldson was required to repaint the building's exterior no later than June 28. The *Signpost* reached out to Donaldson for comment but did not hear back as of press time.

Circus Performers and Rodeo Thrills Await

Bronco-Bustin' Action and Big Top Delights Highlight the Sandoval County Fair



(Source: Sandoval County Fair)

By Jesse Jones, Sandoval Signpost

The 48th Annual Sandoval County Fair promises a week packed with family fun and thrilling rodeo action from Wed., July 31, to Sunday, Aug. 4, at the county fairgrounds in Cuba.

The fair kicks off Monday with excitement building throughout the week leading up to a weekend full of shows. In addition to fan favorites such as the parade, rodeo, arts and crafts and delicious fair food, the county fair features circus performers and a concert.

"With all the new acts and new stuff, I just can't see how it can't be the best show we've ever had," Tim Johnson, board president of the county fair, said.

This year, the fair is shaking things up with changes to its traditional events.

In the past, there were dances held on both Friday and Saturday. This year, while maintaining the Saturday dance tradition, the fair will also feature "Rockin' at the Rodeo," where

three New Mexico bands will rock the fairgrounds for three hours.

The bands performing are Albuquerque-based Dirty Brown Jug Band, offering a mix of country, bluegrass and southern rock; Son Of Hwéldi, a Native American alternative rock band blending rock, soul, blues and world beat; and Red Light Cameras, an indie-pop rock band from Albuquerque.

In addition, the fair will feature circus performance groups on both Friday and Saturday. Expect fire acts, juggling, stilt walkers, hula hoops, giant puppets and interactive performances tailored to children. Hailing from Santa Fe, these groups are Wildfire Tina and Wise Fool New Mexico.

Wildfire Tina mesmerizes with belly dancing, interactive fire acts, juggling and hula hoops. While Wise Fool New Mexico stands out as an award-winning nonprofit organization, recognized as the sole contemporary circus arts company in New Mexico.

Don't forget the parade.

The parade draws such a crowd that it's always standing room only, so arrive early to secure a prime spot along the route. Lineup begins promptly at 9 a.m. Saturday, with the parade commencing at 10 a.m. and making its way down Main Street/U.S. Highway 550.

"People are really getting excited about it," Johnson said.

A unique event will be the 2nd Annual watermelon eating contest and the Chile Cook-off.

The cook-off features red chile exclusively, with a \$50 entrance fee. Contestants vie for a grand prize of \$500, \$300 for second place and \$100 for third place. There are giveaways and free raffles for all participants.

Another huge draw for the fair, starting at 10 a.m. Saturday is the Powwow.

"It's a huge, huge performance and awesome to see if you've never been to a powwow before," Marcos Martinez, secretary of the county fair, said. "I would argue that our fair puts on just an amazing, amazing powwow."

Johnson and Martinez wanted to make sure the Sandoval County Sheriff's Office knew how much everyone at the fair appreciated their support with this year's and last year's fairs.

"We are going out of our way this year to make sure that we provide a very safe environment for everyone to attend," Martinez said.

Sandoval County Fair

When: July 31 - Aug. 4

Where: Sandoval County Fairgrounds, Cuba

Tickets: \$10/adult \$5/child & seniors

sandovalcountyfair.org

— See Fair Schedule on page 2

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2024 Sandoval County County Fair Schedule

2024 Sandoval County Fair Schedule of Events

Monday, July 29

10 a.m. to 4 p.m. 4-H indoor exhibit check-in (all exhibits and baked goods)

10 a.m. to 4 p.m. Open indoor exhibit check-in (all exhibits and baked goods)

10 a.m. to 4 p.m. Ranch booth set up

Tuesday, July 30

9 a.m. 4-H indoor exhibit judging

9 a.m. Open indoor exhibit judging

9 a.m. Royalty contest (Rodeo Arena)

10 a.m. to 6 p.m. RV daily check-in

Wednesday, July 31

8 a.m. to 4 p.m. Small animal and livestock check-in

8 a.m. Open Gymkhana sign-up

9 a.m. Gymkhana

10 a.m. to 6 p.m. RV daily check-in

1 p.m. Royalty contest (Community Center)

Thursday, Aug. 1, Senior Day

7-9 a.m. Small animal and livestock check-in

9 a.m. to 6 p.m. RV daily check-in

9 a.m. to 8 p.m. Exhibit Hall open

9 a.m. Senior Day activities

10 a.m. 4-H Rabbit Show (Feather and Fur Barn)

TF 4-H Cloverbud Small Animal Show (Feather and Fur Barn)

1 p.m. 4-H Poultry Show (Feather and Fur Barn)

3 p.m. Barrel Race exhibitions

4 p.m. Open Livestock Jackpots

(Leeson Arena)

TF Adult Showmanship

TF Youth Lamb and Goat Dress-Up Show

6 p.m. Rodeo Grand Entry

6:30 p.m. 4-D Barrel Race (Rodeo Arena)

TF Mutton Busting

TF Steer Riding

TF Bull Riding

Friday, Aug. 2

8 a.m. to 6 p.m. RV daily check-in



Source: Sandoval County Fair

9 a.m. to 8 p.m. Exhibit Hall open
9 a.m. 4-H County Bred Meat Goat Show

TF 4-H Meat Goat Show

TF 4-H Breeding Swine Show

TF 4-H Market Swine Show

TF 4-H Market Lamb Show

12:30-2 p.m. 4-H Dog Show

2 p.m. 4-H Cloverbud Lamb and Goat Show

TF 4-H Replacement Beef Heifer Show

TF 4-H County Bred Steer Show

TF 4-H Market Steer Show

3 p.m. 4-H Round Robin

Showmanship

6 p.m. Wild Fire Tina (Rodeo Arena)

6:30 p.m. Rodeo Grand Entry

TF Mutton Busting (Rodeo Arena)

TF NMRA Rodeo (Rodeo Arena)

TF Parade of Champions (during performance)

TF Wild Horse Race (Rodeo Arena)

TF NMRA Rodeo Slack (if needed)

9 p.m. to midnight Rockin' at the Rodeo (music by Dirty Brown Jug Band, Son of Hweeldi and The Red Light Cameras)

Saturday, Aug. 3

9 a.m. to 4 p.m. Exhibit Hall open

9-10 a.m. Parade line up

9-9:45 a.m. Tailspin Roping Entry (Rodeo Arena)

10 a.m. Roping starts (Rodeo Arena)

10 a.m. Parade (Downtown Cuba)

10 a.m. to 1 p.m. Gourd Dancing (Powwow area)

10 a.m. to 1:30 p.m. Chile Cook-off

Noon Buyers Luncheon

1 p.m. Powwow Grand Entry

1 p.m. Parade awards (Leeson Arena)

TF Paula Enyeart Buckle Presentation (Leeson Arena)

1:30 p.m. Jr. Livestock Auction (Leeson Arena)

3:30 p.m. Watermelon Eating Contest

6 p.m. Royalty Coronation (Rodeo Arena)

TF Mutton Busting

TF NMRA Rodeo

TF Calf Scramble (during Rodeo Performance)

TF Wild Horse Race

6 p.m. Powwow closing

9 p.m. to midnight Dance (music by Austin Van)

Sunday, Aug. 4

9-9:30 a.m. Church services

10 a.m. Small animal and livestock check-out

10 a.m. to 2 a.m. 4-H and open

indoor exhibit check-out

10 a.m. Animal Scramble check-in (Leeson Arena)

11 a.m. Youth Rodeo (Rodeo Arena)

11 a.m. 4-H Amigos Animal Scramble (Leeson Arena)

Schedule and events are subject to change.

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Meetings Schedule

SANDOVAL COUNTY

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

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/

Eastern Sandoval Citizens Association
Aug. 12, 4 p.m.
Zoom by invite only
Email president@es-ca.org for link

VILLAGE OF JEMEZ SPRINGS

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

Village Council
Tuesday, Aug. 20,
6 p.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

Lodger's Tax Advisory Board

Tuesday, Aug. 20,
9 a.m.
Village Administration building



Amapola Gallery Featured Display for August ~ "Bangles and Blossoms"

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New York Times Bestselling Author Visits Placitas Community Library

Newest novel delves into high seas exploration and drama

By Sandoval Signpost staff

The Placitas Community Library will host *New York Times* bestselling author Hampton Sides at 2 p.m. Aug. 10.

He will discuss his latest nonfiction adventure story, which delves into high-seas exploration and examines the complexities and consequences of the Age of Exploration.

Sides, a historian, author and journalist based in Santa Fe, serves as editor-at-large for *Outside Magazine*. His work has been featured in numerous national publications, which include *National Geographic*, *The Wall Street Journal*, *The New Yorker*, *Esquire*, and *The Washington Post*. He also teaches narrative nonfiction and serves as a journalist in residence at

Colorado College.

During the event, he will be discussing his new book, *The Wide Wide Sea*, which delves into Captain James Cook's final voyage and its controversial aftermath. The talk will explore Cook's contributions to the Age of Exploration. According to a press release, the talk will highlight his leadership, the humane treatment of his crew and his respectful curiosity toward the societies he encountered. It will also cover the conflicts that ultimately led to his death in Hawaii during a confrontation with native Hawaiians.

Sides' other bestselling narrative histories include *Ghost Soldiers*, *Blood and Thunder*, *Hellhound On His Trail*, *In the Kingdom of Ice* and *On Desperate Ground*.



New York Times bestselling author Hampton Sides. (Source: Placitas Community Library)

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Bernalillo Farmers Market 2024 Season Underway

Market still looking for new vendors



A food vendor at the Bernalillo Farmers Market. (Source: Bernalillo Farmers Market)

By Sandoval Signpost staff

The Bernalillo Farmers Market opened its 8th season on June 21, but the market is still looking for food vendors.

Located at 370 Rotary Park Rd., the outdoor market will be open every Friday from 4 to 7 p.m. through Oct. 25. The Bernalillo Farmers Market features over a dozen local farmers and artisans, allowing the community to come together to enjoy and purchase locally sourced products.

Each market will feature live music and community groups.

“Our market supports local growers and provides fresh produce to the community,” said Andi McClenahan, market organizer. “We’re really excited to see our little market grow.”

The Bernalillo Farmers Market accepts EBT and WIC and participates in the Double Up Food Bucks program. For every dollar of EBT benefit you receive, the federal government gives an additional dollar of benefit to purchase any fresh produce or slightly processed food with no added salt or sugar.

Organizers are still offering vendor

space for community members to sell fresh, local produce and other handmade goods. The vendor fee is \$5 per visit or \$50 for the entire season. Proper licensing is required for all food preparers and servers.

For more information on the market, or to apply as a vendor, contact McClenahan at bernalillofarmersmarketnm@gmail.com or send a message to the market’s Facebook at Bernalillo Farmers Market NM.



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Over \$15 Million Could Be Coming to NM for Rural Development

Several Sandoval County projects funded in the bill

By Tierna Unruh-Enos,
Sandoval Signpost

On July 11, U.S. Sen. Martin Heinrich welcomed the Senate Appropriations Committee's bipartisan, unanimous passage of the Fiscal Year 25 Agriculture, Rural Development, and Food and Drug Administration Appropriations Bill. This legislation includes over \$15 million in investments for 18 projects across New Mexico.

"We maintained our full support for vital nutrition programs like WIC that ensure women, infants, and children can keep healthy food on the table. We also included continued funding for the Southwest Border Regional Commission, to further grow the region's economy," said Heinrich during a meeting of the Subcommittee on Agriculture, Rural Development, and the Food and Drug Administration.

Heinrich said WIC is one of the

most successful programs in reducing childhood hunger and that it was one of his proudest accomplishments in the bill.

A few of the bill's highlights for Sandoval County include \$61,000 for Meals on Wheels New Mexico to provide medically tailored meal delivery to support homebound seniors in Bernalillo and Sandoval counties. There is a one-time funding request for \$1,200,000 for the Town of Bernalillo to assist in planning, designing, and constructing a new fire station, which was included the House bill.

It also includes \$110,000 for the National Indian Youth Leadership Project to purchase a property near the Zuni Mountains to hold year-round, intensive weekend outdoor programming and traditional Navajo activities.

The bill will go on to the full Senate for passage before heading to the president's desk.



U.S. Sen. Martin Heinrich speaks during a committee meeting. (Source: Sen. Martin Heinrich)

Sandoval County Rescue Team Assists in Ruidoso Swift Water Rescue

Swift water rescue team helped with 20 rescues a day

By Connor Currier, Sandoval Signpost

The Sandoval County Fire and Rescue Swift Water Team said it has conducted an average of 20 rescues a day while assisting the National Guard and other agencies in Ruidoso.

Last week in Ruidoso the team carried out several water rescues and assisted with evacuations caused by destructive floods from the burn scars of the South Fork and Salt fires. Burn scars can be susceptible to floods and debris flows, and this was the second flash flood to take place in Ruidoso in three weeks.

Sandoval County's regional swift water rescue team is made up of Sandoval County Fire and Rescue, Rio Rancho Fire and Rescue and Albuquerque Fire Rescue.

Amanda Campos, a Sandoval County firefighter EMT, was assigned as team lead for the Ruidoso flood.

"A majority of our rescue missions take place in low-lying areas where water can actually pull and start flooding residential areas. So there's a couple of them that they predetermined in Ruidoso," Campos said.

The swift water team in Ruidoso had been focused on pre-planning in the area due to lower-than-expected rainfall and minimal flooding. Then their role shifted as extreme flooding hit the area. They have been monitoring the weather closely since conditions in New Mexico can change rapidly.

Sandoval County officials recommend people use Code Red, a free community notification system that is available to Sandoval County residents. It is highly effective because it disseminates information to a much larger audience than they could reach door-to-door. To sign up for Code Red visit



Flooding in Ruidoso. (Source: Sandoval County)

sandovalcountynm.gov.

"People just have to really pay attention to the weather and the emergency alerts in the Code Red and don't ignore those, because with flash floods, the weather service can do so much to predict that," Campos said. "Whenever there is a flash flood

warning, please take that seriously."

Campos said conditions around Ruidoso remain the same. Ruidoso is categorized as currently having hazardous weather conditions and a flood watch is in effect from July 17 to July 18 according to the National Weather Service.

Public Not Allowed in Meetings of State Advisory Council on Missing and Murdered Indigenous People

By Bella Davis, New Mexico In Depth

An advisory council Gov. Michelle Lujan Grisham established last year to help address a crisis of missing and murdered Indigenous people is meeting behind closed doors. That's a problem, according to the head of a government transparency group.

The governor announced the advisory council in November, a little over a month after New Mexico In Depth reported that her administration had quietly dissolved a state task force working on the issue, a move affected families and other advocates protested. The task force held regular public meetings until it was shuttered.

The seven-member council has met once so far, in March, to organize itself. Asked this week whether it has scheduled another meeting, Indian Affairs Department spokesman Aaron Lopez did not answer. Instead, he wrote in an email that advisory councils aren't subject to the state Open Meetings Act.

That means they're not legally required to have public meetings.

But they could. A review by New Mexico In Depth of other state advisory councils show a number have and continue to meet publicly, including at least one Lujan Grisham created.

The council's "decision to not hold public meetings is related to the sensitive nature of the topics discussed and the need for privacy in handling certain cases," Lopez wrote in an email Friday.



Josey Tenorio (Hopi), an advocate for missing and murdered Indigenous women, at Missing in New Mexico Day December 2023 (Bella Davis / New Mexico In Depth)

Asked whether the council will share the location and time of its meetings, Lopez wrote it's not required to.

Melanie Majors, executive director of the New Mexico Foundation for Open Government, said the public should be able to hear directly what members discuss, partly because those discussions could inform policy.

"If it's public money that's being used, it's for a public agency, then the public should be involved, no ifs, ands, or buts," said Majors, who later wrote in an email that "it is basically a question of accountability and being transparent."

A news release last fall said the council would bring together tribal

and state leaders, law enforcement, advocates and affected families to "support" the state's efforts to carry forward recommendations made by the now-defunct task force.

Lopez wrote over email that the council "will keep the public informed and provide any necessary updates" at meetings hosted by the Indian Affairs Department in part to share developments in the state's response to the crisis.

The next public meeting is scheduled for 10 am Monday. It will be held in Santa Fe in the second floor conference room of 1220 S. Saint Francis Drive and streamed via Zoom.

A notice was posted on

departmental social media accounts Thursday morning, with an agenda that doesn't include a public comment period. New Mexico In Depth could not find a notice on the agency website.

"Generally, community meetings are promoted through local media, social media, community bulletin boards, and direct outreach by" the department, Lopez wrote.

Last year, the department faced criticism for hosting an event for families with missing loved ones on short notice. The agency announced the date and location of Missing in New Mexico Day, which the state is required by law to hold annually, less than a week in advance.

Josett Monette, who now leads the agency, said at the time that officials wanted to "get the notice out as soon as possible" in the future.

Pojoaque Pueblo Gov. Jenelle Roybal and Picuris Pueblo Gov. Craig Quanchello are co-chairs of the advisory council.

Members include:

- First Lady Jasmine Blackwater-Nygren, Office of the Navajo Nation President and Vice President
- Major Nathan Barton, Pojoaque Police Department
- Chief Daryl Noon, Navajo Nation Police Department
- Dawn M. Begay, CABQ Native American Affairs
- Tiffany Jiron, Executive Director Coalition to Stop Violence Against Native Women

Community Briefs

By Sandoval Signpost staff

Placitas Community Library event

On July 20 from 1-2 p.m. the "Children's Summer Reading Program: Class With Glass" will take place at the Placitas Community Library. Kids will paint a design of their own choosing on glass. The library is located at 453 Highway 165 in Placitas.

Valles Caldera fishing clinic

Registration for Valles Caldera's tenkara fishing clinic opens at 8 a.m. Friday. The clinic, held July 26, features traditional Japanese fly-fishing method tenkara, using long

rods for trout fishing in mountain streams. The event includes a morning classroom session and an afternoon of guided fishing on San Antonio Creek with park rangers and community partners. A National Park Foundation grant has made the clinic free and all equipment is provided.

Only 15 spots are available. Register at nps.gov/planyourvisit/event-details.htm.

Rio Rancho city councilor meet and greet

This summer, each Rio Rancho city councilor will host an event in their district featuring free ice cream, games, activities and demonstrations by city staff for all

ages. The first event is with Councilor Deborah Dapson from 11 a.m. to 1 p.m. Saturday, July 20, at Rainbow Pool, 301 Southern Blvd SE. For more information, visit rrnm.gov/Councilors.

Cabazon Park's Shop Local Market

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

nonsustainable 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.

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, the concert takes place at Las Placitas Presbyterian Church on Highway 165 in Placitas. Tickets can be found at placitasarts.org.



Line of Succession

I've been thinking more these days about Vice President Kamala Harris, her role as vice president and the ever-present is-she-ready question.

Being second in line is something I know a little about but on a smaller scale. For eight years, I served as lieutenant governor to Gov. Bill Richardson. Another similarity we share is being the first women to serve in the offices mentioned.

In New Mexico, the lieutenant governor is elected in a primary and becomes part of the ticket. It's somewhat like an arranged marriage with the voters deciding who should be part of the ceremony.

At the federal level, each party's nominee for president selects their running mate through a vetting process and confirmation of convention delegates.

Constitutional responsibilities are remarkably similar. Both are first in the line of succession to be chief

Corner to Corner



Diane Denish

executive (governor or president). Both serve as president of the Senate, presiding over the body. Neither has the power to vote unless the Senate is evenly divided on a matter.

An additional role for the vice president is the responsibility of opening, counting and announcing the electoral votes in a joint session of Congress following a presidential election.

Most Americans had been unaware of this provision until Jan. 6, 2021, when President Donald Trump intervened and tried to interrupt that process. Vice President Mike Pence leaned into his constitutional duty. The Constitution held strong despite a violent assault on the Capitol that day.

Both offices, lieutenant governor and vice president, have evolved over time.

In New Mexico lieutenant governors received no salary until the term of Lt. Gov. Roberto Mondragon, who served two non successive terms.

Additionally, as time passed, the lieutenant governor became a member of the governor's cabinet

and chair of several statutory boards designated in legislation. During my time I became chair of the first Children's Cabinet. We acted as a mini cabinet advising the governor about children's issues and the role departments could play in improving children's lives.

The vice president's responsibilities also grew. In 1949 the vice president became a member of the National Security Council, thanks to President Harry Truman. Truman realized that should succession happen for any reason, vice presidents needed to be fully informed. Over time, vice presidents were included in the president's daily intelligence briefings, and that is still the case today.

Still, the readiness and success in ascending to the top stop is partially determined by the governor or president and the role they carve out with their running mates.

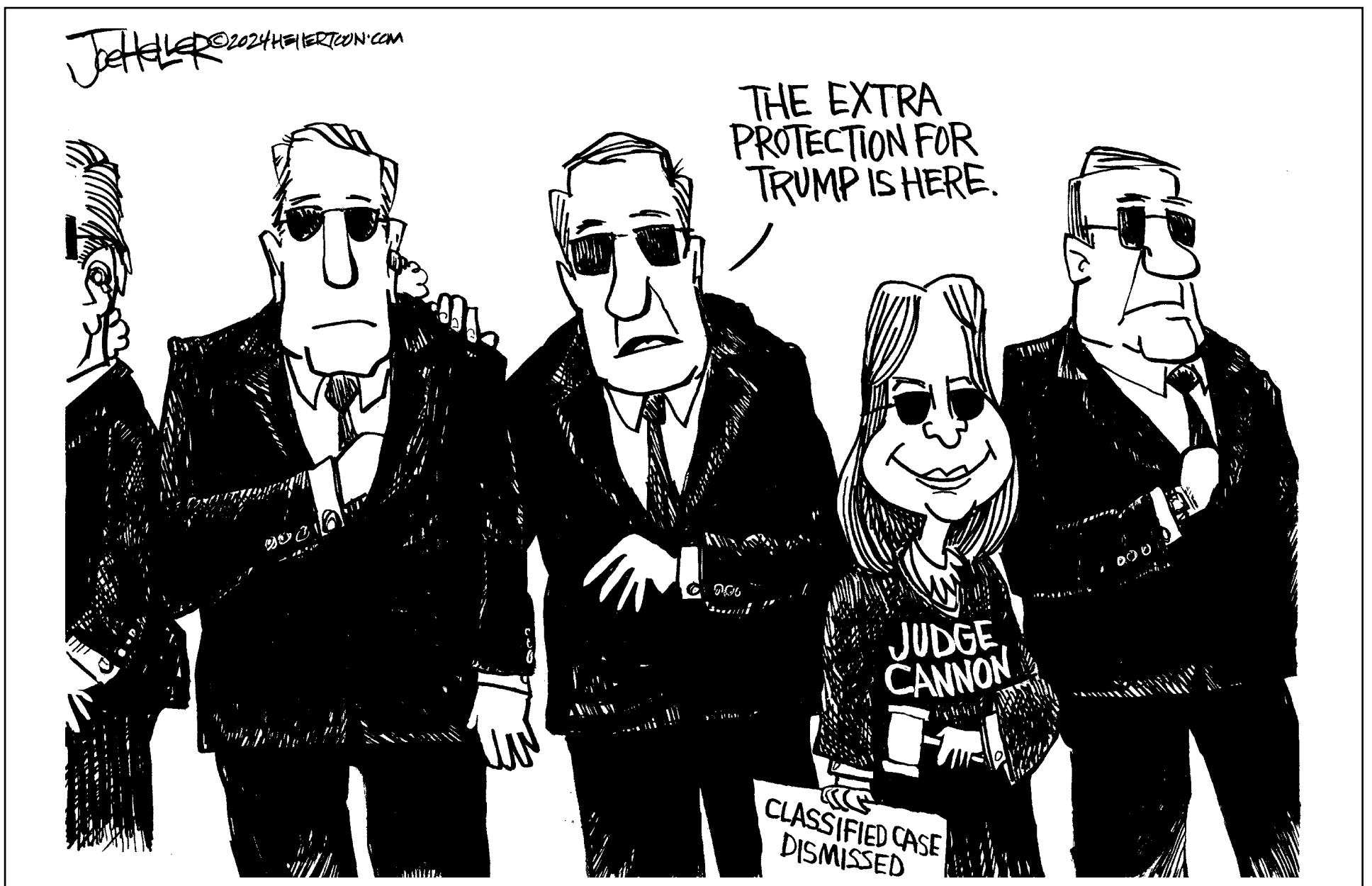
Most of us, when first elected, had to grow into the position. In the case of a lieutenant governor and vice president, it also depends on establishing a trusted relationship with the top of the ticket.

Vice President Harris acknowledged early on that building her relationship with President Joe Biden was her first job. All indications are that Biden and Harris have done that with weekly lunches and her inclusion in staff meetings and briefings.

The Dobbs decision, which eliminates a woman's right to reproductive care, created a new focus for Harris. She became the administration's outspoken critic of the consequences of the decision. She has also been a key player on voters' rights and a strong spokesperson for the president's economic agenda.

At the end of 2023, Harris had cast more tie-breaking votes than any other vice president — 32 of them — including two critical economic bills: the Inflation Reduction Act and the American Rescue Plan, which helped rebuild the economy after the pandemic.

For all the current discussion of "Is she ready?" Yes. If and when the time comes. Her life experience, public service and strong values make her as ready as any of us can be to assume a job we have not held before.





The Weekly Crossword by Margie E. Burke

ACROSS

1 Daffy Duck trademark

5 Some tournaments

10 Willy of "Free Willy"

14 2024 rom-com "The ____ of You"

15 Type of dust

16 Thunder sound

17 Shiny, as with tears

19 Not to mention...

20 Muppet maker Jim

21 Designer's pattern

23 Picked up the tab

25 While lead-in

26 Sinatra, for one

29 "Lent" body part

32 "Great!"

35 Slams, perhaps

36 Batman and Robin, e.g.

37 Docket item

38 Repair bill listing

39 Director Preminger

40 Kitchen pest

41 It shows the way

42 Indy 500 sound

43 Camping gear chain

44 Added together

46 Damon or Dillon

48 Afghan group

52 Claim again, as power

56 Noted canal

57 Sworn promise

DOWN

1 Miner's hat

2 Slacker

3 River by the Louvre

4 Good enough

5 Intro

6 A.T.M. need

7 Way to go

8 Midmorning hour

9 Newscast parts

10 Milky gems

11 A cousin of, perhaps

12 IMDb listing

13 Burn soother

18 Invoice word

22 JFK or LBJ

24 Render harmless

27 Pulsate painfully

28 "Survivor" slogan word

30 Garage occupant

31 Study, say

32 Slash mark?

33 Go down

34 Tossed out a number

38 Watches over

39 Abscissa's counterpart

41 Play divisions

42 Soft-palate sound

45 Table linens

47 McCourt's "Angela's ____"

49 With ____ breath

50 Revise

51 Janet Jackson hit of 1986

52 Way to learn

53 Come by honestly

54 Tooth part

55 Baum barker

59 Montblanc product

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EVENTS

FRIDAY, JULY 19

Comedy

Ryan Niemiller \$20-\$25 7-8:30 pm
Quezada’s Comedy Club at Santa Ana
Star 54 Jemez Canyon Dam Road,
Santa Ana Pueblo

Ryan Niemiller \$20-\$25 9:30-11 pm
Quezada’s Comedy Club at Santa Ana
Star 54 Jemez Canyon Dam Road,
Santa Ana Pueblo

Markets

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

Music

Back in the Saddle \$5 6:30-9:30 pm
Brew Lab 101 3301 Southern Blvd.
SE, Rio Rancho

Bad Habit & The Enablers 6-9 pm
The Hopper Pub & Pizzeria 4500
Arrowhead Ridge Dr SE, Rio Rancho

Greg Johns & the Semi-Large Band
7-9 pm The Range Cafe 925 S Camino
Del Pueblo, Bernalillo

Westside Goth Night w/ DJ Fishbowl
6-11 pm Tractor Brewing Westside
5720 McMahon Blvd NW bldg 5 ste a,
Albuquerque

SATURDAY, JULY 20

Art Openings

July Art Exhibit Opening: “Sacred
Places: Honoring Chacoan Culture”
10 am-5 pm Placitas Community
Library 453 Hwy. 165, Placitas

Comedy

Ryan Niemiller \$20-\$25 7-8:30 pm
Quezada’s Comedy Club at Santa Ana
Star 54 Jemez Canyon Dam Road,
Santa Ana Pueblo

Ryan Niemiller \$20-\$25 9:30-11 pm
Quezada’s Comedy Club at Santa Ana
Star 54 Jemez Canyon Dam Road,
Santa Ana Pueblo

Family/Kids

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

Jump In2 School Bash 12-3 pm
Bernalillo Co Sheriff’s Posse Arena
10308 Second St. NW, Albuquerque

Ranger Read & Learn 10 am-12 pm
Martha Liebert Public Library 124
Calle Malinche, Bernalillo

Food

Veterans BBQ Dinner \$17 4-7 pm
Elks Lodge #2500 1530 Barbara
Loop SE, Rio Rancho

Markets

Cottonwood Mall Craft Show 9 am-4
pm Cottonwood Mall 10000 Coors
Bypass NW, Albuquerque

Music

Jazz to Go 7-9 pm The Range Cafe
925 S Camino Del Pueblo, Bernalillo

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

Michael Anthony Giudicissi 7-9 pm
Tractor Brewing Westside 5720
McMahon Blvd NW bldg 5 ste a,
Albuquerque

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

SUNDAY, JULY 21

Food

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

Markets

Cottonwood Mall Craft Show 9 am-4
pm Cottonwood Mall 10000 Coors
Bypass NW, Albuquerque

Music

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

Sports

Duke City Gladiators vs. Northern
Arizona Wranglers \$18-\$53 3-5:30
pm Rio Rancho Events Center 3001
Civic Center Cir NE, Rio Rancho

MONDAY, JULY 22

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 23

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 24

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

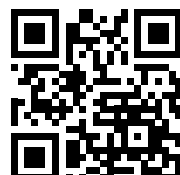
Music

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

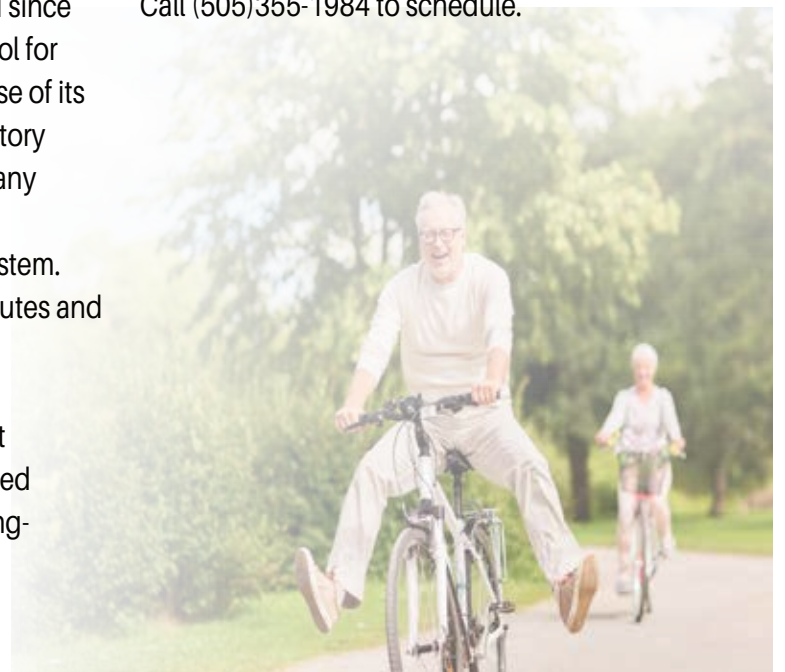
"Our O3 ReBoot Therapy® has all-encompassing and powerful healing capabilities," shares Dr. Brogdon. "Ozone therapy has been used since the 1800's and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral, and anti-inflammatory properties. We use it 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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