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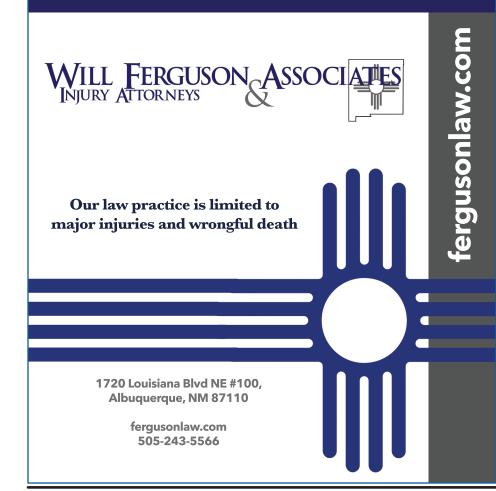
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# We All Should Support Local Journalism



ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS



# APS Wants Your Input on How to Spend Its Money

District looking ahead at annual budget, future decisions

Students and teachers at an APS library. (Courtesy Albuquerque Public Schools)

#### By Rodd Cayton, City Desk ABQ

This story was originally published by City Desk ABQ.

A lbuquerque Public Schools Board of Education is building on its success of asking for community input as officials begin the process of building the district's fiscal 2024-2025 budget.

APS board members say they are focused on improving student outcomes. "Part of that commitment means adopting an annual budget that will create the conditions for the school district to accomplish the vision for what the community wants students to know, otherwise known as the goals, while honoring the values of the community, which the district has listed as its guardrails," according to the Board's invitation.

APS used public input campaigns recently to adopt new goals and guardrails in early 2023. The district asked to hear from the public again during the process of selecting a new superintendent this year. Now, the public is invited to attend two forums on the district's plans for spending more than \$900 million for the next school year.

"The board is enthusiastic about ensuring that you have a say in the 2024-2025 APS budget so it truly mirrors the visions and values of the community," the press release said announcing the forums on the district's website. District spokesperson Martin Salazar said that the forums are being publicized through several channels, including the website, APS' biweekly newsletter and social media. Board Services, he said, has created an invitation that will be sent out to tens of thousands of contacts.

Salazar said he expects to see public input take on a greater role in future APS decisions.

"Our board of education is very interested in involving the community in decisions it is making," he said.

Community members seem to be up to the challenge— Salazar said that a recent survey regarding the upcoming academic calendar drew some 13,000 responses.

The public forums are scheduled for Feb. 26 at the Berna Facio Professional Development Complex, 3315 Louisiana Blvd. NE and Feb. 28 at Lyndon B. Johnson Middle School, 6811 Taylor Ranch Dr. NW.

Each forum will run from 6 to 8 p.m. Light refreshments will be served, and there will be a drawing and prize giveaways at the end of each event.

For those who can't make it in person, the Feb. 26 forum will be live-streamed and posted on the APS Board of Education YouTube channel. Spanish and sign-language interpretation will be provided, and anyone needing translation in another language is asked to submit a request by email boarded@aps.edu.

# Weak in Review: Feb. 21

Quick hits on this week's news bits

Amidst an ever-unfolding scandal at APD, Albuquerque Police Chief Harold Medina crashed into a car while trying to escape gunfire.

If this isn't confirmation that we're all in a simulation, what is?

Gov. Michelle Lujan Grisham says she'll consider bringing the Legislature back for a special session to address public safety concerns.

We probably do need something to protect us from panicked police chiefs with a lead foot.

Speaking of panicked cops, a Sandoval County Sheriff's Office lieutenant accidentally electrocuted himself when trying to tase a suspect.

Shocking, but maybe not all that surprising

Rapper Matisyahu and comedian Jerry Seinfeld each saw shows canceled in New Mexico after protests over their support of Israel.

Turns out that pesky right to free speech thing allows non-famous people to voice their concerns too.

#### This week marks national margarita day, national server appreciation day and national tortilla chip day.

This is what we've been training for, folks. You know what to do.



#### State lawmakers successfully passed

research legislation that could pave the way for magic mushroom therapy in New Mexico.

That's funny, "a friend" tells us psilocybin is supposed to be good for dissolving egos, so maybe the capitol is the best place to start said research.

Banks and schools across the country were closed for President's Day.

We honored William Henry Harrison by talking people's ears off for two hours in the cold and then peacing out.

#### We're in for some warmer weather for several days.

For those of you new here: You're gonna want to get your hopes up and start planting stuff, just in time for it to snow on the first day of spring.

# Apple says using rice to dry iPhones actually does more harm than good.

OK, but are we allowed to eat rice now, or are we all still on that paleo bullshit?

#### Donald Trump unveiled his Never Surrender High-Tops after a federal judge ordered him to pay \$350 million.

You'll be able to spot those who shelled out 400 bucks for the sold out shoes because they'll look like they're about to fight Ivan Drago.



#### The [NEWS] Paper.



#### By Damon Scott, City Desk ABQ

This story was originally published by City Desk ABQ.

B ig front porches are rare these days. Which is why when you see a great one in Albuquerque's historic neighborhoods it makes an impression. Big front porches have a certain charm – drawing you in with an invitation to stay awhile, have a beer, call a neighbor over to chat it up.

Downtown Albuquerque is our city's big front porch, all 256 acres of it. What does it say about us? And what impression does it make on recent transplants, scores of visitors, tourists and businesses looking to move here?

"Downtown is really the heartbeat of a city and it reflects the face of the city," said Ernie C'deBaca, longtime president and CEO of the Albuquerque Hispano Chamber of Commerce. "It reflects the mood and culture and vibe of the city. It's important that our Downtown is a place where people can come to feel safe, get a good meal and get a good show."

It wasn't that long ago when the outdoor area at the First Plaza Galeria Mall, located at 200 3rd Street NW, felt like a public square. Daytime office workers ate lunch in the Albuquerque sun.

At night, fans of live music flocked to Downtown—forming lines outside any number of Gold and Central Avenue hot spots. The Theater District at First Street and Central bustled day and night with residents from new housing developments who joined others catching a movie or going to a variety of restaurants and bars.

But daytime office workers dwindled, the movie theater and

beloved hangouts like Burt's Tiki Lounge and Blackbird Buvette closed, and many areas now have the aura of a ghost town.

Downtown's vibrancy has ebbed and flowed over the years. But then came the pandemic gut punch that shook the city's economy. These days, crime is top of mind and shuttered businesses have been vacant and deteriorating for years. Add an affordable housing crisis and an alarming increase in people living on the streets and it's easy to feel uneasy about it all.

#### 'lt counts'

Why does it matter? Does a healthy and vibrant Albuquerque hinge on a healthy and vibrant Downtown?

City Councilor Joaquín Baca thinks so.

"Downtown is the best marketing tool for our city," said Baca, whose District 2 encompasses the corridor. "Whenever you go visit a city, it's never to the suburbs. That's not where you visit."

Others are quick to agree. It's the Downtown amenities that executives want to see and get a feel for first — from small businesses to large corporations. Those at Albuquerque Economic Development, the city's business recruiting organization, and chambers of commerce say Downtown is important not only to initially attract businesses, but also to entice companies and their workers to stay put.

"It counts; it counts a lot. It's the Downtown not just for our city, but for our whole state. That's the reason to invest in it, make it better, bring in tourists dollars and have ourselves enjoy it," said Doug Majewski of the Greater Albuquerque Chamber of Commerce (GACC). "If you squint, it's moving in a good direction, but it has some issues." Majewski is CEO of the

Hartman + Majewski Design Group and chair of GACC's Downtown "Bold Issue Groups" (BIGS), which is focused on three areas it says would help transform the corridor. First, reduce crime and homelessness; second, revive Route 66 and its historical buildings; and three, spark ideas for a gamechanging project or attraction. For example, Majewski said, a Downtown performing arts center could potentially be transformative.

"We have this great amenity of Route 66 through Downtown and an opportunity to tell the story and portray the magic of our Mother Road," he said. "We need to believe in ourselves and invest in it."

#### 'You want to show off a little bit'

Terry Brunner, director of the city's Metropolitan Redevelopment Agency (MRA), recalls a meeting he attended at the Convention Center in Memphis, Tennessee, located in the city's downtown. He said he walked with ease out of the center's doors at night to find a quintessential barbecue restaurant.

"People from across the country and the world who walk out of our convention center are probably looking for New Mexican food," Brunner said. "They're looking for a big restaurant to take 20 friends and have margaritas. We don't have that ... you want to show off a little bit of what Albuquerque has, and you want to direct them to places where they'll spend their money."

Brunner said a better flow from the Albuquerque Convention Center to restaurants and stores, and areas like East Downtown, is needed.

"You want to walk out of our convention center and buy jewelry, pottery or local art," he said. "For whatever reason we make it kind of hard. We have to be a little smarter about how we use our attributes."

Brunner said he's very optimistic that the city's sevenmile, multi-use Rail Trail project will help jumpstart the Downtown corridor and create easier movement through neighborhoods and amenities.

The MRA uses property incentives for developers in a variety of commercial projects across the city. Its "Downtown 2025" plan seeks to "develop, maintain, and market Downtown as if it were a single mixed-use project," including making it pedestrian and transit friendly, sparking new retail business, creating new parks and open spaces and making the corridor a "vibrant, urban, 24-hour destination for arts, culture and entertainment."

"There's really no other part of the city that's like your central district," Brunner said. "Every town needs their central gathering place. It's the center for government, it's the center for entertainment, it's the center for culture in a lot of ways. You have a really strong Route 66 culture and you also have a really strong, historic neighborhood core that makes it an interesting part of the city."

#### 'Can't afford to ignore'

At the end of 2023, Isaac "Ike" Benton finished an 18-year run as city councilor for Downtown's District 2.

His first home was in Downtown's Wells Park neighborhood, purchased after he moved to Albuquerque n 1976. Benton, an architect, said housing projects were important throughout his tenure and are just as important now.

"I'm prejudiced because I've lived Downtown and have always gravitated toward it," Benton said. "But it's hugely important for any city. It's a gauge to the average investor of the health of a city. We've got other good things, but we can't afford to ignore Downtown."

Benton said most thriving U.S. cities feature downtowns that attract young people and young parents, but it has to be safe with desirable amenities.

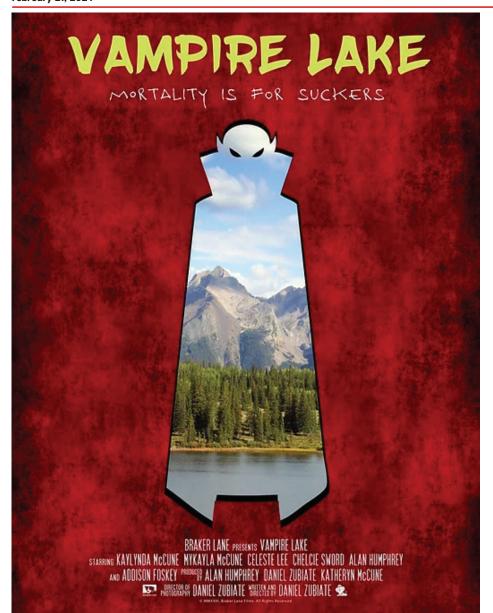
A healthy Downtown is just as essential to residents as it is to anyone else, added City Councilor Baca, Benton's replacement.

"It's important for me — I've got two kids, teenagers," Baca, who lives near the Central Avenue core, said. "Are they safe? Are there activities for them? I hope that they go out of state for college, but I also hope they come back. Once they start traveling is Albuquerque going to be attractive like Austin, Denver? Will there be places to go to work?"

C'deBaca puts it this way: "At the end of the day (Downtown is) our heart. We have arteries that are doing OK, but what about the heart?"

Editor's note: This is the first installment in a series about Downtown Albuquerque, its challenges and plans to address them.

The [EVENTS] Paper.



## Vampire Lake Premiere

S hot in Rio Rancho, Placitas and Valles Caldera, the homegrown indie horror flick Vampire Lake is scheduled to have a premiere screening this Friday, Feb. 23 at Guild Cinema (3405 Central Ave. NE). Written and directed by Daniel Zubiate (2019's Death RInk), this 90-minute feature spins the scary story of a group of women who go to a cabin in the woods for a weekend retreat and end up digging a little too deeply into the local legend of a killer vampire. The cast and crew are on hand for a Q&A after the screening. It all gets started at 10:30pm. Tickets are \$5.

#### **THURSDAY, FEBRUARY 22**

#### Community

Catch and Release-Real or Imagined? Are our courts releasing dangerous criminal? 6-7:45 pm Dennis Chavez Community Center 715 Kathryn Ave SE

Cocktails & Connections 6-8 pm The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

#### Exhibit

Nikesha Breeze and Alex Ponca Stock Thursday-Saturday 11-4 Richard Levy Gallery 514 Central Ave SW

#### Music

Dark Honey Karaoke 6-9 pm Gold Street Pizza & Brew 3211 Coors Blvd SW Suite H1, Albquerque

Living Colour \$25 8-11 pm Launchpad 618 Central Avenue Southwest

Machine Head \$29-\$79 6:30 pm-12 am Sunshine Theater 120 Central Ave SW

Music on the Patio: Silver Sky Blues Band 2-5 pm Canteen Brewhouse 2381 Aztec Road Northeast

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#### The [EVENTS] Paper.



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#### Music - Classical

UNM Symphony Orchestra \$15 7:30-9:30 pm Popejoy Hall 203 Cornell Dr

#### FRIDAY, FEBRUARY 23

#### Art

Art Museum Reception: Pano Connections – Corazon Knows No Bounds 5-7 pm National Hispanic Cultural Center 1701 4th Street Southwest

#### Art Openings

Hindsight Insight 4.0: Portraits, Landscapes and Abstraction Art Opening 4-7 pm UNM Art Museum 203 Cornell Dr

#### Comedy

Ed Bassmaster \$30-\$40 7-8:30, 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, oo4

Lights Out Laughs \$15 7:30-9 pm Dry Heat Comedy Club 521 Central Ave NW STE G

The Show - Live Comedy Improv \$12 8-9 pm The Box Performance Space 114 Gold Ave SW

#### Dance

Querencia: the UNM Faculty Dance Concert \$10-\$15 7:30 pm Rodey Theatre 1 University of New Mexico

Tablao Flamenco Albuquerque Dinner Show \$75-\$85 7-9 pm Hotel Albuquerque 800 Rio Grande Blvd NW

#### Film

Vampire Lake Film Premiere \$5 10-11:30 pm Guild Cinema 3405 Central Ave NE

#### Food

Winter Winederland \$85 6-8 pm Electric Playhouse 5201 Ouray Rd. NW

#### Miscellaneous

Annual Rummage Sale 8 am-3 pm Albuquerque Garden Center 10120 Lomas Blvd NE

# Bodega Tings - A Club Night by

Music

February 21, 2024

Ryan Demond \$5 9:30 pm-1 am JUNO brewery + cafe + art 1501 1st Street Northwest

Burque Jazz Bandits \$10 8-11 pm Echoes 313 Gold Ave SW

Cannons \$30 8-11 pm Revel Entertainment Center 4720 Alexander Blvd NE

Gin & Jazz 5-10 pm Tractor Brewing Wells Park 1800 Fourth St. NW

James Whiton 6-9 pm Albuquerque Distilling 5001 Central Ave NE Suite A5

Red Elvises \$10-\$40 8-10 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Robb Symposium Series Presents: loadbang 7:30-9 pm Keller Hall Center for the Arts & Art Museum, 203 Cornell Dr.

Soul & Rocksteady All Vinyl Night 8-11 pm Tractor Brewing Nob Hill 118 Tulane SE

Third Annual Apparition Zombie Prom \$10-\$15 8 pm-1:30 am Historic El Rey Theatre 622 Central Ave SW

Tony O & The Greatest Band Ever: Start Making Sense \$10-\$12 7-11:30 pm Launchpad 618 Central Ave SW

#### Performance

UNM Greek Sing \$15 6-8 pm Popejoy Hall 203 Cornell Dr

#### Sports

3HL Ice Wolves vs. Atlanta Capitals \$10-\$15 6:30-9 pm Outpost Ice Arenas 9530 Tramway Blvd NE

NMAA 2024 Wrestling State Championships \$7-\$17 7 am-9 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho

#### February 21, 2024

#### SATURDAY, FEBRUARY 24

#### Class / Workshop

Sketchbook Basics w/ Cheryl Kelley \$80 10 am-1 pm Artisan ABQ 3017 Monte Vista Blvd. NE

#### Comedy

Ed Bassmaster \$30-\$40 7-8:30, 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, oo4

The One Night Stanleys \$12 9:30-10:30 pm The Box Performance Space 114 Gold Ave SW

The Show - Live Comedy Improv \$12 8-9 pm The Box Performance Space 114 Gold Ave SW

#### Community

Cafe Close Encounters 2-5 pm Lala Coffee and Tea 6239 Montgomery Blvd NE

Pride Revival \$10-\$40 8-11 pm JUNO brewery + cafe + art 1501 1st Street Northwest

#### Dance

Kaltonaka Dance Group (Chichimeca Mexica Azteca) 12-1 pm Indian Pueblo Cultural Center 2401 12th Street NW

Querencia: the UNM Faculty Dance Concert \$10-\$15 7:30 pm Rodey Theatre 1 University of New Mexico

Tablao Flamenco Albuquerque Dinner Show \$75-\$85 7-9 pm Hotel Albuquerque 800 Rio Grande Blvd NW

#### Discussion / Lecture

Albuquerque Indian School: Origins and Communities 10 am-12 pm Indian Pueblo Cultural Center 2401 12th Street NW

#### Exhibit

View into the Collection: Micaceous Clay 8 am-4 pm Indian Pueblo Cultural Center 2401 12th Street NW

#### Family/Kids

IPCC's Family Story Time 1-2 pm Indian Pueblo Cultural Center 2401 12th Street NW

#### Games

Drag Queen Bingo 1-3 pm Canteen Brewhouse 2381 Aztec Road Northeast

#### Music

AMP Concerts: Las Migas \$22-\$42 7:30-9:30 pm National Hispanic Cultural Center 1701 4th Street Southwest

Coalesce Blue Album Release Party 7-11 pm Tractor Brewing Wells Park 1800 Fourth St. NW

Dance Concert Benefit for Cambio Mental Health West Bank Palestine \$20 4-6 pm Albuquerque Peace and Justice Center 202 Harvard Dr SE

DeNash 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE

Evan Dando \$22 8 pm-12 am Launchpad 618 Central Avenue Southwest

#### The [EVENTS] Paper.

Flashback '80s Music Video Dance Party \$10-\$15 8 pm-12 am Sister 407 Central Ave. NW

Gone Country Saturdays with DJ Dolla Bill 6-9 pm Ponderosa Brewing Company 1761 Bellamah Ave NW

International EBM Day 2024 \$10 7:30-9:30 pm LongHair Records 1321 San Mateo Blvd NE

Josh Ward \$12 7-9 pm The Dirty Bourbon Dance Hall & Saloon 9800 Montgomery Blvd NE

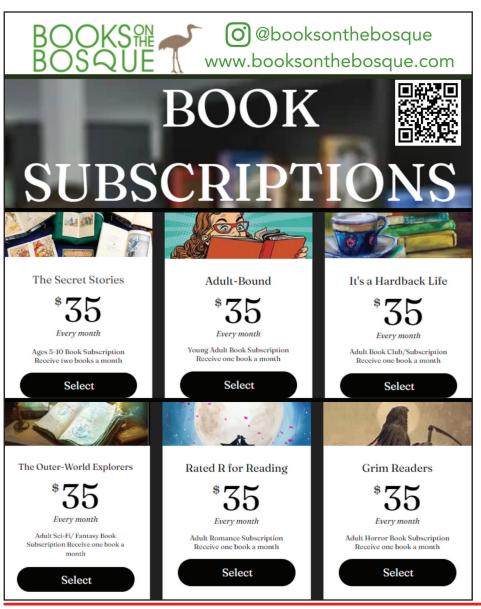
The Fabulous Martini-Tones 7-9 pm Marble Brewery NE Heights 9904 Montgomery Blvd NE

#### Performance

Renee Elise Goldsberry \$25-\$95 7:30-9:30 pm Popejoy Hall 203 Cornell Dr

#### Reading

Bad Mouth series of words and music 7-8:30 pm q-Staff Theatre 400 Broadway Blvd SE





#### The [EVENTS] Paper.

#### Sports

3HL Ice Wolves vs. Atlanta Capitals \$10-\$15 6:30-9 pm Outpost Ice Arenas 9530 Tramway Blvd NE

#### **SUNDAY, FEBRUARY 25**

#### Dance

Kaltonaka Dance Group (Chichimeca Mexica Azteca) 12-1 pm Indian Pueblo Cultural Center 2401 12th Street NW

Querencia: the UNM Faculty Dance Concert \$10-\$15 2 pm Rodey Theatre 1 University of New Mexico

#### Film

"Television Event" Film Screening Followed by a Ban the Bomb March & Music Rally \$5 1-4 pm Guild Cinema 3405 Central Ave NE

#### Games

Brain Gang Trivia 2-4pm, 5-7 pm Lizard Tail Industrial 3351 Columbia Dr. NE

#### Literature/Poetry

Manfred Leuthard Reading/ Book Signing 1:30-3:30 pm Treasure House Books & Gifts 2012 S Plaza St NW A

Performance

Blvd NW

Sports

Film

NE

Games

Blvd NE

Before Night Falls \$22-\$105 2-4

pm National Hispanic Cultural

Tablao Flamenco Albuquerque Sunday Matinee \$25-\$35 All

Day Tablao Flamenco at Hotel

Albuquerque 800 Rio Grande

3HL Ice Wolves vs. Atlanta

Capitals \$10-\$15 2-4:30 pm

**MONDAY, FEBRUARY 26** 

Screening 5-7 pm International

District Library 7601 Central Ave

Outpost Ice Arenas 9530

Breaking the News - Free

Brain Gang Trivia 6-8 pm

Canteen Taproom 417 Tramway

Tramway Blvd NE

Center 1701 4th Street Southwest

#### Music

Ariel Pink \$25 8 pm-12 am Launchpad 618 Central Avenue Southwest

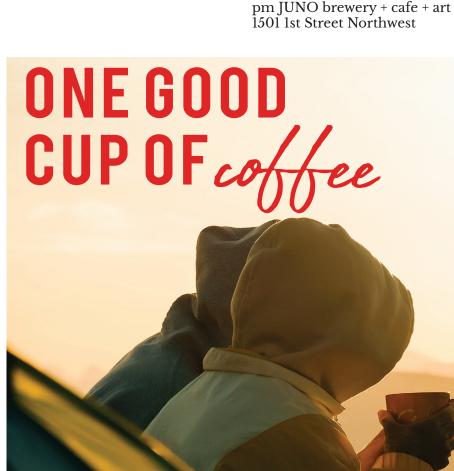
Deidre McCalla \$20 3-5:30 pm LA MESA PRESBYTERIAN CHURCH 7401 COPPER AVE NE , ALBUQUERQUE

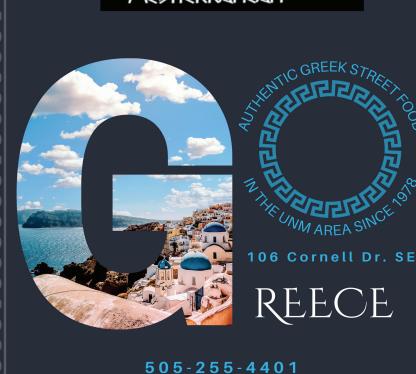
Music on the Patio: Hello Darlin and Pawn Drive 4-7 pm Canteen Brewhouse 2381 Aztec Road Northeast

One More Silver Dollar 4-9 pm The Hall ABQ 107 Jefferson St. NE

The Green \$25-\$75 8-11 pm Sunshine Theater 120 Central Ave SW

WhatEvs CD Release Party 5-8





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**TUESDAY, FEBRUARY 27** 

February 21, 2024

#### Film

Black History Month Political Education Film Series -Palestinean Solidarity 6-8 pm East Central Ministries 134 Vermont St NE

#### Games

Brain Gang Trivia 7-9 pm Lizard Tail Industrial 3351 Columbia Dr. NE

#### Music

AMP Concerts Presents Sun Sounds 5-7 pm Lomas Tramway Library 908 Eastridge NE, 87123

Deadwolf \$10 8-11 pm Historic El Rey Theatre 622 Central Ave SW

Grieves \$20-\$70 8-11 pm Launchpad 618 Central Avenue Southwest

Rudeboy Open Mic 7-9 pm Sunday Service Motor Company 2701 4th Street NW

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

**REDROCKROASTERS.COM** 



#### By Shannon Moreau, New Mexico Black Leadership Council

Note: The original version of this article, written by Sean Cardinalli, was first published in the August 2023 issue of the UpLift Chronicles, the New Mexico Black Leadership Council's monthly print publication. This piece has been edited and revised for The Paper.

The New Mexico Black Leadership Council congratulates Professor Sonia Gipson Rankin on her promotion to tenured professor at UNM School of Law. The Chronicle of Higher Education, in 2019, noted only 2.1% of tenured faculty at American universities were Black women. Gibson Rankin appreciates students gratified to see someone who looks like them teaching class, showing that they, too, can accomplish big goals.

Gipson Rankin is known locally and nationally for her computer science accolades and passion for racial justice. She was one of many New Mexico luminaries to be interviewed in the Cafecito con Colón series that spotlighted New Mexican Black voices in the wake of the killing of George Floyd and Breonna Taylor. KOAT, KRQE, and BBC World News featured Professor Gipson Rankin in their coverage of the Derek Chauvin verdict.

Her scholarship in the fast-growing field of artificial intelligence (AI) is sought by major news sources like the BBC and NPR. Her paper published in the New York University Law Review pointed out the need for oversight and regulation when it comes to the new realm of AI, using the example of Michigan's Integrated Data Automated System (MiDAS), where 40,000 people were falsely detected by AI as having committed unemployment fraud, resulting in money being taken from them. The debacle not only raised questions about how to rectify a situation caused to humans by AI, but also who's to be held accountable? Not to mention, how can AI be developed in a way that's free of bias? These are the issues Professor Gipson Rankin addresses in her research and analysis.

We see you, Professor Rankin-Gipson, and we celebrate your accomplishment!

Below is NMBLC's Q&A. Answers have been condensed for clarity and length.

# What led you to where you are today, career-wise?

My third grade teacher [once] stood on a desk to hang something from the ceiling. While she was on the desk, she started tap dancing. All of the students were amazed and I said to myself, "this is what I want to do when I grow up." I have yet to tap dance in the classroom, but I do try to wow students when I can!

I come from a tech family.... I knew I would study computer science, but my plan was to ... become a patent attorney to help Black Americans get patents for tech inventions. But, one of the most impactful parts of my journey has been my children. My daughters were born while I was a law student.

Life has turned and twisted a bit, but I would not change one step of the journey.

#### What obstacles did you face as a Black woman studying and teaching law?

Only 12 out of 250 students [at the University of Illinois College of Law] were Black and we stuck together. Black Law Student Association members babysat my kids, shared their casebooks and materials, and reviewed my scholarship... [and now] I have the most gracious and generous colleagues at the University of New Mexico School of Law.

Were there complexities due to race? Absolutely. Some people are so trifling and have time to be unkind or evil. But I keep one thought at the top of my mind: There is nothing wrong with me. There is something broken about them. I was taught a particular mindset... (1) you can do anything you want to do, (2) be about excellence, and (3) you are required to give back.

#### Do you know many other Black/BIPOC women in law at UNM, or in the larger law community?

I have several great colleagues

who are Black or from historically and systematically overlooked populations. But, the number of Black faculty at UNM generally is small. This is why the Black Faculty Alliance and UNM-Sisters groups at UNM are so important to connect with colleagues locally.

I am a member of Lutie A. Lytle Sisters, an organization named for a daughter of formerly enslaved parents who became one of the world's first Black woman law professors. The Lytle Workshop was a gathering of over 130 Black women law professors and law deans from around the country. They carefully support current and aspiring Black women law faculty.

I have received feedback from my colleagues that students of all cultural backgrounds tell them that they were so happy to see someone who looks like me at the front of the classroom, as a sign that they too can accomplish big goals.

# Any words of wisdom to share with students?

My mother, Rev. Dr. Sheila A. Gipson, passed away May 30, 2023. She was the best mommy who ever mommied and I am still in shock....

She would say, "Why not try? If it doesn't work, do something else." I encourage people to give it a try. You will be surprised at the adventures that are waiting on the other side of saying yes to life!

#### The [GALLERY GUIDE] Paper.

February 21, 2024



#### **South Broadway Cultural Center** ONE **2024 Exhibitions**





April 4 - 20 Year Dialogue June 13 - POST Covid BOMB **Group Exhibition** 

January 25 - Field of Possibilities September 12 - MAL AIRE - Bad Air November 2 - Dia de los Muertos **December 7 - Guadalupe Art Exhibit** 

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

## **The Holistic Health Hippie**

Shake Them Bones!

his classic children's song "The leg bone's connected to the knee bone, the knee bone's connected to the thigh bone..... *Now shake them bones!"* takes on a different meaning as we enter the workplace and can begin to suffer from repetitive strain injuries (RSI).

Motions that we repeat such as typing at a computer, lifting heavy boxes, bending, twisting, grasping and reaching, can cause painful RSI. These repetitive movement patterns can gradually damage tendons, ligaments, muscles, and nerves. Common symptoms of RSI include tingling, numbress and feelings of weakness in the hands, arms, legs and stiffness or soreness in our neck and/or back.

Specialists in Eastern medicine and Rolfing use holistic approaches for resolving RSI.

**Rolfing Structural Integration** was named after its founder, Dr. Ida P. Rolf who developed a form of bodywork that reorganizes the connective tissues or fascial membranes that surround and wrap the entire body. Dr. Rolf recognized in the 1950s that the

body was not just separate body parts, but rather a system of interconnected tissues.

Dr. Rolf designed a systematic ten-session series of hands-on bodywork to re-balance and align the entire body's structure in gravity to restore fluid and efficient movement. Iyengar Yoga, a form of yoga with a focus on the structural alignment of the physical body, had a huge influence on her thinking and way of working.

"If you're sitting at a desk, day after day and you hold a particular posture, the fascia hardens from postural holding, from emotional patterns

and from injuries that are set into the body," Valerie Berg (3751 Manchester Drive NW), a certified advanced Rolfer of 35 years, tells me. "And when you stand up, maybe you don't stand up as well anymore."

Ida Rolf was emphatic that we are always dealing with how we are in gravity, so that we're not broken down by it," she says. "She emphasized the importance of understanding how the body is affected by gravity and how to support it, rather than just teaching people to sit up straight or pull their shoulders back."

The neck has to do with your thigh, your arms, the way your pelvis sits, the way your feet are and the way you

Rolfer has a whole-

approach to change all

those relationships for

Your session can

better functioning in

be done clothed, in

body systematic

move," Berg says. "A Hollistic Health Hippie



Gwynne Ann Unruh

**Triple Spaced Again** 

Medical leave might not work for ranches

your underwear or bathing suit. A Rolfer will look at you standing, sitting and moving to identify physical patterns and work to change those relationships throughout the entire body.

gravity."

To help resolve RSI, Dr. Thomas Earnest (4808 Mesa Prieta Ct NW), a certified advanced Rolfer, says he uses a "three prong" approach that includes Rolfing, acupuncture needling, tissue manipulation, herbs and diet. His unique holistic approach observes the client's posture, tongue, face assessment and their structure.

"Almost everybody could benefit from Rolfing if they're having some sort of a RSI pain that is almost always connected to misalignment," Éarnest says. "There's also a lot of really potent acupuncture points that can get to places sometimes faster than Rolfing."

The most common deficiency I see is vitamin B6, and its deficiency mimics probably a good 80 percent of carpal tunnel that occurs in the wrist," Earnest explains. "It's not that the nerve is actually the problem. It's being inflamed because the ligaments and tendons are shortening due to a lack of vitamin B6." "If you only have one way of doing things, you're pretty limited," Dr. Earnest says. "People can mouse with their left hand. It doesn't always have to be the right hand. For RSI, I also recommend patients do the Yoga Pilates method or the Egoscue Method of physical therapy."

o you think there is workers' comp insurance coverage on the Yellowstone Ranch?

What about paid family and medical leave?

The fictional Yellowstone Ranch is the spectacular starring location of the "Yellowstone" TV series, now running on CBS after first being aired on a streaming network. The show is a 21st-century Western, replete with cowboys, cattle, horses and modern intrigue. People get injured in every episode.

In the last episode of Season 3, several people get shot, but I am more curious about Jimmy, the incompetent cowboy who dreams of rodeo stardom. Against orders, he rides a bucking horse with no one else around (an obvious safety hazard), gets thrown off and is last seen unconscious on the ground.

I thought of this because a few days after seeing the episode, at the Roundhouse I saw an old friend from the New Mexico Cattle Growers Association, who said her list of legislative chores included opposing the paid family and medical leave bill. She said it would be ruinous to ranchers

New Mexico ranchers have already lost their exemption from the workers' compensation coverage requirement, through the courts rather than by legislation. That TV show reminded me of why they had the exemption in the first place.

On the Yellowstone Ranch, the employees live on the property. They are housed, fed and provided with medical care at the employer's expense. They don't work set hours but do whatever task is needed at any time of day or night.

They probably don't get overtime pay because their time is not measured.

Back in the real world, when New Mexico ranchers were arguing against mandatory workers' compensation coverage, they said that's what their lives are like. The workers' comp system, they said, is not a good fit with a system where employees are compensated partly with intangibles rather than money.

The ranch hands at Yellowstone are, conveniently, all bachelors so there's no need

for family leave. They don't need medical leave because the ranch is their home.

The fictional Yellowstone ranch is in Montana, which is not among the 15 states that still exempt agriculture from the workers' compensation

requirement. Those states are Alabama, Arkansas, Delaware, Georgia, Indiana, Kansas, Kentucky, Mississippi, Missouri, Nevada, North Dakota, South Carolina, Tennessee, Texas, and Wyoming. So the fictional

ranch has coverage. But what will happen to poor Jimmy, the stupid cowboy? A preview of next season says he will be paralyzed, but it doesn't say whether the condition is permanent.

If Jimmy files a claim for workers' compensation benefits, I am pretty sure his claim would be denied. His accident was not work-related. He was not on that horse for any work-related purpose.

Whether to cover his injury would not be determined by his politically powerfulemployer.

It would be determined by the ranch's insurance company. If he's paralyzed for life, his future medical care could cost a few million dollars. The insurance company would want to avoid that and would be justified. Would the ranch take care of him anyway? Would he retain his bed in the bunkhouse and his place at the dinner table?

If this happened in New Mexico under the Paid Family and Medical Leave bill that almost passed, how would medical leave apply in this situation?

Jimmy might accept the generosity of whatever his employer offered voluntarily. But if he claimed medical leave, I think he would have to sue to get a court to determine what he was entitled to.

The defeated Paid Family and Medical Leave Act contains no exemptions for specific industries. When it comes back next year, I wonder if my friend will propose an exemption for ranches or just join with other business groups in trying to kill the bill.

Contact Merilee Dannemann through www.triplespacedagain.com.



**Merilee Dannemann** 

11

# No Meat, No Problem Nobody Calls Me Chicken isn't scared to take on vegan comfort food in ABQ

The signature menu item at vegan eatery Nobody Calls Me Chicken is the Sando, a crispy on the outside, soft on the inside slab of breaded tofu that doesn't really match the taste and texture of chicken, but nonetheless is flavorful and hearty, living up to the restaraunt's aim of serving "vegan comfort food."

#### By Kevin Hopper, The Paper.

n an ever-evolving quest to eat less meat and more vegetables, I often try, and sometimes really enjoy, plant-based protein. But don't be fooled, it is pretty hit-andmiss in that section of the supermarket. Case in point: A recent experiment replacing sweet Italian sausage with nonmeat "sausage" that completely transformed my otherwise succulent lentil soup into something that tasted like cereal. Never again.

But those types of experiences don't deter me from being adventurous in this or any other category of food. My latest adventure involved a pair of meals at the cleverly-branded Nobody Calls Me Chicken, a small vegan spot located at the corner of Girard and Indian School that serves what they call 'vegan comfort food."

That's a tall order if you are trying to draw diners that aren't vegan, but the folks behind this culinary gem have done their homework when it comes to flavor.

Nobody Calls Me Chicken is housed in a clean and modern space, originally a modest gas station, decorated with bright orange walls and chairs to

match the aged green concrete floors. Upon entry, guests are greeted with a walk-up register, a digitized menu and a wall of artificial grass with a neon sign that reads "Living' La Vida Tofu."

If you think you don't like tofu, don't worry, you will. After just one bite of the NCMC Sando-this eatery's star of the show-I was pleasantly surprised. The texture, meant to mimic a fried chicken breast sandwich, is super crispy on the outside, giving way to a soft, lighter-thanchicken bite. There's a ton of flavor, but it doesn't really taste like meat of any kind. If you didn't know what it was made of (and even if you did), the Sando would fulfill your taste buds and fill your stomach. Topped with lettuce, tomato and your choice of sauce (I tried the spicy chipotle), it is simple, flavorful and I will come back again, only to add a side of green chile.

I also ordered a po'boy on my first visit, which featured NBMC's soy curls, which are essentially the same tofu base, cut in thin strips, battered and deep fried. The sandwich has essentially the same ingredients as the Sando, just prepared differently with a tasty Cajun sauce. Yet, it tasted vastly different than the Sando. The soy curls tasted a lot like pork cracklins minus the pork.

These are so crunchy and tasty that I want to bring a giant bowl to a party and watch it disappear. Like many po'boys, there is more bread than needed, so I just started to dip these crunchy beauties into the sauce until they were gone.

With all this flavor on the main dishes, I assumed that my sides of mashed potatoes and coleslaw would be the same. Unfortunately both were blander than I would have liked.

On a second visit with a dining companion, I ordered the BBQ & Slaw sandwich, featuring those same soy curls, but marinated in a sweet and tangy barbecue sauce. Crafted to simulate a classic pulled pork sandwich, it was a wet and messy affair, but in the best kind of way. The soy curls couldn't quite compare texturally to traditional pulled pork, but again, so much flavor! I do enjoy the taste of meat, to be sure, particularly the smoked variety. And while this didn't evince much smoke, the sauce had a lot of thought put into it.

My companion tried the chickpea sub for variety's sake, but she wasn't as thrilled. I thought it somehow evoked the flavor of tuna or chicken salad and was pretty happy with the

flavor, maybe not enough to order again (but only because there are better options). Featuring a well-balanced mix of mashed chickpeas with crunchy chopped celery and carrots tossed in mayo on a bed of pickles and topped with sprouts, this is a great option for vegans not interested in eating food that even approaches the taste of meat.

A vegan friend recently told me that there are some plantbased products that actually taste too much like meat, and that turned them off. I just nodded politely.

Despite skepticism on both sides of the vegan divide, the owners of NCMC, Jonathan and Elizabeth Bibiano, are so good at this vegan thing, they have taken things a step further: Opening a vegan New Mexican food restaurant called Vegos. I will pause for the collective Burgeño gasps, then promptly order a Lion's Mane Burrito.

**Nobody Calls Me Chicken** 

2904 Indian School Road NE

Open Tuesday - Saturday, 11 am - 8 pm



## Weed Changes Passes in Roundhouse

#### By Josh Lee, The Paper.

ast week, Gov. Michelle Lujan Grisham signed a law that will change some things about New Mexico's cannabis law.

The law makes a number of changes, including giving the Cannabis Control Division (CCD) authority to seize products suspected of being illicit, giving court judges greater freedom when sentencing juveniles for cannabis charges and making it easier for legacy medical cannabis businesses to convert to corporations.

The law also allows cannabis license holders to have a liquor license as long as they aren't selling alcohol on the same property where marijuana is sold. Language in the original version of the Cannabis Regulation Act unintentionally forbade anyone from conducting business in both industries at the same time.

The bill's sponsor, Rep. Andrea Romero (D-Santa Fe) has called it "clean-up" legislation. She told *The Paper*: that every state with legal weed has also had to make changes to their laws.

#### First Weed Company Gets LEDA Funds

A cannabis manufacturer in Clovis is the first weed business to receive money from the state's Local Economic Development Act (LEDA) fund.

According to a news release from the New Mexico Economic

Development Department (EDD), women-and familyowned Vana LLC, a Clovis manufacturer, has received \$90,000 from the LEDA jobcreation fund.

The business and its sister companies are licensed for indoor and outdoor cultivation, manufacturing and two retail locations. At full capacity, the company expects to employ 45 to 50 workers.

"EDD's investment in Clovisbased Vana LLC is a testament to the success of Gov. Michelle Lujan Grisham's forwardthinking economic policies," said acting EDD Secretary Mark Roper, in a statement. "The legalization of recreational cannabis in New Mexico is growing businesses and helping rural communities diversify their economy and add jobs."

#### Ultra Health Closing Santa Fe Store

Ultra Health, one of the largest cannabis companies in New Mexico, announced that it will be closing one of its Santa Fe dispensaries. The news arrives as some business owners say product and retailer oversaturation is starting to hurt the state's adult-use weed industry.

Earlier this month, Ultra Health CEO Duke Rodriguez announced that the company would be closing its Cerrillos Road dispensary location. Rodriguez told reporters that the location was too expensive to keep open. Rodriguez has said that the industry is suffering losses due to oversaturation. Some New Mexican business owners have called for the state to temporarily freeze new licenses. State legislators proposed giving the CCD a mechanism by which it could temporarily pause new licenses as part of the recent cannabis changes bill, but the language was removed before the bill passed.

Ultra Health will continue running its other Santa Fe store on St. Michael's Drive.

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#### FREE WILL ASTROLOGY Week of February 21 © Copyright 2024 Rob Brezsny

ARIES (March 21-April 19): In my astrological estimation, the coming weeks will be an ideal time for you to declare amnesty, negotiate truces, and shed long-simmering resentments. Other recommended activities: Find a way to joke about an embarrassing memory, break a bad habit just because it's fun to do so, and throw away outdated stuff you no longer need. Just do the best you can as you carry out these challenging assignments, Aries. You don't have to be perfect. For inspiration, read these wise words from poet David Whyte: "When you forgive others, they may not notice but you will heal. Forgiveness is not something we do for others; it is a gift to ourselves." ARIES (March 21-April 19): In my astrological

TAURUS (April 20-May 20): "When a mountain doesn't listen, say a prayer to the sea," said Taurus painter Cy Twombly. "If God doesn't respond, direct your entreaties to Goddess," I tell my Taurus daughter Zoe. "If your mind doesn't provide you with useful solutions, make an appeal to your heart instead," my Taurus coach advises me. All these words of wisdom should be useful for you in the coming weeks. Taurus. It's time to the coming weeks, Taurus. It's time to be diligent, relentless, ingenious, and indefatigable in going after what you want. Keep asking until you find a source that will provide it.

GEMINI (May 21-June 20): Gemini philosopher Ralph Waldo Emerson offered advice that's perfect for you. He said, "Though we travel the world over to find the beautiful, we must carry it with us, or we find it not." Here's what I will add. First, you very much need to commune with extra doses of beauty in the coming weeks. Doing so will expedite your healing and further your education—two activities that are especially important right now. Second, one way to accomplish that is to put yourself in the presence of all the beautiful people, places, and things you can find. Third, be diligent as you cultivate beauty within yourself. How? That's your homework. You can start by making a list homework. You can start by making a list of the three most beautiful acts you have ever performed.

**CANCER (June 21-July 22):** I bet that sometime soon, you will dream of flying though the sky on a magic carpet. In fact, this may be a recurring dream for you in the coming months. By June, you may have soared along on a floating rug more than 10 times. Why? What's this all about? I suspect it's one aspect of a project that life is encouraging you to undertake. It's life is encouraging you to undertake. It's an invitation to indulge in more flights an invitation to induge in more lights of the imagination; to open your soul to mysterious potencies; to give your fantasy life permission to be wilder and freer. You know that old platitude "shit happens"? You're ready to experiment with a variation on that: "magic transpires."

**LEO** (July 23-Aug. 22): On February 22, ancient Romans celebrated the holiday of Caristia. It was a time for reconciliation. People strove to heal estrangements and settle longstanding disagreements. Apologies were offered and truces were negotiated. In alignment with current astrological omens, I recommend you revive this tradition, Leo. Now is an excellent phase of your life to embark on a crusade to unify, harmonize, restore, mend, and assuage. I dare you to put a higher priority on love and connection than on ego!

VIRGO (Aug. 23-Sept. 22): My poet friend Jafna likes to say that only two types of love are available to us all: too little and too much. We are either deprived of the precise amount and quality of the love we want, or else we have to deal with an excess of the stuff that doesn't quite match what we want. But I predict that this will at most be a mild problem for you in the coming weeks—and perhaps not a problem at all. You will have a knack for both giving and receiving just the right amount of love, neither too little nor too much. neither too little nor too much.

LIBRA (Sept. 23-Oct. 22): If the devil card comes up for me in a divinatory Tarot reading, I don't get worried or scared that

something bad might happen. On the contrary, I interpret it favorably. It means that an interesting problem or riddle has arrived or will soon arrive in my life—and that this twist can potentially make me wiser, kinder, and wilder. The appearance of the devil card suggests that I need to be challenged so as to grow a new capacity or understanding. It's a good omen, telling me that life is conspiring to give me what I need to outgrow my limitations and ignorance. Now apply these principles, Libra, as you respond to the devil card I just drew for you. just drew for you.

**SCORPIO (Oct. 23-Nov. 21):** A taproot is a thick, central, and primary root from which a plant's many roots branch out laterally. Typically, a taproot is fairly straight and grows downward. It may extend to a depth that is greater than the part of the plant sprouting above ground. Now let's imagine that we humans have metaphorical taproots. They connect us with our sources of inner nourishment. They are lifelines to secret or hidden treasures we may be only partly conscious of. Let's further imagine that in the coming months, your own taproot will ot. Let's turther imagine that in the coming months, your own taproot will be flourishing, burgeoning, and even spreading deeper to draw in new nutrients. Got all that? Now I invite you to infuse this beautiful vision with an outpouring of love for yourself and for all the wondrous vitality you will be absorbing.

SAGITTARIUS (Nov. 22-Dec. 21): Behavioral ecologist Professor Dan Charbonneau has observed the habits of ants and bees and other social insects. He says that a and other social insects. He says that a lot of the time, many of them are just lolling around doing nothing. In fact, most animals do the same. The creatures of the natural world are just not that busy. Psychologist Dr. Sandi Mann urges us to learn from their lassitude. "We've created a society where we fear boredom and we're afraid of doing nothing," she says. But that addiction to frenzy may limit our inclination to daydream, which in turn inhibits our creativity. I bring in turn inhibits our creativity. I bring these facts to your attention, Sagittarius, because I suspect you're in a phase when lolling around doing nothing will be extra healthy for you. Liberate and nurture your daydreams please!

CAPRICORN (Dec. 22-Jan. 19): "Education is an admirable thing," wrote Oscar Wilde, "but it is well to remember that nothing worth knowing can be taught." As I ponder your future in the coming weeks, I vociferously disagree with him. I am sure you can learn many things worth knowing from teachers of all kinds. It's true that some of the leasene may be accidented or unefficial lessons may be accidental or unofficial— and not delivered by traditional teachers— but that won't diminish their value. I invite you to act as if you will in effect be enrolled in school 24/7 until the equinox.

# AQUARIUS (Jan. 20-Feb. 18): The planets Mars and Venus are both cruising through Aquarius. Will they generate synchronicities that weave magic into your destiny? Here are a few possibilities foresee. Larguments assuaged by I foresee: I arguments assuaged by love-making; 2. smoldering flirtations that finally ignite; 3. mix-ups about the interplay between love and lust or else wonderful synergies between love and lust; 4. lots of labyrinthine love talk, about the nature of desire; 5. the freakiest sex ever; 6. adventures on the frontiers of intimacy.

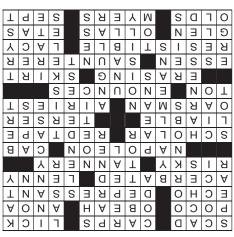
**PISCES (Feb. 19-March 20):** Unlike the Pope's decrees, my proclamations are not infallible. As opposed to Nostradamus and many modern soothsayers, I never imagine I have the power to definitely and absolutely decipher what's ahead. One of my main mottoes is "The future is undecided. Our destinies are always mutable." Please keep these caveats in mind whenever you commune with my horoscopes. Furthermore, consider adopting my approach as you navigate adopting my approach as you navigate through the world—especially in the coming weeks, when your course will be extra responsive to your creative acts of willpower. Decide right

| The Weekly                | Cro                  | oss                                | 6W0 | ord      |    |              |                         |          |          |        | by N               | larg                    | ie E     | . Bu  | rke    |  |
|---------------------------|----------------------|------------------------------------|-----|----------|----|--------------|-------------------------|----------|----------|--------|--------------------|-------------------------|----------|-------|--------|--|
| ACROSS                    | 1                    | 2                                  | 3   | 4        |    | 5            | 6                       | 7        | 8        | 9      |                    | 10                      | 11       | 12    | 13     |  |
| 1 Whole bunch             | 14                   |                                    |     | <u> </u> |    | 15           |                         | <u> </u> | <u> </u> |        |                    | 16                      | <u> </u> |       |        |  |
| 5 Nitpicks                | 14                   |                                    |     |          |    | 15           |                         |          |          |        |                    | 10                      |          |       |        |  |
| 10 Lollipop               | 17                   |                                    |     |          |    | 18           |                         |          |          |        | 19                 |                         |          |       |        |  |
| sampling                  | 20                   |                                    |     | -        | 21 |              |                         | -        | -        |        | 22                 |                         |          |       |        |  |
| <b>14</b> Somewhat, in    |                      |                                    |     |          |    |              |                         |          |          |        |                    |                         |          |       |        |  |
|                           | 23                   |                                    |     |          |    |              | 24                      |          |          | 25     |                    |                         |          |       |        |  |
| <b>15</b> Voodoo relative |                      |                                    |     | 26       |    | 27           |                         | -        | -        |        |                    |                         | 28       | 29    | 30     |  |
| 16 Old world<br>buffalo   |                      |                                    |     |          |    |              |                         |          |          |        |                    |                         |          |       |        |  |
| 17 Parrot                 | 31                   | 32                                 | 33  |          |    |              |                         |          | 34       |        |                    | 35                      |          |       |        |  |
| 18 Sedative               | 36                   |                                    |     | -        |    | -            |                         |          |          | 37     |                    |                         | -        |       |        |  |
| 20 Made sour              |                      |                                    |     |          |    |              |                         | _        |          |        |                    |                         |          |       |        |  |
| 20 Made sour              | 38                   |                                    |     |          |    |              | 39                      |          | 40       |        |                    |                         |          |       |        |  |
| 23 Hazardous              | 41                   |                                    |     |          | 42 |              |                         | 43       |          |        |                    |                         |          |       |        |  |
| 24 Leather                |                      |                                    |     |          |    |              |                         |          |          |        |                    |                         |          |       |        |  |
| producer                  |                      |                                    | 44  | 45       |    |              |                         |          |          |        | 46                 |                         | 47       | 48    | 49     |  |
| <b>26</b> The Little      | 50                   | 51                                 |     |          |    |              | 52                      |          |          | 53     |                    |                         | 1        |       |        |  |
| Corporal                  |                      |                                    |     |          |    |              |                         |          |          |        |                    |                         |          |       |        |  |
| 28 Hailed wheels          | 54                   |                                    |     |          |    | 55           |                         |          |          |        |                    | 56                      |          |       |        |  |
| 31 Learned type           | 57                   |                                    |     |          |    | 58           |                         |          |          |        |                    | 59                      | 1        |       |        |  |
| 34 Bureaucratic           |                      |                                    |     |          |    | _            |                         |          |          |        |                    | _                       |          |       |        |  |
| stuff                     | 60                   |                                    |     |          |    | 61           |                         |          |          |        |                    | 62                      |          |       |        |  |
| 36 Responsible            |                      |                                    |     |          |    |              |                         | (        | Copyri   | ght 20 | )24 by             | / The                   | Puzzle   | e Syn | dicate |  |
| (for)                     |                      |                                    |     |          |    |              |                         |          |          |        |                    |                         |          |       |        |  |
| 37 Less verbose           | 60 Cutlass maker,    |                                    |     |          |    | 9 "Steady as |                         |          |          |        | 33 Took control of |                         |          |       |        |  |
| 38 Crew member            |                      | briefly                            |     |          |    |              | goes"                   |          |          |        |                    | 35 Triple spiral motif  |          |       |        |  |
| 40 Most breezy            | <b>61</b> Fort, Fla. |                                    |     |          |    |              | 0 Surgery tool          |          |          |        | 39                 | 9 How a snorer          |          |       |        |  |
| 41 Great weight           | 62 Aug. follower     |                                    |     |          |    | 11           | 11 "Be that as it       |          |          |        |                    | sleeps                  |          |       |        |  |
| 42 Articulates            |                      |                                    |     |          |    |              | may"                    |          |          |        |                    | 40 Sharp-edged          |          |       |        |  |
| 44 Wiping clean           |                      | DOWN                               |     |          |    |              | 12 Mass. Neighbor       |          |          |        |                    | 3 Not up to snuff       |          |       |        |  |
| 46 Go around              |                      | <ol> <li>Asparagus unit</li> </ol> |     |          |    |              | 3 Singer Perry          |          |          |        |                    | 5 Bridle parts          |          |       |        |  |
| 50 German steel           | 2 Strep throat       |                                    |     |          |    |              | 9 Most thin             |          |          |        |                    | 7 Hopping mad           |          |       |        |  |
| city                      | bacteria             |                                    |     |          |    |              | "Absolutely!"           |          |          |        |                    | 8 Quick summary         |          |       |        |  |
| 52 Leisurely walker       |                      | 3 Partner of pains                 |     |          |    |              | 5 Of the intellect      |          |          |        | 49                 |                         | mant     |       |        |  |
| 54 Unattractive           | 4 Openers of a       |                                    |     |          |    |              | 7 Hymns of praise       |          |          |        |                    | interlude               |          |       |        |  |
| 56 Like much              | _                    | sort<br>5 Loot part                |     |          |    |              | 29 Big galoots          |          |          |        | 50                 | -                       | nclus    |       |        |  |
|                           |                      | 5 Last part                        |     |          |    |              | <b>30</b> Muppet with a |          |          |        |                    | preceder                |          |       |        |  |
| <b>57</b> Hidden valley   | 6                    | 6 Getaway                          |     |          |    |              | unibrow                 |          |          |        |                    | <b>51</b> Unload, so to |          |       |        |  |
| 58 Earthenware            | _                    | driver, e.g.                       |     |          |    |              | <b>31</b> Opening for a |          |          |        |                    | speak                   |          |       |        |  |
| pots                      |                      | 7 Annul, as a law                  |     |          |    | 20           | coin<br>22 Parting word |          |          |        |                    | <b>53</b> Sad ending?   |          |       |        |  |
| 59 LAX listings           | 8 Cowpoke's pal      |                                    |     |          |    | 32           | 32 Parting word         |          |          |        |                    | 55 Barnyard male        |          |       |        |  |

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Solution to Crossword:



15

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

Bernalillo resident Maria R had been experiencing the debilitating side effects of Peripheral Neuropathy. **"I was beginning to have other health issues due to the lack of sleep. I needed help just standing up and when I was standing I was afraid I would fall because I had no feeling in my feet. My life felt like a nightmare."** Then she met Albuquerque's very own Dr. Andrea Broadon

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

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

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

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

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

"I learned about Dr. Andrea Brogdon from an article I read and learned that she helped others like me, experiencing the same symptoms. I made an appointment hoping she was going to be able to help me. It was my last resort."

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

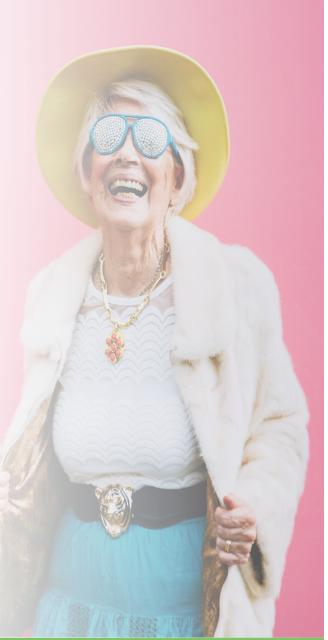
"Early detection is key when it comes to improving your chances of a full recovery," explains Dr. Brogdon. Which is why she starts every patient with an initial consultation during which a sensory exam is performed. "This helps to determine just how much nerve damage has occurred," tells the doctor.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

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

# PERIPHERAL NEUROPATHY? Call (505) 355-1984 to schedule a consultation!

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

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



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