

The Paper. April 17, 2024

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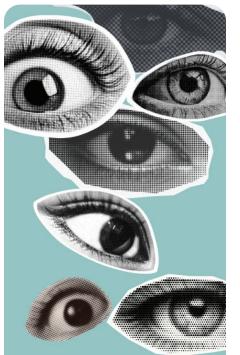
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# The Paper. ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS



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*The Paper.* is printed by the Santa Fe New Mexican in Santa Fe, NM.

Our mailing address is: 317 Commercial St NE #201 ABQ,



## [NEWS.] The Paper.

### Studies Find Albuquerque Largest Contributor in NM to 'Forever Chemicals' in Rio Grande

PFAS linked to major health risks



This story was originally published at City Desk ABQ, a local nonprofit daily newsroom covering

local government, politics and more. If you like this story, please support local, independent journalists like these by reading more and donating today at citydesk.org

#### By Tierna Unruh-Enos, City Desk ABQ

wo statewide studies released findings that PFAS—which stands for poly-fluoroalkyl substances—chemicals have been detected in groundwater and surface water resources across New Mexico. The study, conducted by the U.S. Geological Survey (USGS) and the New Mexico Environment Department (NMED) found urban areas—like Albuquerque—are the most significant contributor.

After discovering that populated areas contribute the highest PFAS levels to surface water statewide, a follow-up USGS study was conducted to examine the water quality in the Rio Grande as it flows through Albuquerque. In the second recently published article, scientists found an increase of PFAS in the Rio Grande as it flows through the Albuquerque urban area.

PFAS are almost impossible to avoid. They are found in our homes, our offices, our supermarkets—practically everywhere.

Frequently called "forever chemicals," PFAS are a group of synthetic chemicals used in a wide variety of consumer goods, such as firefighting foams, nonstick cookware and fast-food packaging. According to the U.S. Environmental Protection Agency, studies have found that PFAS may have significant health risks. These chemicals are found in many water sources around the country and can stay in the environment for a long time, hence "forever," making them a top water-quality concern.

According to the Centers for Disease Control, PFAS have now been linked to a wide range of health risks in both human and animal studies—including cancer (kidney and testicular), hormone disruption, liver and thyroid problems, interference with vaccine effectiveness,

reproductive harm and abnormal fetal development.

The initial statewide study sampled 117 groundwater wells and 18 surface water sites across the state between August 2020 and October 2021. Of the 117 sites tested, 27 were found to have PFAS, though no results exceeded the EPA's 2016 health advisory limit of 70 nanograms per liter. The PFAS were also detected in all major rivers in New Mexico, with the highest concentrations from sites downstream of urban areas

Scientists collected water samples from upstream and downstream of Albuquerque, as well as treated water released from the wastewater treatment plant. The results showed that PFAS levels were approximately 10 times higher in the river downstream of the urban area compared to upstream locations.

"The comprehensive survey of New Mexico's major rivers and evaluation of groundwater quality across the state is critical in helping NMED protect these valuable resources," said Andy Jochems, Source Water Protection Team Lead for the New Mexico Environment Department. "The science provided by the USGS helps us make informed decisions about our drinking water resources into the future."

"Our study highlights the complex nature of chemicals associated with urban areas and their impact on river systems," said Kimberly Beisner, USGS hydrologist and lead author of the studies. "The data show that urban areas can be a major contributor of PFAS to rivers, with constantly changing concentrations due to wastewater discharge, stormwater runoff and other sources."

PFAS levels changed over the 24 hours the USGS team took samples from the Rio Grande. Some of the changes seemed to be from treated wastewater being released into the river. Other changes may have been from stormwater washing PFAS off streets and other surfaces in the urban area when it rained.

To learn more about the work the USGS is doing on PFAS and the studies on drinking water, visit the PFAS Integrated Science Team's website at usgs.gov and search PFAS.

## Weak in Review: April 17

Quick hits on this week's news bits

Every stoner's favorite holiday, 4/20, falls on a Saturday this year.

So, pretty much nothing is getting done that day.

April 21 is national Keep off the Grass Day That's a real thing.

Albuquerque dispensaries combined reportedly sold more than \$10 million in weed products.

The month of April says, "Hold my beer."

The Coachella arts and music festival kicks off this week.

We just call it: "The worst place to spend 4/20"

Bernalillo County Commissioner Steven Michael Quezada stormed out of a commission meeting after saying he hadn't "been taken serious."

Those are strong words coming from the owner of a comedy club.

Multiple U.S. Women's Trampoline champion Dian Nissen, 63, was in town competing against youngsters more than half her age in the National Association of Intercollegiate Gymnastics Clubs Nationals.

No snarky quips from us, Ms. Nissen. Our hats are off to you for keeping that spring in your step.

The state's Cannabis Control Division popped national cannabis company Cookies with a series of violations linked to the store's Albuquerque grand opening last year.

A delayed reaction seems a little too on the nose.

Bernalillo County, the City of Albuquerque and the state's Tourism Department announced the extension of their "Tire Amnesty Days" where residents can bring old tires to be recycled.

No questions asked.

Albuquerque Police say they broke up three illegal street racing operations.

Maybe they were just in a rush to get rid of those tires?





#### By Sara Atencio-Gonzales, The Paper.

Indigenous people have been underrepresented in the land they've inhabited for generations. There has been some recent progress on that front though. From James Beard Award winner and Indigenous restaurant owner Sherry Pocknett to Oscarnominated actress Lily Gladstone, Indigenous people are seeing more attention on their culture.

Even with the increased visibility, one woman who grew up in Crownpoint, New Mexico, and has lived in Albuquerque for 10 years is looking to take things a step further.

Andi Murphy (Diné), host and founder of the *Toasted*Sister podcast and producer of the radio show Native America

Calling, is launching the first

Taste of Decolonization food and poetry festival in Old Town as a way to spread the knowledge of Indigenous traditions and culture. The event coincides with the Gathering of Nations.

Murphy wants to expand knowledge of Indigenous tradition and culture by using something that everyone likes—food—albeit without use of arguably the most well-known Indigenous foods.

While enjoyed by many, fry bread has an oppressive past. When Indigenous people were uprooted from their homes and forced on a 300-mile journey to relocate from their homeland, also known as the Trail of Tears, the land they moved to could not easily support the growth of their food staples. The government gave them canned goods as well as flour, processed sugar and lard—the main ingredients to fry bread.

Even though fry bread is stereotypically tied to Indigenous culture, it's been blamed for contributing to high levels of diabetes and obesity, and Murphy believes it is time to change the

"For a long time, the poster child, the main example of Native American food, has been fry bread. We're going beyond that, because fry bread has had its time. It took over the narrative for way too long," says Murphy. "There's no one or two or three dishes that are the definition of Indigenous food. I want people to take away from this festival that we all have different stories to tell."

Murphy's admiration for food goes back more than a decade to when she was a food writer for the *Las Cruces Sun-News*.



Andi Murphy, left, and Liz Gaylor who owns Tiny Grocer ABQ. (Credit Roberto Rosales)

"From there is really when I fell in love with food," says Murphy. "I just kind of got obsessed with it and started learning about the people's culture that comes with it."

In 2014, Murphy became the producer of the radio show *Native America Calling* and started to direct her attention to Indigenous foods. Since then, Murphy has been recognized as a journalistic voice on the Native American food movement and participated in numerous culinary events as a speaker and moderator.

Murphy had been cooking up the idea of a food festival for a while. She says even though she's seen numerous conferences focused on Indigenous food, she's never seen a full-on festival celebrating traditional eats.

"It was coming up on my third year of just wishing for an Indigenous food festival like this to happen," she says. "I thought, 'You know what? I should just do it myself."

She started to talk to different Native groups, non profit organizations and businesses around Albuquerque and nothing was catching—until she met Liz Gaylor, owner of Tiny Grocer ABQ in Old Town. The two started to develop a friendship and Gaylor would eventually invite Murphy to do a live recording of *Toasted Sister* at Tiny Grocer ABQ. Through their friendship, the two discovered a shared interest in doing something to put Indigenous

food in the limelight.

"We talked about it and then we just said, 'You know what? Let's just do it," says Murphy.

Gaylor offered to host the event at her store and the event has blossomed since the first day of planning, according to Murphy. She's been able to book some of the best Indigenous chefs and poets to show off their craft.

She originally envisioned a two-day event where folks could try different Indigenous foods that are rarely available in the city, but ended up adding a third day focused on a ticketed, multicourse dinner.

The ticketed dinner will include multiple courses prepared by a team of chefs, led by Justin Pioche (Diné), owner of the Navajo-owned and operated Pioche Food Group. Pioche and his group of chefs will create multiple courses made up of ingredients from the Navajo Nation. Pioche, however, wants to keep the menu under wraps so as to not ruin the surprise for the guests.

"For our dinners, we never really revealed the menu until the night before or the night of the event," Pioche says.

The other two days will bring together Indigenous chefs from New Mexico and surrounding states to celebrate and showcase the many different flavors of Indigenous cuisine.

Some of the booths will include small plates and samples prepared by Ray Naranjo of Española's Manko: Native American Fusion, Lois Ellen Frank and Walter Whitewater of Santa Fe's Red Mesa Cuisine and the students of Navajo Technical University's culinary arts program.

Throughout the event, Indigenous poets will read some of their food-centered work. The idea of bringing poetry into the festival was not something on the forefront of the organizers' minds, but the idea grew and flourished with the rest of the festival planning.

"I don't know whose idea that was. But honestly, truly, I'm not a big fan of poetry at all," says Murphy.

Murphy may not be the biggest fan of poetry, but for years she has taken time to research and learn about many poems that feature food for her podcast and radio show. So much so that she recorded an episode of *Toasted Sister* entirely dedicated to food-centric poetry.

A zine focused on Indigenous food poetry will also make its debut at the festival and will include poetry and artwork from Native writers from across the country.

Murphy says she wants to give attendees more than just an opportunity to try different food.

"I hope people see the diversity we have in Indigenous food, flavor, and ingredients," Murphy says. "I also want to uplift Native food businesses."

The multi-course ticketed dinner is set for April 25 starting at 5pm. Following will be the Indigenous Food and Poetry event that takes place April 26 and 27, from 4 to 10pm at Tiny Grocer ABQ in Old Town Albuquerque.

**Taste of Decolonization:** 

Indigenous Food &

Poetrytasteofdecolonization.

wordpress.com

Ticketed multi-course dinner

April 25, 5pm

\$200

Food and poetry festival

April 26 and 27, 4pm to 10pm

\$10 entry, \$5 per small plate

**Tiny Grocer ABQ** 

1919 Old Town Rd NW #6



### **Reefer Madness (The Musical)**

Tith the haze of recreational cannabis smoke now firmly institutionalized over the Duke City, this year's observation of 4/20 isn't exactly lacking for celebrations. There are block parties, "burner" concerts and more set to fire up this Saturday. If you're looking to mark the occasion with something a bit more tongue-incheek, though, the Historic Lobo Theater Lounge and Event Center (3013 Central Ave. NE) is hosting a live-action musical (up)staging of the classic 1936 drug scare flick Reefer Madness. The tune-filled stageplayabout an innocent teen and his hapless girlfriend who are corrupted by a bunch of jazz-loving "reefer denizens"—is written by Kevin Murphy and Dan Studney and directed by Brandon Scott Jensen. Performance dates are Friday, April 19 at 7pm. Saturday April 20 at 7pm and Sunday, April 21 at 3pm. This is a 21+ event, so you've gotta be of legal age to get in. Tickets are \$30 general admission or \$75 for prestige seating. Get them now at jensenentertainment.net/shop/.

#### **THURSDAY, APRIL 18**

#### Art

Frederick Hammersley Visiting Artist Molly Zuckerman-Hartung Open Studio Event 3-6 pm UNM Art Annex Studio Gallery 1901 Central Ave. NE.

#### Class / Workshop

FREE After School Art Programs with Warehouse 505 5-8pm Warehouse 505 202 Central Ave SE

#### Dance

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

#### **Exhibit**

Pueblo Baseball: Stitching Our Community Together 9 am-5 pm Indian Pueblo Cultural Center 2401 12th Street NW

Witnessing Justice at Nuremberg: Nazi War Crimes Trials Through the Eyes of New Mexicans Dorothy Adams Greene and Lawrence Rhee 11:00 a.m. to 3 p.m. New Mexico Holocaust & Intolerance Museum 616 Central Avenue SW

#### Festiva

Cannapalooza 2024 \$25-\$125 10 am-6 pm EXPO New Mexico 300 San Pedro Dr NE

#### Film

AfroMundo Festival 2024: Dreaming a Better Tomorrow 6-8 pm National Hispanic Cultural Center 1701 4th Street Southwest

#### Games

Brain Gang Trivia 6-8 pm Lizard Tail Industrial 3351 Columbia Dr. NE

Geeks Who Drink 7-9 pm Sunday Service Motor Company 2701 4th Street NW

Geeks Who Drink 7-9 pm Outpost 1706 301 Romero St NW

#### Music

Afro Beats X Reggaeton \$5 9 pm JUNO brewery + cafe + art 1501 lst Street Northwest

Chris Webby - Last Wednesday Tour \$30-\$277 8-11 pm Launchpad 618 Central Avenue Southwest

DHP Presents: Karaoke at Gold Street 6-9 pm Gold Street Pizza & Brew 3211 Coors Blvd SW Suite HI, Albquerque

Damn Tall Buildings 12-1 pm Central & Unser Library 8081 Central Ave NW, 87121



www.guildcinema.com







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

Decapitated \$25-\$75 7 pm-12 am Sunshine Theater 120 Central Ave SW

Diane Richardson: Happy Birthday Ella \$15-\$35 7:30-9:30 pm Outpost Performance Space 210 Yale Blvd., SE

Eli Young Band \$25 7-9 pm The Dirty Bourbon Dance Hall & Saloon 9800 Montgomery Blvd NE

High Desert Trio 6-8:30 pm County Line Barbeque of Albuquerque 9600 Tramway Blvd NE

Kai Wachi Presents: Morphosia Tour \$20-\$40 9 pm-1:30 am Historic El Rey Theatre 622 Central Ave SW

Karaoke w/ Swords Entertainment 7:30-11:30 pm Lizard Tail Brewing 9800 Montgomery Blvd NE STE 7

Music on the Patio: Cynical Bird 6-9 pm Canteen Brewhouse 2381 Aztec Road Northeast

Nico Bones + Adult Toys + Sweet Nothin \$10 8-10:30 pm JUNO brewery + cafe + art 1501 1st Street Northwest

#### Performance

FUSION Theatre Company Presents WITCH \$25-\$40 7-9 pm FUSION 700-708 1st St NW

#### **FRIDAY, APRIL 19**

#### Class / Workshop

Ten Underutilized (Yet Fantastic) Plants to Consider This Spring 11 am-12 pm Plants of the Southwest 3095 Agua Fria St. Santa Fe

#### Comedy

Big Fat Mess of a Lady \$22 7-8 pm The Box Performance Space 114 Gold Ave SW

Joey Medina \$30-\$40 7-8:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Joey Medina \$30-\$40 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

The Show - Live Comedy Improv \$10-\$12 8-9 pm The Box Performance Space 114 Gold Ave SW

#### Community

Return to Real Life \$29-\$49 6-9 pm FUSION | 708 708 1st St NW

#### Dance

Festival Ballet Albuquerque: Billy The Kid & Other Tall Tales \$12-\$49 7-9 pm National Hispanic Cultural Center 1701 4th Street Southwest

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

#### **Exhibit**

Pueblo Baseball: Stitching Our Community Together Spring Reception 6-8 pm Indian Pueblo Cultural Center 2401 12th Street NW

#### **Festival**

Cannapalooza 2024 \$25-\$125 10 am-6 pm EXPO New Mexico 300 San Pedro Dr NE

#### Miscellaneous

2025 Beard & Mustache Throwdown 6-9 pm Hollow Spirits 1324 1st ST NW

Something More Human Presents "Return to Real Life" \$29 6-9 pm FUSION | 708 708 1st St NW

#### Music

Coffin Club w/ DJ Batboy 8-11 pm Tractor Brewing Nob Hill 118 Tulane SE

Collie Buddz - Take It Easy World Tour \$25-\$75 8-11 pm Sunshine Theater 120 Central Ave SW

Dethklok: Mutilation on a Spring Night \$45-\$233 7-11 pm Revel Entertainment Center 4720 Alexander Blvd NE

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

Friday Night Live: Statik Groove 6-8:30 pm El Vado 2500 Central Ave SW

Jespah 50th Birthday Show w/ Anesthesia 8-11 pm Launchpad 618 Central Avenue Southwest

Jkyl & Hyde \$15 9 pm-1:30 am Club 401 401 Central Ave. NW

John Hollenbeck: GEORGE \$15-\$35 7:30-9:30 pm Outpost Performance Space 210 Yale Blvd., SE

Live Salsa with Son Como Son \$10-\$40 8-11:30 pm JUNO brewery + cafe + art 1501 lst Street Northwest

Shared Futures Dance Party \$11-\$14 6-9 pm Explora 1701 Mountain Rd AfroMundo Festival 2024: World Premiere of "Sterling's Silver" 7-9 pm National Hispanic Cultural Center 1701 4th Street Southwest

FUSION Theatre Company Presents WITCH \$25-\$40 7-9 pm FUSION 700-708 1st St NW

Reefer Madness - The Musical \$30 7 pm The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

Vanya and Sonia and Masha and Spike \$10-\$24 7:30-10 pm The Adobe Theater 9813 4th Street NW, 87114

the Imaginary Invalid \$10-\$15 7:30 pm Rodey Theatre 1 University of New Mexico

#### **SATURDAY, APRIL 20**

#### Class / Workshop

DJ & Sewing programs from Warehouse 505 12-3pm on Saturdays Warehouse 505 202 Central Ave SE

#### Comedy

Big Fat Mess of a Lady \$22 7-8 pm The Box Performance Space 114 Gold Ave SW

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

Joey Medina \$30-\$40 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Saturday Night Stand-Up 7:30-9 pm Bosque Brewing Co. Nob Hill Public House 106 Girard Blvd. SE B

Stand-up Comedy! \$10 8 pm Orpheum Arts Space 500 Second St. SW Apt 21

The Hive - Long Form Improv \$10 10-11 pm The Box Performance Space 114 Gold Ave SW

The Show - Live Comedy Improv \$10-\$12 8-9 pm The Box Performance Space 114 Gold Ave SW

#### Community

ABQ MidMod Tour of Homes 10:00am-3:00pm St. Mark's Episcopal Church 431 Richmond Pl NE

Downtown Growers' Market 8 am-12 pm Robinson Park 810 Copper Ave NW Albuquerque One Albuquerque Cleanup Day 8 am-12 pm Albuquerque, NM

#### Dance

Amaya Productions and NMBD Present Movers and Shakers \$20-\$25 7-9 pm FUSION | 708 708 1st St NW

Festival Ballet Albuquerque: Billy The Kid & Other Tall Tales \$12-\$49 7-9 pm National Hispanic Cultural Center 1701 4th Street Southwest

Festival Ballet Albuquerque: Billy The Kid & Other Tall Tales \$12-\$49 2-4 pm National Hispanic Cultural Center 1701 4th Street Southwest

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

#### **Drink**

Drink Local Downtown ABQ - Monthly Bar Crawl 4-8 PM Downtown Albuquerque Downtown

#### **Festival**

420 Block Party 11 am-11 pm Cheba Hut 115 Harvard Dr. SE

Albuquerque's Birthday 12-4 pm Old Town Albuquerque 2005 N. Plaza St. NW Albuquerque

Albuquerque's Birthday Celebration 12-4 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste

American Indian Week 2024 9 am-5 pm Indian Pueblo Cultural Center 2401 12th Street NW

Cannapalooza 2024 \$25-\$125 10 am-6 pm EXPO New Mexico 300 San Pedro Dr NE

Spring Arts Market 2024 9 am-5 pm Indian Pueblo Cultural Center 2401 12th St. NW

#### Food

8th Annual Great New Mexico Food Truck & Craft Beer Festival 12p-5p Balloon Fiesta Park 5000 Balloon Fiesta Pkwy NE

#### Games

Couples Game Night 5-7 pm Rio Bravo Brewing Company 1912 Second St NW

Loteria: A Game Night For NM Locals 7-9 pm Rio Bravo Brewing Company 1912 Second St NW

#### Literature/Poetry

Albuquerque's Birthday Book Signings on the Plaza 12-3 pm Treasure House Books & Gifts 2012

**MORE EVENTS ON PAGE 20** 







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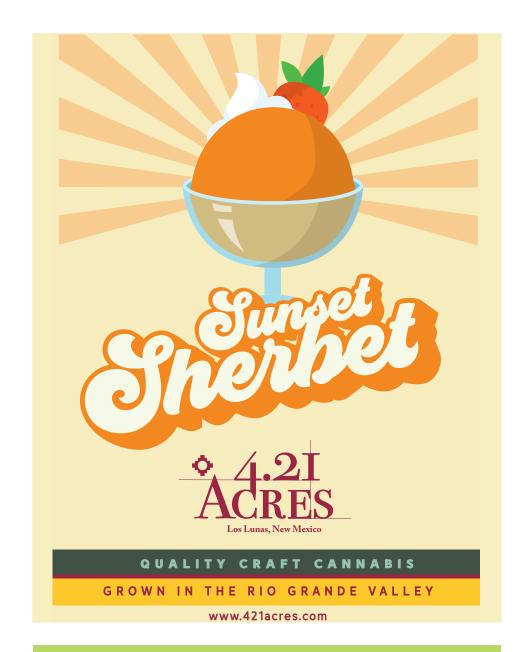
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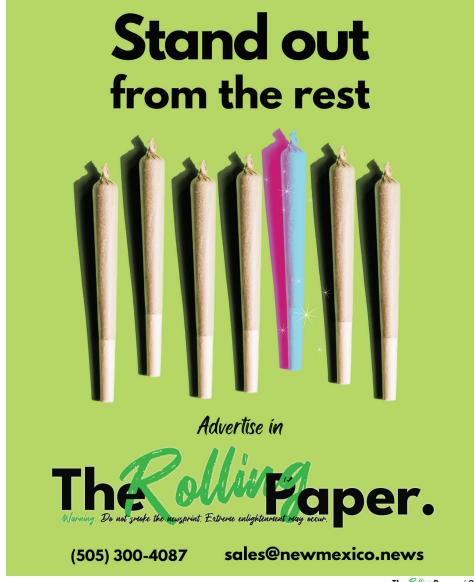
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## **Four Hundred Twenty**

## It's the skunkiest time of the year

T is that time of the year when all the stoners get to let their freak flag fly.

April 20, or 4/20, has cemented itself as a universally celebrated weed holiday, thanks to a group of young friends back in the 1970s.

For years it was widely—and erroneously—believed that 420 was some sort of police code for possession of cannabis. The true origin is nearly unbelievable, considering the group of high school buddies in northern California, who called themselves the Waldos, added significance to those three numbers decades before the internet was widely used. The short version of the story is that the Waldos would gather after their extracurricular activities, which happened to be 4:20pm, with the intention of finding a patch of marijuana plants using a map passed down to them through a friend. Eventually their inside joke spread and the rest is history.

At the risk of aging myself, I remember the times when throngs of smokers would gather at Roosevelt Park on April 20 in defiance of the anti-weed laws that were still in place. There was always the palpable feeling that we could all get busted, but the simultaneous realization of the power of numbers.

"They won't arrest us all," was a common sentiment in those days. It's easy to forget about the risks of smoking in public at that time and thus fondly reminisce about the salad days of cannabis, especially considering the capitalist nature of weed culture these days. As our cannabis reporter Josh Lee writes this week, the days of grass roots smoke sessions on April 20 have mostly been replaced with dispensary sales and promotions. But that shift is also

a welcome reminder that we don't have to worry about getting arrested for holding. Just remember, toking up in public is still not allowed, so maybe hit up your neighborhood weed lounge or organize a private celebration at home. Or, have a look at our calendar to find several 4/20-friendly events happening around town.

But if 4/20 sales are your thing, keep in mind that THC percentages are not the only thing to look for. This issue includes a helpful reminder from Wylie Atherton about seeking out that perfect smoke.

Of course, not everything is rainbows and sunshine in this post-legalization world. An update on U.S. Customs and Border Protection agents confiscating weed from state-sanctioned companies when trying to get product through internal checkpoints, is a harsh reminder that the

stuff is still federally illegal.

That bummer of a story aside, it's still 4/20 week and

there is still plenty to celebrate: Smoking weed is not a crime, the stigma of enjoying pot is melting away and 4/20 is on a Saturday this year.

So go forth, smoke and be merry—responsibly of course.

-Andy Lyman, editor of *The Paper*.



Protection (CBP) for the last few months has been seizing state-legal marijuana from licensed cannabis operators as they pass through New Mexico's interior border checkpoints. Cannabis business leaders are now calling on the Biden administration to demand the seizures come to a halt.

Matt Kennicott, CEO and co-founder of cannabis industry association The Plug, recently sent a letter to the state's congressional delegates that was signed by industry leaders calling for the CBP policy to be amended to allow state-licensed weed operators with proper documentation to pass through checkpoints unmolested.

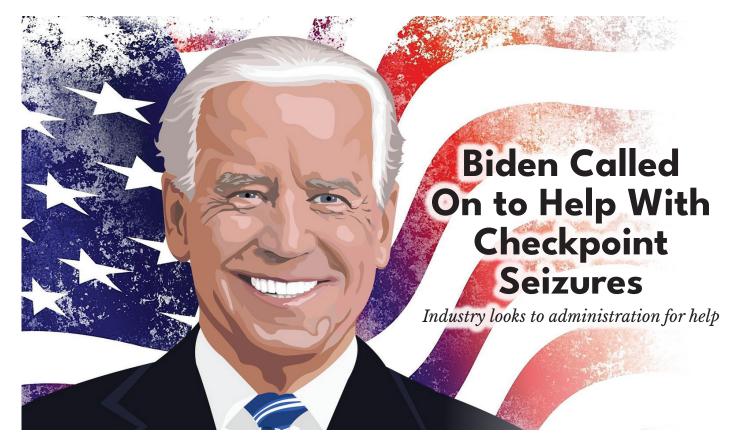
"I think this industry contributes so much to the state—not just in terms of taxes, but in terms of helping deliver medicine to people and getting them well," says Kennicott. "So we want folks to know that they may have issues with all of that and more if we don't get this Border Patrol policy changed."

Kennicott is encouraging the public to sign a petition that will be sent to the New Mexico congressional delegation. The petition requests that the delegation advocate to amend Border Patrol policies to accommodate legal cannabis operations in New Mexico, support measures to ensure that operators who have suffered losses due to seizures are either compensated financially or have their products returned and facilitate dialogue between industry stakeholders and relevant federal agencies to develop solutions that protect legal cannabis operations.

New Mexico Cannabis
Chamber of Commerce
Executive Director Ben Lewinger
says he's trying to schedule talks
with lawmakers but is hearing
that the issue needs to go to
President Joe Biden, "Which
I agree with," says Lewinger.
"But I also think that it's easy to
forget the Congress is the more
powerful branch of our federal
government. So we're going to

keep pushing.'

"I think the issue will be resolved," says Lewinger. "I don't think it will necessarily be resolved tomorrow, or even next month." Lewinger says that the nature of each state's interactions with the CBP seem to be based on the directives of that area's local CBP leader. "I think that it would be pretty easy for the president to address it," he says.



(Image by BarBus from Pixabay)

"I'm just not sure how quickly that will happen."

Most of the state's congressional delegation has weighed in on the issue as well.

Democratic Rep. Melanie Stansbury tells *The Paper*. that "this is a problem that we must address."

"While [CBP] agents are simply doing their job under federal law, the confiscation of this amount of cannabis is detrimental for small business owners, their workers, and their families. Many entrepreneurs in New Mexico are able to thrive thanks to the cannabis industry, and until cannabis is legalized at the Federal level, we must work with CPB to protect the livelihoods of New Mexicans."

U.S. Sen. Martin Heinrich (D-NM) told reporters that the Department of Homeland Security (DHS), which oversees the CBP, should focus on stopping fentanyl trafficking instead of seizing marijuana that is being transported in compliance with state law.

Democratic Rep. Gabe
Vasquez's office sent this
statement to *The Paper*.: "This
issue has been raised with the
Congressman and his office is
looking into it. Congressman
Vasquez believes that the federal
government should respect
New Mexico law. Congressman
Vasquez is also a co-sponsor of
the SAFE Banking Act, which
would support the legal cannabis
businesses throughout our state."

Sen. Ben Ray Luján, a Democrat, did not respond to requests for comment from *The Paper*. Last week, Rep. Earl Blumenauer (D-OR), the founding co-chair of the Congressional Cannabis Caucus, commented on the New Mexico seizures, telling reporters that the Biden administration isn't doing enough to protect states from federal interference in their cannabis policies. He said that Biden needs to step in and issue guidance to the CBP "to prevent this type of infringement from happening again."

Lewinger says these seizures can have a dramatically negative impact on businesses that lose their products, but they also have downstream effects for other businesses involved.

Impact Farms was one such business to feel the sting of seizures even though they were not directly involved in an incident. The company takes raw cannabis flower from producers and processes it into pre-rolls that are sold in stores with the help of a hi-tech rolling machine.

Ari Greenwald, co-founder and CEO of Impact Farms, was waiting on a shipment of 15 pounds of cannabis flower from Top Crop producers in February when he heard the bad news: The delivery had been seized by Border Patrol agents.

"I didn't know what to do," says Greenwald. "I had to figure out something right then. I had to pay February's rent. I have expenses. I had a week-and-a-half booked for that one order on my schedule, and suddenly, it was just open. I had to rearrange everything and figure out how to pay my bills."

Greenwald says his company was lucky that he was able to defer payments on a loan and stay afloat.

"Not everyone has access to the same resources that we do," he says. "This could have easily been the end of us."

Greenwald says the seizure could affect the deal Impact Farms has with Top Crop.

"We're waiting on replacement material for those pre-rolls if they ever feel comfortable enough to send product past that checkpoint again," he says.

He also says the seizure will influence whether the company continues to do business with operators in the southern part of the state.

"When we think about future plans, we have to consider that checkpoint as it is right now. Do we even want to mess with anything south of that checkpoint?"

Greenwald says the option to transport his rolling machine to the south presents its own set of problems. "What if the government seizes that on our way back?" he asks. "We're set up to run out of a trailer, but it's not worth jeopardizing our entire investment."

Greenwald says he worries about other small operators.

"If we didn't have supporting family, it would have meant not having groceries on the table," he says. "There are a lot of companies in the same boat. There could be a lot of small operators that the federal government just put out of business."



Two different kinds of traditional hashish processed in Quetta, Pakistan (Credit Indian Landrace Exchange)

#### Wylie Atherton, High Concept

arly in my cannabis career, at the first dispensary I ever worked for, I watched something very strange happen.

The year was 2013, and Oregon was about to roll out one of the first major changes to the medical cannabis program since 1998: requiring dispensaries to be licensed by the state. One of the core tenants of this policy change was to roll out testing standards. The introduction of both pesticide screening and potency testing was sure to change the shape of the landscape ahead. Prior to the changeover, as a budtender and a medical patient, I was flying blind as to what was in the weed I smoked and sold.

While it's undeniably a crucial public health win to move toward a data-informed assessment of cannabis, this isn't a story about pesticides and other contaminants, it is a story about how, with too narrow a focus, we can lose access to the fullest potential of the incredible chemical diversity in cannabis. As it relates to potency, the baby gets thrown out with the bathwater when we reduce our assessment of cannabis to the concentration of THC alone.

As a young budtender with no customer service experience, I was only accustomed to selling weed during prohibition in New Mexico, where access to weed alone was 90 percent of the sales process. Replace my buddy's Volvo station wagon with a brick-and-mortar shop, add in all the dynamics of an open marketplace, and the sales role changed quite a bit. Needless to say, I learned quickly which strains I could count on to close a sale. One of these silver bullet varieties was Pink Elephantdense, light green, frosty little golf ball sized nuggets, with a sweet, alluring scent. From the look and smell alone, this strain was a budtender's dream. Its flashy appearance and universally appealing smell could break down the defenses of many a skeptical seasoned smoker, at least long enough for them to consider trying a gram. Patients found when they'd take it home and smoke it, it had a lovely relaxing effect without being overly sedative. This best-seller was a workhorse for so many, especially folks with arthritic pain. It was functional for relief while keeping them present enough to enjoy the benefits of being high and in less

Then, with the rollout of testing standards, the weirdest thing happened. Suddenly, there were little percentage numbers next to every jar on the shelf, every line on the menu. Scraggly looking outdoor bud that I couldn't sell before had become the darling of the shelf, while

our strong and steady arthritis medicine, Pink Elephant, started to linger longer and longer. Pink Elephant was stamped with an apparently impossible to ignore 19 percent THC distinction, whereas most other varieties that kept traction tested at 20 percent or higher. The very same lab test that sealed its fate as "not potent enough" also displayed a significant amount of the terpene myrcene, and of the minor cannabinoids cannabichromene and cannabigerol—compounds that I barely understood then. Regardless of how hard I tried to convince patients there was more at play than THC alone, most folks were not receptive. The potency cat was already out of the bag. This change marked the end of Pink Elephant's reign as our top selling flower, and in a few short years the strain faded entirely into memory.

This rise and fall is a cautionary tale of how human beings' relationship with agricultural crops can shape an entire species' genetic landscape, for better or for worse.

Imagine a world where alcohol was bought based solely on how much punch it packs, or if the determining factor for your food budget was how much protein was loaded into a serving for the dollars spent. In this strange world, Everclear would be the drink of choice, and most meals would consist of dog food.

It sounds silly, but we're living in a cannabis market where the dominant paradigm has many cannabis users purchasing extracts that are the equivalent of moonshine, and smoking flower that is the dollars-to-THC equivalent of dog food.

I don't believe this is because consumers aren't savvy, or capable of making nuanced decisions, I believe it's due to a fundamental misunderstanding of what makes cannabis so incredible and dynamic. Generally the solution to a highly complex problem is equally simple. Prior to the advent of potency testing, you based your understanding of quality cannabis on sensory input—if smoking it felt good and tasted good, if the bud smelled good and looked good, it was good cannabis. I suggest we try to swing the pendulum back in this direction, back toward trusting our intuition as cannabis users.

To be fair, as the science surrounding this plant has evolved over the last century, we've been met with an interesting riddle. The further we look, the deeper it goes. Cannabis is remarkably complex and contains more than 500 known compounds, over 100 of which are cannabinoids.

As drugs go, this level of complexity is mindboggling, and certainly deeply overwhelming for the purchasing public, who primarily want to know what the weed is going to feel like and taste like when consumed. Naturally, whatever data people use to inform their purchase and consumption of cannabis is going to be both impactful and imprecise.

I like to frame this conversation around one of my favorite subjects: hash. If you're a Gen X'er or Boomer and smoked hash prior to the '90s, you were smoking an unfathomably chemically complex product. Before domestic cannabis supply in North America became what it is today, the vast majority of cannabis and hash in the states was imported—field-grown and started entirely from seed. Domesticated populations were selected over generations by farmers to thrive in the regions of their cultivation. These populations were so genetically diverse by today's standards it's almost unimaginable. If you were to look at the fields of plants used to make this hash, you would be looking at thousands of individual varieties, perhaps closely related but not uniform by any stretch.

Older smokers oftentimes asked me where the weed of yesteryear had gone—the effect

and flavor never truly matched or fully replicated by anything they'd had since. This question would tend to be pointed in the search of strains that were never really strains. Acapulco Gold wasn't a singular variety, it was a time and place, and an entire family tree. Same for Maui Wowie, Oaxacan and Thai Stick.

I'd like to gift a little insight to all the old heads who passed me the torch of the oral history of cannabis during prohibition; Whether you found yourself smoking Lebanese Blonde or Lebanese Red, Moroccan Kif, Indian Charas, gooey darkbrown Afghan or any other regionally produced hash, odds are that not only was it "middleof-the-road" in terms of THC content for modern day extracts, but it was also high in CBD and chock full of minor cannabinoids and other compounds, many of which might not exist in any smokable cannabis product on the market today. We may never know how many novel compounds have come and gone since, never to be identified or quantified, let alone understood or utilized.

While I could lose endless nights' sleep over what has already been lost, I'd rather focus

on preserving and revitalizing what remains. Tucked in obscurity are compounds (and groups of compounds) with world-changing therapeutic potential, and I look forward to writing more about this vital work in the future. For now, if I could urge the average person to do one thing in their relationship with cannabis: I would encourage them to pay closer attention to their own experience. You are your own best instrument. All the complexity of gas chromatography/ mass spectrometry, cannabis pharmacology, and every other (absolutely necessary) application of the scientific method to understand cannabis cannot replace what you know in your bones. Safety and potency testing are undoubtedly necessary tools, but please trust yourself more to judge quality using your own senses. Use your experience, not just THC percentage, to guide your purchases.

I know this is an uphill battle, and the frantic search for ever-more potent cannabis reminds me of a Swedish term for which there is no direct translation in English. Lagom is often translated as "just the right amount" or "not too little,

not too much." Lagom is a way of describing moderation for its positives—balance, harmony, awareness, rather than the negative connotations we Americans tend to attach—limitations, restraint, control. These negative connotations I believe highlight a philosophical cultural difference, one that speaks to a sense of lacking, rather than contentedness or gratitude.

I promise you this: if you take potency testing with a grain of salt, and allow yourself to explore cannabis for all it has to offer, your relationship with it will improve in new and exciting ways. We're living in a time of such incredible access to the abundance and variety of what this plant can provide, don't limit yourself to a narrowed view when there is a beautiful spectrum of cannabis experiences at your fingertips.

Wylie Atherton is a cannabis industry professional with over a decade of experience in New Mexico and Oregon. He is passionate about sustainable development that comes from and gives back to the community.









(Credit My 420 Tours at Wikimedia Commons)

By Josh Lee

It's that special time of year again. The cash registers are ringing, the choirs are singing and there's magic in the air.

Nope. Christmas hasn't come early. It's just 420—the stoner holiday that's morphed from a niche celebration of freedom into a mainstream retail event. Since marijuana was legalized in New Mexico, 420 has become one of the biggest spending days of the year for weed consumers.

But with all the hustle and bustle amid the holiday sales and cannabis commercialism, have we forgotten the true meaning of 420?

The holiday has its roots in the weed-smoking ritual of a small group of California teenagers in the '70s. The teens would meet every day after school at 4:20pm to get high and search for a secret pot plant that was rumored to be growing in the area. There was nothing significant about the time—it was just the earliest that the boys could meet up after they were finished with their extracurricular activities.

It seems like such a banal origin story, but the Waldos (a name given to the group because of their habit of hanging out at a wall on campus) have the receipts

to prove their story. Somehow, without the aid of social media or even a rudimentary internet, the group's code for smoking marijuana spread across the country and, within decades, had become a central symbol of weed culture alongside the pot leaf. Some clever stoners realized that the code could be converted into a date, and an international stoner holiday was born.

Back in the day, 420 celebrations were marked with crowds of people wearing pot leaf sunglasses and Cat In the Hat top hats, brazenly passing joints of what may or may not have been illicit pot in the sun, in an exercise of undermining authority.

You don't see much of that these days. It just doesn't make sense to keep sticking it to the man when the man is no longer telling you "no"—but is instead begging you to buy more weed to boost the economy.

"Celebrations have become more commercial, but that's a good thing," says Tony Berg, co-founder of Forest Road, an Albuquerque-based cannabis producer. "The plant has been liberated from the law in places like New Mexico, and celebrating it honors all the work it took to get here."

In just a few years, the

landscape has completely changed. That's literally true in places like Albuquerque, where it's easier to find legal cannabis than fry bread and dispensaries are crowding nearly every shopping center.

Meanwhile, everyone seems pretty happy with the way the state has handled the transition to recreational marijuana sales in New Mexico (except for a few complaints from certain industry spaces about there being too much weed).

There's just nothing left to rebel against. It's an unfortunate side effect of winning. And rebelling against nothing can still cost you.

In an email to *The Paper*., Todd Stevens, director of the Cannabis Control Division (CCD) confirmed that public consumption of cannabis outside of an individual's personal residence or a licensed consumption lounge is illegal. Furthermore, the CCD says it will not tolerate unlicensed consumption at dispensaries.

"If the division becomes aware of public consumption at a licensed retailer who does not possess a consumption lounge license, we can issue fines, or suspend or revoke the license," says Stevens. "The division takes

this issue seriously and will take disciplinary action to the furthest extent of its authority."

The division is also reminding people to enjoy cannabis responsibly.

"This 420, the Cannabis Control Division encourages the public to engage in safe and responsible cannabis activity," says Stevens. "This includes not driving a motor vehicle while under the influence of cannabis, always storing products safely away from children and pets and only consuming cannabis where it is permitted."

It all leaves the old-school potheads of yesteryear with nothing much to do this 420 other than take advantage of local dispensary sales before heading home to smoke painfully complex novelty joints, build underperforming DIY bongs and watch *Half Baked*.

Sure, there's a sense of melancholy around the whole thing. It's always sad to see the good old days fade into the distance, but not as sad as it actually was to live in the good old days, when people were literally placed in cages for smoking weed. It's so easy to forget what it used to be like, even though it wasn't that long ago. Changes happen quickly, but people adapt even faster. It's an amazing gift, but it turns history into vapor and lessons from the past into dust.

It may no longer be appropriate to dance in the streets and sing protest songs to celebrate, but it should never be forgotten that 420 is about cannabis freedom. No matter how comfortable we feel at the moment, with legal weed in abundance and the threat of jail time no longer hanging over our heads, it can all be taken away with the stroke of a pen.

The holiday helps us to remember to stay vigilant, but also that we're lucky to live in a state that has reformed its weed laws. Others aren't so lucky.

But that doesn't mean we can't have fun doing it.

"People who celebrate 420 definitely haven't forgotten what the holiday is really about," says Berg. "In fact, most of us are probably still learning about the origins of 420 as a cannabis celebration, and in the years to come, the holiday parties will get bigger and better—all in honor of the plant."

Cannabis is the reason for the season. And God bless us all.



(Credit Dietmar Rabich at Wikimedia Commons)

#### By Josh Lee

ust about everyone knows what 420 is, but there's another important drug holiday this month that's often overlooked: Bicycle Day.

This unofficial day of remembrance—observed on April 19—is dedicated to the inventor of LSD, and an especially trippy bike ride he took on the way home one day.

On April 16, 1943, Swiss chemist Albert Hofmann began whipping up a batch of LSD (which he had unknowingly invented while trying to create a

drug for treating respiratory and circulatory illnesses).

Hofmann had no clue that the drug was psychedelic in nature. He had tested it on animals and was under the impression that it didn't do anything at all. While attempting to reexamine the compound, a small amount accidentally made contact with his skin.

In his book, LSD: My Problem Child, Hofmann wrote that he was forced to leave the lab while "being affected by a remarkable restlessness, combined with a slight dizziness." At home,

Hofmann, lying on his couch, "perceived an uninterrupted stream of fantastic pictures, extraordinary shapes with intense, kaleidoscopic play of colors."

The first LSD trip lasted two hours.

Curious and ready to experiment, Hofmann once again dosed himself three days later on April 19 at 4:20 pm. He took 250 micrograms of LSD—a much larger dose than the first time—and began experiencing extreme perceptual distortions. "Beginning dizziness, feeling of anxiety, visual distortions, symptoms of paralysis, desire to laugh," he wrote in his lab notes.

"I was able to write the last words only with great effort," he comments in the book.

Hofmann said he found himself struggling to speak and asked a lab assistant to escort him home. Due to wartime restrictions on cars, the duo rode bikes to Hofmann's home.

"On the way home, my condition began to assume threatening forms," wrote Hofmann. "Everything in my field of vision wavered and was distorted as if seen in a curved mirror."

He described feeling as though he was frozen and

unable to move, although he was actually traveling quickly.

And that fateful trip is now commemorated by LSD advocates every year.

The part they usually leave out of the story though is what happened when Hofmann got home. He described "demonic transformations" of everyday objects and his mind was assailed with fears of dying or going insane.

A doctor determined that Hofmann was not in any physical danger, at which point his fears receded and he began to actually enjoy the trip.

Keep in mind this was his first experience with a psychedelic and the world's first serious experience with LSD. All things considered, he did a pretty good job.

Hofmann's final lab note on the experience, which was added two days later, was: "Home by bicycle. From 18:00 [to approximately] 20:00 most severe crisis."

Although he had problems with the psychedelic movement of the '60s that he helped create, Hofmann would go on to become one of the most prominent advocates for the therapeutic use of LSD and psilocybin.

## Toxic Metals Found in THC Oil

Study finds dangers lurking

By Josh Lee

anadian scientists have made a discovery involving THC concentrates.

Dangerous metal nanoparticles that could cause numerous health problems have been found in cannabis oil cartridges like the ones often sold in dispensaries. The discovery indicates that there may be previously unidentified risks associated with vaping some types cannabis oil.

Unlike smoking cannabis flower, vaping cannabis oil doesn't involve actual combustion. Instead of a flame, a heating element is used to vaporize the oil, meaning no smoke is ever inhaled. Because of this, many fans of vape cartridges and wax rigs claim that it's a healthier alternative to smoking weed, which produces tar.

But according to new research presented at the recent spring meeting of the American Chemical Society and published in the journal *ACS Omega*, nanoparticles of metals like lead cobalt, chromium, copper, nickel and vanadium were found in cannabis oil samples taken from

both regulated and illicit sources.

Numerous studies have concluded these nanoparticles pose a serious health hazard to users. They are highly toxic and have been known to cause diseases in the liver, lungs, bloodstream and even the central nervous system.

The issue is one of size. The small size of the nanoparticles allows them to penetrate deeper into the body following inhalation. Nanoparticles are also known to exhibit different properties compared to larger particles of the same material, making them unpredictable as well

The study came from a collaboration between Health Canada and the National Research Council of Canada's Metrology Research Centre (MRC). The research team was headed by Andrew Waye of the Health Canada Office of Cannabis Science and Surveillance.

The team collected and analyzed 41 samples of cannabis oil products. Twenty of the samples came from legal sources while the rest were illicit products



(Credit elsaolofsson at Wikimedia Commons)

sourced from Ontario police. While samples from both sources were found to be contaminated with toxic metals, the illicit samples had much higher concentrations of the substances.

Some of the samples were found to have more than 100 times the amount of toxic metals allowed by the Canadian government.

The study found the contaminants in unused products that were less than six months old, suggesting, researchers said,

that the contaminants are a result of the vessel, even before it's heated.

"The evidence strongly suggests that metal contamination can come from the device when it's produced, and not from the heating of the coils," Zuzana Gajdosechova, a scientist at the MRC of the National Research Council of Canada said in a news release. "But depending on the quality of the device, the contamination may be increased by that heating."



Every week, we round up our favorite cannabis-related news stories in bite sized edible pieces. Here's some of our favorites!

## **Cookies Grand Opening Stirs Pot**

By Josh Lee

State regulators are accusing the new Cookies dispensary in Albuquerque of committing a number of regulatory violations, including allowing a minor to consume cannabis on site during its grand opening event last year.

The New Mexico Cannabis Control Division (CCD) has released a notice of contemplated action, saying it is considering disciplining Cookies for allowing a person under 21 to consume marijuana on-site, allowing people to consume cannabis publicly on its property during a grand opening event held in November, publishing images of public consumption at the event on social media, allowing alcohol consumption on its premises and displaying marijuana products in its parking lot.

It's unclear if Cookies will be requesting a hearing concerning the notice.

"The CCD takes allegations of underage and/or public consumption very seriously and will continue to enforce the laws under the Cannabis Regulation Act to the full extent of its authority," said the CCD in a statement to *The Paper*.

#### **Schumer Plans Next Legalization Bill**

U.S. Senate Majority Leader Chuck Schumer (D-NY) is looking for supporters to sign on to the cannabis legalization bill that he plans to reintroduce this month.

Schumer, along with Senate Finance Committee Chairman



Ron Wyden (D-OR) and Sen. Cory Booker (D-NJ), recently sent a letter to members of Congress, setting an April 19 deadline for original co-sponsors to sign on to the Cannabis Administration and Opportunity Act (CAOA).

"The question today is not whether cannabis should be legal—many states have already moved ahead," wrote the lawmakers. "The question now is whether cannabis should be subject to the same high regulatory standards, based on preserving public health and safety, that apply to alcohol and tobacco."

Schumer and his colleagues said regulating marijuana is a matter of public safety.

"Federal regulation is long overdue to ensure that cannabis products are as safe as possible, to prevent access by children and adults younger than 21, and to ensure that state and local jurisdictions have the resources they need to combat impaired driving," they wrote.

The CAOA would decriminalize marijuana and create a system to regulate and tax the drug.

### Lawmakers Call For Updated DOJ

A group of lawmakers is calling on U.S. Attorney General Merrick Garland to issue guidance on protecting statelegal marijuana operations from federal prosecution.

During the Obama administration, then-Deputy Attorney General James Cole issued a memorandum directing federal prosecutors to stop prosecuting businesses selling marijuana in states that had legalized the drug.

Former Attorney General
Jeff Sessions rescinded the Cole
Memo six years ago, during the
Trump administration. Since
then, prosecutors have continued
the hands-off approach, but
haven't been required to do so.

In a letter to Garland last month, Congressional Cannabis Caucus co-chairs Reps. Earl Blumenauer (D-OR) and Barbara Lee (D-CA) called for the Department of Justice (DOJ) to update its policy.

"We urge you to correct this oversight and reissue a memo making clear DOJ's limited resources will not be spent prosecuting those acting in accordance with state or Tribal law," wrote the lawmakers.

## **Featured Dispensaries**



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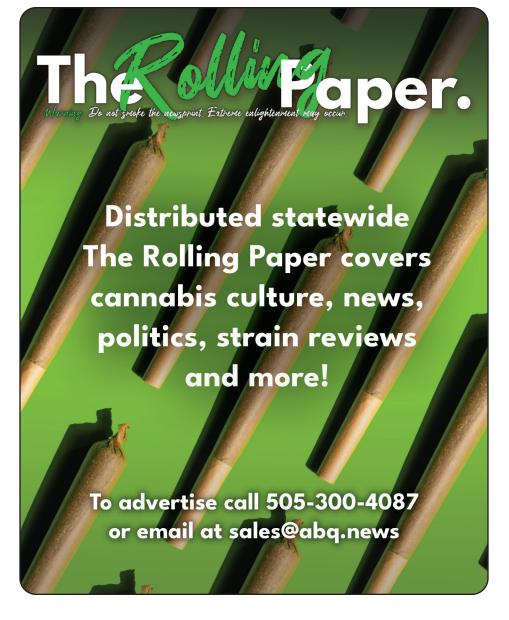
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## [FOOD.] The Paper.

#### By Kevin Hopper, The Paper.

ried chicken is an undoubted American staple and a favorite on a large majority of the country's kitchen tables. Originally brought here from two disparate locations and cultures—Africa and Scotland—the dish was perfected in the American South when, it is said, slaves at the time added spices to the mix.

If that's not enough cultural exchange, Korea adopted "chikin" during the Korean conflict in the early 1950s, introduced by American soldiers. They then proceeded to improve it with a sweet and spicy sauce made of chili paste, garlic and sugar called yangnyeom. Today, Korean fried chicken is huge. How huge? It has been reported that there are more fried chicken restaurants in Korea than there are McDonald's in the entire world.

Until Kokio Fried Chicken (8019 Menaul Blvd. NE Ste A.) opened last year, there weren't many restaurants in Albuquerque—if any—with a singular focus on Korean fried chicken. It's often double-fried in order to achieve its signature "crispy-on-the-outside, tenderon-the-inside" texture combo. After eating there twice in the last couple of weeks, I couldn't confirm if Kokio subscribed to this theory as the crispiness wasn't quite there on the original (no sauce) version, the best test of which is hearing that super crunchy sound when you take your first bite.

And though the crunch factor is lower than I expected here, when it comes to flavor, nothing compares to the five of the 10 sauces I was able to taste. In particular, I found the honey bee sauce to be one of the most complex fusions of earthy, sweet and salty I've tasted in



Kokio Fried Chicken offers a variety of flavor-packed dishes, including tenders (Credit Kevin Hopper)

some time. Rounded out with lingering notes of savory redchili-flake spiciness, it's my easy favorite.

Similarly, the Korean special sauce, likely made with Korean red chili paste (gochujang) and I'm guessing ginger and soy, yields a delicate chili-sweet balance leaning more to the sweet side. Delectable, and possibly addictive. I always choose the extra spicy anything wherever I go, and I was pleased with Kokio's almost spicyenough-for-me version.

As for variations on the portions, pick from the spectrum—whole, boneless whole, half-and-half, or half chicken.

The varieties seem endless at Kokio, though I have challenged myself to taste every one of the sauces and styles over the next few months. Kokio also offers a variety of sides—fries, onion rings, coleslaw, and a curious honey rice cake and chicken, perhaps an Asian nod to America's obsession with chicken and waffles.

The staff at Kokio is friendly, welcoming and patient. In turn, they ask their guests to be equally patient as wait times can be a half hour or longer. I suggest ordering in advance, though the time likely flies as most everyone in this starkly decorated strip mall location is flipping through their socials while they wait.

The bare mustard-colored walls, white tiled floors and modern furniture don't make for the most inviting dining atmosphere, but since fried chicken in America is primarily a take-home meal, most patrons seem to prefer takeout.

I can honestly say, with Kokio, I have a new favorite restaurant in town. Probably good I don't live right around the corner.







#### **SATURDAY, APRIL 20**

S Plaza St NW A

#### Markets

El Vado Spring Market 12-5 pm El Vado 2500 Central Ave SW

#### Music

420 at The Hall f/ The Deal & Gullfire Waiting 6-11 pm The Hall ABQ 107 Jefferson St. NE

AfroMundo Festival 2024: Nidia Gongora in Concert 7-9 pm South Broadway Cultural Center 1025 Broadway Blvd SE

Cam Kimbrough 7-9 pm Marble Brewery Westside 5740 Night Whisper Rd. NW

Christone "Kingfish" Ingram \$35 8 pm Sunshine Theater 120 Central Ave SW

City Morgue: Bombs In The Mail Tour \$33 8-11 pm Revel Entertainment Center 4720 Alexander Blvd NE

Day Drinking For A Cause 12-8 pm Canteen Brewhouse 2381 Aztec Road Northeast

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

Old School Jamz Dance 7-10 pm Wild Avocado Cork & Tap 1015 Rio Grande Blvd. NW

Quackson \$10 9 pm-2 am Historic El Rey Theatre 622 Central Ave SW

RJ Perez 7-9 pm Marble Brewery NE Heights 9904 Montgomery Blvd NF

Saturday Night Techno Affair w/ Sam Wolfe \$10 9 pm-2 am Insideout 622 Central Ave SW

Sparks Night - Galactic Disco Party 8 pm-12 am Lizard Tail Brewing Nob Hill 3417 Central Ave. NE Suite C

The Riddims Annual 420 Bash \$10 8-11 pm Launchpad 618 Central Avenue Southwest

Ty Segall Matinee Show \$27 3-7 pm Sister 407 Central Ave. NW

#### Music - Classical

NM Philmarmonic: Rhapsody on a Theme of Paganini \$35-\$90 6-8

pm Popejoy Hall 203 Cornell Dr

#### Performance

Beyond the Binary - Circus Extravaganza \$10-\$55 7 pm Wise Fool New Mexico 1131 Siler Road, Santa Fe

FUSION Theatre Company Presents WITCH \$25-\$40 2-4 pm FUSION 700-708 1st St NW

FUSION Theatre Company Presents WITCH \$25-\$40 7-9 pm FUSION 700-708 1st St NW

Reefer Madness - The Musical \$30 7 pm The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

Vanya and Sonia and Masha and Spike \$10-\$24 7:30-10 pm The Adobe Theater 9813 4th Street NW, 87114

the Imaginary Invalid \$10-\$15 7:30 pm Rodey Theatre 1 University of New Mexico

#### **SUNDAY, APRIL 21**

#### **Art Openings**

@ Work: portraits by Zoe Beloff and Eric Muzzy 5-8 pm Sanitary Tortilla Factory 401 2nd St SW

#### Comedy

Big Fat Mess of a Lady \$22 2-3 pm The Box Performance Space 114 Gold Ave SW

Stand-up Comedy \$5 7:30 pm Juno 1501 1st St NW

#### Community

Mid Mod Yard Sale 11 am-4 pm Parklife 4007 Central Ave NE

#### Festival

American Indian Week 2024 9 am-5 pm Indian Pueblo Cultural Center 2401 12th Street NW

EarthFest 2024 10 am-4 pm La Montanita Food Co-op 3500 Central Ave SE

Spring Arts Market 2024 9 am-5 pm Indian Pueblo Cultural Center 2401 12th St. NW

#### Game

Brain Gang Trivia 2-4 pm Lizard Tail Brewing 9800 Montgomery Blvd NE STE 7

Brain Gang Trivia 5-7 pm Lizard

Tail Brewing Nob Hill 3417 Central Ave. NE Suite C

#### Miscellaneous

ABQ BioPark Great Ape-ril Tour: Africa/Asia Expedition \$100 11 am-1:30 pm Albuquerque BioPark-Zoo 903 10th Street SW

#### Music

Amon Amarth: Metal Crushes All Tour \$45 6:30-10:30 pm Revel Entertainment Center 4720 Alexander Blvd NE

Chicano Batman \$30-\$129 8-11 pm KiMo Theatre 423 Central Avenue NW

Lensic 360 Presents Charlie Parr \$20 8-11 pm FUSION | 708 708 1st St NW

The Chachalacas & The Honky Tonk Ensemble 4-7 pm Canteen Brewhouse 2381 Aztec Road Northeast

meth. \$12 7-11 pm Launchpad 618 Central Avenue Southwest

#### Performance

FUSION Theatre Company Presents WITCH \$25-\$40 3-5 pm FUSION 700-708 1st St NW

Reefer Madness - The Musical \$30 7 pm The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

Tablao Flamenco Albuquerque Sunday Matinee \$25-\$35 All Day Tablao Flamenco at Hotel Albuquerque 800 Rio Grande Blvd NW

Vanya and Sonia and Masha and Spike \$10-\$24 2-4:30 pm The Adobe Theater 9813 4th Street NW, 87114

the Imaginary Invalid \$10-\$15 2 pm Rodey Theatre 1 University of New Mexico

#### **MONDAY, APRIL 22**

#### Drink

Earth Day Plant and a Pint with Loose Leaf Farms \$12 12-10 pm Urban 360 Pizza 2119 Menaul Blvd NE.

#### Festival

American Indian Week 2024 9 am-5 pm Indian Pueblo Cultural Center 2401 12th Street NW

#### Games

Brain Gang Trivia 6-8 pm Canteen

Taproom 417 Tramway Blvd NE

Geeks Who Drink 7-9 pm M'tucci's Bar Roma Restaurant 3222 Central Ave. SE

Geeks Who Drink 7-9 pm Santa Fe Brewing (Tin Can Alley) 6110 Alameda Blvd NE Suite #1

Geeks Who Drink 7-9 pm Bow & Arrow Brewing Co. 608 McKnight

#### Music

Better Lovers \$25-\$75 7-11 pm Launchpad 618 Central Avenue Southwest

Brittany Howard: What Now Tour \$45 8-11 pm Revel Entertainment Center 4720 Alexander Blvd NE

#### **TUESDAY, APRIL 23**

#### Festival

American Indian Week 2024 9 am-5 pm Indian Pueblo Cultural Center 2401 12th Street NW

Experiments in Cinema v19.8 \$10 12-9 pm Guild Cinema 3405 Central Ave NE

#### Games

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

Geeks Who Drink 7-9 pm 505 Central Food Hall 505 Central Ave NW

#### Music

Bad Omens - Concrete Forever 7-10 pm Revel Entertainment Center 4720 Alexander Blvd NE

Daisychain \$10 8:30 pm-12:30 am Launchpad 618 Central Avenue Southwest

GZA & The Phunky Nomads \$36-\$40 7-10:30 pm Sister 407 Central Ave. NW

Nob Hill Stage Open Mic 6 pm-12 am Public House ABQ 201 Hermosa Dr NE

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

Stayin' Alive: One Night of the Bee Gees \$29-\$65 7:30-10 pm KiMo Theatre 423 Central Avenue NW

The Porter Draw 6-8 pm Steel

## [ARTS&CULTURE.] The Paper.

#### By Gwynne Ann Unruh, The Paper.

Reduce, reuse and recycle, the "three Rs" to help the planet, will be front and center at La Montañita Co-op's annual Earthfest celebration. Held in conjunction with Earth Day events around the globe, the Co-op's Earthfest has continued the tradition of celebrating the Earth with Albuquerque's local community for 33 years.

The event honors achievements of the environmental movement and raises awareness of the need to protect Earth's natural resources for future generations.

The event had grown over the years from six tables to three blocks of tents with entertainment and vendors galore prior to the pandemic. Last year, the event was an intimate gathering in front of the Co-op's Nob Hill location.

The more intimate theme is carried through again at Earthfest 2024, on Sunday April 21, from 10am-4pm. The U-shaped parking in front of the Co-op in Nob Hill will be closed to traffic and filled with 35 vendors under tents.

"The community event focus is on what are some of the



La Montañita Co-op is hosting an Earth Day celebration on April 21. (Credit Sara Atencio-Gonzales)

small changes we can make as individuals to help support living more sustainably on our planet," Lea Quale, the Co-op's marketing and membership engagement director tells *The Paper*. "It is also about education around the New Mexico organizations that are really doing amazing work in our community. At least a third of the spaces are dedicated to community organizers."

The event will feature local vendors, music and prizes. A sound bath meditation session by Peaceful Stillness opens Earthfest at 10am, followed by DJ Flo Fader from 11 to 4pm.

Inside the Co-op will be food samples throughout the store. The deli will have grab-and-go items and sandwich specials. Scalo—a restaurant near the Co-op—will offer a brunch special.

Attendees of the celebration can stock up on local, organic plant starts and seeds. Local artisans will also be on site, selling a variety of paintings, hand-crafted jewelry, pottery and sculptures.

\*One of our team members

is from Nigeria, has his own company, and will have Nigerian handcrafted clothing. We also will have hand-painted silk," Quale says.

Attendees will also have an opportunity to engage with local organizations and environmental advocacy groups about sustainable living and community issues. Booths will include the Albuquerque Center for Peace and Justice, Albuquerque Folk Festival, Cañoncito Seed Bank, La La Montañita Board of Directors, League of Women Voters, NM Flower Collective, NM Food and Water Watch, Pollinators in the Neighborhood, Presbyterian Community Health, Santuario de Karuna and Veterans for Peace.

"We're excited to offer a community gathering space, particularly right outside of our flagship location," Quale said. "It's just really nice to bring the community together and provide an outlet for people to come out

and connect.'





The Paper.\_\_\_\_\_\_ April 17, 2024

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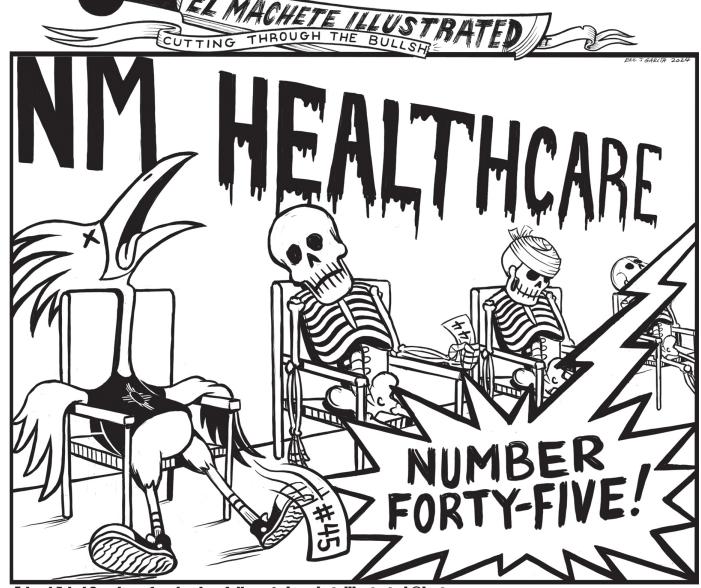
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Friend Eric J Garcia on facebook or follow at elmacheteillustrated @instagram.

April 17, 2024 \_\_\_\_\_\_The Paper.

#### FREE WILL ASTROLOGY

Week of April 17

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ARIES (March 21-April 19): I suspect two notable phenomena will coalesce in your sphere sometime soon. The first is a surplus supply of luck. I'm not sure why, but the fates will be sending surges of good karma your way. The second phenomenon is this: You might not be entirely alert for the potential luck flowing in your direction, and it may not leap out and grab you. That could be a problem. Fortunately, you are reading this oracle, which means you are getting a heads-up about the looming opportunity. Now that you realize you must be vigilant for the serendipitous blessings, I'm confident you will spot them and claim them.

TAURUS (April 20-May 20): You will be wise to summon extra love and rapport as you ruminate on your vivid upcoming decisions. Wouldn't you like to bask in the helpful influences of smart allies who respect you? How nurturing would it feel to receive healing encouragement and warm appreciation? I suggest you convene a conference of trusted advisors, good listeners, sunny mentors, wisdom keepers, and spirit guides. Maybe even convene a series of such gatherings. Now is an excellent time to call in all your favors and get the most inspirational support possible as you navigate your way to the next chapter of your life story.

GEMINI (May 21-June 20): If you drink alcohol, don't operate a forklift or backhoe. If you gamble, protect yourself with safeguards and have a backup plan. If you feel called to explore altered states of consciousness, consider doing meditation, dancing, or chanting holy songs instead of ingesting drugs. If you have an itch to go hanggliding or sky-jumping, triple-check your equipment. And if you have the urge to try to walk on the water, don a lifejacket first. But please note, dear Gemini: I am not advising you to timidly huddle in your comfort zone. On the contrary. I highly recommend you stretch your limits. Just be secure and smart as you do.

CANCER (June 21-July 22): I plotted out my usual astrological reckonings for your current destiny. Then I slipped into a meditative trance and asked the spirits to show me future scenes that correspond to my assessments. In one prominent vision, I beheld you partying heartily, navigating your avid and inquisitive way through convivial gatherings. In other scenes, I saw you engaged in lively discussions with interesting people who expanded your understanding of the meaning of life in general and the meaning of your life in particular. I conclude that intelligent revelry will be a main theme for you. Productive excitement. Pleasurable intrigue. Connections that enliven and tonify your imagination.

LEO (July 23-Aug. 22): The theory of synchronicity proposes that hidden patterns are woven into our lives. Though they may ordinarily be hard to detect, they can become vividly visible under certain circumstances. But we have to adjust the way we interpret reality. Here's a clue: Be alert for three meaningful coincidences that happen within a short time and seem related to each other. I predict the emergence of at least one set of these coincidences in the coming weeks—maybe as many as four. Synchronicities are coming! You have entered the More-Than-Mere-Coincidence Zone.

VIRGO (Aug. 23-Sept. 22): Psychologists J. Clayton Lafferty and Lorraine F. Lafferty wrote a book called Perfectionism: A Sure Cure for Happiness. It's based on their work with clients who damaged their lives "in the illusory pursuit of the unrealistic and unattainable standard of perfection." In my observation, many of us are susceptible to this bad habit, but you Virgos tend to be the most susceptible of all. The good news is that you now have an excellent chance to loosen the grip of perfectionism. You are more receptive than usual to intuitions about how to relax your aspirations without compromising your competence. As inspiration, consider these words from author Henry James:

"Excellence does not require perfection." Leadership expert R. R. Stutman adds: "If perfection is an obstacle course, excellence is a masterful dance."

LIBRA (Sept. 23-Oct. 22): "Everyone is a moon and has a dark side which they never show to anybody," wrote author Mark Twain. I agree that everyone is a moon and has a dark side. But it's important to note that our dark sides are not inherently ugly or bad. Psychologist Carl Jung proved to me that our dark sides may contain latent, wounded, or unappreciated beauty. To be healthy, in fact, we should cultivate a vigorous relationship with our dark side. In doing so, we can draw out hidden and undeveloped assets. The coming weeks will be a favorable time for you Libras to do this

SCORPIO (Oct. 23-Nov. 21): Your current state has metaphorical resemblances to idling in your car, waiting and waiting and waiting for the red light to change. But here's the good news: I expect the signal will turn green very soon—maybe even within minutes after you read this horoscope. Here's more good news: Your unlucky number will stop popping up so often, and your lucky number will be a frequent visitor. I'm also happy to report that the "Please don't touch" signs will disappear. This means you will have expanded permission to consort intimately with influences you need to consort with.

SAGITTARIUS (Nov. 22-Dec. 21): I think it's time to graduate from your lessons in toxic kinds of enchantment and launch a new experiment with healthy kinds of enchantment. If you agree, spend the next few days checking to see if any part of you is numb, apathetic, or unreceptive. Non-feelings like these suggest you may be under the enchantment of influences that are cramping your imagination. The next step is to go in quest of experiences, people, and situations that excite your imagination, rouse your reverence, and raise your appreciation for holy mysteries. Life will conspire benevolently on your behalf if you connect yourself with magic, marvels, and miracles.

CAPRICORN (Dec. 22-Jan. 19): Luther Burbank (1849–1926) was a practical artist. Using crossbreeding, he developed over 800 novel varieties of vegetables, fruits, grains, and flowers. Among his handiwork was the russet Burbank potato, a blight-resistant food designed to help Ireland recover from its Great Famine. My personal favorite was his Flaming Gold nectarine, one of the 217 fruits he devised. I propose that Burbank serve as your role model in the coming weeks. I believe you have the power to summon highly pragmatic creativity.

AQUARIUS (Jan. 20-Feb. 18): L. R. McBride wrote the book The Kahuna: Versatile Mystics of Old Hawaii. He describes the role of the kahuna, who is a blend of sorcerer, scholar, and healer. At one point, a kahuna gives advice to an American tourist, saying, "You have moved too fast for too long. You have left part of yourself behind. Now you should slow down so that part of you can catch up." I'm offering you the same advice right now, Aquarius. Here's your homework: Dream up three fun things you can do to invite and welcome back the left-behind parts of you.

PISCES (Feb. 19-March 20): In the course of my life, I have heard the following three statements from various people: I. "Everything would be better between us if you would just be different from who you are." 2. "I would like you more if you were somebody else." 3. "Why won't you change to be more like the person I wish you would be?" I'm sure you have heard similar pronouncements yourself, Pisces. But now here's the good news: I don't think you will have to endure much, if any, of such phenomena in the coming months. Why? First, because you will be more purely your authentic self than you have ever been. Second, because your allies, colleagues, and loved ones—the only people who matter, really—are likely to be extra welcoming to your genuine self.

#### **The Weekly Crossword** by Margie E. Burke **ACROSS** 1 Go to and fro 5 Ski slope 10 Witch's blemish 14 Matinee 15 Hepburn film, \_ Dark" "Wait \_ 16 Word after rush or happy 17 PBS science series 18 English rock group? 42 20 Ditchdigger 22 Italian city NW of Milan 23 Brawl 24 Wee-hours flight 26 Justice's garb 28 To the degree

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- 36 Jazz singerSimone64 Puts to work
- 37 NAFTA signer38 Progress

that
32 Chemical reaction phenomenon

- delayer **41** Rock's Bon Jovi
- 42 Cocktail garnish
- **44** Bringing from
- abroad **46** Adopts, as a stray
- **49** Like some excuses
- 50 Thin, silky fabric
- 52 Schnozzes
- 56 Perfect pass59 Outgoing
- officeholder
  61 Nobel Prize
- category

  63 Painter of melting watches

- **64** Puts to work **65** Enlarge, as a road
- **66** "The Blackboard Jungle" author Hunter
- 67 NFC West team
- 68 Bird feeder fill69 Brooklyn five

#### DOWN

- 1 Pub servings2 Love lots
- **3** Really, really want
- 4 Hyundai model5 It may come to shove
- **6** Arousing attention
- attention
  7 Mall component

- 8 Pewter component
- 9 "Stranger Things" girl
- 10 Atop which11 First-rate
- 12 Hairpieces
- 13 Grove growth
- 19 Robert of "Airplane!"
- 21 Adds ice, maybe
- 25 Went missing
- 27 "Gotta run!"29 Pacific island
- nation **30** Auth. unknown **31** Summoned, as
- a butler 32 Short
- 33 Home to the Himalayas

- 34 Armored vehicle
- 35 PC maker39 Dove's sound
- 40 Danish currency
- 43 Dishearten
- 45 Walked-over
- 47 Fly like an eagle48 Spouse's family
- **51** Give the slip to
- 53 Smooth-tongued54 Showy display
- **55** Trapper's wares
- **56** Disparage
- **57** Galileo's birthplace
- 58 "Time" anagram
- 60 Department store department
- **62** Father's Day gift

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Solution to Crossword:



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

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

was beginning to have other health issues due to the lack of sleep. I needed help just standing up and when I

"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.

PERIPHERAL NEUROPATHY?

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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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