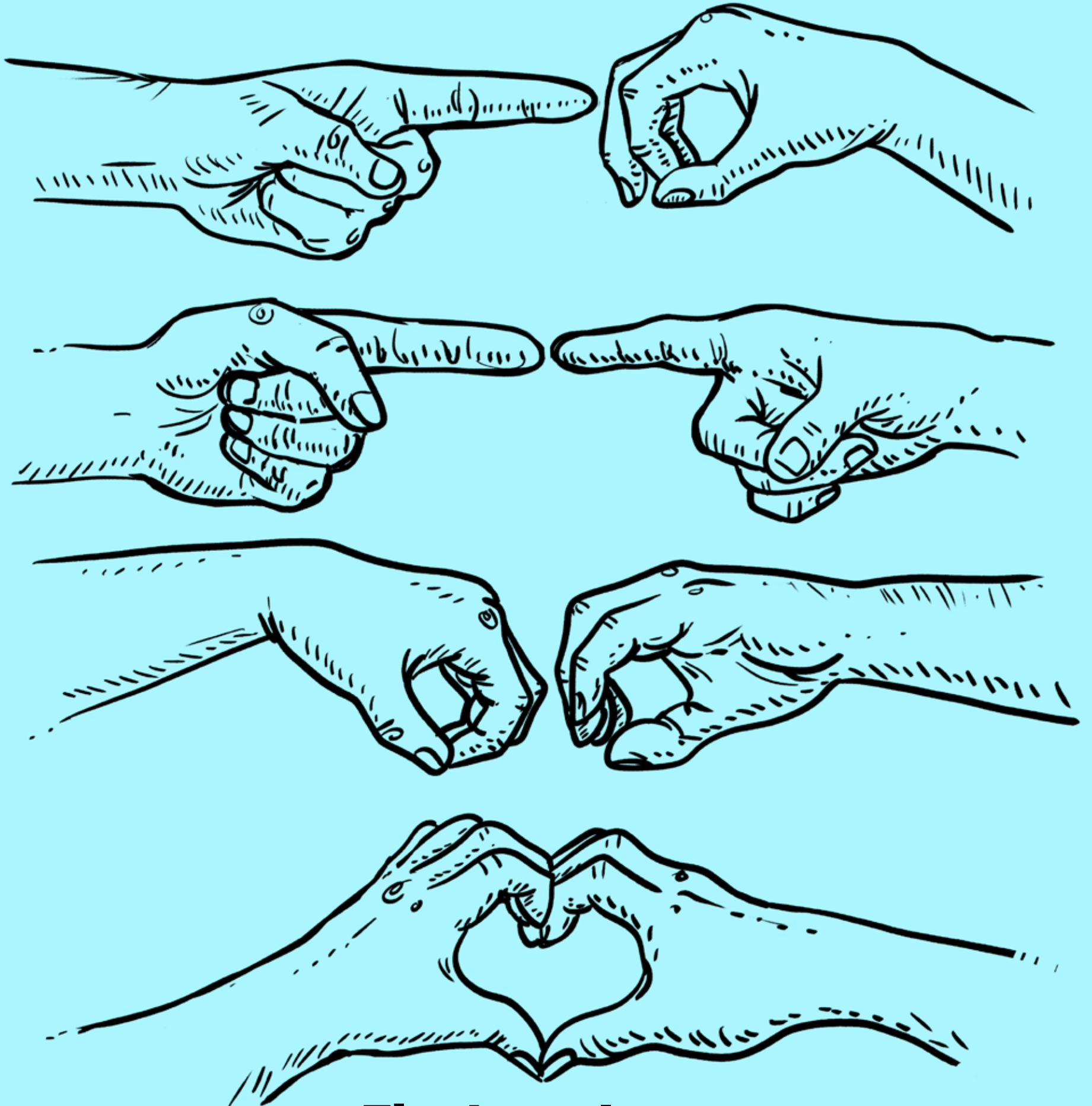


The Paper.

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FEBRUARY 7, 2024
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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS



The Love Issue

Celebrating Black History Month

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Run-Down: Feb. 7

A recap of recent news for the week of Feb. 7



The Paper. Staff

New Mexico section of Route 66 named as a top travel experience for 2024

National Geographic recently unveiled its selections for Best of the World 2024 and the section of Route 66 that runs through New Mexico has been named one of the top travel experiences. Each year the publication releases the list to put a spotlight on places around the world and illuminates diversity across various communities. New Mexico is one of four U.S. destinations this year that made the list, which is written by *National Geographic* travel editors, experts and expedition leaders. Hacienda at Armendaris near Truth or Consequences was also picked as one of the best new hotels for 2024.

Governor announces 50-year water action plan, setting path for water conservation, innovation

Gov. Michelle Lujan-Grisham recently announced a water action plan with the goal of ensuring that New Mexicans will have access to clean water for the next 50 years. New Mexico is currently one of the driest states in the west and is no stranger to drought. Water experts have predicted that the state will have 25 percent less water to use in the next five decades. This means New Mexicans would have to drastically reduce and change their water usage to adjust to this bleak reality.

The Lujan Grisham administration—with the help of leading scientists, hydrologists, geologists, and researchers—created a 50-Year Water Action Plan to safeguard the state's most precious resource for future generations. This plan has also taken into consideration vital input from nations, tribes, pueblos, farmers, and other stakeholders. Some of the key provisions would include a water education campaign to reduce community water consumption by 10 percent and a new surface water discharge permitting program to keep rivers, streams, and lakes clean.

6th Annual Latinx Games Festival is coming to ABQ

Let the games begin! The National Hispanic Cultural Center announced it was selected as the site for the 6th Annual Latinx Games Festival. The festival, founded in 2019, looks to connect, learn from and advocate for Latinx game developers and give them a global platform in the video game industry.

This year the festival will be held from Sept. 20 to Sept. 22 with award-winning panelists, breakout sessions, and even an e-sports tournament on campus. Registration will be made available on nhccnm.org ahead of the festival start date. For more information about the festival, visit latinxgamesfestival.com.

Bernalillo County reminds public to support local during construction

If you've driven on Bridge Blvd. lately then you've probably noticed the construction that's been going on for a while. As the construction continues, Bernalillo County, along with South Valley MainStreet, has reminded folks to support the local businesses that have taken a hit because of it.

The construction project that runs from the Atrisco Riverside Drain to Young Ave. is the second of a four-phase design project for the Bridge Boulevard Corridor Redevelopment Plan. Traffic patterns were recently adjusted from the eastbound lanes to the westbound lanes of Bridge. Businesses like El Paisa, Los Forasteros Mexican Food, Imprenta Chihuahua Print Shop, Cuauhtemoc Tortilleria, Carniceria La Diferencia and Mr. G's Automotive are experiencing construction right at their front door, but they are still open and ready to serve customers.

The current phase is expected to be completed this Fall. Phase 3, between Young Ave. and Lura Pl., is currently in the study phase. Design is scheduled for later this year and construction is anticipated to begin in 2026.

Weak in Review: Feb. 7

Quick hits on this week's news bits

Donald Trump tells Fox News he thinks he can flip New Mexico in this year's presidential election.

This sounds like a job for John Eastman and his merry band of fake electors.



Whole Foods will offer coupons for up to \$100 off at the grand opening of its new location.

That will cover one trip through the salad bar.

Jennifer Garner and Mark Kennedy Shriver visited the state Legislature as representatives of the Save the Children charity.

Nothing makes the government grind to a halt faster than the opportunity to snap a selfie with a celebrity.

The Albuquerque Police Department reported increased officer retention rates.

It might not be a bad gig, especially if you never have to go to court.

Carl Weathers, notable actor from *Predator* and the *Rocky* franchise died at 76.

He'll always be the stew aficionado and thrifty acting coach Carl Weathers to us.

ABQ Chief Administrative Officer Samantha Sengel sparked ire among city councilors after she said she entered their offices after hours to drop off legislation.

Usually when people sneak into government offices they take documents, not leave them.

This year's Super Bowl in Las Vegas, Nevada will be the most expensive to attend with an average ticket price of almost \$10,000.

Pro tip: Save yourself about \$9,950 by watching the game at the pizza joint in Las Vegas, New Mexico.

Technophiles across the country are shelling out money to snag an Apple Vision Pro.

Honestly, we'd pay a pretty penny to find our old View-Master.

Newly picked Albuquerque Public Schools superintendent Dr. Gabriella Duran Blakey will get almost \$300,000 a year.

Hey! She'll be able to afford a Super Bowl ticket!

Hundreds of activists rallied outside the state capitol building in frigid weather to protest gun legislation.

Nothing makes us feel safer than a bunch of frozen and numb trigger fingers.



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Wim Wenders' breathtaking **ANSELM**
Fri-Mon Feb 9-12 3:30, 5:30

Ava Duvernay's docudrama **ORIGIN**
Fri-Mon Feb 9-12 7:30

Mel Brooks' **BLAZING SADDLES (1974)**
Fri Feb 9 10:30pm

OFF WITH HER HEAD: THE SALACIOUS PAMPHLETS OF MARIE ANTOINETTE
Sat Feb 10 2:00

PHANTOM OF THE PARADISE (1974)
Sat Feb 10 10:30pm

Live! **AVANT DRUMMER CHRIS CORSANO**
Sun Feb 11 12:30pm

Francis Ford Coppola: **ONE FROM THE HEART**
Tue-Thu Feb 13-15 4:00, 8:00

Sublimely delicate Belgian romance **HERE**
Tue-Thu Feb 13-15 6:00


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Bitterfest 2024

Every year around this time, bars, restaurants, clubs and venues are tripping over one another to provide "wine and roses"-centric events for moonstruck lovers. And if you're into that, there are plenty to choose from here in town. But what if you're just not in the mood to celebrate love this year? What if the whole damn holiday just rubs you the wrong way? Well, Tractor Brewing Wells Park (1800 Fourth St. NW) has the event for you. On Feb. 10 from 7 to 11pm, Bitterfest 2024 joins you in saying, "To Hell with love!" Throughout the night, you can dance your feelings away with a selection of tunes from live bands Blame It On Rebekkah and Crazy Bird. Andrew Torn is there as well to provide some "angy beautiful poetry." And the night's emcee, Mary Bird, has plenty of "cranky comedy" in store. Admission is free, and there's plenty of bitter beer on tap. (Sounds like you're gonna need it, pal.)


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THURSDAY, FEBRUARY 8

Community

Albuquerque Wildlife Federation
monthly meeting 7:30-9 pm
Friends Meeting House 1600 5th
St NW

Dance

Friday Night Square Dancing
7 - 9 PM Fridays Albuquerque
Square Dance Center 4915
Hawkins St NE

Discussion / Lecture

Keshet Community
Conversation: Dismantling the
School to Prison Pipeline 5-6:30
pm Keshet Dance and Center for
the Arts 4121 Cutler Ave NE

Exhibit

Colors That Speak Words/Phase
II 9am -4pm Indian Pueblo
Cultural Center 2401 12th Street
NW

IPCC's 43rd Annual Native
American Student Art Show:
Celebrating Our Pollinators 9am
- 4pm Indian Pueblo Cultural
Center 2401 12th Street NW

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

Literature/Poetry

Voices of the Barrio: Sammi
Walker 6:30-8:30 pm El Chante:
Casa De Cultura 804 Park Ave
SW

Music

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

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

4

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

Elder \$18 7-11 pm Sister 407 Central Ave. NW

Music on the Patio: Felix y Los Gatos 6-9 pm Canteen Brewhouse 2381 Aztec Road Northeast

Ov Sulfur \$17 7:30-11 pm Launchpad 618 Central Avenue Southwest

The Deal - Grateful Dead Tribute & Panic Stricken - Widespread Panic Tribute \$15 7-11 pm The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

Performance

Silent Sky Presented by Actors Studio 66 \$0-\$20 7:30 pm Black Cat Cultural Center 3011 Monte Vista Boulevard Northeast

Smokus Pokus: A 420 Magic Show \$30-\$130 8-9:30 pm Keshet Dance and Center for the Arts 4121 Cutler Ave NE

The Art of Raising Anything \$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd NE

The Mountaintop \$15-\$24 7:30-9:30 pm The Adobe Theater 9813 4th Street NW, 87114

FRIDAY, FEBRUARY 9

Comedy

Ali Macofsky \$20-\$25 7-8:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Comedy Open Mic 6-10 pm La Luna Eatery and Events 7600 Jefferson St NE Suites 21 & 22

Hardcore Comedy \$15 7:30-9:30 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

Community

Brazilian Carnaval \$5-\$30 8 pm-12 am JUNO brewery + cafe + art 1501 1st Street Northwest

Dance

Carnaval 2024: Comunidade \$17-\$27 7:30-9:30 pm National Hispanic Cultural Center 1701 4th Street Southwest

Exhibit

Valentine's Day Adult Night \$37 6-9:30 pm New Mexico Museum of Natural History & Science 1801 Mountain NW

Food

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

Music

A Blue Violin Valentine \$15-\$30 7-8:30 pm South Broadway Cultural Center 1025 Broadway Blvd SE

DJ Caterwaul Spins Out 8-11 pm Tractor Brewing Nob Hill 118 Tulane SE

Goth Night & Dark Market: Gothic Valentine's Day Edition 8-11 pm Tractor Brewing Wells Park 1800 Fourth St. NW

Koffin Kats \$15 8 pm-12 am Launchpad 618 Central Avenue Southwest

Leftover Soul 7 pm-12 am Sister 407 Central Ave. NW

Lenin & McCarthy 6-9 pm Albuquerque Distilling 5001 Central Ave NE Suite A5

Twin Tribes \$20-\$70 8-11:30 pm Sunshine Theater 120 Central Ave SW

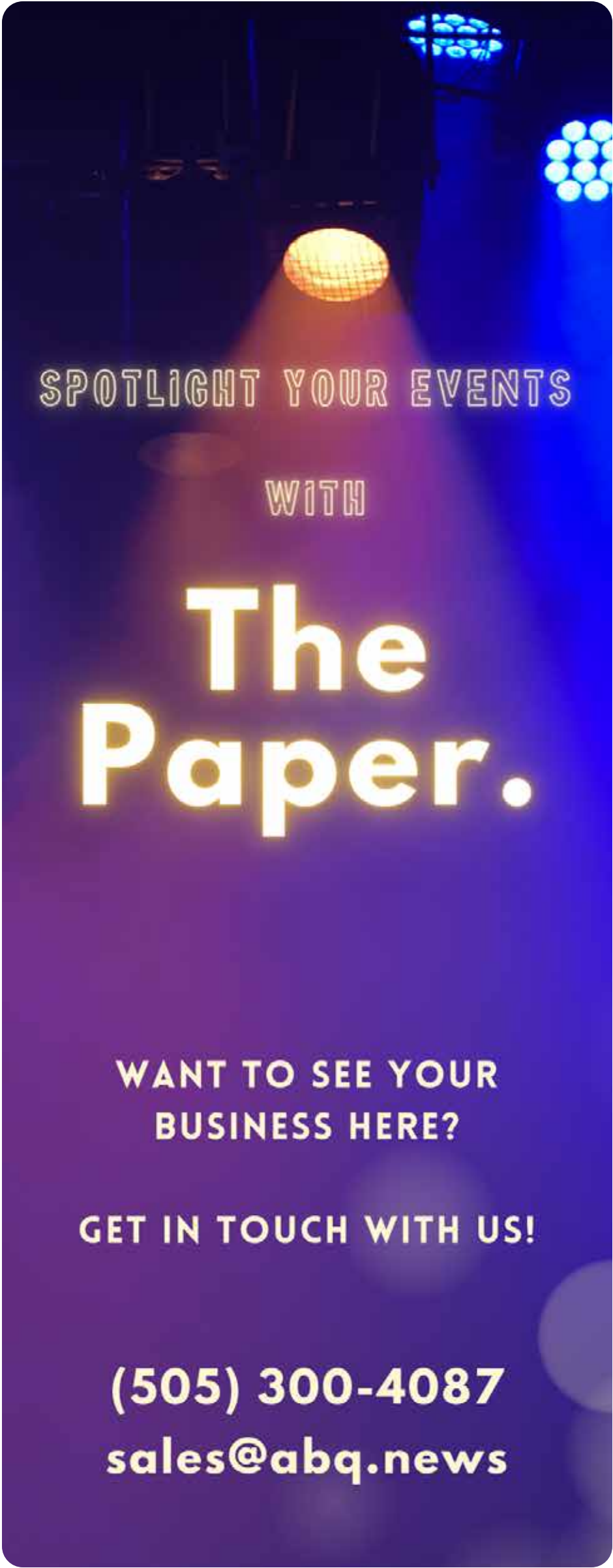
Twin Tribes After Party 11 pm-1 am Moonlight Lounge 120 Central Ave SW

Performance

Silent Sky Presented by Actors Studio 66 \$0-\$20 7:30 pm Black Cat Cultural Center 3011 Monte Vista Boulevard Northeast

The Art of Raising Anything \$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd NE

The Mountaintop \$15-\$24 7:30-9:30 pm The Adobe Theater 9813 4th Street NW, 87114

A large graphic featuring a spotlight beam shining down from the top center. The background is a gradient of blue and purple. The text "SPOTLIGHT YOUR EVENTS" is written in a glowing, outlined font within the spotlight beam. Below it, the word "WITH" is in a smaller, similar font. The main title "The Paper." is in a large, bold, white font. At the bottom, the text "WANT TO SEE YOUR BUSINESS HERE?" and "GET IN TOUCH WITH US!" are in a bold, white font. The phone number "(505) 300-4087" and the email "sales@abq.news" are in a large, bold, white font.

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SATURDAY, FEBRUARY 10		
Art Openings	Ali Macofsky \$20-\$25 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004	Family/Kids
What's Love Got to Do With It: A Group Exhibit 4:30-7 pm Artisan ABQ 3017 Monte Vista Blvd. NE		Discover STEAM Day 10 am-3 pm National Museum of Nuclear Science & History 601 Eubank Blvd SE
Class / Workshop	King of Hearts Comedy Show \$15-\$25 7-9 pm Rio Bravo Brewing Company 1912 Second St NW	IPCC's Family Story Time 1-2 pm Indian Pueblo Cultural Center 2401 12th Street NW
Geometry of Nature Workshop 10 am-12 pm Albuquerque Open Space Visitor Center 6500 Coors Blvd NW	The Show - Live Comedy Improv \$12 8-9 pm The Box Performance Space 114 Gold Ave SW	Food
Proposal Writing for Creatives \$10 1-3 pm Keshet Dance and Center for the Arts 4121 Cutler Ave NE		Love is in the Air 4-6:30 pm Anderson Abruzzo Albuquerque International Balloon Museum 9201 Balloon Museum Drive NE, 87113
Comedy	Dance	
A Night of Comedy with Chelcie Lynn \$56-\$85 8-11 pm Lobo Theater Lounge and Events Center 3013 Central Ave. NE Albuquerque	Pueblo Dance Group (Laguna, Acoma, Zuni, Hopi) 12-1 pm Indian Pueblo Cultural Center 2401 12th Street NW	Tully's Four-Course Dinner with Wine Pairing \$85-\$115 6-8 pm Tully's Italian Deli 1425 San Mateo Blvd NE
Ali Macofsky \$20-\$25 7-8:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004	Carnaval 2024: Comunidade \$17-\$27 7:30-9:30 pm National Hispanic Cultural Center 1701 4th Street Southwest	Winter Winederland \$85 6-8 pm Electric Playhouse 5201 Ouray Rd. NW
	MOM PROM "Return of the Pink Panther" \$35 7-9 pm Escape in Time 1100 San Mateo Blvd NE, Unit 21	Markets
		Valentine Market at the Rail Yard 10 am-2 pm Albuquerque Rail Yards 722 3rd St SW
		Miscellaneous
		Adoption Event 11:30 am-2:30 pm The Craftroom 2809 Broadbent Pkwy.NE
		Music
		7000 FEAT Variety Dance Band 7-10 pm Voodoo Girl Pizza & Pints 1401 Second St. NW
		Carnaval Latino ft. Baracutanga \$18 7 pm-12:30 am Sister 407 Central Ave. NW
		EQNX Jazz Quintet 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE
		Electric Valentine \$10-\$15 9 pm-2 am Historic El Rey Theatre 622 Central Ave SW
		Great White/Slaughter \$40-\$65 8-9:30 pm Isleta Resort & Casino 11000 Broadway Blvd SE
		Innastate - 10 Year Anniversary \$10 8:30 pm-12:30 am Launchpad 618 Central Avenue Southwest



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Los Blue Ventures \$20-\$30 8-11 pm Revel Entertainment Center 4720 Alexander Blvd NE

Partizani Brass Band 10th Anniversary Mardi Gras/Carnival Extravaganza 2-5 pm Canteen Brewhouse 2381 Aztec Road Northeast

Pawn Drive 7-9 pm Thirsty Eye Brewing Company 206 Broadway Blvd SE

Strange Mix \$10 8 pm-12 am Moonlight Lounge 120 Central Ave SW

Performance

Bitterfest 2024 7-11 pm Tractor Brewing Wells Park 1800 Fourth St. NW

Silent Sky Presented by Actors Studio 66 \$0-\$20 7:30 pm Black Cat Cultural Center 3011 Monte Vista Boulevard Northeast

The Art of Raising Anything \$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd NE

The Mountaintop \$15-\$24 7:30-9:30 pm The Adobe Theater 9813 4th Street NW, 87114

SUNDAY, FEBRUARY 11

Dance

Pueblo Dance Group (Laguna, Acoma, Zuni, Hopi) 12-1 pm Indian Pueblo Cultural Center 2401 12th Street NW

Markets

Moonstone Pop-up: Valentine's Day Edition 2-6 pm Sister 407 Central Ave. NW

Valentine Market at the Rail Yard 10 am-2 pm Albuquerque Rail Yards 722 3rd St SW

Music

Glixen 9:30 pm-12:30 am Launchpad 618 Central Avenue Southwest

New Mexico Symphonic Chorus Winter Concert \$15-\$45 2-3:30 pm Simms Center for the Performing Arts at Albuquerque Academy 6400 Wyoming Blvd. NE

Performance

Official Closing Variety Show of NM Burlesque Festival Weekend! Event by NM Drag Kings! \$10 4-8 pm Albuquerque Social Club 4021 Central Ave NE

Silent Sky Presented by Actors Studio 66 \$0-\$20 2 pm Black Cat Cultural Center 3011 Monte Vista Boulevard Northeast

The Art of Raising Anything \$24 2-4 pm Vortex Theatre 2900 Carlisle Blvd NE

The Mountaintop \$15-\$24 2-4 pm The Adobe Theater 9813 4th Street NW, 87114

The Z Lounge Burlesque Revue: Brunch \$10-\$25 11 pm-1:30 am Hotel Zazz 3711 Central Ave NE

MONDAY, FEBRUARY 12

Games

Brain Gang Trivia 6-8 pm Canteen Taproom 417 Tramway Blvd NE

Music

Better Break Bad Karaoke 8-11 pm Tractor Brewing Wells Park 1800 Fourth St. NW

TUESDAY, FEBRUARY 13

Class / Workshop

Bougie Brie Charcuterie Class \$45 6-8 pm Outpost 1706 301 Romero St NW

Dance

High Spirit Dance: Dancing For Jesus \$15-\$25 1-3 pm National Hispanic Cultural Center 1701 4th Street Southwest

High Spirit Dance: Dancing For Jesus \$15-\$25 7-9 pm National Hispanic Cultural Center 1701 4th Street Southwest

High Spirit Dance: Dancing For Jesus \$15-\$25 4-6 pm National Hispanic Cultural Center 1701 4th Street Southwest

Food

Galentine's Day Dinner \$25 6-9 pm The Dirty Bourbon Dance Hall & Saloon 9800 Montgomery Blvd NE

Mardi Gras Masquerade \$15-\$200 6 pm-2 am Bama's 1865 6001 Osuna Rd. NE

Mardi Gras Pairing Dinner \$120-\$220 6-9 pm The Taproom at Old Town 524 Romero St. NW

VFW Post 6216 Mardi Gras Party & Dinner \$8 5-9 pm VFW Post 6216 2631 Bridge Blvd. SW

Games

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

Music

AMP Concerts Presents Sun Sounds 5-6 pm Tony Hillerman Library 8205 Apache NE 87110

Coleman Williams \$15-\$20 8:30-11:30 pm Launchpad 618 Central Avenue Southwest

Duke City Swing's Heart Melting Live Tune Tuesday \$15 8-10 pm In Motion @ 222 222 Truman St. NE

Roseanne Cash \$55-\$80 7:30-9 pm KiMo Theatre 423 Central Avenue NW

Reading

Pueblo Book Club: Ears of Corn: Listen by Max Early (Laguna Pueblo) 2-4 pm Indian Pueblo Cultural Center 2401 12th Street NW




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Serve Your Enthusiasm

Inclusivity and education are at the heart of a unique ABQ sex shop

Self Serve offers a variety of toys as well as many classes. (Andy Lyman)

By Andy Lyman, The Paper.

Roll in the hay, romp, make whoopie. Most everyone has a list of sex euphemisms tucked away in their back pocket, at the ready, for those times when it's too embarrassing to utter that dreaded three-letter word. There are endless pop-culture references in movies and songs that get right up to that line of good taste without crossing over into crass territory. Whether it's a solo expedition or a group thing, sexual activities are a part of almost all of our lives, yet there's still a dearth of places one can go for healthy conversations about them. The internet is brimming with unrealistic depictions of sexual encounters that are far cries from educational material, and walking into an average sex shop can be confusing and intimidating, especially for those who's favorite flavors are not always represented in film and TV. There is, luckily, one sexual oasis for all walks of life in the Duke City.

Tucked away in Nob Hill sits Self Serve, an all-inclusive sex store and education center where customers can find products and resources to scratch their itch. Owner Matie Fricker, along with employees and long-time community supporters, recently celebrated the store's 17th anniversary, making it a year shy of being old enough to shop there. Fricker and a former business partner opened the store nearly two decades ago as a sexual resource hub. Fricker's business model hasn't changed much at all. People of all genders and sexualities can still find employees ready to talk through

which toys are the best for the job and the safest ways to do said job.

"My two theme songs for our 17th birthday were 'Dancing Queen' [by ABBA], because she's 17, and then the other one was, 'I'm Still Standing,' by Elton John, because that is also the vibe," Fricker says.

In-store conversations are generally straightforward, to the point and mostly free of innuendo. But it's hard for even the most mature brains to avoid reverting back to silly word play. Self Serve's website, for example, is peppered with the phrase, "good vibes only," and it's hard to avoid talking about the "vibe" of the store with Fricker and store employees.

But Fricker says metaphors are helpful when talking about subjects that can be a little uncomfortable for some.

"Often when talking about erectile challenges, I use football analogies," she says. "Like, you've got to practice the way you want to play, that sort of thing. It helps people understand, because most people don't have a working awareness of their comfort and their desires, and then they walk into a place like this and their nervous systems are a little frazzled."

She also makes a point to make sure employees feel safe when talking to customers who, thanks to the internet and what Fricker calls "sticky floor stores," may not fully understand appropriate boundaries when discussing sex. But since Fricker also views shame as a major roadblock to living a sexually healthy life, she came up with a mnemonic device to help customers learn more appropriate ways to talk about

sex without simultaneously running them off. REBA is an acronym for: Redirect, Educate, Boundaries and Ask to leave. Fricker says there's rarely a situation where a customer is actually asked to leave, but admits "the world still has some creeps in it."

Fricker says she came up with REBA—she hopes to come up with a Dolly Parton acronym one day—as a way to encourage positive and productive conversations with customers, while also giving staff the autonomy to speak up for themselves when things veer off into unhealthy territory. Most of the time, Fricker says, what seems like creep behavior is just ignorance.

"A lot of times when people come in, and they're uncomfortable, or they're nervous, or they're scared, it can really appear they might be boundary pushers," she says. "Really, they just need some education."

That education is always important for folks at Self Serve, but especially in the next week or so as both regular and seasonal customers will soon start shuffling in, looking for that perfect Valentine's Day toy or lingerie.

More than Consumerism

It's pretty easy to dismiss Valentine's Day as just another holiday aimed at encouraging people to buy more stuff. Fricker says the holiday can elicit complicated feelings for even employees, but that ultimately it's a day when she and staff get to witness people doing nice things for people they love.

"We love it, because it is an excuse for people to show up and

show people how they love them, and I wish there were more days like that," she says.

But, she adds, the store also offers solace for folks who find themselves alone on Valentine's Day.

"We also get people who come in and they go, 'I'm single and I'm sad. This feels really complicated, and I just want to do something nice for myself,'" she says. "And we go, 'That's a great idea, we are so excited. We are here for you.' The store's name is Self Serve for a reason."

One thing that sets Self Serve apart from other stores—besides the non-sticky floors—is that a version of every toy on its shelves has been tested and vetted, either by a volunteer or someone on staff. No, that doesn't mean the actual products on display have been used. Store manager Stevie Wilke coordinates getting sample toys from manufacturers and then matches them up with folks who might be into them. If it doesn't pass the test, for whatever reason, it doesn't make it to the shelf.

Wilke says fully understanding products and how user-friendly they are helps guide conversations with customers about not only which item best fits their needs, but also what each person's needs are.

"A lot of people don't expect to have that kind of conversation in a store like this," Wilke says. "They expect someone to be like, 'Oh, here's our most expensive toy,' and try to just upsell you and make you leave having spent a bunch of money, but we really do genuinely care about people here and just want what's best for them."

Sometimes those conversations with customers include steering them away from things such as numbing creams, which Fricker and Wilke both say present enough of a danger that Self Serve won't carry them. Other times those conversations are more like a counseling session. Wilke says sometimes they'll talk to customers about "not just how to practice safe sex, but also how to have conversations with your partner about not pressuring you into doing things you don't want to do with your body until you're ready."

"After that point, what they want to do with it is up to them and no judgment, no shade," Wilke says. "We'll sell them that giant butt plug if they still want it, absolutely. But we're going to make sure that they are seen and understood and given all the information they need to make that decision for themselves."

Telling Stories

Lip Service hits two-year milestone

By Sara Atencio-Gonzales,
The Paper.

‘Coming out’ looks different for everyone. For some folks it’s simple, quick, and not as dramatic as the movies make it seem. For others however, coming out feels like climbing Mount Everest during the most extreme snow storm known to man.

‘Coming Out’ also doesn’t just happen once. It’s often a lifelong journey.

It starts within, then it’s coming out to your friends and family, classmates and coworkers and every time you meet a new person.

The scary part is sometimes coming out can just be downright dangerous depending on a person’s circumstances.

Local podcaster Pamm Meyers realized this and decided to make a safe place for LGBTQ+ folks to share their stories.

“I started thinking years ago that I wanted to write a book about coming out stories,” says Meyers.

Instead of writing a book, a friend of Meyers suggested she start a podcast where folks from the LGBTQ+ community have a safe space to tell their coming out stories. On Valentine’s Day two years ago, Lip Service: A Podcast of Our Coming Out Stories, was born.

Meyers started her podcasting endeavors in 2020 when she launched 3Q - New Mexico’s Premier Business Podcast in order to support and shine a light on small business owners during the COVID pandemic. Meyers soon realized she had the resources and experience to start the podcast she had long thought of doing.

LIPSERVICE



*A podcast of our
Coming Out Stories*

In the two years since launching Lip Service, Meyers has published roughly 90 episodes. All episodes involve stories of coming out, but some dive into religion, the pain of being outed by someone else and what it’s like coming out in places other than New Mexico.

“Really, it takes bravery and courage for people to share their

coming out stories, a lot of people are very afraid to do it,” says Meyers.

Getting a guest to tell their story on the podcast isn’t always easy but Meyers has had some luck getting all different walks of life to stop by and open their heart for all to hear.

“A lot of them I know or I have connected with through volunteer work,” she says. “I’m on the Equality New Mexico board, and

I was previously the executive director of the New Mexico Out Business Alliance and the National Gay and Lesbian Chamber of Commerce. So I’ve connected with a lot of these people just through my network, but some have reached out to me.”



A screenshot of Lip Service

Lip Service has also hosted guests who have made a strong impact in the LGBTQ+ community here in New Mexico. In the early days, Lip Service hosted Marshal Martinez, executive director of Equality New Mexico. More recent guests include Storm Miguel Florez, a trans and queer filmmaker who recently directed the documentary, *The Whistle*.

Preparing for an interview takes a lot of time and work for Meyers.

“I do some research on the individuals that I’m going to interview and try to find out a little bit about them first. And then we just proceed once they log on to record,” says Meyers.

Lip Service: A Podcast of Our Coming Out has seen a lot of growth within the past two years

of its initial release. In its first year it reached around 2,000 listeners and now has more than 5,000 listens. Meyers hopes the podcast continues to grow in the future as time goes on.

“I would love to see that go bonkers. I’d love to see that number explode, because I think it’s so important to record our stories for history, and to support those who are still coming out to know that they’re not alone,” says Meyers. “People reach out to me in person, through messenger, and email. Every single one is like, ‘Thank you so much for doing this for our community.’”

Lip Service: A Podcast of Our Coming Out, can be found on any platform where you listen to podcasts and a new episode is released every week.

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The Most Erogenous Organ

Date Night ideas for the brainy

(Credit Amitc008 at Wikimedia Commons)

By Josh Lee, The Paper.

The clock's ticking. Valentine's Day is right around the corner and you still don't have a date night planned. Yours is a love that requires mental stimulation and intellectual arousal. Chocolates and fancy dinners are fine for other lovers, but you've got a special relationship that aches for cerebral release.

Sure. It could be a love that will go down in the history books alongside names such as Antony and Cleopatra, Tristan and Isolde, Taylor and Travis. But only if you can keep coming up with novel date suggestions.

Finding the perfect brainy date night can be a real tough job, and living up to expectations can be mortifying.

But don't worry, dear reader. We've got you covered. Get ready to wow your partner with some stimulating date ideas that will create lasting memories while inspiring exploratory thought experiments.

Here are some Valentine's Day learning experiences that are bound to get a rise out of your smart significant other.

CSP Dance Class

It's a sitcom cliché for a reason. You want to impress a date? Bust out some unexpected dance moves and cut a rug. But what do you do when you don't know how to dance? Head

on over to CSP Dance Studios (1624 Eubank Blvd. NE) and sign up for a Valentine's dance class. They can teach you how to swing, two-step and cha cha your way to romance. For a special treat, check out their free country dance lesson, hosted by The Dirty Bourbon (9800 Montgomery Blvd. NE) Feb. 9, from 6pm to 7pm.

Seed Saving

If the love of your life has a green thumb, you might consider taking them to a Seed Saving Workshop. Learn how to collect and save seeds from your garden so you can renew it every year. This workshop is hosted by veteran grower Brett Bakker, who says he learned the art of seed saving from New Mexico elders and viejitos. The class starts at 11am on Feb. 17, at the Larry P. Abraham Agri-Nature Center (4920 Rio Grande Blvd. NW).

Chatter Paint

If your date has an artistic streak, you can scratch their itch with an appointment at Chatter Paint (12501 Candelaria Road NE Ste J), the paint studio that brings art and activity together. Armed with protective gear and artistic tools, clients are invited to splash, spray and splatter to their heart's content. Create splashy works of art or organize a color attack at this unique venue.

Dia De Los Valentine's

Artistic lovers can also drop in at Kelly Jo Designs by Wine (6829 Fourth Street NW) on Feb. 14, for a fun evening of wine and painting starting at 6:30pm. Couples are invited to make their own Day of the Dead-style duo cameos on two 12x24 canvases at the Dia de Los Valentine's class. Wine, beer and mimosas will be available to help lubricate your artistic talents.

Stampin' Up Valentine's Card Making

Cruddy, store-bought Valentine's Day cards are useless when it comes to expressing how you really feel. Instead, take your date to the Stampin' Up Valentine's Card Making Workshop on Feb. 11, at Pinspiration (6271 Riverside Plaza Ln. Ste D1), where you can build a token of your affection with your own two hands. Make your own cards and declare your love with a personal touch starting at 1:30pm.

Bougie Brie Charcuterie

This ain't the time to start cutting corners. Valentine's Day calls for classiness of the highest order, and nothing's classier than a fancy charcuterie. Join staffers at Outpost 1706 Brew Company (301 Romero Street NW Ste 205) on Feb. 13, at 6pm for a one-of-a-kind Bougie Brie Charcuterie Class. Build your own charcuterie board featuring candy-filled breakable hearts from the Cake Bar Albuquerque. Nothing says lovin' like finger foods.

Annapurna's Cooking

Lovers of the vegetarian persuasion can learn how to bring the tasty delights of Albuquerque's premier vegetarian restaurant home by taking cooking classes at Annapurna's (5939 Fourth Street NW). on Feb. 10, from 9am to noon, join the finest green chefs in the city for a lesson in the art of plant-based Ayurvedic cooking. Then take the lesson home, where you can enjoy a private gourmet meal together.

Herbal Potions

If you and your special someone are looking for an alcohol-free buzz, you can head down to Lost Cultures Tea Bar (1761 Bellamah Ave. NW Ste C) for a class on creating your own love potions. Join herbalist Aleja Grajeda on Feb. 10, for Love & Grief: An Herbal Potions Class. Starting at 1pm, students will learn how to concoct their very own alcohol-free herbal aphrodisiacs as well as remedies for emotional and heart health.

Journey to the Inner Healer

Ready to test your lover's adventurousness? Take them on a spiritual pilgrimage at Journey to the Inner Healer Feb. 9 through 11. Join certified Holotropic Breathwork facilitators at FUSION (700 First Street NW) and explore the healing potential of non-ordinary states of consciousness to unlock the body's innate healing powers. Learn to tap into the inner world alongside your partner for a Valentine's Day they'll never forget.

Exploring Psychedelics For Mental Health

And if you really want to test their adventurousness, take them on a psychedelic adventure at Exploring Psychedelics For Mental Health, a workshop hosted by integration therapist Liz Diesel at Flowers and Herb Markets cannabis dispensary (119 San Pasquale Ave. SW). Participants can learn about the ins-and-outs of Psychedelic Integration Therapy, a new frontier in mental health treatment involving entheogens like psilocybin mushrooms, LSD and MDMA. It's even free to attend.

By Luke Henley, The Paper.

Tucked somewhat inconspicuously off San Pedro lies a warehouse space among more industrial buildings. Walking inside you're greeted by years' worth of home hewn posters for decades of shows—six and a half as of this year—with names you'd probably recognize. *The Pajama Game*, *Fiddler on the Roof* and even most recently the mold-breaking Broadway rock musical *RENT*. For 65 years, Musical Theater Southwest has brought an inclusive spirit to the art of musicals with a focus on the Albuquerque community. It's this spirit that led to their current Showcase Series, which encourages singers of any level of theater involvement or experience to audition for themed programs of solo performances, duets and group songs, all directed by MTS' Production Coordinator Tevin Brown.

"For me, I believe my main goal is to maintain it as a huge safe space for anyone coming from any different background," says Brown when asked what makes MTS and this particular series a boon for the community.

Show(case) Your Stuff

A long-running hidden gem of the community theater scene invites you to share the love in their new showcase series.

"Theater saved my life."

Brown originally found the world of theater in their home state of Florida, which diverted them from involvement in gang activity. He expresses wanting that opportunity for others who might want to foster, or

outright discover, their own talent in a space welcoming to both "MTS veterans and up-and-coming people." Brown will even perform in one of the showcases highlighting staff and past cast members of shows that have run in MTS' regular season.

Part of what makes MTS an exciting space is that, given its non-profit status, it is not beholden to cater to safe or mainstream tastes and can explore darker, more edgy subject matter. Such was the case with their recent run of the aforementioned *RENT* which deals plainly with queerness and the AIDS crisis, as well as last year's performances of *Next to Normal*—Brian Yorkey's off-Broadway show that deals with a relatively "typical" family dealing with heartbreaking and debilitating mental illness. *Next to Normal* was, in fact, Brown's first proper show as production coordinator after making a career

shift from film back into the world of theater.

The MTS Showcase Series continues with a Valentine's Day-themed program of songs based on romance, fittingly titled *Love is in the Air*. The showcase was auditioned and rehearsed months back, with Brown specially suiting performers' talents with carefully selected songs. In addition to these opportunities, MTS also features community workshops in its huge rehearsal spaces which take up about two thirds of the building proper. Any aspiring rising stars should take note that Brown will soon be holding auditions for the series' March, April and May programs.

Love is in the Air

Feb. 9 & 10, 7:30pm

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Does Weed Make Sex Better?

Survey says: It sure does



(Credit Botticelli at Wikimedia Commons)

By Josh Lee, The Paper.

For all the hopeless romantics out there who smoke pot, the relationship between sex and weed couldn't be clearer: Marijuana makes sex better. The topic hovers at the intersection of two stigmatized vectors, and has received little attention in the scientific community for that reason. But as stigmas around both weed and sex dissolve, researchers are starting to ask why so many people use the one to enhance the other.

Last year, some randy scientists published a study in the *Journal of Cannabis Research* just in time for Valentine's Day that found that weed enhances almost every aspect of sex. The study was based on survey results that told the researchers something every pothead has known for ages: Weed strengthens desire and increases sexual pleasure. The mechanisms behind the effects are still mysterious and manifold, though.

The study was headed up by University of Denver's Amanda Moser, who was working at East Carolina University at the time it was published. Moser moonlights as a sexologist with an expertise in weed.

Moser and her team surveyed 811 adults who had used cannabis, asking them

to rate sexual functioning and satisfaction in relation to cannabis use on a scale. Over 70 percent of the participants reported increased desire and "orgasm intensity." The researchers found that neither age nor gender had a significant effect on the results.

They also found that a majority of respondents who masturbated reported that weed increased their pleasure (62.5 percent).

There are some limitations for the study, though. Like all surveys, the results are totally dependent on human reporting, and—as any grizzled old detective will tell you—people make for terrible witnesses. The brain isn't very good at recalling events, and memories can be influenced by even the slightest nudge.

The participant group was also made up of what's known as a "convenience sample"—in other words, a hand-picked group that's "convenient" rather than using randomized or probability sampling.

Nevertheless, the results will ring true to most marijuana users. But if it's true, then how does weed make people hornier?

One hint about a possible cause for the perceived enhancement can be found in the sweaty prose of a particular section of Moser's study that focuses on sensuality.

The majority of respondents said that weed enhanced their sense of taste (71.9 percent) and touch (71 percent) either "slightly" or "significantly." Our culture tends to focus on the visual and auditory aspects of sex these days, but it should never be forgotten that it's a full-body experience that involves all of the senses. The majority of participants reported no changes in their senses of sight, hearing and smell.

"The enhancement of taste and touch could increase overall sexual functioning and satisfaction because these are two senses that are heavily used during sexual intercourse," wrote the study's authors.

Scientists associated with the Saint Louis University School of Medicine published a study in the journal *Sexual Medicine* in 2019 that surveyed 373 women at an obstetrics and gynecology clinic about cannabis. More than a third reported having used weed before sex, and the majority said they experienced an increase in their sex drive, improved orgasm and a "more pleasurable" sexual experience, overall (60.6 percent, 52.8 percent and 68.5 percent, respectively). The researchers said some women reported a decrease in sexual pain as well.

Notably, women who used marijuana before sex and those who used it more frequently

were more than twice as likely to report satisfactory orgasms than those who did not use marijuana before sex or used infrequently.

According to the study's authors, there are a number of good theories as to why it works:

"It has been postulated that it leads to improvement in sexual function simply by lowering stress and anxiety. It may slow the temporal perception of time and prolong the feelings of pleasurable sensations. It may lower sexual inhibitions and increase confidence and a willingness to experiment."

The researchers note the reported heightening of senses associated with weed that Moser's study also found. They also cite a 2012 paper that found that regular female marijuana users reported an increased physical closeness when using marijuana before sex.

It's known that marijuana has some sort of interaction with the system that controls sex hormones—how they interact with each other and how they are released—it's just not clear what the nature of that interaction actually is. It's also known that cannabis has an effect on testosterone levels, which play a role in sex drive, but again, it's unclear to what end.

But as both studies point out, the implications of the limited data indicate that marijuana may provide a pathway to new treatments for sexual dysfunction, particularly for women.

Moser has also said that cannabis "can potentially close the orgasm inequality gap."

"Women may be more likely to orgasm when using cannabis before sexual encounters," wrote Moser, "which could contribute to equity in the amount of sexual pleasure and satisfaction experienced by both women and men. Sex therapists could incorporate use of cannabis in states where it is currently legal."

But until scientists can do more research on weed's effect on sexual function, it will be left up to consenting adults to take on the role of citizen researchers and conduct their own experiments in this fascinating field behind closed doors.

What will these intrepid explorers find on the other side of the boundaries of humankind's collected knowledge? We're not totally sure, but you can bet your socks that we'll be right there on the front lines, where the action is. It's a dirty job, but someone has to do it.



Blunts.

cannabis news shorts



Every week, we round up our favorite cannabis-related news stories in bite sized edible pieces.

Illegal Dispensaries Tied to International Crime Ring

By Josh Lee, The Paper.

The governor's Organized Crime Commission and New Mexico State Police recently served search warrants at two dispensaries accused of operating illegally.

According to a news release from the State Police, the Organized Crime Commission was notified by the state's Cannabis Control Division (CCD) about two suspected dispensaries operated by The Cannabis Revolution Dispensary. Agents from the Tax Fraud Investigation Division assisted law enforcement in the investigation.

Authorities report that unlicensed products totalling around \$1 million in retail value were seized between two locations.

The news release alleged that the dispensaries "are believed to have ties to international organized crime," although it doesn't specify those ties.

In October, the CCD revoked the license of Golden Roots—which was operating under the name Cannabis Revolution Dispensary—for illegally obtaining and transporting illicit cannabis and failing to enter data into the state's marijuana tracking software. The next month, it was issued a Notice of Contemplated Action after the dispensary allegedly continued operations without a license.

Senators Call For Full Legalization From DEA

A letter signed by 12 U.S. senators is calling on the Drug

Enforcement Administration (DEA) to publicly disclose its review into rescheduling marijuana and to fully legalize the drug at the federal level.

The letter was sent to Attorney General Merrick Garland and DEA Administrator Anne Milgram. The senators said the DEA and the Department of Health and Human Services (HHS) should be fully transparent in their review process regarding rescheduling marijuana as Schedule III.

But it also said the drug should be fully descheduled instead.

"Rescheduling would do little to rectify the most severe harms of the current system," the senators wrote. "Many of the [Controlled Substances Act]'s criminal penalties for marijuana will continue as long as marijuana remains in the CSA, because those penalties are based on the quantity of marijuana involved, not the drug's schedule status."

The DEA has not publicly responded to the letter.

Texas AG Fights Decriminalization

The attorney general of Texas is suing five of the state's cities that have passed cannabis decriminalization ordinances.

Republican Texas Attorney General Ken Paxton filed the suit against the cities of Austin, San Marcos, Killeen, Elgin and Denton, claiming that Texas statute and the state's constitutional provisions prevent cities from enacting local laws that conflict with state laws.

"I will not stand idly by

as cities run by pro-crime extremists deliberately violate Texas law and promote the use of illicit drugs that harm our communities," said Paxton in a news release.

New Mexico cities across the border from Texas have been selling recreational-use cannabis to Texans in droves. Dispensaries

in the small border town of Sunland Park, New Mexico have sold enough weed to catapult the city to the second highest spot in statewide adult-use sales.

It's believed that if more Texas cities near the border decriminalize marijuana possession, those sales will jump even higher.

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FREE WILL ASTROLOGY *Week of February 7*

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ARIES (March 21-April 19): In honor of the Valentine season, and in accordance with astrological omens, I offer you a love letter from an unpublished novel by an Aries friend. Consider saying something similar to a person who would be thrilled to hear it. Here it is. “We will seize the sexiest joy we can conjure. We will turn each other into boisterous deities in quest of liberation from all unnecessary limitations. We will tenderly shock each other with mysterious epiphanies and rivers of bliss. ‘Wild’ will be too mild a word for the awakenings we provoke in each other’s futures.”

TAURUS (April 20-May 20): “The greater the fool, the better the dancer.” Composer Theodore Hook said that. Poet Edwin Denby agreed. He said, “There is a bit of insanity in dancing in that does everybody a great deal of good.” Choreographer Martha Graham added, “Dance is the hidden language of the soul of the body.” I bring these thoughts to your attention because the coming weeks will be an excellent time for you to get freer, more sensuous, and more unconstrained. Dancing your inhibitions into oblivion will be an excellent way to pursue these goals. So will doing everything with a dancer’s abandon, including love-making.

GEMINI (May 21-June 20): Years ago, Salon.com asked various critics to name the most preposterous sex scene to appear in a recently published novel. I was honored that one of the vignettes selected was from my book The Televisionary Oracle. As I read the critic’s review of my wild, funny, and crazy erotic story, I realized he was a pedantic macho prude who thought sex isn’t sex unless it’s dead serious and joylessly intense. The characters of mine he regarded as preposterous were in fact playing, laughing, and having goofy fun. In the spirit of my novel’s kooky lovers and in accordance with astrological omens, I invite you to pursue uproarious amusement while enjoying the arts of intimacy—both in and out of bed. (PS: Playwright Rose Franken said, “Anyone can be passionate, but it takes real lovers to be silly.”)

CANCER (June 21-July 22): A psychic told me that in one of my past lives, I was Numa Pompilius, the second king of Rome. It’s an intriguing theory that could help explain why my horoscopes are popular in Italy. What about you, my fellow Cancerian? Is there an aspect of your reincarnational history that aids your current destiny? Or are there past events in your current life that are becoming more influential? The coming weeks will be a good time to meditate on these possibilities. While you ruminate on your history, check in with the spirits of your ancestors and departed allies to see if they have any inspirational messages for you.

LEO (July 23-Aug. 22): Kevin Kelly wrote the book Excellent Advice for Living: Wisdom I Wish I’d Known Earlier. There he observes, “Listening well is a superpower. While listening to someone you love, keep asking them ‘Is there more?’ until there is no more.” Dear Leo, this is excellent advice for you in the coming weeks. I urge you to specialize in gathering the deep revelations of those you care for. Opening yourself to them in unprecedented ways will boost your soul power and enrich your wisdom.

VIRGO (Aug. 23-Sept. 22): Imagine you are walking on a hill at night. You are headed to meet a person you adore, who awaits you with champagne and chocolate. The weather is balmy. The moon is full. You are singing songs you both love, announcing your arrival. The songs tell stories about how much you two love to yearn for each other and how much you love quenching your yearning. When you arrive, dear Virgo, what will you tell your beloved to make them feel supremely understood and appreciated?

LIBRA (Sept. 23-Oct. 22): Has your approach to togetherness become infused with habit or numbness? When was the last time you got extravagant for the sake of love? Has

it been a while since you tried a daring romantic move or two? I bring these questions to your attention, Libra, because now is an excellent time to rev up your imagination as you upgrade intimacy, companionship, and collaboration. I hope you will authorize your fantasy life to be lush, unruly, and experimental. Spur yourself to dream up departures from routine that intrigue your close allies.

SCORPIO (Oct. 23-Nov. 21): Author W. Somerset Maugham (1874–1965) testified, “My own belief is that there is hardly anyone whose sexual life, if it were broadcast, would not fill the world with surprise and horror.” Is that true about you, Scorpio? Even if it is, I’m guessing the horrifying aspects will be nonexistent in the coming weeks. There may be surprises, yes. There may be entertaining interludes. But from what I can tell, everything will at least be educational and colorful. What are your most exotic erotic fantasies? Now is a good time to ask a willing partner to explore them with grace and good humor.

SAGITTARIUS (Nov. 22-Dec. 21): The Valentine season is looming, and many of us are receptive to advice about togetherness. I’ll offer some principles that I believe are essential to you Sagittarians as you nourish ALL your close relationships, including your romantic bonds. They are from novelist Graham Joyce. He wrote, “Two people in love don’t make a hive mind. Neither should they want to be a hive mind, to think the same, to know the same. It’s about being separate and still loving each other, being distinct from each other. One is the violin string, one is the bow.”

CAPRICORN (Dec. 22-Jan. 19): Lately, I have been intoxicated a lot. Not because I’ve ingested drugs and alcohol. Not because I have been doing three-hour meditations or studying sacred texts. I’ve felt so wildly free and euphoric because life has been dismantling some of my fears. Once it happened when my psychotherapist spoke just the right curative words at a pivotal moment in our session. Another time, I came upon a very large hare while strolling in the woods and had an epiphany about how to heal a painful trauma in my past. On another occasion, I dreamed of a priestess doing a banishing ritual to exorcize my abandonment fears. There were three other similar events, as well. I bring this to your attention because I suspect you may soon also get intoxicated through the loss of fears.

AQUARIUS (Jan. 20-Feb. 18): Reading through the annals of famous authors’ quotes about love, I’m horrified by the relentlessness of their sour assessments. “Love is merely a madness,” wrote Shakespeare. “Whoever is not jealous is not in love,” said St. Augustine. “General incivility is the very essence of love,” declared Jane Austen. “It is impossible to love and be wise,” moaned Francis Bacon. “Real love always has something hidden—some loss or boredom or tiny hate,” says Andrew Sean Greer. I am allergic to all that dour noise! Personally, I have been entangled in a lot of romantic love during my time on Earth, and most of it has been interesting, educational, and therapeutic. I am deeply grateful for ALL of it, even the heartbreaks. Any wisdom I have developed owes a great debt to my lovers. What about you, Aquarius? Where do you stand on these issues? I suspect the coming months will provide you with ample reasons to embrace my attitudes.

PISCES (Feb. 19-March 20): Have you discovered all there is to know about your sexual feelings and proclivities? Have you come to a complete understanding of what turns you on and how you might express it? I hope your answer to those questions is “no,” Pisces. In my view, all of us should keep evolving our relationship with eros. There is always more to discover and explore about the mysteries of our desires. Always more to learn about what excites and inspires us. The coming days will be an excellent time for you to enjoy this research.

The Weekly Crossword by Margie E. Burke

ACROSS

1

Dundee native

5

Scene with stuntmen

10

Traveler's aids

14

Use a whetstone

15

Skating sites

16

Equipped

17

Not real-world

19

Eastwood film, "___ Torino"

20

Footnote word

21

Motionless

23

One of the Brontë sisters

25

Pot pie tidbits

26

Wind instrument

29

Small boater's woe

32

WWII female

33

Busch Gardens locale

35

Not at any time

36

"This is Us" network

37

Calgary's province

39

Ostrich's cousin

40

Campaign word

42

Cut and ___

43

Slice (off)

44

Close copy

46

Wall Street worker

48

Handyman's need

49

Martin or McQueen

50

80s Soviet policy

53

Winter hand warmer

57

Piercing place

58

Stubble-free cut

60

Night fliers

61

Singing Carpenter

62

Top spot

63

Actress Amanda

64

Perspiration

65

Pre-Easter period

DOWN

1

Ocean liner

2

Musical ending

3

Washington bills

4

Movie promo

5

Jackson hit, "Smooth ___"

6

That guy's

7

On pins and needles

8

"Laugh-In" segment

9

Make a run for it

10

Business bigwig

11

In a rude way

12

Something to hatch

13

Mailed out

18

Handicap

22

"The Accidental Tourist" Oscar winner

24

Sorority letter

26

Deed holder

27

Monthly bill

28

Satisfactory

29

Western prop

30

Audition tapes

31

Fly off the handle

34

Part of w.p.m.

38

Slum dwelling

41

Like a best friend

45

Time machines?

47

"___ Weapon"

49

Cache

50

Icky stuff

51

Rob who hosts "The Floor"

52

Picnic dish

54

Scotch ___

55

Roulette bet

56

Counter call

59

Mermaid's home

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E D I T E E L A N I R A C O
S V E P L Y L I M E
T N A N G A T S M I S S P A S
N A R G C I T S I L A E I D E I
E L E A B S K N I R E N O H
S M A P S E A S H C T O C S

Solution to Crossword:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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