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FREE
JULY 10, 2024
VOLUME 05 | ISSUE 28

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

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elicits a storm of emotions*

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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

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With Support from:



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Good Trouble, LLLP, published by Ctrl+P Publishing Inc.

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

Our mailing address is:
317 Commercial St NE #201 ABQ,
87102

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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

Heinrich Lauds Two Years of Bipartisan Safer Communities Act



NM senator says the law has “proven effective” at helping make “communities safer”

United States Sen. Martin Heinrich (Source: New Mexico Political Report)



This story is republished from NM Political Report, a nonprofit news outlet, as a part of our commitment to bringing you the best in independent news coverage that matters to Albuquerque.

By Nicole Maxwell,
New Mexico Political Report

U.S. Sen. Martin Heinrich was part of the bipartisan group that negotiated and passed the Bipartisan Safer Communities Act in 2022. Heinrich, D-New Mexico, released a statement July 2 about a White House report detailing the act's implementation and effects two years after it was signed into law.

“Our Bipartisan Safer Communities Act was the most meaningful gun reform in three decades, and it's working,” Heinrich said in a press release. “I'm proud that the provisions I wrote to make trafficking firearms across our border illegal and increase the penalties for straw purchases have already led to hundreds of arrests and kept firearms out of the hands of dangerous criminals. There is still much more we need to do to reduce gun violence, but I'm proud that this law has proven effective at helping law enforcement fight crime and make our communities safer.”

Straw purchases are when someone buys a firearm for someone who otherwise could not legally obtain one.

The White House Office of Gun Violence Prevention issued its Report on the Implementation of the Bipartisan Safer Communities Act in June.

The report states that the

BSCA helped lower violent crime to “an almost 50 year low.”

The U.S. Department of Justice awarded \$94 million in community crime intervention programs and the U.S. Department of Health and Human Services awarded \$1.9 million to New Mexico to help schools identify students needing mental health care and help those students access care through the Advancing Wellness and Resiliency in Education program.

The Biden administration also awarded \$4 million toward hiring and training behavioral health personnel in schools through BSCA funding, the press release states.

Further funding includes more than \$7.5 million of BSCA funding in New Mexico for safety plan updates, hiring behavioral health professionals and school resource officers, community violence interventions, security equipment installation and school safety improvements.

Another of the BSCA's aspects increased penalties for firearm trafficking and straw purchases.

So far, the DOJ has charged more than 500 defendants under the BSCA's firearm trafficking/straw purchase provisions.

“By increasing penalties for straw purchasing, Heinrich's provision is helping to keep guns out of the hands of criminals and those who would use them against our communities. By making it illegal to traffic firearms out of the country, Heinrich's provision gave law enforcement the tools needed to prosecute and disrupt the flow of firearms to Mexico and the Northern Triangle, fueling the violence that has driven so many to flee their home countries,” the press release states.

Weak in Review: July 10

Quick hits on this week's news bits

The Albuquerque bomb squad found grenades near a thrift store.

So, are we not supposed to donate them?



City Parks and Recreation officials blamed excess rain for overgrown weeds at Officer Daniel Webster Park.

It doesn't take a genius to realize it's not JUST the rain...the sun also had something to do with it.

Mayor Tim Keller vetoed the City Council's proposal to get rid of the majority rules threshold in local elections.

Great, how else will we become mayor with only 20% of the vote?

The state's Law Offices of the Public Defender were hit with a cybersecurity attack.

Sounds like we need an Office of the Internet Defender.

An Albuquerque man was arrested after he allegedly posted videos of himself street racing.

Sure, but when Vin Diesel does it, it's just considered a cinematic flop.



Mr. Powdrell's BBQ closed for good.

Powdrell's joins TVI and the Dukes on the list of things kids just don't understand.

President Joe Biden says it's time to stop asking questions about him staying in the race.

Yeah, come on, man!

Gabriella Durán Blakey officially took over as the new APS superintendent.

Let us be the first to say, “Welcome, Super Nintendo Durán Blakey!”

Politicians across the state participated in Fourth of July parades last week.

Everyone knows campaign floats are a hit with the kids.

July 11, or 7/11, is Free Slurpee Day at participating 7-Eleven locations.

In case you're wondering, yes, we will judge anyone over 6 who stands in line for a cup full of brightly colored, frozen sugar.





Questions for a Congresswoman

U.S. Rep. Stansbury talks Gaza, Border Patrol and living in ABQ

New Mexico Congresswoman Melanie Stansbury. (Roberto E. Rosales / The Paper.)

By Andy Lyman, The Paper.

Democratic U.S Rep. Melanie Stansbury was elected to Congress in 2021, after U.S. Interior Secretary Deb Haaland stepped down to take her current cabinet position. Stansbury handily beat out former Republican state Sen. Mark Moores in the 2021 election, then Republican Michelle Garcia Holmes in 2022 by about 10 percentage points. In November, Stansbury will face off against Steve Jones, her third Republican challenger since she's been in Congress.

Stansbury recently stopped by *The Paper's* office to answer questions about weed, world peace and connecting with constituents.

This interview has been edited for length and clarity.

The Paper.: Anybody who watches politics on a national level knows that when you're in Congress, you're campaigning and legislating at the same time because your terms are shorter. How do you make time for constituents while you're flying back and forth?

Stansbury: I live here in Albuquerque and I still live in the same place I lived in before

I was elected. My life is, in some ways, very much the same as it always was, having grown up here in Albuquerque. I just have a much longer commute and my commute, on a given week, is about 20 hours of flight time and travel time door-to-door, if I go roundtrip in a week. So I try to maximize the travel time, in terms of my desk time and working on bills and working on legislation. When I'm in D.C., I work from morning until night. I wake up at 6 in the morning and I go to bed at midnight and I'm literally in meetings and campaign events in the evenings. When I'm home here in New Mexico, I am out in our communities. Our district now covers 10 counties. We're no longer just the metro area, I go all the way to Roswell and Lincoln County. We're basically on the road all the time, so when I'm here, I'm out meeting with constituents. We do mobile office hours, we hold coffees with the congresswoman and go and visit all of the programs and projects we're working with.

There were a lot of activists that praised you when you called for a cease-fire between Israel and Hamas, but they sort of added that they hope

to see some bold action from you and Congress. What are some plans or what can Congress do to further peace in Gaza?

So currently, as of just a few days ago, I'm a member of the Progressive Caucus. I do support a cease-fire and I believe it should be the top priority in terms of our international engagement in the Middle East right now. I know from the briefings that we have had from the State Department and Department of Defense in the White House, that it is the top priority also for the White House. Now, unfortunately, at the current moment, the parties who have to actually agree to a cease-fire have not. So the question is, what leverage does the United States government have over those two parties — which are the country of Israel and Hamas, who are the terrorists waging war against Israel? I have been supportive of measures that would give the United States more leverage in those discussions, but the parties are still unwilling to sit down. So, it's a really difficult situation right now. But I do believe that it is the number one issue that we have to keep working toward, so we're going to just keep working for a cease-fire and peace until it happens.

We've seen numerous legal cannabis businesses lose thousands of dollars in products and money, thanks to Border Patrol checkpoints. Gov. Michelle Lujan Grisham said she's doing what she can to stop the seizures on her end. What can Congress do and where does this rank as a priority for you?

The issue was first elevated for me a few months ago after the cannabis industry had a roundtable here in Albuquerque, and my office immediately moved into action and talked to federal law enforcement and the rest of the delegation and the Governor's Office. I think we are in lockstep and I know both myself and Sen. Heinrich's office have been very vocal in engaging the Border Patrol about this. I mean, this is an industry, obviously, that is burgeoning. I was in the Legislature when we legalized recreational cannabis and was proud to vote for that bill, as well as the decriminalization efforts and expungement efforts to support those who had been previously convicted. But the issue that I think our Border Patrol is struggling with goes back to the addiction crisis

New Mexico does have a very large border with Mexico and the cartels and the criminal enterprises that they work with are trafficking in large amounts of substances across the border. Those substances are methamphetamines and fentanyl that are killing our communities. We were told by Border Patrol that the real solution is manpower and technology. There are very sophisticated technologies available to detect the substances that we're trying to keep out of our communities. But those technologies have not been provided at the ports of entry here in New Mexico, so we're working right now with [the Department of Homeland Security] and Border Patrol to try to figure out how to get more resources and technology down there. Obviously, we should not be seizing legal substances that are part of commercial activity, that are part of the recreational cannabis industry and that have impacts on our local entrepreneurs. It's not the substances that we're trying to target to keep our communities safe.



Zero Proof Festival

New Mexico Department of Transportation's ENDWI program is sponsoring our state's first-ever nonalcoholic drink-centric event. Zero Proof Festival cracks one open on Saturday, July 13 from 11 a.m. to 11 p.m. at Albuquerque's Bataan Memorial Park (748 Tulane Dr. NE). It promises to be a day filled with delicious 0% alcohol drinks, live music and fun activities. Whether you're sober, sober-curious, a designated driver or just looking to try something new, this event is perfect for anyone wanting to have a great time sans alcohol. Come spend the day discovering a variety of zero-proof cocktails, mocktails and other refreshing beverages from a variety of vendors. Tickets are \$15 and can be purchased in advance at eventbrite.com/e/zero-proof-festival-tickets-939008057377.

THURSDAY, JULY 11

Dance

50 Years of Cultura, Tradicion y Danza 6-10 pm Winrock Town Center 2100 Louisiana Blvd. NE #51,

Discussion / Lecture

Nerd Night ABQ #5 8-10 pm Green Jeans Food Hall 3600 Cutler Ave. NE

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

Film

2024 Full Draw Film Tour \$0-\$23 7-10 pm South Broadway Cultural Center 1025 Broadway Blvd SE

Science Fiction or Fact? The Day the Earth Stood Still 5:30-8 pm New Mexico Museum of Natural History and Science 1801 Mountain Rd. NW

Games

Brain Gang Trivia 7-9 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

28th Annual Summer Thursday Jazz Nights ft. Alex Murzyn Quintet \$15-\$30 7:30-9:30 pm Outpost Performance Space 210 Yale Blvd. SE

Big Gulp 8-11 pm Launchpad 618 Central Ave SW

Surreal Lynchian neo-noir **THE BLUE ROSE**
Friday July 12 10:30pm

FEMME FRONTERA FILMMAKER SHOWCASE
Saturday July 13 1:00pm

Don Hertzfeldt: **WORLD OF TOMORROW**
Friday July 5 10:30pm

MAN RAY: RETURN TO REASON
Sat-Mon July 13-15 6:00pm

Horror comedy classic **RE-ANIMATOR (1985)**
Saturday July 13 10:30pm

EMERGING NEW MEXICO DOCUMENTARY FILMMAKERS GRANT RECIPIENT SHORTS
Sunday July 14 1:00pm

Lush romantic drama **BANEL & ADAMA**
Tue-Thu July 16-18 4:15, 6:15

Tennis, Zendaya, and lust: **CHALLENGERS**
Tue-Thu July 16-18 8:15

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

Mizmor \$25 7-10 pm Sister 407
Central Ave. NW

The Basilaris Trio 6-9 pm Canteen
Brewhouse 2381 Aztec Road
Northeast

Turner & Grimes Trio w/ Kat Fucile
6:30-9:30 pm Skidmore's Holiday
Bowl 7515 Lomas Blvd NE

Sports

Albuquerque Isotopes vs. Tacoma
Rainiers \$16-\$28 6:30-9:30 pm
Isotopes Park

FRIDAY, JULY 12

Comedy

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

Dance

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

Kallestewa Dance Group (Zuni)
2-3pm Indian Pueblo Cultural
Center 2401 12th Street NW

Family/Kids

Teen Nights - Arts & Crafts Night
6-9 pm Singing Arrow Community
Center 13200 Wenonah Ave SE

Film

Movies in the Park: Guardians of the
Galaxy - Vol. 3 7-10 pm Raymond G.
Sanchez Community Center 9800
Fourth St. NW #2125

Markets

Goth Night & Dark Market: Red,
White & Black Edition 8-11 pm
Tractor Brewing Wells Park 1800
Fourth St. NW

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

Music

90s & Beyond Dance Party \$10 8
pm-1 am Insideout 622 Central Ave
SW

Citizen Soldier - Save Your Story
Tour \$27-\$77 7:30-11 pm Sunshine
Theater 120 Central Ave SW

Emo Nite \$16 9 pm-1 am Launchpad
618 Central Ave SW

Happy Hour At The Lobo With
Carlos Steele 6 pm The Historic
Lobo Theater - Lounge & Event
Venue 3013 Central Ave NE

Orange Lala Vinyl Club Spins Out
8-11 pm Tractor Brewing Nob Hill
118 Tulane SE

Roust the House/Rock 101 Music
Academy Performance Night \$3 7-9
pm Outpost Performance Space 210
Yale Blvd. SE

Salsa Under the Stars ft.
Team Havana \$17-\$20 7-9 pm
Albuquerque Museum 2000
Mountain Road NW

Songwriter Showcase w/ Blame It on
Rebekkah 6-8 pm Ancora Cafe and
Bakery 148 Quincy St NE

Summertime in Old Town:
Lone Pinon 7-9 pm Old Town
Albuquerque 2005 N. Plaza St. NW
Albuquerque

The Real Matt Jones 6-9 pm
Albuquerque Distilling 5001 Central
Ave NE Suite A5

The Route 66 Songwriters Club (July
Gathering) 6-9 pm Ancora Cafe and
Bakery 148 Quincy St NE

We House Fridays ft. J.Philip \$10
9 pm-2 am Effex NightClub 420
Central Avenue Southwest

Zoo Music - Paul McDonald & the
Mourning Doves \$4-\$18 7-8:30 pm
Albuquerque BioPark-Zoo 903 10th
Street SW

Music - Classical

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

Sports

Albuquerque Isotopes vs. Tacoma
Rainiers \$16-\$28 6:30-9:30 pm
Isotopes Park

SATURDAY, JULY 13

Art Openings

"Go Sports" 3017 Gallery Exhibit
4:30-7 pm Artisan ABQ 3017 Monte
Vista Blvd. NE

Class / Workshop

A Guided Path to Reunion:
Communicating with Departed
Family and Friends \$35 12-1:30 pm
Prana Blessings 1925 Rosina St.,
Santa Fe

Comedy

Dry Heat's Second Saturdays Open
Mic 7-8:30 pm Dry Heat Comedy
Club 100 Gold Ave SW Suite 112



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✓ Boost confidence & creativity



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

Community

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

Summer at the Marketplace: a patio pop-up event 9 am-1 pm Poulin Marketplace 8600 Pan American Fwy NE

Dance

Kallestewa Dance Group (Zuni) 2-3pm Indian Pueblo Cultural Center 2401 12th Street NW

Summer Soul-stice Jam 12-5 pm Hiland Theater 4800 Central Ave SE

Drink

Zero Proof Festival 11 am-10 pm Bataan Memorial Park 748 Tulane Dr. NE

Family/Kids

IPCC's Family Story Time: The Earth Under Sky Bear's Feet 1-2 pm Indian Pueblo Cultural Center 2401 12th Street NW

Summer Art Fiesta 9 am-12 pm Girl Scouts of New Mexico Trails 4000 Jefferson Plaza NE

Health & Wellness

Yoga and Jams \$30 10-11 am Outpost 1706 301 Romero St NW

Markets

Summer Art Fiesta & Craft Fair 9 am-12 pm Girl Scouts of New Mexico Trails 4000 Jefferson Plaza NE

Miscellaneous

AutFest New Mexico: A Celebration of Autistic Women \$50 9 am-9 pm Hotel Andaluz 125 Second St. NW

Parkland Village Presents: A Parkland Hills Historic District Tour \$10 10-11:30 am Parkland Hills Neighborhood

Music

Adam Hooks 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE

KHFM's The 10 at 10, featuring Ana Maria Quintero, violin, and String Ensemble 10-11 am FUSION 700-708 First St. NW

Marion Carrillo, Bellowing Bear, Brother Barnaby \$15 6:30-9:30 pm Echoes 313 Gold Ave. SW

Men's Voices \$22-\$25 7-10 pm Albuquerque Museum 2000 Mountain Road NW

Metal World Radio presents Blast Your Dome Fest \$10 5-11 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Music Is the Enemy 8-11 pm Launchpad 618 Central Ave SW

Saturday Night Techno Affair ft. Apollo \$10 9 pm-2 am Insideout 622 Central Ave SW

Summer Music Saturdays: Seth Hoffman 1-4 pm Canteen Brewhouse 2381 Aztec Road Northeast

Summertime in Old Town: Divino 7-9 pm Old Town Albuquerque 2005 N. Plaza St. NW Albuquerque

Performance

Ahlhmaa's Triple AAA Cabaret \$10 9:30-10:30 pm The Box Performance Space 114 Gold Ave SW

Casa Flamenca's Summer Tablao Season Continues \$40 8-9:30 pm Casa Flamenca 401 Rio Grande Blvd. NW

SHIRLEY: 110 Short Plays by Erik Ehn 2-6 pm FUSION 700-708 First St. NW

Stand Up Comedy with Sian Smyth \$15-\$40 7:30-9 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Sports

Albuquerque Isotopes vs. Tacoma Rainiers \$16-\$28 6:30-9:30 pm Isotopes Park

SUNDAY, JULY 14

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

Comedy

Curt Fletcher Headlines \$15 7-9 pm The Nob Hill Stage 3619 Copper Avenue Northeast

Community

From Reflection to Action: An Interfaith Remembrance of the Trinity Test 2 pm St. John XXIII Catholic Community 4831 Tramway Ridge Dr. NE

Film

The Historic Lobo Theater Presents: Steel Magnolias \$10 11:30 am The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

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Dope Ass Brunch \$20-\$300 1-8 pm
Bama's 1865 6001 Osuna Rd. NE

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

Bubble Hearts Beneath the Sun Craft
Fair 10 am-3 pm Bataan Memorial
Park 748 Tulane Dr. NE

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

Music

Alex Maryol Band 4-7 pm Canteen
Brewhouse 2381 Aztec Road
Northeast

Blues Fiesta 6-9 pm Rio Bravo
Brewing Company 1912 Second St
NW

Chemystrio 3-4 pm JUNO brewery +
cafe + art 1501 1st Street Northwest

Silver Sky Blues Band 2-4 pm
Marble Brewery NE Heights 9904
Montgomery Blvd NE

Summertime in Old Town: Levi
Dean & The Mesa Rats 1-3 pm Old
Town Albuquerque 2005 N. Plaza St.
NW

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

TradiSon 6:30-8:30 pm Tijeras
BioZone Open Space 1/2 mile east
of Tramway on Central Ave.

Unity in Rhythm: A Drum Circle
Event by Drum Unity 2:30-4:30 pm
FUSION 700-708 First St. NW

Vintage Underground 4-8 pm JUNO
brewery + cafe + art 1501 1st Street
Northwest

Music - Classical

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

Performance

Casa Flamenca's Summer Tablao
Season Continues \$40 7-8:30 pm
Casa Flamenca 401 Rio Grande Blvd.
NW

Taylor Hughes: The Feel Good
Magic Tour \$15-\$20 7:30-9 pm The
Box Performance Space 114 Gold
Ave SW

Sports

Albuquerque Isotopes vs. Tacoma
Rainiers \$16-\$28 6-9 pm Isotopes
Park

MONDAY, JULY 15

Class / Workshop

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

The Bear Theatre Project: Tuition
Free Summer Camp 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

Farmer's Wife \$12 8-11 pm Insideout
622 Central Ave SW



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“Interpretative Reflections” Local Artists Exhibition at Gallery One

By Robyn Robinson

“Introspection is the tool of an artist,” says Augustine Romero, curator of the new exhibit ‘Interpretive Reflections’ opening June 20th at Gallery One at Albuquerque City Hall. The show asks 13 local artists to do what they do best – observe and interpret how they interact with the world around them. But Romero pushes the artists to go deeper: to take a critical look at themselves through their work, and make it public.

“A self-portrait mirrors your state of mind,” says Romero. “They literally invite us into the personal space, politics, spiritual ideologies and symbolic identities that each artist creates.” The artists take those issues and ideas and turn them into multimedia clues about themselves – like ‘easter egg’ messages in a movie or video game.

“I see myself as someone who has gone through this process many times,” says Pico de Hierro-Villa, whose stark black and white photos often focus on the beauty and healing that comes from our individual and collective experiences. They say each new project is an opportunity to



challenge themselves and gain more self-confidence. “How much more vulnerable can I get? How can I use a different thesis while still keeping true to my original intentions,” says Hierro-Villa. “My work shows I’m able not only to adapt, but it’s also brought me a lot of self-assurance and confidence in who I am.”

Lack of confidence as a young person made Vanessa Alvarado explore her own body as art instead of using a canvas. “Making my body something I looked at in terms of form and color wasn’t something I avoided in the mirror and judged. So, it became something I was

fascinated to paint. I became grateful that I could examine my folds, stretch marks, and the different colors in my own, very accessible flesh.” Alvarado says the ‘Interpretive Reflections’ show is a chance for her to share the inner love she’s found with others. Her painting “Sigue el Sol” encourages exhibit viewers to focus on the light that’s in and around them.

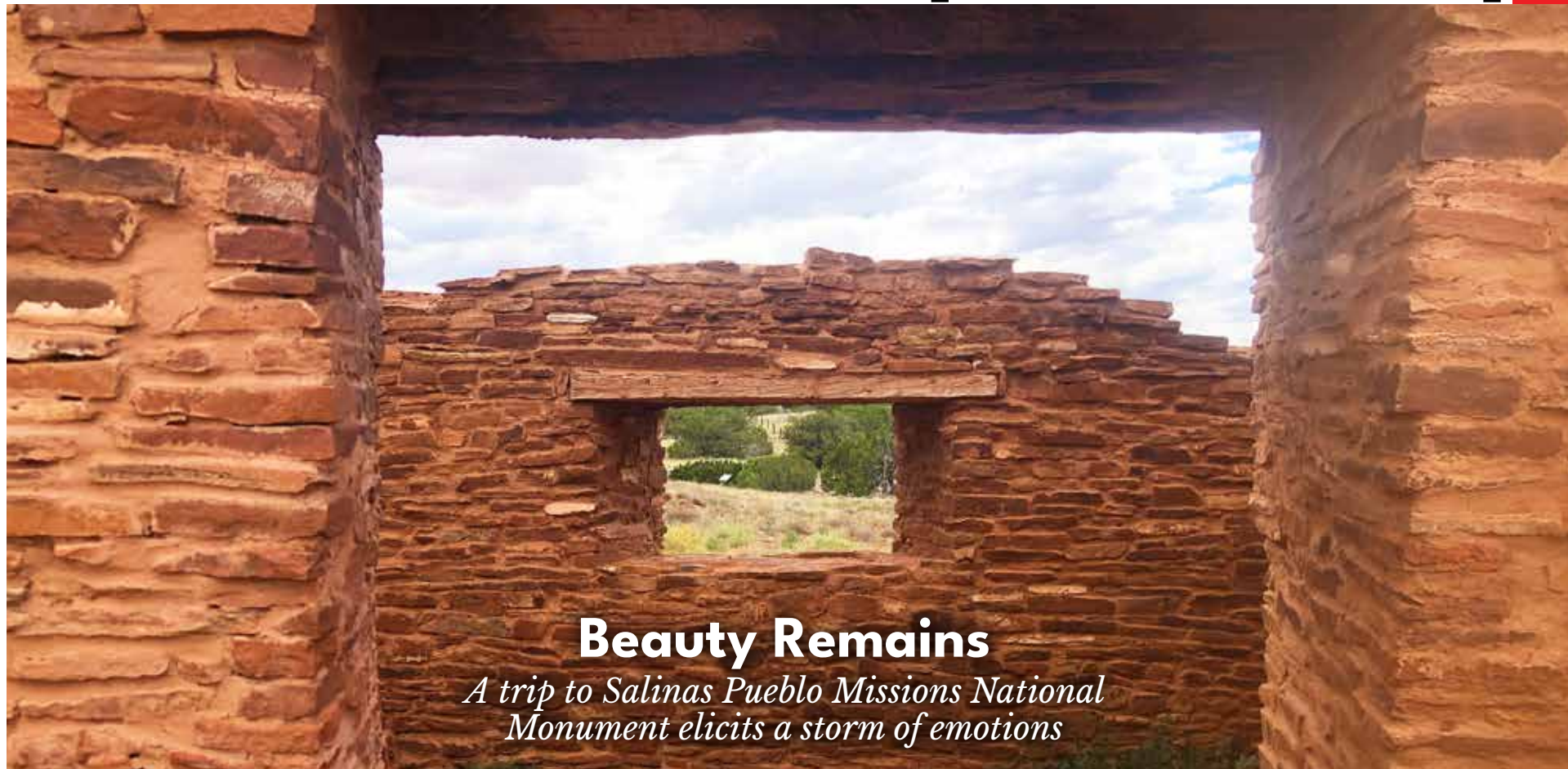
“We are so self-critical and have never been taught how to love ourselves. I hope that if I can send out any message through my paintings it would be to tell those negative thoughts, negative self-talk, critiques, and ideal body

image gatekeepers to shove it. I choose to love myself for all of my strengths and my imperfections.”

‘Interpretive Reflections’ features the artists’ self-portraits in variety of mediums including quilts, graphic design, photography and acrylic on canvas. Romero says the excitement the show generates is two-fold: watching the audience respond to the artists’ vulnerability, and the artist’s reaction to the public’s perception of them. “They’re creating works that transform abstract feelings into literal clues about themselves. That gives viewers new perspectives about the artists.”

“Being vulnerable is always a scary process,” says Hierro-Villa. “But what is art if it doesn’t help others relate and think about their own lives? I want the audience to see themselves and see the possibility of how they too can create works that display reflections of who they are. I can see this as a very healing opportunity for many people.”

Gallery One is located in City Hall, 1st Floor. Open 10-4 weekdays except holidays.



Beauty Remains

A trip to Salinas Pueblo Missions National Monument elicits a storm of emotions

(Michael Hodock / The Paper.)

By Michael Hodock, The Paper.

Heading east from Albuquerque on I-40 through the Tijeras Canyon, then turning south through the Estancia Basin to the Salinas Pueblo Missions National Monument leads to one of the most gorgeous drives in New Mexico. The Abó site — the remains of a large pueblo and a Spanish Franciscan mission — is a quick stop off the highway. It gives visitors not only a glimpse into the area's anthropology and history of religious colonization, but also its diversity of landscape and intense natural beauty.

Without the signage, drivers might miss the tiny, windy road that splits from U.S. Highway 60 outside Mountainair and leads to a surreal landscape. The road leading up a short hill passes some covered picnic areas that resemble pueblo architecture, equipped with tables and fireplaces, before opening up to a vast open space with mountains in the far distance. The crumbled, 40-foot walls of the Mission San Gregorio de Abó resemble a lone castle and are surrounded by endless fields of green-and-yellow brush and reddish-brown rock. It's the only structure for miles, and the dwelling's imposing facade leaves an impression long before curious travelers approach the monument.

The quiet site had few visitors on a recent Saturday afternoon and only a moaning breeze broke the silence of the area,

creating a solemn atmosphere. Parking is about 150 feet away from the trails leading to the official national monument and while walking onto the old church grounds is allowed, signs warn that straying too far from the pathways may disturb the rattlesnakes that call the unpaved areas home. The impressive walls of the mission, originally designed to keep intruders out, enclose a handful of small rooms that were once used for religious celebrations like masses and baptisms. The foreboding look of the building from afar is a stark contrast to the calm feeling inside the mission.

Some of the still intact church walls have windows that overlook the nearly untouched wilderness. A tiny room with an altar offers a peek at the sandstone riverbed from which the rocks that built the pueblo and mission were excavated, but a closer look at the Abó site reveals many of the original pueblo structures that still remain. In the center of the mission is an excavated kiva — a permanent reminder that the Franciscan church was constructed on top of a pueblo that existed hundreds of years before Spanish colonization.

The end of the trail through the Abó site gives visitors a memorable and comprehensive view of the monument, but a road trip to Abó and back has much more to see than the monuments themselves.

The Salinas Pueblo Missions National Monument is made up

of three sites. In addition to Abó, the Quarai site off NM 55 at Punta De Agua, between Manzano and Mountainair, contains the most complete Salinas church. The Gran Quivira site (also known as Las Humanas) off NM 55 and about 25 miles south of Mountainair is the largest of the Salinas pueblos. All of the sites are free and open from 9 a.m. to 5 p.m.

The most scenic route from Albuquerque to Abó begins on eastbound I-40 and continues south on NM 337 (just before Tijeras) through the Cibola National Forest and wraps around the Estancia Basin (NM 55) to the town of Mountainair. Nine miles west of Mountainair on Highway 60 leads to the church at Abó. Continuing west from Abó takes travelers through the town of Bernardo — which contains its own hidden gems along the Rio Grande — and finally back to I-25.

Most of the trek through the mountainous Cibola National Forest from Tijeras to Estancia is on the windy, two-lane NM 337. Road signs point to campgrounds, picnic areas, and scenic views at nearly every mile marker, and there are at least a dozen stops to take a break from driving, breathe in some fresh air or do some exploring. Hikers with backpacks and walking sticks can be seen descending into valleys and open spaces at practically every break between the peaks. Drivers are hard pressed not to feel a sense of community each time a friendly driver waves as they pass by, or a

cyclist smiles as they shoot down a steep decline.

The drive to Abó has a diverse and varied terrain: Plant life, rock formations, vibrant colors and skies that travelers can see in a few-hour trip through central New Mexico. Changes in weather and climate can add to this experience, especially on days filled with scattered rain clouds pierced by rays of sunlight and hopefully rainbows, but the area is susceptible to flooding, and some roads may be closed or inaccessible during monsoon season.

Drivers may lose cell service in the remote Estancia Basin around the towns of Estancia, Willard and Mountainair — and service may not return until Bernardo, which is located south of Belen and a hair east of I-25.

The Rio Grande at Bernardo is another spot worth checking out. The town is comprised of a few farms and residences scattered along the river and is bisected by U.S. Highway 60. The bosque along this stretch of water might be the perfect spot to cast a fishing line and watch the sunset. There's a good chance of reeling in a couple of channel catfish for dinner.

Salinas Pueblo Missions
National Monument

nps.gov/sapu/index.htm

Open year-round except Thanksgiving,
Dec. 25, and Jan. 1

9 a.m. - 5 p.m.

Free

"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**

Times of Agony

There has been no shortage of commentary about the Biden vs. Trump debate.

As the debate closed, the first focus was on Joe Biden's appearance, voice and style. He had a poor start and improved as the night wore on, but commentators, journalists, Biden allies and Joe Biden himself conceded it was a bad night.

And a bad night for a candidate always brings out the vultures and the feeding frenzy. As journalist Nicolas Kristof once said, we report crash landings, not safe landings.

Since the debate, *The New York Times* has published 192 articles about Biden's debate performance – 142 news articles and 50 opinion pieces. Trump was covered in 92 stories, most in regard to the Supreme Court's immunity ruling. None mentioned Trump's own mental fitness or sociopathic lying.

In a disservice to viewers, CNN announced pre-debate its reporters would not fact check the two men in real time. As a result, the moderators let Trump spew lies about taxes, abortion,

the deficit, and Biden.

Trump employed what is called the Gish Gallop in the debate. The formal definition of the Gish Gallop is "a rhetorical technique in which a person in a debate attempts to overwhelm an opponent by abandoning debating principles, providing an excessive number of arguments with no regards for the accuracy or strength of those arguments and that are impossible to address adequately in the time allotted to the opponent."

Trump used this technique effectively throughout, and, just as the definition implies, he spoke without regard to accuracy, spewed falsehoods and used his well-rehearsed style of personal attacks.

Here are a few examples of lies, all without evidence. Biden is "a Manchurian Candidate, paid by China." One fact checker has dubbed this "Liar, liar, Pants on fire!" He also claimed Biden

"encouraged Russia to attack Ukraine." Not only false but bordering on delusional.

Most of his lies focused on immigration using the words "Biden," "migrant" and "crime" and claiming Biden was killing "so many at our borders" with immigrants "coming in and killing our citizens at levels we have never seen." Once again there is no evidence to back up such a claim. But the Gish Gallop is designed to ignore facts and data.

And, showing off his repeated efforts to rewrite Jan. 6 history, he tried to deflect blame to Sen. Nancy Pelosi, saying she refused his offer of 10,000 troops to assist. The latter has been frequently debunked by military officials who were at the ready and got no call. This is not true by any account.

And lastly, Trump's claim that he "aced" two cognitive tests could or could not be true. He won't release results. But when

asked about being 82 at the end of a term, should he win, he turned to his golf game. I'm waiting for an intelligent voter to tell me he votes for the guy with the best golf handicap.

In the aftermath there was a feeding frenzy, as the number of articles indicates, and it was not by any standard an even handed approach.

The vultures were flying overhead and began to pounce.

Democrats, journalists and editorial writers began to question Biden's fitness for the job with some calling for his withdrawal from the race. None spoke directly about Trump's delusional state of mind. Some said Trump repeated falsehoods from his rallies, but some of the statements are so bizarre it should raise questions about his mental stability.

Regardless of the aftermath or the path ahead, one thing is clear: Neither Trump nor Biden won the debate. The only winner was the Gish Gallop, which was allowed to go unchallenged by both Biden and the moderators.

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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?

At one time, homeowners had to pay the full cost before installing or upgrading to a new unit. But we've made upgrading more accessible.

We have worked with Wells Fargo to provide hundreds of our customers with many different rate plans that accommodate their budget. Wells Fargo offers many different options based on your credit.



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

If you're not ready to upgrade your system yet, we have some of the best service technicians in the state. Sometimes your system just needs a tune up and some maintenance to get it operating properly and heating or cooling your house like it should. We offer very affordable maintenance packages and repair options.

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Biden vs. Trump

The candidates on cannabis

(Source: Gage Skidmore, Shealah Craighead and krassotkin via Wikimedia Commons)

By Josh Lee, The Paper.

While the presidential debate memes aren't slowing down and some of the hottest topics of the evening were President Joe Biden's performance and whether he lied about his golf handicap, debate moderators failed to ask the candidates about marijuana. The once too-hot-for-TV topic might play a role in this year's election as voters consider Biden's failure to deliver on reform promises and Donald Trump's haphazard threats.

According to an April Pew Research poll, 88% of U.S. adults say marijuana should be legal in some form. Only 11% said it should remain prohibited. That's a dramatic change from the same question asked less than a year ago that found 70% of Americans favored legalization. In the year 2000, only 31% said they wanted to see weed legalized — so more than half of the country has switched to the pro-weed side in the last 24 years. That means cannabis reform will likely be on the minds of a lot of voters come November, and the topic's glaring absence from the debate speaks either to the media's inability to grasp the weight of the weed bloc or the candidates' reticence to broach the subject.

It's tough to say which way

either Biden or former President Donald Trump will go on weed, but there are some hints to be found from the past and signals to be deciphered in the present.

Biden

Biden's campaign has clearly recognized the necessity of proving that he's pro-weed. Near the end of last month, team Biden pumped out pro-weed rhetoric on its website and in political ads, attempting to use the modest reforms made in recent years as proof of the president's stance on the topic.

"Joe Biden has been clear for a long time that our nation's marijuana laws are outdated and are failing communities, particularly communities of color," the website reads. "When he ran in 2020, Biden promised to fight to ensure that no one is in jail for marijuana possession alone. And since taking office, Joe Biden and [Vice President] Kamala Harris have led the most significant federal reform to our nation's approach to marijuana in history."

The administration has spoken about releasing cannabis prisoners numerous times over the last four years and Biden rocked the weed world by announcing in 2022 that he would be pardoning all federal convictions of simple marijuana possession. The White House

claimed that the pardons would affect thousands of individuals.

It certainly seemed like he was following through on his promise to free weed prisoners, until advocates began to take a closer look at the proclamation.

For one thing, the pardons officially forgave the offenses, but did not expunge them. In other words, small-time cannabis offenders were officially forgiven, but their criminal records remained intact, leading to no substantial improvement on their situations. And while the pardons affected those who had already been convicted, they didn't change the law, meaning federal agents can still arrest someone for simple marijuana possession.

This brings up the next issue with the pardons: Simple marijuana possession is rarely a federal offense. Most cannabis arrests for possession of small amounts are state-level offenses, meaning the president's pardons didn't affect anyone in a federal prison (no one is currently incarcerated in a federal prison for simple marijuana possession) or anyone in state prison.

So while the pardons made for great news releases and presidential sound bites, they didn't actually free a single marijuana prisoner.

Nevertheless, Biden has used the pardons on numerous

occasions (including during his State of the Union speech in March) to incorrectly claim that he was "expunging thousands of convictions for the mere possession, because no one should be jailed for simply using or having it on their record."

Meanwhile, that "most significant federal reform" mentioned by the campaign likely refers to the administration's move to reschedule cannabis from Schedule I to Schedule III, which has been touted as a sign that greater reforms are on the way by some.

What's definitely true is that the move falls well short of promises from Biden and Harris in 2020 that the administration would deschedule and decriminalize the drug.

Trump

Under Trump's watch, then-U.S. Attorney General Jeff Sessions rescinded the Cole Memo, a piece of Obama-era direction given to federal prosecutors, instructing them to allow states that have legalized marijuana to operate their programs without interference.

Although the Department of Justice (DOJ) has continued to leave state cannabis programs unmolested, the move by Sessions made it so that federal prosecutors are no longer held in check by policy, and any one of them could start going after legal states if they felt like it.

In Trump's defense, during his presidency, he repeatedly voiced opposition to cannabis legalization but left the matter up to states. And although Sessions rescinded the Cole memo, the DOJ never ended up actually targeting any state programs. In fact, Trump mostly steered clear of any discussion about cannabis reform during his presidency.

But that may have changed in recent years. The most concerning statement on the topic from the former president was in 2023 at a New Hampshire town hall.

"We're going to be asking everyone who sells drugs, gets caught selling drugs, to receive the death penalty for their heinous acts," Trump said. "Because it's the only way."

He has seemingly walked back the statement more recently, indicating that he'd only seek the death penalty for certain drug trafficking offenses.



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!

DeSantis Losing Battle Against Weed

By Josh Lee, The Paper.

Florida Gov. Ron DeSantis's campaign against cannabis legalization in his state is already facing troubles because the political committee he created hasn't raised much money.

DeSantis's political committee, dubbed the Florida Freedom Fund, reportedly collected \$10,000 in its first five weeks. According to campaign finance records, that money came from a single source: Former U.S. Rep. for Pennsylvania Keith Rothfus.

In comparison, Smart and Safe Florida, the committee pushing for marijuana legalization, has collected more than \$60 million in donations from hundreds of individuals since it started campaigning — most of which were less than \$100.

DeSantis made waves last month when he vetoed a bill that would have banned intoxicating hemp products in Florida. He recently signaled that he made the decision in order to gain favor with hemp companies and gain their support in fighting weed legalization.

"The marijuana industry wanted this hemp bill," DeSantis said during a press conference in June. "They wanted to curtail [the hemp] industry."

DeSantis said the biggest problem with cannabis legalization is that "the entire state will smell like marijuana."

Florida voters will decide on the legalization initiative in November.

New Jersey AG sues company for marijuana discrimination

New Jersey's attorney general has accused a company of discriminating against a job applicant for being enrolled in the state's medical cannabis program.

A news release from New Jersey Attorney General Matthew J. Platkin and the office's Division on Civil Rights (DCR) announced a finding of probable cause against Prince Telecom. The finding alleges the company discriminated against an applicant who failed a marijuana drug test after informing the company that they were enrolled in the state's medical marijuana program and used the drug to treat a disability.

The AG's Office said Prince Telecom violated the state's discrimination laws which require employers to accommodate applicants' disabilities.

NY dispensary launches illicit weed buyback

A New York dispensary is looking to win over illicit marijuana consumers with a buyback program that offers discounts.

According to Marijuana Moment, from July 1 to Sept. 1, Housing Works Cannabis Co. is offering discounts to anyone who can prove that they have a membership at an illicit cannabis dispensary. The "co-conspirator program" will offer a 25% discount for the first



(Source: Office of Governor Ron DeSantis via Wikimedia Commons)

purchase and a 10% discount on all other purchases made over the next year.

The dispensary says the program is meant to encourage consumers to move away

from the illicit market. New York has had problems with fake dispensaries selling unregulated marijuana amid lax regulations.

Legal Notice

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Name
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County
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File No.
24 E 673
In The General Court Of Justice
Superior Court Division Before the Clerk
LETTERS
TESTAMENTARY
G.S. 28A-6-1; 28A-6-3; 28A-11-1; 36C-2-209
The Court in the exercise of its jurisdiction of the probate of wills and the administration of estates, and upon application of the fiduciary, has adjudged legally sufficient the qualification of the fiduciary named below and orders that Letters be issued in the above estate.
The fiduciary is fully authorized by the laws of North Carolina to receive and administer all of the assets belonging to the estate, and these Letters are issued to attest to that authority and to certify that it is now in full force and effect.
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Legal Notice

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 american controlling the franchise and corporate person named EZEQUIEL GUTIERREZ. The estate of EZEQUIEL 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 derivatives, proceeds, security interest, titles and full accounting - including public and private ledgers for the EZEQUIEL 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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FREE WILL ASTROLOGY

Week of July 10

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ARIES (March 21-April 19): I trust that your intuition has been guiding you to slow down and disappear from the frenzied, agitated bustle that everyone seems addicted to. I hope you have afforded yourself the luxury and privilege of exulting in the thrill of doing absolutely nothing. Have you been taking long breaks to gaze lovingly up at the sky and listen to music that moves you to tears? Have you been studying the children and animals in your life to learn more about how to thrive on non-goal-oriented fun? Have you given your imagination permission to fantasize with abandon about wild possibilities? Homework: Name three more ways to fuel your self-renewal.

TAURUS (April 20-May 20): Actor Carrie Fisher put a strong priority on being both amusing and amused. For her, almost everything that happened was tolerable, even welcome, as long as it was entertaining. She said, "If my life wasn't funny, it would just be true, and that's unacceptable." I recommend you experiment with those principles, Taurus. Be resourceful as you make your life as humorously interesting as possible. If you do, life will conspire to assist you in being extra amused and amusing.

GEMINI (May 21-June 20): As you charge into the upcoming period of self-reinvention, don't abandon and forget about your past completely. Some of your old emotional baggage might prove useful and soulful. A few of your challenging memories may serve as robust motivators. On the other hand, it will be healthy to leave behind as much oppressive baggage and as many burdensome memories as possible. You are launching the next chapter of your life story! Travel as lightly as you can.

CANCER (June 21-July 22): Even though you and I were both born under the sign of Cancer the Crab, I have a taboo against advising you to be like me. I love my life, but I'm not so naïve or arrogant as to think that what has worked for me will also work for you. Now, however, I will make a temporary exception to my policy. Amazingly, the astrological omens suggest you will flourish in the coming weeks by being at least somewhat like me. Therefore, I invite you to experiment with being kind and sensitive, but also cheerfully irreverent and tenderly wild. Be on the lookout for marvels and miracles, but treasure critical thinking and rational analysis. Don't take things too personally or too seriously, and regard the whole world as a holy gift. Be gratefully and humbly in awe as you tune into how beautiful and wonderful you are.

LEO (July 23-Aug. 22): Over 3,700 years ago, a craftsperson living in what's now Israel fashioned a comb from an elephant's tusk. It was a luxury item with two sides, one used to smooth hair tangles and the other to remove lice. On the handle of the ivory tool is an inscription: "May this tusk root out the lice of the hair and the beard." This is the oldest known sentence ever written in Canaanite, a language that created the world's first alphabet. In some ways, then, this comb is a precious object. It is unspeakably ancient evidence of a major human innovation. In another way, it's mundane and prosaic. I'm nominating the comb to be a symbol for your story in the coming weeks: a blend of monumental and ordinary. Drama may emerge from the routine. Breakthroughs may happen in the midst of everyday matters.

VIRGO (Aug. 23-Sept. 22): Some astrologers assert that Virgos are modest, humble, and reluctant to shine. But a Virgo New Yorker named Ashrita Furman provides contrary evidence. His main activity in life is to break records. He holds the Guinness world record for having broken the most Guinness world records. His first came in 1979, when he did 27,000 jumping jacks. Since then, he has set hundreds of records, including the fastest time running on stilts, the longest time juggling objects underwater, and the most times jumping rope on a pogo stick. I propose to make him your spirit creature for the coming weeks. What acts

of bold self-expression are you ready to make, Virgo? What records are you primed to break?

LIBRA (Sept. 23-Oct. 22): Libran author Diane Ackerman says, "We can't enchant the world, which makes its own magic; but we can enchant ourselves by paying deep attention." I'm telling you this, dear Libra, because you now have exceptional power to pay deep attention and behold far more than usual of the world's magic. It's the Season of Enchantment for you. I invite you to be daring and imaginative as you probe for the delightful amaze-ments that are often hidden just below the surface of things. Imagine you have the superpower of X-ray vision.

SCORPIO (Oct. 23-Nov. 21): If I'm reading the astrological omens correctly, you are in the midst of major expansion. You are reaching further, opening wider, and dreaming bigger. You are exploring frontiers, entertaining novel possibilities, and daring to transcend your limitations and expectations. And I am cheering you on as you grow beyond your previous boundaries. One bit of advice: Some people in your life may find it challenging to follow you freely into your new territory. They may be afraid you're leaving them behind, or they may not be able to adjust as fast as you wish. I suggest you give them some slack. Allow them to take the time they need to get accustomed to your growth.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian actor Jeff Bridges has wise words for you to heed: "If you wait to get all the information you think you need before you act, you'll never act because there's an infinite amount of information out there." I think this advice is especially apropos for you right now. Why? Because you will thrive on making strong, crisp decisions and undertaking strong, crisp actions. The time for pondering possibilities must give way to implementing possibilities.

CAPRICORN (Dec. 22-Jan. 19): People may be attracted to you in the coming weeks because they unconsciously or not-so-unconsciously want to be influenced, stirred up, and even changed by your presence. They hope you will be the catalyst or medicine they need. Or maybe they want you to provide them with help they haven't been able to give themselves or get anywhere else. Please be aware that this may not always be a smooth and simple exchange. Some folks might be demanding. Others may absorb and integrate your effects in ways that are different from your intentions. But I still think it's worthwhile for you to offer your best efforts. You could be a force for healing and benevolence.

AQUARIUS (Jan. 20-Feb. 18): Sometimes when gifts arrive in our lives, they are not recognized as gifts. We may even mistake them for obstacles. In a worst-case scenario, we reject and refuse them. I am keen on helping you avoid this behavior in the coming weeks, Aquarius. In the oracle you're now reading, I hope to convince you to expand your definition of what gifts look like. I will also ask you to widen the range of where you search for gifts and to enlarge your expectations of what blessings you deserve. Now please meditate on the following riddles: 1. a shadow that reveals the hidden light; 2. a twist that heals; 3. a secret that no longer wants to be secret; 4. a shy ally who will reward your encouragement; 5. a boon that's barely buried and just needs you to scrape away the deceptive surface.

PISCES (Feb. 19-March 20): Lake Baikal in Russia is the world's deepest, oldest, and largest lake by volume. It contains over 22 percent of the fresh surface water on the planet. I propose we make this natural marvel your prime symbol for the next 11 months. At your best, you, too, will be deep, fresh, and enduring. And like Lake Baikal, you will be exceptionally clear. (Its underwater visibility reaches 120 feet.) PS: Thousands of plant and animal species thrive in this vital hub. I expect you will also be a source of richly diverse life, dear Pisces.

The Weekly Crossword

by Margie E. Burke

ACROSS

1 School subj.

5 Cut corners

10 Seeing things

14 Woodwind

15 Gyro holders

16 Prom night ride

17 One way to be sold

19 Student overseer

20 Like some pets

21 Big name in tires

23 Fonda flick, "Easy ____"

25 Barely at all

26 Dismal

28 Gym weight

31 Rescue ring

33 A and B, e.g.

37 Thrilla in Manila boxer

38 Make, as a meal

40 Regret

41 Parking sticker

43 Raven's remark

45 Spotty ailment

47 Proton's place

48 Stands out

51 Mick Jagger, for one

53 Able to practice, say

56 Annoyance

59 Bulb flower

60 Like some milk

62 Small change

63 Oregon's capital

64 Tear to bits

65 Provocative

66 Shoot from cover

67 June 6, 1944

1	2	3	4		5	6	7	8	9		10	11	12	13
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59					60			61						
62					63						64			
65					66						67			

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DOWN

13 Heavyweight Liston

18 Clear (of)

22 Summertime top

24 Baltimore squad

26 Tickled

27 Aggravate

29 Throw off

30 2021 World Series champs

32 Abdominal organ

34 Held a sit-in, maybe

35 Currency since 1999

36 Come across as

39 Retirement place

42 Official pardon

44 Multi-slope roof

46 Take stock of

48 Pizza serving

49 Brought on board

50 Cake topper

52 Rowing need

54 Steve Carell flick, "____ Almighty"

55 Mustachioed artist

57 Home or Olin

58 Circular current

61 Zing

The Paper.

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

Solution to Crossword:





SIP / SAVOR / SPA / STAY IN SAWMILL DISTRICT

Press pause before it's suddenly fall. With two staycation destinations to serve you, we invite you to check in then take your time to discover all the Sawmill District has to offer. New Mexico residents enjoy exclusive savings at Hotel Chaco and Hotel Albuquerque at Old Town with valid state ID.



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