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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

**TenderLove Community
Center Enters Second Decade
Aiding Women and Children**

By Damon Scott p.14



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ABQ Advocates, Officials Weigh in on Supreme Court Decision on Homelessness



'I worry about what it means for our city'

Homelessness advocate Ilse Biel, left, comforts Amanda Rael, who is experiencing homelessness. (Roberto Rosales / City Desk ABQ)



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 Damon Scott, City Desk ABQ

Advocates for those experiencing homelessness in Albuquerque reacted to a U.S. Supreme Court ruling Friday with concerns about what it might mean for the city's unhoused population. City officials, meanwhile, were also considering the implications of the decision.

The court issued a decision Friday in the highly anticipated *Grants Pass v. Johnson* case. Siding with the Oregon city of Grants Pass, the court ruled that an ordinance passed by the city making it illegal for those experiencing homelessness to camp on any public property was not unconstitutional.

Arguments on behalf of the homeless population contended that enforcement of the anti-camping rule is prohibited by the Eighth Amendment's protections from cruel and unusual punishment — especially in the midst of a

crushing affordable housing crisis and in places where shelter beds are inadequate or at capacity. The court disagreed in a 6-3 decision.

How best to mitigate illegal camping has frustrated Albuquerque leaders as well, as they try to balance health and safety concerns without making an already dire situation worse for those experiencing homelessness.

A statement from Mayor Tim Keller's office said the city "appreciates more flexibility to enforce ordinances and will continue to protect the rights of unhoused individuals."

"I know there will be mixed reactions to this ruling in our community, so I want to be clear — the city will continue to do everything in our power to get people the help they need and to deal promptly with illegal encampments," Keller said in the statement.

The city had been operating under a state District Court injunction designed to limit its sweeps of homeless encampments from November 2023 until it was dropped in May. The injunction required that campers be given a 72-hour notice to vacate and be offered storage for belongings and

CONTINUED ON PAGE 4

Weak in Review: July 3

Quick hits on this week's news bits

President Joe Biden and former President Donald Trump faced off in a debate last week.

Wake us up when November ends.



Santa Fe retailers say shoplifting crack downs in Albuquerque are causing a spike in crime in the City Different.

Let's not act surprised. Tourists already ignore us for Santa Fe.

The City of Albuquerque filed a lawsuit against Kia and Hyundai for making their cars too easy to steal.

At least car thieves aren't bothering our high class neighbors to the north.

Kevin Spacey was announced as a guest for next year's Albuquerque Comic Con.

We hear he's dressing up as Keyser Söze.



A wax Abraham Lincoln sculpture melted in Washington, D.C., last week.

Seems like a bold move to put anything made of wax outside during the summer in D.C.

University of New Mexico police say they will drop charges against journalists Bryant Furlow and Tara Armijo-Prewitt for reporting on a protest, as long as they don't break any laws in the next 30 days.

How generous of them.

Season 3 of *The Bear* just launched.

We've been waiting for a reason to tense up while trying to relax after work.

July 5 is national Comic Sans Day.

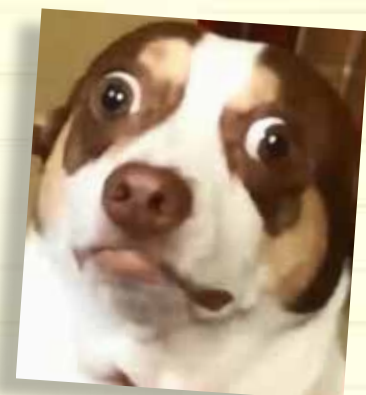
This is probably why the rest of the world hates us.

The annual celebration of weed concentrates, also known as 7/10 is right around the corner.

If you don't know what that is, ask your resident stoner, but get comfortable, because it will take a while. (or read our 7/10 explainer in this week's issue)

The city's Animal Welfare Department is reminding dog owners to keep their furry friends inside and safe from the noise of fireworks.

Or, hear us out, we just cool it with the fireworks all together.



CONTINUED FROM PAGE 3

transportation to a shelter. It also required an opportunity for belongings to later be reclaimed.

The injunction stemmed from a 2022 lawsuit filed by several unhoused people who alleged the city was violating their rights by unconstitutionally seizing and destroying their property without providing enough shelter beds and alternatives to living on the street.

The city estimates there are about 800 emergency beds under its purview and another 400 available from other facilities. That's far less than the conservative estimates of more than 2,000 people experiencing homelessness last year. In addition, most of the city's beds are at its Westside Emergency Housing Center, where conditions have been widely considered substandard.

The city said even though the injunction was dropped in May, it has been giving campers appropriate notice and offering resources. It said it will continue to send staff to conduct welfare checks at encampment sites and offer a list of services for campers.

'People outside are desperate'

The consensus Friday among the city's homelessness advocates is that the Supreme Court decision would criminalize homelessness and wouldn't improve the lives of the unhoused.

"People outside are desperate; they have little hope; and authorities at all levels don't seem to care," said Ilse Biel, a longtime community organizer and advocate for those living on Albuquerque's streets. "When are they going to concentrate on getting enough meaningfully accessible resources sorted so that the majority of folks currently outside will have the necessary alternative options?"

The Albuquerque Human Rights Board took up the issue this year and says the city often doesn't live up to its policy of offering storage for belongings.

"Since January, the board has heard of four urns being stolen and destroyed by Solid Waste employees during the encampment sweeps," Anami Dass, board chair, said. "Those four urns contained the remains of a woman's father, another

person lost his daughter, and one person lost both of her parents. How is that not cruel and unusual?"

Critical documents and identification are often also lost when belongings are destroyed, Dass said. She hopes the city will listen to the testimony the board collected during a June 22 public hearing on anti-homeless sentiment and discrimination in the city.

"To repeat testimony that was heard: 'I think it's time we begin to consider what we are becoming,'" Dass said. "I pray that the city of Albuquerque upholds article eight of its charter and decides to preserve, protect, and promote human rights and human dignity. I pray the city stops the sweeps."

Health care advocates also expressed concern about the Supreme Court decision.

"Albuquerque Health Care for the Homeless is deeply disappointed in the Supreme Court's ruling today in favor of policies that criminalize and only further entrench homelessness," chief strategy officer Rachel Biggs said.

"Criminalization and forced displacement bring along compounding collateral consequences that make

obtaining housing incredibly difficult. Housing solves homelessness."

Retired Albuquerque attorney Peter Cubra, who long-represented the homeless population, said the ruling was "hard-hearted."

"I did not expect six of [the justices] to be this hard-hearted after hearing the oral arguments," Cubra said. "All six of them are showing utter indifference to what happens to poor people who can't afford housing. These justices have explicitly said it's OK to punish people for not having a place to live."

He added that the city's encampment sweeps have done nothing but "traumatize poor people."

"It's hard to imagine the city being more cruel in the future than it is now," Cubra said. "I have observed many displacements of people and I have never seen the city employees follow the city policy."

'Haven't been able to get clear answers'

Albuquerque City Councilor Nichole Rogers represents

District 6, which includes the city's International District, an area where encampments frequently form. She said she often stops to observe city encampment sweeps in progress.

"I ask the folks that they're sweeping: 'Were you offered a bed or a ride to a shelter or storage?' Most of the time the answer is no," Rogers said.

She said Solid Waste Department employees working at the sweeps often don't know what the procedures are for storing personal belongings.

"They couldn't tell me how somebody accesses their stuff once they store it; what the hours are; where it's stored," Rogers said. "I still haven't been able to get clear answers about that, so I don't have faith that we're even doing what we say we're going to do."

Rogers is concerned that the Supreme Court ruling might spur city legislation aimed at imposing civil penalties on those in encampments.

"I worry that that's what will be next for us," she said. "People will want to impose those types of fines, which only further criminalizes folks who are already in poverty. So I worry about this decision and what it means for our city."



An estimated 50 people were living at this encampment, primarily in tents. The camp was disbanded earlier this year. (Roberto E. Rosales / City Desk ABQ)



Freedom 4th

The City of Albuquerque once again welcomes sweaty summer revelers to **Balloon Fiesta Park** for **Freedom 4th**, an Independence Day celebration packed with food, drinks, vendors, music and (of course) fireworks. Gates open at **3 p.m.** Local bands play throughout the day. The headline act, Florida-based country singer Michael Ray, hits the stage at **7:45 p.m.** Fireworks close out the night at dusk (around **9:15 p.m.**) Food trucks, along with local beer and wine vendors, are on site to keep attendees full and happy. You can also bring your own cooler. Please leave glass, alcohol and grills at home, though. **Admission is free**, but parking at the Balloon Fiesta grounds will cost you **\$10**. You can also use a Park & Ride shuttle from the **Northwest Transit Center (10401 Ellison Dr. NW)** or **Coronado Center (west of Dick's Sporting Goods on San Mateo)**. Sunscreen, hats and umbrellas are highly recommended! For more info, go to cabq.gov/artsculture/things-to-do/annual-events/freedom-4th.

THURSDAY, JULY 4

Exhibit

Making a World of Difference: Stories About Global Health Traveling Exhibit 8 am-5 pm UNM Health Sciences Library & Informatics Center North Campus, Building 234, 2400 Marble NE

Poeh Ah Ka Wohatsey: The Emergence Teachings of Resilience 9 am-5 pm Indian Pueblo Cultural Center 2401 12th Street NW

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

Games

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

Miscellaneous

Tanabata Wish-Making Station 9 am-4:30 pm ABQ BioPark Botanic Garden 2601 Central Ave NW

Music

Fourth of July: Marion 5-7 pm Bow & Arrow Brewing Co. 608 McKnight Ave NW

Freedom 4th 3-10 pm Albuquerque Balloon Fiesta Park 9401 Balloon Museum Drive NE

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

Karaoke with DJ Q 8-10 pm Luxe Lounge 303 Romero St NW N-117

FRIDAY, JULY 5

Art

ABQ Artwalk 5-9 pm Downtown Albuquerque Downtown

GUILD cinema

Lily Gladstone in **FANCY DANCE**
Fri–Mon July 5–8 4:00, 8:00pm

Lush visual symphony **SONGS OF EARTH**
Fri–Mon July 5–8 6:00pm

GRIFTER live music & movie **HALF-COCKED**
Friday July 5 10:30pm

Edward G. Robinson: **LARCENY, INC. (1942)**
Sat–Sun July 6–7 1:00pm

Queer underground **DISORDERLY CONDUCT**
Saturday July 6 10:30pm

Action movie starring a 94-year-old: **THELMA**
Tue–Fri July 9–12 3:30, 5:45pm

The landmark NJ record store: **FLIPSIDE**
Tue–Fri July 9–12 8:00pm

SCAB VENDOR: CONFESSIONS OF TATTOO ARTIST JONATHAN SHAW
Thursday July 11 11:00pm

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The EJE Course is a joint program of Shabbat with Friends NM, HaMakom, Santa Fe, Los Alamos Jewish Center. It is an affiliate of the National Miller Introduction to Judaism Program. Supported by a grant from the National Center to Encourage Judaism.

Art Openings

Breaking Through II 5-8:30 pm
Orpheum Community Hub 500
2nd Street Southwest

Comedy

Dry Heat Presents \$15 9:30-11 pm
Dry Heat Comedy Club 100 Gold
Ave SW Suite 112

First Fridays Comedy Contest
7-9 pm Tractor Brewing Wells
Park 1800 Fourth St. NW

Dance

Cachini Dance Group (Zuni)
2-3PM Indian Pueblo Cultural
Center 2401 12th St. NW

Friday Night Square Dancing \$8-
\$9 7-9 pm Albuquerque Square
Dance Center 4915 Hawkins St
NE

Markets

La Familia Farmer's Market 5-8
pm Westside Community Center
1250 Isleta Blvd SW

Miscellaneous

Tanabata Wish-Making Station
9 am-4:30 pm ABQ BioPark
Botanic Garden 2601 Central Ave
NW

Music

28th Annual Summer Thursday
Jazz Nights Presents: The Art
of Jazz w/ Tracey Whitney \$15-
\$30 7:30-9:30 pm Outpost
Performance Space 210 Yale
Blvd. SE

Castle Doctor with Water dogs
and Nara Visa \$8 8-11 pm JUNO
brewery + cafe + art 1501 1st
Street Northwest

Chatter Late Works: Beach Birds
\$15 9 pm Chatter 912 3rd St NW

Ghostwood Estates & The
Directory Double Album Release
Party \$10 8-11 pm Launchpad 618
Central Ave SW

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

Myles Bullen & BlueRaspberry
\$7 6-10 pm Black Wall Gallery &
Events 2125 San Mateo Blvd NE

Silver Sky Blues Band 7-10 pm
Marble Brewery 111 Marble Ave
NW

Summertime in Old Town -
Spanish Broom 7-9 pm Old
Town Albuquerque 2005 N. Plaza
St. NW Albuquerque

Ugly Robot Album Release Party
7-11 pm Bow & Arrow Brewing
Co. 608 McKnight Ave NW

Performance

New Mexico Shakespeare Festival
6:45-10 pm New Mexico Veterans
Memorial 1100 Louisiana Blvd
SE #5009

SATURDAY, JULY 6

Art Openings

The Art of Catilin Padilla 5-8 pm
Black Wall Gallery & Events 2125
San Mateo Blvd NE

Comedy

Dry Heat Presents \$15 9:30-11 pm
Dry Heat Comedy Club 100 Gold
Ave SW Suite 112

Community

Book Swap Pizza Party! 2-4
pm Richie B's Pizza 7200
Montgomery Blvd. NE Ste. A2

Downtown Growers' Market 8
am-12 pm Robinson Park 810
Copper Ave NW Albuquerque

Dance

Cachini Dance Group (Zuni)
2-3PM Indian Pueblo Cultural
Center 2401 12th St. NW


Family/Kids

Bubble Fun for Everyone! 12-2
pm Color Wheel Toys 6855 4th
St NW Ste D

Literature/Poetry

Irene I. Blea Reading & Book
Signing 1:30-3:30 pm Treasure
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Miscellaneous

Second Annual New Mexico Entertainment Awards \$20-\$150
7-9 pm Marriot Pyramid Hotel
North 5151 San Francisco Rd NE

Tanabata Wish-Making Station
9 am-4:30 pm ABQ BioPark
Botanic Garden 2601 Central Ave NW

Music

Big K & Blue Train 6:30-9:30 pm
Skidmore’s Holiday Bowl 7515
Lomas Blvd NE

Feel Good Country w/ Hondo Coyote 8-10 pm
Tractor Brewing Wells Park 1800 Fourth St. NW

Inhuman Hands presents: Death On The Beach Volume 2 \$10
8 pm-12 am Launchpad 618
Central Ave SW

Live Salsa with Son Como Son \$10-\$40 8-11:30 pm
JUNO brewery + cafe + art 1501 1st
Street Northwest

One More Silver Dollar 7-10 pm
Marble Brewery 111 Marble Ave NW

Summertime in Old Town - Entourage Jazz 7-9 pm
Old Town Albuquerque 2005 N. Plaza St.
NW Albuquerque

Teagan Stewart 7-9 pm
Tractor Brewing Nob Hill 118 Tulane SE

Temple of Sound Presents: Halloween in July III 8 pm-12 am
Lizard Tail Brewing Nob Hill 3417 Central Ave. NE Suite C

The 30 & UP R & B Experience \$15-\$150 8 pm-12:30 am
Revel Entertainment Center 4720 Alexander Blvd NE

The Chacalacas 1-4 pm
Canteen Brewhouse 2381 Aztec Road Northeast

Performance

New Mexico Shakespeare Festival 6:45-10 pm
New Mexico Veterans Memorial 1100 Louisiana Blvd SE #5009

Sports

New Mexico United vs. Sacramento Republic FC \$19-\$52
7-10 pm Isotopes Park

SUNDAY, JULY 7

Class / Workshop

Ayurvedic Yoga in the Park \$6-\$15 8:30-9:30 am
Wildflower Park San Mateo & Eagle Rock NE

Yoga for Addiction Recovery 6:30-7:45 pm
Yogasaar Studio 2205 Silver Ave. SE

Film

VEXATIONS: live 16mm film performance \$10 8-9 pm
Alpaca 1415 Fourth St. SW

Games

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

Markets

Rail Yard Market: Health & Wellness Day 10 am-2 pm
Albuquerque Rail Yards 722 3rd St SW

Miscellaneous

Tanabata Wish-Making Station 9 am-4:30 pm
ABQ BioPark Botanic Garden 2601 Central Ave NW

Music

Hello Darlin’ 4-7 pm
Canteen Brewhouse 2381 Aztec Road Northeast

Lil Xan \$25 8-11 pm
Launchpad 618 Central Ave SW

Lyra Muse - Out of the Mud Tour \$10 8-11 pm
Sister 407 Central Ave. NW

Real Friends \$24 7:30-11 pm
Sunshine Theater 120 Central Ave SW

Sunday Jazz Jam 5-7:30 pm
Flatiron Bites & Brews 6001 San Mateo Blvd NE

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Music - Classical
4th annual Reuter Organ Festival
\$0-\$25 3 pm Cathedral of St.
John 318 Silver Avenue SW

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

MONDAY, JULY 8

Class / Workshop
Sabor Cubano - Casino Salsa
\$20-\$60 5:30-7:30 pm National
Hispanic Cultural Center 1701 4th
Street Southwest

Summer Camp: Comedy Kids
\$250 10 am-3 pm The Box
Performance Space 114 Gold Ave
SW

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 Ave NW

Music
Dark Honey Productions
Presents Karaoke on the Hill
7:30-10:30 pm Tractor Brewing
Wells Park 1800 Fourth St. NW

TUESDAY, JULY 9

Food
Steampunk Dinner 7-9 pm The
Kosmos Astro Pub 1715 Fifth St.
NW

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

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

Music Bingo 7-9 pm Flatiron
Bites & Brews 6001 San Mateo
Blvd NE

Health & Wellness
Yoga in the Barrel Room \$10 6-7
pm Rio Bravo Brewing Company
1912 Second St NW

Miscellaneous
Twilight Tour at the Zoo \$10-\$15
6:30-8 pm Albuquerque BioPark-
Zoo 903 10th Street SW

Music
A Day To Remember - The Least
Anticipated Album Tour \$55-\$85
6:30-9:30 pm Rio Rancho Events
Center 3001 Civic Center Cir NE,
Rio Rancho

Cage the Elephant: Neon Pill
Tour \$25-\$122 6:30-10 pm Isleta
Amphitheater 5601 University
Blvd SE (Formerly Hard Rock
Casino Albuquerque Presents the
Pavilion)

Felix y Los Gatos 6-8 pm Steel
Bender Brewery 8305 Second
St. NW, Los Ranchos de

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

Music - Classical
4th annual Reuter Organ Festival
\$0-\$25 7 pm Cathedral of St.
John 318 Silver Avenue SW

Performance
Duke City Story Slam: Bridges
6-8 pm Canteen Brewhouse 2381
Aztec Road Northeast

Sports
Albuquerque Isotopes vs. Tacoma
Rainiers \$16-\$28 6:30-8:30 pm
Isotopes Park



By Josh Lee, The Paper.

Just when you thought it was over, another stoner holiday rears its head. That's right, friends: It's almost 7/10, the holiday dedicated to cannabis oil. Dabbers will soon be loading up their rigs and reaching new highs. The art of dabbing for years was only open to those willing to spend untold amounts of cash on expensive rigs and accessories, but the technology has finally caught up with consumer needs and now just about anyone can get into the hobby with only a small amount of effort.

7/10

The history behind this relatively new holiday is shrouded in mystery. The reason behind the date will become clear to readers who turn this paper upside down. That's right: When inverted, the number "710" looks a lot like the word "OIL." It's corny and silly, but dabbers just eat it up.

The use of the number to denote hash oil enthusiasm goes back at least a decade online. Many have pointed to rapper Task Rok as the originator of the term. His 2011 album *The Movement* featured the number as a track title, although it was formatted as a time ("7:10"). Some have challenged the rapper's claim to fame, but no one has been able to show any receipts contradicting his story.

What is Hash Oil?

Simply put, oil is cannabis extract. It goes by many names, including "wax," "shatter," "butter" and a few others, but all the varieties are essentially the same thing: Concentrated THC (or other cannabinoids) extracted from raw cannabis flower. Oil is more potent than flower and is somewhat more discreet. It has a much weaker aroma, because much of the plant matter is discarded during the extraction process.

Oil is made in a variety of ways, but the most common are the use of solvents like CO2 and butane to separate the cannabinoids from the raw plant matter. The solvent is used to strip the cannabinoids out, resulting in a viscous compound that is vaporized by the consumer.

And just to make things more complicated, there are other forms of concentrates too. One of the more popular types is called "live rosin." This solventless concentration method uses heat and pressure to create the product.

Andrew Brown, co-owner and chief cultivation officer at Carver Family Farm, explains his process:

"We take a plant that's fresh from growing and cut it really quickly and put it in the freezer," Brown says. "Then from that, we make bubble hash and then the bubble hash gets put in freeze dryer, dried and we press that

with heat and pressure to make rosin."

Bubble hash is made when the freezing process breaks the flower's resin glands off. The flower is sifted until only the cannabinoids are left.

Benefits

There are some benefits to using cannabis oil over flower. Vaporizing oil tends to produce much less of an odor compared to smoking flower, so it's a good option for anyone who wants to consume discreetly or doesn't want their home smelling like a rocketship.

It's also much more potent than flower. This might not be considered a benefit for moderate consumers, but for daily users the threat of increased THC tolerance is ever present. Using cannabis concentrates allows regular users to reach their preferred level of effects without having to smoke ungodly amounts of weed. This is especially helpful for medical marijuana patients who need daily THC to manage their symptoms.

Cannabis consultant and extractor at 710 Labs, Alejandro Garcia tells *The Paper*: that vaping concentrates can be less detrimental to the health of daily users.

"When you're smoking cannabis, the health effects can be comparable to smoking cigarettes — when it comes to the

tar and just how bad the smoke is for you," he says. "Preventing that from happening, obviously, is a good thing. Some of that lung capacity will still be there."

Allergies

Garcia says using concentrates is also a better option for those who suffer from cannabis allergies but want to keep dosing THC.

"I've been in the industry more than a decade — going on 14 years — and when I first started, I didn't have an allergy to cannabis," he says. "But I eventually developed one over the years from working on the extraction side of things — working with small particles."

Garcia began reacting negatively to the presence of weed. Smoking causes him to experience congestion and lung irritation, and touching it makes him break out in hives.

"So I ventured into using concentrates only, because you're eliminating a lot of the plant matter and a lot of those defenses that the plant naturally has to try and protect itself from predators," he says. "You eliminate a lot of those compounds that would make my immune system go crazy."

Rigs and dabbing

So you're convinced, but what's the best way to get started?

CONTINUED ON PAGE 10

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Up until recently, the best way to consume hash oil was through a dabbing rig. These expensive pieces of hardware (some cost in the tens of thousands) look similar to a bong, but instead of a bowl for marijuana, they're fitted with a quartz bucket known as a "nail" or "banger" for hash oil.

The process might be a bit daunting for the average consumer. A butane torch is used to heat the banger up to excessively high temperatures between 300 and 600 degrees before a dab of oil is dropped into it to vaporize.

The danger of burning oneself during the process is just too high for most casual users. Luckily, technology has caught up with demand, and it's easier than ever to get into the hobby without needing a traditional rig.

Vape pens

Brown tells us that an inexpensive and beginner-friendly way to start dabbing is through the use of vape pens. These are often sold as tube-shaped batteries that fit various

disposable oil cartridges. All you have to do is screw a cartridge onto a charged battery and you can start vaping right away.

"It all just depends on what your goal is," Brown says. "Are you trying to be discreet or trying to travel with it? The whole torch setup with a rig can be a little awkward sometimes."

There are also pens designed with their own banger that allow entry-level consumers to use the same concentrates that are used with full rigs. The dab is dropped into the banger, the cap is closed and after that it functions a lot like a cartridge.

E-rigs

If you've already been using pens and are looking to level up without using a full-on rig, Brown and Garcia both agree that an electronic rig is the way to go.

These machines have only been around for a few years, but they've completely changed the game. Imagine a classic rig but without the danger of burning yourself with a butane torch.

E-rigs are shockingly easy to use. You just set the temperature you want, wait for it to heat up, then get to dabbing. The price of entry is fairly variable too.

Consumers can get an e-rig for under \$100 (although, as with all things, you get what you pay for).

"It's kind of like everything in life — the more money you spend, the better experience you're going to have," Brown says. "But that doesn't necessarily mean that's what you need to have."

Brown says e-rigs make dabbing much easier.

"It's a good experience," he says. "I like glass better, but then, if you're going to have a glass rig, then you need your torch, which has to be filled with butane, and you have to clean your little banger out with Q-tips. And then there's traveling. An e-rig is a pretty convenient setup."

Garcia says e-rigs are easier for beginners.

"It's the simplicity. And it's less intimidating for somebody who's coming into vaporizing concentrates than using the torch and the glass," says Garcia. "There are still purists out there who use glass rigs, but the ease of use and the ability to get a consistent hit day in and day out with the e-rigs is really good."

The downside

We would be remiss in our duties if we failed to mention that there

could be some health concerns associated with dabbing oil versus smoking weed.

In a 2021 study published in the *Journal of Adolescent Health*, researchers looked at data from a two-year Population Assessment of Tobacco and Health Study conducted by the National Institutes of Health and the U.S. Food and Drug Administration. Participants between the ages of 12 and 17 were asked if they'd experienced wheezing or whistling in the chest that disturbed sleep, limited speech or affected exercise. They were also asked about their use of cannabis and tobacco.

The researchers found that lifetime cannabis oil use was associated with negative respiratory symptoms that weren't associated with lifetime e-cigarette or tobacco users. It was a shocking revelation, but it seems as though regular oil users could be more likely to suffer negative health impacts than weed smokers or even cigarette smokers.

There hasn't been much research done on the topic since that study, so it's far from definitive, but it is something to consider.

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Blunts.

cannabis news shorts



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

Oregon Faces Psilocybin Lawsuit

By Josh Lee, The Paper.

A group of psilocybin therapy providers filed a lawsuit last week against the state of Oregon, claiming a law that legalized psilocybin treatment centers discriminates against disabled individuals who are unable to leave their homes.

Oregon legalized psilocybin therapy in 2023, but the drug is only allowed to be administered at state-licensed treatment centers by licensed facilitators.

According to the complaint, “many disabled and terminally ill individuals — those who would benefit from access to psilocybin the most — are denied access to those services because their physical condition prevents them from traveling for treatment.”

The suit also alleges terminal patients who are denied access may turn to the illicit market for relief.

The plaintiffs listed in the lawsuit are three Oregon-licensed psilocybin facilitators and a physician specializing in terminal illnesses. They are asking the court to declare the state's health agency violated discrimination laws and require it to provide reasonable accommodations for psilocybin patients who can't leave their homes.



(Source: Mycellenz at Wikimedia Commons)

Dallas delivers decrim signatures

Texas activists recently submitted a petition with nearly 50,000 signatures aimed at allowing Dallas voters to decide whether to decriminalize marijuana in the city. According to local laws, the activists only needed 35,000 signatures to secure a place on the ballot for their initiative.

The initiative, called the Dallas Freedom Act, would prohibit police from arresting or citing individuals for Class A or B misdemeanor possession of marijuana, unless the offense was part of a felony investigation for narcotics or violent crime. It would also prohibit officers from considering the smell of weed as a probable cause for search and seizure.

If passed, the measure would also require the Dallas police chief and the city manager to prepare quarterly reports on cannabis arrests and policy implementation.

According to WFAA in Dallas, activists submitted the petition last week and the city will now have to verify at least 20,000 of the signatures before moving to the next step.

Hawaii to start expungement pilot program

Hawaii Gov. Josh Green (D) last week signed a bill into law that will create a one-county marijuana expungement pilot program.

The new law will set up a system to expunge nonconviction marijuana arrest records in Hawaii County, home to about 14% of the state's population.

The original proposal would have expunged all low-level cannabis offenses across the state. The bill was scaled back to a pilot program because the state doesn't have enough money to fund new projects that aren't related to recovering from wildfires residents experienced last year.

State lawmakers say the pilot program will allow them to determine how much funding will be needed to set up a statewide expungement program.

Las Cruces Weed Industry Asks For Help

Checkpoint seizures are harming local businesses



(Source: Frank Deanrdoat, Wikimedia Commons)

By Josh Lee, The Paper.

At a recent Las Cruces City Council meeting, a number of individuals representing the local cannabis industry spoke out against the recent spate of Border Patrol checkpoint marijuana seizures, calling on the city to show support for local businesses.

Since February, Border Patrol agents have been ratcheting up cannabis seizures at interior border checkpoints, resulting in reported losses of more than \$500,000 in marijuana products transported by state-licensed cannabis operators. Talks between Gov. Michelle Lujan Grisham and the Department of Homeland Security (DHS) — which oversees Custom and Border Protection (CBP) — haven't seemed to move the needle, and the agency has said it will continue enforcing the federal prohibition of weed, regardless of local laws.

According to testimonies given to the Las Cruces City Council at its June 17 meeting, the seizures are beginning to have a negative impact on the city's cannabis businesses.

"When the recreational came in, it seemed like it was going to be a pretty good idea and the city definitely flourished with a lot of new businesses," said

Robbie Tafoya of Desert Flower Growers. "But as you can tell, a lot of them are already starting to close down."

Tafoya said the culprit behind the closures is the CBP and its northbound interior checkpoints.

"Can you imagine if we had to tell everybody you can't have Hatch chile anymore from down in our area, but you can bring it from Albuquerque?" he asked. "What would that do to our economy?"

Tafoya also said the checkpoints are creating a pressure cooker scenario for producers. As more producers in the southern portion of the state continue to pump out product, the supply has begun to greatly outweigh demand.

"It's forced all of the people that are producers and manufacturers like myself to have to dumb our product down so cheap that we're literally giving it away for pennies on the dollar, just to try to stay to compete with a lot of the bigger manufacturers that are here," Tafoya said.

He told the councilors that about 70% of his business is located north of the checkpoints and he has to transport products through them two to three times a week.

"I'd definitely like to see my product be able to move and

not be in fear of going to jail," he said.

There doesn't appear to be much that the council could do, considering the source of the problem, but activists are asking that city and state leaders look into the Operation Stonegarden Program, which is administered by the Federal Emergency Management Agency and funds interagency cooperation between CBP and local police forces. Under the program, local law enforcement could be given authority to conduct searches at interior checkpoints, allowing the interests of both the state and the federal government to be upheld.

"That would be a really great idea," said cannabis broker and lobbyist Chad Lozano during the meeting. "It wouldn't come out of our pockets. It would come out of the federal government's pockets."

Lozano pointed out that the seizures will be affecting the state government's bottom line. "With the issues that we have, \$500,000 [in lost products] being taxed at 20% — that's a big loss," he said. "Every year from now on, that percentage is going up 1%, and if this issue continues, we're going to just lose more and more money."

Other speakers said that the checkpoints are keeping new businesses from setting up shop

in Las Cruces.

"We've gotten a feel of what the vibe is around New Mexico, and it's pretty tough," said Martin Lopez of Juanito's Joint, a marijuana brokering and consulting business. "Nobody wants to start a business here anymore."

In the event city leaders find they are unable to do anything to help local businesses fight the feds, activists say they'd be happy with a little acknowledgment and a show of support from city leaders.

"I understand the city is very limited on what they can do," Lozano told the councilors. "The state is limited as well, but having your support is just more than enough for us. If you know, if that's all you guys can do."

"We're really asking for your help," said Kelly Collins of Higher Cultures. "I get it. It's federal. You're very limited in what you can do. But it is very scary ... for people who are younger and are transporting products to stores throughout the state."

Meanwhile, a DHS appropriations bill amendment that was filed by Rep. Gabe Vasquez (D-NM) that would have kept the agency from spending federal funds to seize marijuana from state-licensed operators at checkpoints was blocked by the House Rules Committee.

Rescheduling Decision Made Without DEA

DEA less-than-keen on reform



(Source: RP capitol hill by DEA via Wikimedia Commons)

By Josh Lee, The Paper.

As the U.S. waits for the Drug Enforcement Administration (DEA) to begin its rulemaking process for rescheduling cannabis on the federal list of controlled substances, it has become apparent the agency is unhappy about the change. It now appears that the DEA was pushed out of the decision-making process by the U.S. attorney general and the Biden administration's Department of Justice (DOJ).

Last month, the DEA published its proposed rules for rescheduling marijuana in the Federal Register. In 2023, the Department of Health and Human Services (HHS) recommended rescheduling cannabis from Schedule I — where it sits alongside drugs like heroin and LSD — to Schedule III — with drugs like steroids and methadone — a move that would mean the federal government recognizes the drug's therapeutic potential and would make it easier for scientists to study the drug.

Since then, the DEA has repeatedly said that it alone held the authority to decide whether to reschedule or not,

although experts claimed that it was unlikely to contradict the HHS recommendation since that agency is the nation's health authority and the DEA has never gone against one of its recommendations before.

But according to a recent report by the Associated Press, anonymous sources within the DEA confirmed that the agency never had any intention to reschedule marijuana, and that its hand was forced by the DOJ.

Despite its authority in the matter, the DEA was reportedly cut out of the process and the decision was instead made by U.S. Attorney General Merrick Garland, the head of the DOJ, which oversees the agency. DEA officials reportedly believe the decision was fast tracked to prop up President Joe Biden's popularity with young voters who support marijuana reform in an election year.

If true, this can become a very hairy situation. Federal law authorizes the attorney general to classify drugs, but the authority has always been passed down to the DEA before now.

In an April memo from the DOJ's Office of Legal Counsel (OLC), the department's

attorneys defended Garland's authority to overstep the DEA, saying that "DEA and HHS hold sharply different views" about rescheduling and the DEA's approach to determining whether a drug has "currently accepted medical use in treatment" — a prerequisite for being placed in Schedule II I — is "impermissibly narrow." The memo appears to indicate that the DEA did not agree with the HHS assessment that marijuana be rescheduled.

The DEA's lack of involvement in the process was hinted at in its notice of proposed rulemaking, which was signed by Garland and not Anne Milgram, the DEA administrator. "DEA has not yet made a determination as to its views of the appropriate schedule for marijuana," wrote Garland.

In early June, the National Center for Complementary and Integrative Health organized a conference where officials from federal health agencies could meet to discuss the research policies around marijuana and the upcoming rescheduling rulemaking. Notably, a DEA official who was scheduled to speak canceled right before the

event and never showed. The agency did send a message to the conference that its goal was to "support researchers," but it did not clarify its plans regarding rescheduling.

Meanwhile, prohibition supporters are working to keep the rescheduling from ever happening. Earlier this month, prohibitionist group Smart Approaches to Marijuana called for the DEA to extend the public comment period by an extra 30 days, saying it planned to present a report to the agency on negative effects that marijuana has on the brain development of young people. The group has also said it is looking into its legal options for challenging the plan.

SAM and other opponents of rescheduling have pointed out that changing marijuana's legal status may violate international drug treaties, but the OLC memo challenges that claim, saying that "we conclude that neither the Single Convention nor the CSA requires marijuana to be placed into Schedule I or II." The DOJ's attorneys said that the DEA can satisfy the country's Single Convention obligations by rescheduling and imposing extra restrictions on the drug.

TenderLove Community Center Enters Second Decade Aiding Women, Children

*'I Didn't Like Who I Was Becoming,
and I was Afraid'*



Ragina Smith said TenderLove has helped her maintain sobriety and gain stability while working through the trauma of losing her husband.
(Roberto E. Rosales / City Desk ABQ)



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 Damon Scott, City Desk ABQ

Life changed in an instant for Ragina Smith on April 18, 2023, when her husband of five years was killed in a motorcycle accident.

"One night he left and just didn't come back," Smith said. "He only had the bike three months."

The couple was living in Jacksonville, Florida, where Smith, 43, worked as a property manager and also as a caretaker for her husband — a retired Army veteran with post-traumatic stress disorder and schizophrenia. The sudden loss, Smith said, threw her into instant turmoil.

"I tried to hold on. I tried to stay above water emotionally, but was just showing up halfway," she said. "I turned to drinking alcohol. I was drinking beer quite a bit."

Smith's mother and adult children in Artesia begged her to leave Florida and stay with them back in her home state, which she did.

"I thought that maybe coming home would be better, but it wasn't any better," Smith said. "I realized it wasn't the kind of support I needed."

Smith continued to drink, cycling in and out of anger and depression. After talking for an hour on a crisis helpline, an agent convinced her to check into LifeHouse Villa De Esperanza, a detox facility in nearby Carlsbad.

"I'll never forget how mad my mom was when I put myself in a detox," Smith said. "It was supposed to be three to seven days, but they offered me 30 days and I stayed 30 days."

Smith said her mother hadn't been aware of the extent of her drinking, because she'd hid much of it from her.

"She'd say: 'But you don't drink hard alcohol. You didn't hit rock bottom. You didn't lose everything,'" Smith said. "But I lost myself and I had to figure that out."

She said as difficult as 30 days in detox was, the work began in earnest after she left. Her peer counselor at LifeHouse advised her to consider the programs offered at TenderLove Community Center in Albuquerque, because she'd been there herself.

"She told me I needed more time to get situated," Smith said.

"I knew that I needed to deal with the anger, the grief, the trauma, the fear. The alcohol was just part of the problem."

'I didn't know places like this existed'

Against her family's wishes, Smith traveled 250 miles north to Albuquerque to live in TenderLove's recovery house with 11 other women. As a widow with adult children, she said she'd lost a sense of purpose.

"The housing situation in Artesia wasn't ideal," Smith said. "I didn't like who I was becoming, and I was afraid. You kind of have to rebuild yourself."

Since 2013, TenderLove has helped women recovering from trauma, domestic violence, incarceration, sex trafficking, poverty and homelessness through job training and life skills programs. In addition to the community center, it operates two single-family homes — the recovery house that accommodates 12 single women, and a transitional house for women and their children — large enough for five families. Clients are offered housing for six months to two years, depending on the programs they're enrolled in and their progress toward sobriety.

This summer, for the first time, TenderLove has plans to rent a single-family home to accommodate youth experiencing homelessness for up to 12 months.

Founder and CEO, Debbie Johnson, experienced homelessness herself after moving to the U.S. from Nigeria in 2001. She landed in Albuquerque in 2011 and opened TenderLove two years later.

"When I got out of all those ugly situations, I started thinking about homeless people," Johnson said. "I was homeless. Not because I did anything wrong or anything bad, but because of circumstances that were beyond my control."

Most of TenderLove's staff are current or former clients.

"They all have stories and they just need help to get them out of that [trauma] cycle," Johnson said.

Clients learn computer literacy, how to build a website, money management and budgeting, parenting skills and best practices for a job interview.

"We don't just say: 'This is what you need.' We'll let them tell us where they want to be in three months and six months and a year," Johnson said. "We also have a lot of employers that believe in what we do and they don't look at [a client's] past."

Smith arrived at TenderLove about five months ago and immediately began its 12-month sewing and fashion design program. Participants make their own graduation gowns as a final project and receive sewing machines on graduation day. Smith is also working toward a community health worker certification and earning her commercial driver's license.

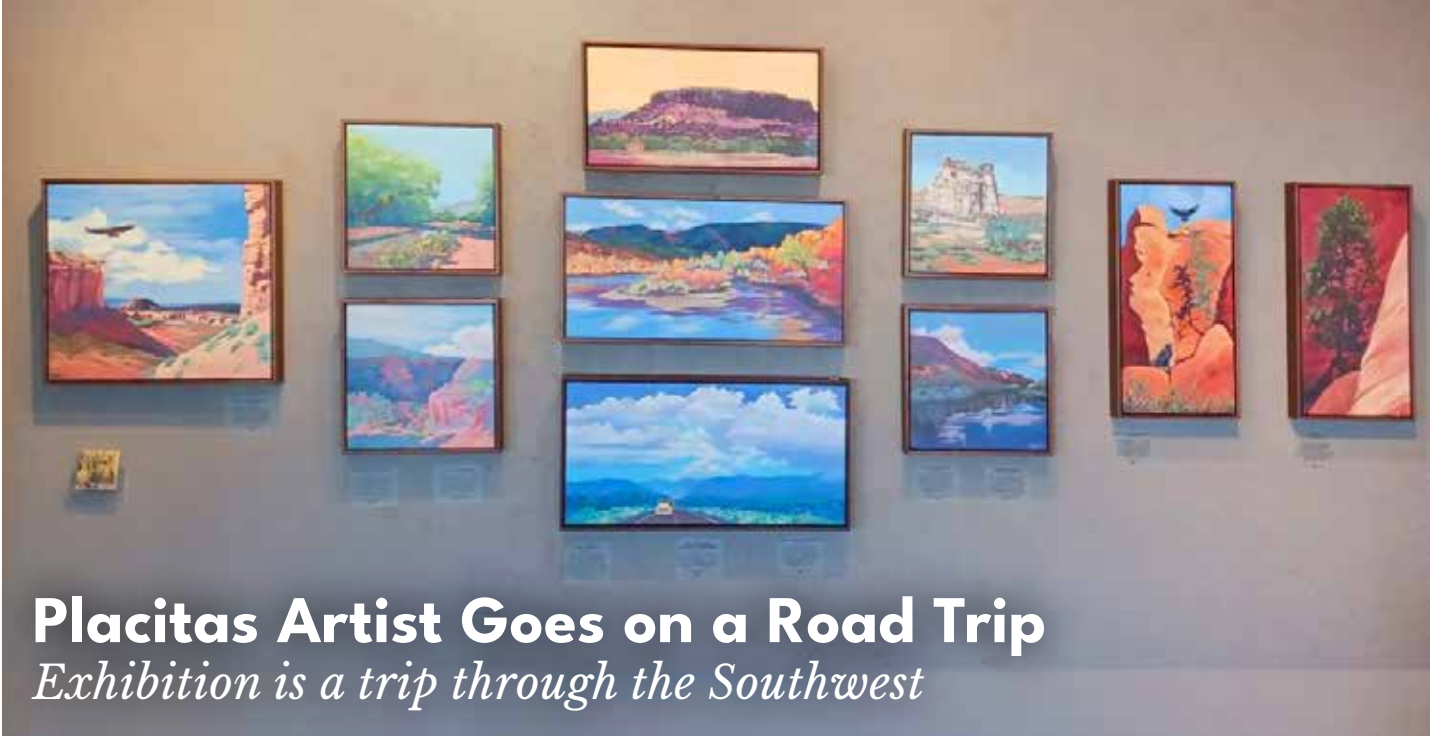
She's received trauma therapy and has been able to apply for veterans benefits and enroll in health care.

"I'm not in that same state of mind that I was," Smith said. "I'm more positive and more goal-oriented. I've been able to save my money. I just bought a car."

She said TenderLove gave her a safe place to heal, grieve and lash out away from her family.

"Anything could have happened. I could have gotten a DUI. I could have taken somebody's life, or my own," she said. "I didn't even know places like this existed."

TenderLove is located at 1518 Girard Blvd. NE. Find more information at tenderlovecommunitycenter.org.



Placitas Artist Goes on a Road Trip

Exhibition is a trip through the Southwest

The Art of Wandering at Wild Hearts Gallery. (Source: Joan Fenicle)

Sandoval Signpost Staff

The Art of Wandering is a visual road trip of an exhibition, taking the viewer through parts of New Mexico and Colorado that Placitan Joan Fenicle has been inspired to paint. Some of the paintings include locations that she visited many times over the 50 years she's lived

in New Mexico. Others highlight locations that she happened upon purely by serendipity. Fenicle says her newest exhibition features locations she has experienced with a sense of respect and wonder. "Wandering is about surrendering to possibilities and understanding that unplanned detours often bring the greatest

rewards," Fenicle said in a press release. "If you set a destination and give yourself permission to get lost along the way, you might have what it takes to be a successful wanderer. I have been a wanderer since I was a small child (much to my mother's dismay) and there remains a child within I never left behind."

Fenicle says that sometimes heading off on a journey off with only a map drawn on a bar napkin can lead to fascinating conversations with strangers, new discoveries and a desire to share those discoveries through her art. Fenicle describes herself as a multimedia artist, using photography, oil paint or mixed media to express her vision. The Art of Wandering is rendered entirely in oil on canvas on birch panel. Fenicle told the Signpost she had a great time painting the various locations, and it was just as much fun to hang the exhibit as she planned how it would look and feel to the viewer. The artist's reception will be celebrated with fellowship and refreshments from 1 to 3 p.m. Saturday, July 13. A First Sunday ARTScrawl Meet the Artist event will be held from 10 a.m. to 2 p.m. July 7. Wild Hearts Gallery is an artists' collective, supported by 15 local artists. Located at 221-B State Highway 165. The gallery is open from 10 a.m. to 4 p.m. Tuesday through Friday and from 10 a.m. to 2 p.m. Saturday and Sunday. A visual tour of monthly exhibitions can be seen at wildheartsgallery.com.

The Paper.

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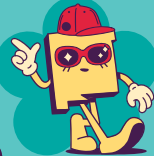
Meet the artist for coffee at the gallery, First Sunday ARTScrawl July 7.




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Ask the Experts: Upgrading Your Swamp Cooler to Cool A/C For Hotter Summers

Sponsored by Kidzz Mechanical

It is the time of year when many Albuquerque homeowners begin the arduous task of opening up their swamp cooler and wondering if this is the year they should finally convert to A/C.

To learn what the process really looks like, and how new financing options help homeowners manage, we asked Chad Redford, CEO at Kidzz Mechanical, an Albuquerque-based HVAC firm with more than 200 5-Star reviews on Google about today's conversion process.

Chad, a lot of homes around Albuquerque were built with swamp coolers, but those don't seem to work as well as they used to. Why is that?

The biggest issue with swamp coolers in our climate is that 10 or 20 years ago our monsoon season occurred in late August/early September. Now in recent years we get our monsoon season in early/mid July.

When the rains come the relative humidity increases from our usual 5-10% humidity to 25-35% relative humidity. When the relative humidity increases to over 20% a swamp cooler only has the

ability to change the temperature or air by 6-7°.

This change in climate has encouraged many people to convert to refrigerated air so that they have the ability to stay comfortable during the hottest days of the year.

And, we all know that swamp coolers can lower inside temperatures by up to 20-degrees. On our hottest days, inside temps can still be unbearable. The National Weather Service shows us that ABQ is seeing more high temperature days each year.


How long does it take to upgrade or install a new air conditioner?

In most cases we can install a new air conditioning system in one day.

Many people think they can't afford an upgrade, but you have lots of reviews online from customers who did. What financing is available now?

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If I'm not ready for an upgrade yet, do you handle smaller jobs like opening my swamp cooler?

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Age, the Issue that Won't Go Away

When I was covering the Legislature and watching our elected officials at work, I would sometimes say a silent prayer: "Help me know when it's time to step aside and do it before I make a fool of myself."

Legislative sessions are grueling. While some lawmakers give in to age-related health issues or exhaustion, some – I won't name names – stick around long past the time they can effectively serve their constituents.

Last year, we watched uncomfortably as U.S. Sen. Mitch McConnell, 81, stared vacantly into the cameras. Sen. Dianne Feinstein displayed flashes of astute questioning but was more often given to verbal meandering. Feinstein, a towering figure among women in politics, died in office at age 90.

And yet...

AARP The Magazine every month features old people who are still involved, still productive, still making a difference.

And 80-year-old Mick Jagger and the geriatric Rolling Stones are touring again after releasing

their first album in 18 years to enthusiastic reviews.

In the seesaw debate over aging, we're trying to understand what happened to the president in his recent debate with the former president. We've now heard that he had a cold, that he didn't feel well, that it's just one event and anybody can have a bad debate.

There is even speculation online that "something happened" and that somebody, maybe the First Lady, should look into who had access to her husband in the hours before the debate. Conspiracy theorists point fingers at the president's Secret Service entourage.

Older people will agree that we have good days and bad days – days when we're still in the game and days when we're in the bleachers.

With the two oldest presidential candidates in U.S. history, age has been a factor from the first stump speech of this campaign. Both sides have used film clips of the opposition

rambling incoherently in a staged contest of who is closer to losing his marbles.

Last summer pollsters asked open-ended questions about what word pops in mind when they think of either candidate. For Joe Biden it was "old" and "confused." For Donald Trump it was "corrupt" and "dishonest." That was all on display during the debate.

Poll respondents of all political flavors said they wanted to see age limits on the presidency, Congress and the Supreme Court. That hasn't happened, and neither has the proposal that all public officials over 65 take a cognitive health test.

The Associated Press, reporting on that poll, quoted an expert on aging, S.J. Olshansky of the University of Illinois, who said age was no more relevant than eye color. Preoccupation with circuits around the sun is ageist, he said, and it discounts wisdom and experience.

"If you don't like what they say, it's not because of how old

they are. It's because you don't like what they say," he said.

Olshansky called both candidates "super agers" who were "both functioning at a very high level" but predicted that Biden would probably live longer because he exercises and watches his weight.

That was almost a year ago. The aging issue has not aged well. Young voters are unhappy, and, since the debate, voters in general are less philosophical about age. Dem leaders are mulling their options.

Biden wants to stay in the game, like Dianne Feinstein and others of their stature accustomed to the halls of power. They believe they still have a job to do and aren't easily persuaded to leave.

Sen. Mitt Romney suggested last year that Biden and Trump both step aside. Baby boomers, he said, are "not the right ones to be making the decisions for tomorrow."

As a baby boomer, I recognize the wisdom of that statement even as I still crave a role in the decision making.

All She Wrote



Sherry Robinson



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



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I, ezequiel gutierrez, have reached the age of eighteen years and I am of sound mind. I am a living breathing man created by God. I declare that I am a private amer-ican controlling the franchise and corporate person named EZEQUIEL GUTIERREZ. The estate of EZE-QUIEL GUTIERREZ is managed via private trust named EG REVOCABLE LIVING TRUST established the 23rd day of March 2024. This is notice of claim is for all deriv-atives, proceeds, security interest, titles and full account-ing - including public and private ledgers for the EZE-QUIEL GUTIERREZ ESTATE. Custodians, Reversioners and Debtors have 60 days from the third publication of this notice to return all security interests, proceeds and titles to the EG REVOCABLE LIVING TRUST. I declare under penalty of perjury under the laws of the United States of America that the foregoing is true and correct. Executed on the 19th day of June 2024.

/s/ By: Gutierrez, Ezequiel, Executor

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Date: 06/20/24

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Dear Credit One Bank

On June 20th, 2024 the undersigned Secured Party presented Legal Tender to you International Bill of Exchange/Money Order #537333193 True Bill Accepted For Value.

You failed to perform after receiving these presentments from Autro Sanders, and you failed to perform by providing the requested and necessary PROOFS OF CLAIM after receiving the said International Bill of Exchange/Money Order #537333193 in the amount of \$893 and True Bill Accepted For Value.

You also violated Legal Notice and Demand UCC Secured Transaction Registry Number RA332402485US,“Registered” Statute Staple Security Instrument. As per Title 11 USC 501(a), 502(a), 11 USC 7001, 7013, and Federal Rules of Civil Procedure Sections 8-A, and 13-A the presumptions that I Autro: Sanders am a debtor to the “UNITED STATES” or any of it’s agencies, or sub-corporations is forever rebutted, by this contract.

Coercing or Attempted Coercing the Real Natural Man/Woman to take responsibility for the Corporate Strawman against the Natural Man/Woman and Secured Party’s Will: \$2,000,000.00 Two Million US Dollars per occurrence, per officer or agent involved.

Destruction, deprivation, concealment, defacing, alteration, or theft, of property, including buildings, structures, equipment, furniture, fixtures, and supplies belonging to the Natural Man/Woman and Secured Party will incur a penalty of total new replacement costs of property , as indicated by owner and secured party, including but not limited to purchase price and labor costs for locating, purchasing, packaging, shipping, handling, transportation, delivery, set up, assembly, installation, tips and fees, permits, replacement of computer information and data, computer hardware and software, computer supplies, office equipment and supplies, or any other legitimate fees and costs associated with total replacement of new items of the same type, like, kind, and/or quality, and quantity as affected items. The list and description of affected property will be provided by the owner and secured party and will be accepted as complete, accurate, and uncontestable by the agency, or representative thereof that caused such action. In addition to the aforementioned cost, there will be a \$200,000.00 (Two Hundred Thousand) US Dollars per day penalty until property is restored in full, beginning on the first day after the incident, as provided by this contract.

As the Respondent, you are now in fault, and you are in agreement and have stipulated to the terms of the undersigned’s dated presentment through your dishonor. You have the right to cure this fault and perform according to said terms within the ten (10) days from the receipt of this Notice of Fault.

Should you fail to cure your fault, I will establish an Affidavit of Default solidifying your agreement and failure to contest acceptance, and I will obtain a CERTIFICATE OF NON-RESPONSE pursuant to and relative to the UCC, state statute, and otherwise.

Thank you for your prompt attention to this matter.

Sincerely,

Without Prejudice

Authorized Representative, Attorney-in-Fact,

Autro: Sanders, Secured Party Creditor

on behalf of AUTRO SANDERSCO, ENS LEGIS

Legal Notice

Date: 06/20/24

Notice of Fault and Opportunity to Cure and Contest Acceptance

To: Synchrony Financial

P.O. Box 71711

Philadelphia, PA 19716-1711

Respondent

Dear Synchrony Financial

On June 20th, 2024 the undersigned Secured Party presented Legal Tender to you International Bill of Exchange/Money Order #630271269 True Bill Accepted For Value.

You failed to perform after receiving these presentments from Autro Sanders, and you failed to perform by providing the requested and necessary PROOFS OF CLAIM after receiving the said International Bill of Exchange/Money Order #630271269 in the amount of \$423 and True Bill Accepted For Value.

You also violated Legal Notice and Demand UCC Secured Transaction Registry Number RA332402499US,“Registered” Statute Staple Security Instrument. As per Title 11 USC 501(a), 502(a), 11 USC 7001, 7013, and Federal Rules of Civil Procedure Sections 8-A, and 13-A the presumptions that I Autro: Sanders am a debtor to the “UNITED STATES” or any of it’s agencies, or sub-corporations is forever rebutted, by this contract.

Coercing or Attempted Coercing the Real Natural Man/Woman to take responsibility for the Corporate Strawman against the Natural Man/Woman and Secured Party’s Will: \$2,000,000.00 Two Million US Dollars per occurrence, per officer or agent involved.

Destruction, deprivation, concealment, defacing, alteration, or theft, of property, including buildings, structures, equipment, furniture, fixtures, and supplies belonging to the Natural Man/Woman and Secured Party will incur a penalty of total new replacement costs of property , as indicated by owner and secured party, including but not limited to purchase price and labor costs for locating, purchasing, packaging, shipping, handling, transportation, delivery, set up, assembly, installation, tips and fees, permits, replacement of computer information and data, computer hardware and software, computer supplies, office equipment and supplies, or any other legitimate fees and costs associated with total replacement of new items of the same type, like, kind, and/or quality, and quantity as affected items. The list and description of affected property will be provided by the owner and secured party and will be accepted as complete, accurate, and uncontestable by the agency, or representative thereof that caused such action. In addition to the aforementioned cost, there will be a \$200,000.00 (Two Hundred Thousand) US Dollars per day penalty until property is restored in full, beginning on the first day after the incident, as provided by this contract.

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Should you fail to cure your fault, I will establish an Affidavit of Default solidifying your agreement and failure to contest acceptance, and I will obtain a CERTIFICATE OF NON-RESPONSE pursuant to and relative to the UCC, state statute, and otherwise.

Thank you for your prompt attention to this matter.

Sincerely,

Without Prejudice

Authorized Representative, Attorney-in-Fact,

Autro: Sanders, Secured Party Creditor

on behalf of AUTRO SANDERSCO, ENS LEGIS

FREE WILL ASTROLOGY

Week of July 3

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ARIES (March 21-April 19): The "nirvana fallacy" is the belief that because something is less than utterly perfect, it is gravely defective or even irredeemably broken. Wikipedia says, "The nirvana fallacy compares actual things with unrealistic, idealized alternatives." Most of us are susceptible to this flawed approach to dealing with the messiness of human existence. But it's especially important that you avoid such thinking in the coming weeks. To inspire you to find excellence and value in the midst of untidy jumbles and rumbled complexities, I recommend you have fun with the Japanese concept of wabi-sabi. It prizes and praises the soulful beauty found in things that are irregular, incomplete, and imperfect.

TAURUS (April 20-May 20): You are coming to a fork in the road—a crux where two paths diverge. What should you do? Author Marie Forleo says, "When it comes to forks in the road, your heart always knows the answer, not your mind." Here's my corollary: Choose the path that will best nourish your soul's desires. Now here's your homework, Taurus: Contact your Future Self in a dream or meditation and ask that beautiful genius to provide you with a message and a sign. Plus, invite them to give you a wink with either the left eye or right eye.

GEMINI (May 21-June 20): Last year, you sent out a clear message to life requesting help and support. It didn't get the response you wished for. You felt sad. But now I have good news. One or both of the following may soon occur. 1. Your original message will finally lead to a response that buoys your soul. 2. You will send out a new message similar to the one in 2023, and this time you will get a response that makes you feel helped and supported. Maybe you didn't want to have to be so patient, Gemini, but I'm glad you refused to give up hope.

CANCER (June 21-July 22): The Fates have authorized me to authorize you to be bold and spunky. You have permission to initiate gutsy experiments and to dare challenging feats. Luck and grace will be on your side as you consider adventures you've long wished you had the nerve to entertain. Don't do anything risky or foolish, of course. Avoid acting like you're entitled to grab rewards you have not yet earned. But don't be self-consciously cautious or timid, either. Proceed as if help and resources will arrive through the magic of your audacity. Assume you will be able to summon more confidence than usual.

LEO (July 23-Aug. 22): All of us, including me, have aspects of our lives that are stale or unkempt, even decaying. What would you say is the most worn-out thing about you? Are there parts of your psyche or environment that would benefit from a surge of clean-up and revival? The coming weeks will be an excellent time to attend to these matters. You are likely to attract extra help and inspiration as you make your world brighter and livelier. The first rule of the purification and rejuvenation process: Have fun!

VIRGO (Aug. 23-Sept. 22): On those rare occasions when I buy furniture from online stores, I try hard to find sources that will send me the stuff already assembled. I hate spending the time to put together jumbles of wood and metal. More importantly, I am inept at doing so. In alignment with astrological omens, I recommend you take my approach in regard to every situation in your life during the coming weeks. Your operative metaphor should be this: Whatever you want or need, get it already fully assembled.

LIBRA (Sept. 23-Oct. 22): When Adragon De Mello was born under the sign of Libra in 1976, his father had big plans for him. Dad wanted him to get a PhD in physics by age 12, garner a Nobel Prize by 16, get elected President of the United States by 26, and then become head of a world government by 30.

I'd love for you to fantasize about big, unruly dreams like that in the coming weeks—although with less egotism and more amusement and adventurousness. Give yourself a license to play with amazing scenarios that inspire you to enlarge your understanding of your own destiny. Provide your future with a dose of healing wildness.

SCORPIO (Oct. 23-Nov. 21): "Your horoscopes are too complicated," a reader named Estelle wrote to me recently. "You give us too many ideas. Your language is too fancy. I just want simple advice in plain words." I wrote back to tell her that if I did what she asked, I wouldn't be myself. "Plenty of other astrologers out there can meet your needs," I concluded. As for you, dear Scorpio, I think you will especially benefit from influences like me in the coming weeks—people who appreciate nuance and subtlety, who love the poetry of life, who eschew clichés and conventional wisdom, who can nurture your rich, spicy, complicated soul.

SAGITTARIUS (Nov. 22-Dec. 21): The coming weeks will be prime time for you to re-imagine the history of your destiny. How might you do that? In your imagination, revisit important events from the past and reinterpret them using the new wisdom you've gained since they happened. If possible, perform any atonement, adjustment, or intervention that will transform the meaning of what happened once upon a time. Give the story of your life a fresh title. Rename the chapters. Look at old photos and videos and describe to yourself what you know now about those people and situations that you didn't know back then. Are there key events from the old days that you have repressed or ignored? Raise them up into the light of consciousness.

CAPRICORN (Dec. 22-Jan. 19): In 1972, before the internet existed, Capricorn actor Anthony Hopkins spent a day visiting London bookstores in search of a certain tome: The Girl from Petrovka. Unable to locate a copy, he decided to head home. On the way, he sat on a random bench, where he found the original manuscript of The Girl of Petrovka. It had been stolen from the book's author George Feifer and abandoned there by the thief. I predict an almost equally unlikely or roundabout discovery or revelation for you in the coming days. Prediction: You may not unearth what you're looking for in an obvious place, but you will ultimately unearth it.

AQUARIUS (Jan. 20-Feb. 18): Aquarius-born Desmond Doss (1919–2006) joined the American army at the beginning of World War II. But because of his religious beliefs, he refused to use weapons. He became a medic who accompanied troops to Guam and the Philippines. During the next few years, he won three medals of honor, which are usually given solely to armed combatants. His bravest act came in 1944, when he saved the lives of 70 wounded soldiers during a battle. I propose we make him your inspirational role model for the coming weeks, Aquarius. In his spirit, I invite you to blend valor and peace-making. Synergize compassion and fierce courage. Mix a knack for poise and healing with a quest for adventure.

PISCES (Feb. 19-March 20): What types of people are you most attracted to, Pisces? Not just those you find most romantically and sexually appealing, but also those with whom a vibrant alliance is most gracefully created. And those you're inclined to seek out for collaborative work and play. This knowledge is valuable information to have; it helps you gravitate toward relationships that are healthy for you. Now and then, though, it's wise to experiment with connections and influences that aren't obviously natural—to move outside your usual set of expectations and engage with characters you can't immediately categorize. I suspect the coming weeks will be one of those times.

The Weekly Crossword

by Margie E. Burke

ACROSS

1 Hustle

5 Mountain goat feature

10 Western chum

14 What's more

15 "Lou Grant" star

16 Skin softener

17 Heart of the matter

18 Voyager 2, e.g.

20 Per item

22 Ambitious one

23 Oscar Madison, e.g.

24 Reacts to yeast

25 Back, on board

27 Fable finale

29 Tiny openings

33 Twinings product

34 Hurt badly

35 Southwestern flour

36 Cord for an ID card

38 Improvises

39 Approach the summit

40 Work by Irving Berlin

41 LAX posting

42 "Bed" or "home" ending

43 Words to live by

44 Bottom line

45 Puzzle with pictures

47 Baseball great Ty

49 Wagon train group

52 Brunch staple

55 Great respect

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- 57 Rich deposit

58 One of the Lennons

59 Skiing surface

60 Stadium level

61 Crooned a tune

62 Bivouac shelters

63 Bad sign
- 9 Stuff on the bottom

10 Music for two or more

11 Very much

12 Hotel amenity

13 Game animal

19 Illegal voyeur

21 Take by force

25 One of the Titans

26 Big spread

28 Free (of)

30 Boxer nick-named Slapsie Maxie

31 Select group

32 Tuned to, as a dial
- 35 Woodsy adornments

37 Deep longing

38 Captured the gold

40 Studio time

43 Franklin, for one

46 Admirer of Beauty

48 Handsome, in Rome

49 Gridiron "Hail Mary"

50 It may be half-baked

51 Neighbor of Yemen

53 Border

54 Prom attendee

56 Pick, with "for"

The Paper.

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Solution to Crossword:

"I HAVE TWO WORDS FOR LONG COVID: THE WORST!"

Albuquerque resident Eric T had been suffering from the lingering effects of Long Covid symptoms. That was until he met Albuquerque's Dr. Andrea Brogdon of Albuquerque Acupuncture & Integrative Medicine and got his life back!

While the initial alarm of the Covid-19 outbreak has subsided, the fallout from the pandemic is ongoing. Many continue to feel long term impacts from their infection. In fact, nearly 23 million Americans (and 100 million people globally) have learned that regardless of the severity of their initial infection, they may continue to experience debilitating symptoms for weeks, months or even years. In a number of these cases, symptoms worsen with time, even turning deadly.

"I got Covid early last year and it was pretty bad," shares Eric. "I was hospitalized for 9 days and there was a point where I wasn't sure I was going to make it. I'm still here so I guess God had other plans but months passed and I was still gasping for air. I couldn't do everyday tasks like cut the grass or work in the yard, much less enjoy a quick bike ride. And then there was what my doctor called, 'brain fog'. I'd lose my train of thought mid-sentence or forget words for stupid things like plates and toilet paper. It felt like I'd had a stroke more than it did a virus."

Officially dubbed Long Covid, the aftermath of the original virus has taken on a life of its own. Dozens of symptoms have been reported and include everything from shortness of breath and cognitive issues to a sudden onset of diabetes and cardiothoracic conditions. These symptoms are so well-documented and common that those suffering now qualify for disability assistance.

Unfortunately for Eric and so many others, the treatment options thus far have been limited. "I started with my primary care doctor and saw specialist after specialist. A pulmonologist finally told me, 'This is the best we can do for you, it's time you start thinking about how you're going to live with Long Covid.' Apparently, their best was letting me live what felt like half a life."

Eric wasn't satisfied with that and decided to do his own research, which is how he ended up at AAIM Albuquerque Acupuncture & Integrative Medicine in Albuquerque.

"I fully believe the human body has the ability to heal itself, but sometimes it needs a little push. I've used acupuncture in the past to help me through a bout of sciatica and just knew if anyone could help me with this Long Covid business, it was going to be Dr. Brogdon."

You might think that a novel virus needs a novel solution, but if so, you'd only be half right. While the staff at AAIM Acupuncture does use innovative solutions like ATP Resonance BioTherapy® to combat Long Covid, because it aids in the healing and repair of specific cells and tissues, it's a much more time-tested science that's getting patients back to living their lives.

"Our O3 ReBoot Therapy® has all-encompassing and powerful healing capabilities," shares Dr. Brogdon. "Ozone therapy has been used since the 1800's and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral, and anti-inflammatory properties. We use it today to inactivate any residual Covid virus, stimulate oxygen metabolism, and activate the immune system. The whole treatment takes about 15 minutes and is completely noninvasive."

As with AAIM's other services, O3 ReBoot Therapy® requires consistent and repeated treatment to achieve measurable and long-lasting results.

"I'm in my second month of treatment and back to riding my bike and breathing better than before I even had Covid. Everyone [at AAIM] has been amazing! I really feel taken care of every time I walk in the door." says Eric.

Dr. Andrea Brogdon, AAIM's founder and leading practitioner, has been successfully treating chronic pain and complicated conditions for over two decades. She has pioneered effective protocols to treat seemingly hopeless conditions like peripheral neuropathy, fibromyalgia, and postherpetic neuralgia. When Covid-19 emerged three years ago, she and her team got right to work researching and developing therapies that would effectively address that complex virus. Based on the testimony of patients like Eric, it seems their efforts have been a smashing success.

For more information, visit AAIM-abq.com. In an effort to do their part in helping people through this difficult time, they are waiving the \$240 new patient consultation fee for Long Covid patients. Call (505)355-1984 to schedule.



**LONG COVID?
Call (505) 355-1984
to schedule a consultation!**

**10400 Academy Rd NE Suite 210
Albuquerque, NM 87111
WWW.AAIM-ABQ.COM**