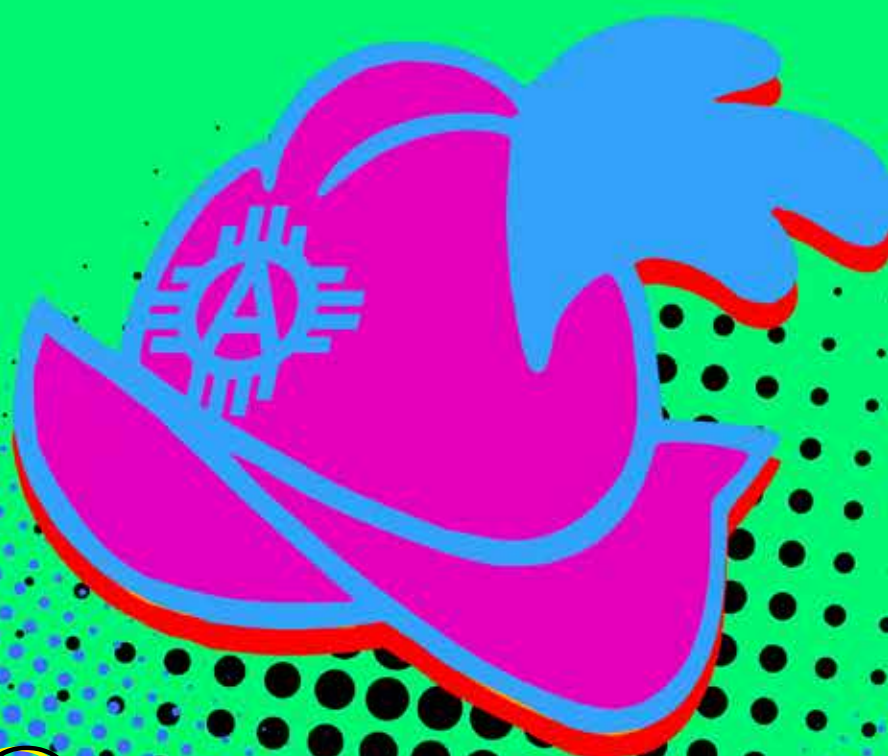


FREE
AUGUST 14, 2024
VOLUME 05 | ISSUE 33

The Paper.

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS



DUKING IT OUT



Contrary to popular belief,
the Albuquerque Dukes logo is not public domain

By Michael Hodock & Andy Lyman, p. 9



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The Paper.

ALBUQUERQUE’S INDEPENDENT COMMUNITY NEWS



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ALBUQUERQUE’S INDEPENDENT COMMUNITY NEWS

Nob Hill Residents and Church Partner to Help Unhoused

'Rather than complain, have ideas'



Volunteers assemble kits for people experiencing homelessness. (Source: Dawn Rosignol)



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

The Nob Hill Neighborhood Association and the Monte Vista Christian Church have teamed up to provide some relief for those experiencing homelessness. Church members and neighborhood residents are meeting to assemble care kits with supplies that are then distributed to the area's unhoused.

The two spearheading the initiative — Rev. Dawn Rosignol, the senior minister at Monte Vista, and Nob Hill resident Meta Hirschl — say it is a small act that's had a notable ripple effect.

The church wanted to collaborate on projects to serve the Nob Hill community and Hirschl had become frustrated with escalating complaints on the association's listserv regarding people in tents in alleyways and on properties.

"I wanted to do something proactive," Hirschl said. "I was so tired of people just complaining and ranting."

Hirschl has lived in Nob Hill for decades and said she's been politically active for

most of her life — attending meetings with political leaders and voicing concerns. Rosignol, meanwhile, had been addressing homelessness at church services and had launched a service project for Monte Vista's kids, helping to assemble the care kits.

"To show them about caring for others and not judging others; that there are people who need help, so here's how we can help," Rosignol said. "We can't fix the situation but you can do something with compassion."

After connecting with Hirschl, Rosignol set up a separate kit assembling event with the neighborhood association. Its first gathering took place last month with 25 people and the group put together several dozen kits.

"People came and had a great time and immediately jumped in and started an assembly line," Rosignol said.

The kits typically include a protein snack bar, packet of tuna, fruit cup, hygiene products, water, socks, sunscreen, lip balm and other items. The church's kids decorate a message in the kit that says "God Loves You."

Albuquerque Community Safety (ACS) staff joined church members and Nob Hill residents at the event. ACS responds to nonemergency situations throughout the city, often involving encampments with

CONTINUED ON PAGE 4

Weak in Review: Aug. 14

Quick hits on this week's news bits

Albuquerque teachers, parents and students are complaining about hot classrooms with nonworking air conditioning.

Tell us you're a product of APS without telling us you're a product of APS.



Albuquerque's Bing Tea is 24 on Yelp's list of best food trucks.

We didn't even know Yelp was still a thing.

Albuquerque Fire Rescue is now allowing individual stations to design their own logos such as a cobra, a dragon and a bulldog.

This seems like the verge of something offensive happening.

The city's Animal Welfare Department is waiving adoption fees for a month as part of its "Clear the Shelters" campaign.

How many dogs and cats are too many dogs and cats to have at home? Asking for a friend.



City officials say mosquitoes keep coming in droves.

We should just build a giant mosquito net and make the mosquitoes pay for it.

Under the Transit Department's new rules, food is no longer allowed on buses.

This sounds like a bit of an overreach, but eating on a city bus sounds unappetizing.

Disney announced its plans to release *Toy Story 5* next year.

That kid Andy has to have grandkids by now, right?

Sunday is national Bad Poetry Day.

We'd let the bells ring, but bad poetry is a year-round thing.

Internet bullies around the world are launching insults toward Australian Olympic breakdancer Raygun after her performance this month.

How do we know that's not how they breakdance in the land down unda?



CONTINUED FROM PAGE 4

those experiencing homelessness. It offers social services and organizes transportation to city facilities like the Westside Emergency Housing Center and the Gateway Center at Gibson Health Hub.

"We all went out afterwards and got to know each other better," Rosignol said. "That's how you can build coalitions and partnerships. You can make a bigger impact by partnering with others, not just other churches but other organizations."

Rosignol and Hirschl, who attended the recent opening of ACS' new headquarters, said they were impressed with the willingness of the staff to help assemble the kits. It distributes the kits when responding to calls.

"Those relationships are important to have that bigger impact," Rosignol said. "We're supporting them and they are showing up for us."

ACS staff told the pair that they're used to people criticizing the department for not doing enough.

"For us to say instead: how can we help and all be part of the solution? They said that they'd never heard that before," Rosignol said.

She said ACS recently visited a man living in a tent on the west side of the church.

"I'd taken a kit to him and ACS went out and talked to him," Rosignol said. "He wants them to check on him again because he's having some back pain, but other than that he doesn't really want any help right now and he's



Dawn Rosignol, left, and Meta Hirschl, right, at Nob Hill's National Night Out event last week. (Source: Dawn Rosignol)

keeping the place clean."

Rosignol said she told the man that as long as he's not threatening or harassing neighbors, she's OK with him being there.

'If you live in Nob Hill, you're experiencing something'

Nob Hill shares a border with the city's troubled International District — an area with stark reminders that people are living on the streets with mental health and addiction issues.

"I've gotten so frustrated. I've seen nothing but deterioration," Hirschl said. "It's worse than it has ever been. People are upset. But rather than complain, have ideas."

Hirschl and her husband often walk their dogs around the neighborhood from their home near Central Avenue and Girard Boulevard. She keeps kits in her car to hand out.

"If you live in Nob Hill, you're experiencing something," Hirschl said. "We're not immune to not wanting our house to be destroyed, of course, but at the same time, we wanted to do

something that was hands-on."

Hirschl said Nob Hill residents are largely grateful for the new opportunity to help.

"Most people would like to do something positive about a problem that is in your face every day," she said. "If you live where I live, you are seeing people in distress."

Hirschl admitted that sometimes she feels unsafe.

"I didn't answer the door at 6 a.m. in the middle of winter when two homeless people were ringing my doorbell, because I thought it was dangerous," she said. "I called 311 and somebody came. I was dying to give them a blanket, but I thought it was too risky."

To participate

Rosignol has set up donation bins at the church, which is a short walk from Nob Hill's business district at 3501 Campus Blvd. NE. There's one for the kids' service project and one for the neighborhood association. She also accepts money donations to be used for kit supplies.

The public is invited to help assemble the kits on the third Tuesday of the month at the church.

The next event is scheduled for Aug. 20. For more information and to participate, contact Rosignol at revdawn@montevista.org. More on the Nob Hill Neighborhood Association is here.



The kits are designed to include items that will provide some relief to those experiencing homelessness. (Damon Scott / City Desk ABQ)



9th Annual Red & Green VegFest Albuquerque

Vegans, veggie lovers and the plant-curious can find inspiration at this year's 9th Annual Red & Green VegFest Albuquerque. The healthy eating fest runs from 10 a.m. to 5 p.m. on Saturday, Aug. 17 at the Marriott Pyramid North (5151 San Francisco Rd. NE). Look forward to plant-based cooking demos of innovative recipes, engaging speakers talking about various aspects of veganism, a diverse array of mouth-watering vegan food vendors and plenty of opportunities for friendship and networking. General admission is \$5. Seniors over 65, children under 17 and military members are free. For more info and a complete schedule of events, go to redandgreenvegfestabq.wordpress.com/about/.

THURSDAY, AUGUST 15

Art Openings

Harwood Art Center Presents: be(love)d by Southwest Black Arts Collective and Recall: Sculptural Myth and Memory by Lauren Dana Smith 10am-3pm Harwood Art Center 1114 7th Street NW

Exhibit

Desert Stories: The Art of Kelly Frye & Jazmin Novak 9 am-5 pm Indian Pueblo Cultural Center 2401 12th Street NW

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

Pueblo Baseball Community Gallery on View 9 am-5 pm Indian Pueblo Cultural Center 2401 12th St. NW

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

Trees 11 am-4 pm Richard Levy Gallery 514 Central Ave SW

Film

Free Summer Series Film Screening: Stand and Deliver (1998) with Special Guests Lone Pinon 5-9 pm National Hispanic Cultural Center 1701 4th Street Southwest

Food

JP'Z Fair Food Drive Through Weekdays 12pm-9pm and Weekends 11am-11pm Coronado Center 6600 Menaul NE

Pay What You Can Community Supper 4-7 pm Tiny Grocer ABQ 1919 Old Town Road NW, #6

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Fri-Mon Aug 16-19 4:00, 6:00

Energetic Irish hip hop biopic **KNEECAP**
Fri-Mon Aug 16-19 8:00

Arnold Schwarzenegger in fantasy epic **CONAN THE BARBARIAN (1982)**
Friday August 16 10:30pm

90s indie crime classic **SUICIDE KINGS**
Sat-Sun Aug 17-18 1:00pm

TEXAS CHAINSAW MASSACRE (1974)
Saturday August 17 10:30pm

Julia Louis-Dreyfus in heartfelt **TUESDAY**
Tue-Thu Aug 20-22 3:00, 5:30

Twilight Zone-esque surreal & striking tragicomedy horror **CRUMB CATCHER**
Tue-Thu Aug 20-22 8:00

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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

Alchemy w/ DJ K. OSS \$5 8-11 pm Insideout 622 Central Ave SW

Dale Watson & His Lone Stars \$20 8-11 pm Launchpad 618 Central Ave SW

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

Dimian DiSanti Recording Release Celebration \$15-\$30 7:30-9:30 pm Outpost Performance Space 210 Yale Blvd. SE

Emo Night 9 pm-2 am Effex NightClub 420 Central Avenue Southwest

Heavy Temple \$15 7-11 pm Sister 407 Central Ave. NW

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

Loserville 2024 w/ Limp Bizkit \$39-\$180 6:30-10:30 pm Isleta Amphitheater 5601 University Blvd SE (Formerly Hard Rock Casino Albuquerque Presents the Pavilion)

Silver Sky Blues Band 6-9 pm Rio Bravo Brewing Company 1912 Second St NW

Third Thursdays Music w/ David Garcia 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE

FRIDAY, AUGUST 16

Comedy

Andy Woodhull \$20-\$25 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo

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

The 2024 Comedy Roast Tournament \$10-\$15 8-10 pm The Hall ABQ 107 Jefferson St. NE

The Show - Live Comedy Improv \$10-\$12 9-10:30 pm The Box Performance Space 114 Gold Ave SW

Third Fridays w/ Josh Fournier -- Special Headliner: Hayden Kristal \$19 7:30-9 pm Fuzzy Bunny 515 Central Ave NW

Dance

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

The Pueblo Dance Group (Laguna, Acoma, Zuni, Hopi) 2-3 pm Indian Pueblo Cultural Center 2401 12th Street NW

Exhibit

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

Trees 11 am-4 pm Richard Levy Gallery 514 Central Ave SW

Film

Film Premiere: After Orange 5-10 pm National Hispanic Cultural Center 1701 4th Street Southwest

Markets

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

Music

64 Love Machine with Sunburnt Stone \$6-\$10 8-11 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Billy & Bella 6-9 pm Public House ABQ 201 Hermosa Dr NE

Casa Flamenca Summer Tablao Season Continues \$40 8-9:30 pm Casa Flamenca 401 Rio Grande Boulevard NW

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

Cyberphunk ft. Dertee Disco \$10 9 pm-2 am Insideout 622 Central Ave SW

Frankly Scarlet 7-9:30 pm Flatiron Bites & Brews 6001 San Mateo Blvd NE



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For questions, write to Rabbi Dov Gartenberg at dov@shabbatwithfriends.org or visit <https://shabbatwithfriends.org>.

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

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ALBUQUERQUE LITTLE THEATRE

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

Love in the Club ft. Atmoze 9
pm-2 am Effex NightClub 420
Central Avenue Southwest

Mozzy Dee 7-10 pm Tractor
Brewing Wells Park 1800 Fourth
St. NW

Scairat 8-11 pm Launchpad 618
Central Ave SW

Slim Belly Blues Band 6-9
pm Boxing Bear Brewing Co.
(Firestone Taproom and Brewery)
8420 Firestone Lane NE

The Fab Four \$25-\$50 8-9:30
pm Isleta Resort & Casino 11000
Broadway Blvd. SE

The Route 66 Songwriters Club
6-8:30 pm Ancora Cafe and
Bakery 148 Quincy St NE

Wade Bowen \$15-\$169 7-10 pm
The Dirty Bourbon Dance Hall &
Saloon 9800 Montgomery Blvd
NE

Performance
Drink & Drag \$25 6-8 pm Town &
Ranch 1318 Fourth St. NW

SATURDAY, AUGUST 17

Comedy
Andy Woodhull \$20-\$25 7-8:30
and 9:30-11 pm Quezada's
Comedy Club at Santa Ana Star
54 Jemez Canyon Dam Road,
Santa Ana Pueblo

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

The Show - Live Comedy Improv
\$10-\$12 9-10:30 pm The Box
Performance Space 114 Gold Ave
SW

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

Dance
The Pueblo Dance Group
(Laguna, Acoma, Zuni, Hopi) 11
am-12 pm Indian Pueblo Cultural
Center 2401 12th Street NW

The Pueblo Dance Group
(Laguna, Acoma, Zuni, Hopi)
2-3 pm Indian Pueblo Cultural
Center 2401 12th Street NW

Discussion / Lecture
All About UFOs: For Experts
and Newbies Alike 2-4 pm
International District Library
7601 Central Ave NE

Drink
Homebrewer's Happy Hour 10
am-12 pm Southwest Grape &
Grain 3401 Candelaria Rd, NE
suite e/g

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

Trees 11 am-4 pm Richard Levy
Gallery 514 Central Ave SW

Food
9th Annual Red & Green VegFest
Albuquerque 10 am-5 pm Marriot
Pyramid Hotel North 5151 San
Francisco Rd NE

Literature/Poetry
James C. Wilson Reading & Book
Signing 1:30-3:30 pm Treasure
House Books & Gifts 2012 S Plaza
St NW A

[EVENTS.] The Paper.

Miscellaneous
Gong Bath Saturday \$25 4-5:30
pm Fruit Of The Earth Natural
Health 909 Early Street, Santa Fe

Lotus Sound Bath \$43 12:30 pm
Board30 ABQ 4801 Alameda Blvd
NE Suite B

Music
'90s Country Cover Night w/
Back in the Saddle 7:30-10:30 pm
Tractor Brewing Wells Park 1800
Fourth St. NW

Beer & Jazz on the Hill 5-11 pm
Tractor Brewing Nob Hill 118
Tulane SE

Casa Flamenca Summer Tablao
Season Continues \$40 8-9:30 pm
Casa Flamenca 401 Rio Grande
Boulevard NW

Couples Dance Night \$20 6-7 pm
Rio Bravo Brewing Company
1912 Second St NW

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



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Red Mesa 8-11:30 pm Launchpad
618 Central Ave SW

Sabor Latin Night \$5-\$10 9 pm-1
am Hotel Andaluz 125 Second St.
NW

Sparks Night - Monthly NM
Burner 8 pm-12 am Lizard Tail
Brewing Nob Hill 3417 Central
Ave. NE Suite C

Performance

A Night of Haunting Magick \$30
8-9 pm Painted Lady Bed & Brew
1100 Bellamah Ave. NW

Reading

Bad Mouth Late Night 8 pm
q-Staff Theatre 400 Broadway
Blvd SE

SUNDAY, AUGUST 18

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

Stand-up Comedy \$15 7-9 pm
Public House ABQ 201 Hermosa
Dr NE

Dance

The Pueblo Dance Group
(Laguna, Acoma, Zuni, Hopi) 11
am-12 pm Indian Pueblo Cultural
Center 2401 12th Street NW

The Pueblo Dance Group
(Laguna, Acoma, Zuni, Hopi)
2-3 pm Indian Pueblo Cultural
Center 2401 12th Street NW

Drink

Sip & Swirl \$40-\$175 2-5 pm
Sid Cutter Pilot's Pavilion 4900
Balloon Fiesta Pkwy NE

Exhibit

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

Family/Kids

Free Family Sundays at Casa
Flamenca 11 am-12 pm Casa
Flamenca 401 Rio Grande
Boulevard NW

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

Literature/Poetry

Don Bullis Talk & Book Signing
1:30-3:30 pm Treasure House
Books & Gifts 2012 S Plaza St NW
A

Markets

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

Music

A Giant Dog \$13 8-11 pm
Moonlight Lounge 120 Central
Ave SW

AMP Concerts Presents Mike
Dawes with Christie Lenée \$25-
\$30 7:30-10:30 pm FUSION 700-
708 First St. NW

Casa Flamenca Summer Tablao
Season Continues \$40 7-8:30 pm
Casa Flamenca 401 Rio Grande
Boulevard NW

Odd Dog 4-7 pm Canteen
Brewhouse 2381 Aztec Road
Northeast

Stray Dawgs 2-4 pm Marble
Brewery NE Heights 9904
Montgomery Blvd NE

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

The Flametricks Subs 8-11 pm
Launchpad 618 Central Ave SW

Performance

Einstein: A Stage Portrait \$15-
\$30 2-4 pm Jewish Community
Center of Greater Albuquerque
5520 Wyoming Boulevard NE

MONDAY, AUGUST 19

Class / Workshop

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

Exhibit

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
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

Pixels & Pints 5-9 pm Tractor
Brewing Wells Park 1800 Fourth
St. NW

Music

Dark Honey Productions
Presents: Karaoke on the Hill
7:30-10:30 pm Tractor Brewing
Nob Hill 118 Tulane SE

Dimebag Darrell's Birthday
Bash w/ I'm Broken 8-11 pm
Launchpad 618 Central Ave SW

TUESDAY, AUGUST 20

Class / Workshop


Sip & Wax Candle Making Night
\$40 6-8 pm Boxing Bear Bridges
on Tramway 12501 Candelaria Rd
NE

Exhibit

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

Red & Green VegFest Albuquerque
2024

Peace Begins



On Your Plate


Date: Saturday, August 17, 2024
Time: 10:00 AM - 5:00 PM
Location: Albuquerque Marriott Pyramid North

Whether you're a
seasoned vegan, an
omnivore, or a curious
vegetarian, this event
welcomes everyone who
wants to deepen their
understanding of how to
safeguard their well-
being, the planet, and all
its inhabitants.

Checkout the
Speakers-Vendors-
Cooking Demos-Vegan
Food

Join us!

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The Paper.



(Roberto E. Rosales / The Paper.)

By Michael Hodock and
Andy Lyman, The Paper.

Steve Palmisano spends just about as much time on social media as anyone else, except Palmisano gives special attention to the pages that show an iconic Albuquerque logo.

Palmisano is the owner of the Albuquerque Dukes store in Nob Hill, and owns the logo of the bygone AAA baseball team. But because it's such a prevalent, almost inescapable image in New Mexico, people often see it as a logo of the people. That permeating philosophy becomes a burden for Palmisano because the Dukes — and the brand — are his livelihood. Burgeños of a certain age know the famous face of the duke adorned with a bright yellow helmet. Even those too young to remember the now-defunct baseball team, probably recognize the logo as a quintessential Albuquerque staple. Palmisano says the misunderstanding about who owns the logo often becomes apparent when he comes across unauthorized uses while he pursues the internet.

“Even though they try to change the logo in some way, they will end up tagging Dukes or tagging Albuquerque,”

Palmisano says. “So it’s easier now, to be honest, with the advent of social media, Instagram, Facebook, all that metadata that helps you set up searches and different things that will invariably pop up. But most of the time, it’s friends or family or customers that will send the link over a screenshot and say, ‘Hey, did you see this guy?’ That’s what friends are for. But it happens more often than people think. Currently, I’ve had four in the last week. Usually it’s once a month.”

But Steve’s not alone, owners of other popular New Mexico sports logos such as the Albuquerque Isotopes baseball team and New Mexico United soccer team often have to work double duty, self-policing artists and vendors who use the images without permission, and coming up with creative ways to protect their intellectual property and their money.

But while it’s mostly common knowledge that active teams like the Isotopes and United don’t allow unauthorized use of their logos, Palmisano often finds that many people incorrectly assume the Dukes logo is fair game.

“I’m not complaining necessarily that it’s popular,” he says. “I guess the challenge for

me is when you have to go out and protect it and you become the bad guy, because the knowledge base is not there for a lot of people who are using it.”

The Duke of baseball past

The Dukes started playing in Albuquerque in 1915. They started as a Class-D franchise and eventually became AAA — the highest level in Minor League Baseball. But when a new owner took the team to Portland, Oregon, in 2000 and rebranded the team as the Beavers, the old Dukes logo sat unused. Eventually Palmisano teamed up with businessman Fred Matteucci and the two took over the rights of the brand and logo.

Palmisano says there was a short period of time when there wasn’t a “gatekeeper” for the Dukes logo, sparking a “kind of a free-for-all” for anyone who wanted to sport the brand.

“You’d see stickers and you’d see T-shirts pop up,” Palmisano says. “So when Fred got it back, he was on a mission to say, ‘Hey, I own this, you can’t sell it, you can’t make up a shirt with it,’ which is business, and that’s why people have things trademarked.”

The Dukes Store opened

in 2015, and Palmisano says it was evident from day one that it was a viable business. His goal was to keep the logo alive because the goatee and mustache clad Albuquerque Duke is a fragment of both New Mexico history and tradition and the history of Minor League Baseball — “part of old baseball” — as Palmisano puts it.

“The math that I’ve come up with is if you are in your early 30s and you’re from Albuquerque, you probably went to a game when you were 10,” Palmisano says. “As far as the baseball team, that’s the window. As far as it becoming an iconic symbol of Albuquerque, New Mexico, it could last a while. We have a large demographic or a large customer base that only knows the Dukes as that. It’s a symbol of where you’re from — culturally, demographically — so it could shift to a brand like that. It’s sort of a lifestyle brand.”

By 2020, Matteucci moved away from Albuquerque, and Palmisano was the only person running the Dukes Store during COVID. He bought the business

CONTINUED ON PAGE 10

CONTINUED FROM PAGE 9

and trademark from Matteucci that same year.

And while Palmisano spends a good chunk of his time protecting the logo he owns, it's not just fargone teams that see logos being used unlawfully.

Sometimes you have to play hardball

It's usually much easier to snag a copy of the Dukes logo and throw it on a hat unnoticed than it is with an existing and active team.

New Mexico United President Ron Patel says the soccer franchise came out of the gate strong and quickly gained popularity. Because of this, they encountered people using their logo without permission from year one.

"What 99.9% of sports teams would do is send a cease and desist letter," he says. "We said, 'Is that really the way to reach out to artists in our community as our first impression?'"

United came up with an innovative way of dealing with potential copyright infringement. They have created a program that allows United to feature local art and help artists sell more of their work, while at the same time protecting the integrity of their brand.

Patel says United developed an Artist Series program that pays local artists a fair price for their art. The soccer club then marks it up and sells the specialty merchandise in a retail store, but the profits don't go into the team's pockets.

"We donate it to our academy, which is a youth program where the kids don't pay a dime for their soccer in their age of 15 to 19. They play all across the country, and it's run by our foundation," Patel says.

Patel says besides helping aspiring soccer players, United is also helping local artists get their work seen by a larger audience.

"If they try to sell it on their website, they'll sell it to their followers. But if we sell it in our store, we reach our entire sphere of influence, and are able to recycle those revenues by paying for kids to play soccer," Patel says. "So, kind of a win-win-win for everybody."

Palmisano says he doesn't



The Dukes store in Nob Hill sports the iconic logo on its windows. (Roberto E. Rosales / The Paper.)

usually lease out the Dukes logo to others, "just based on the history of it not working out."

The Albuquerque Isotopes team sometimes finds itself in a similar position. The team has dealt with unauthorized use of its brand ever since they announced the logo in 2002. Isotopes General Manager John Traub says, "Borrow is one way to put it, stealing is another way to put it. That's why there's intellectual property laws. People put a lot of equity into their branding and it's very important that those things get protected."

"We have our attorneys or Major League Baseball's attorneys get ahold of the offenders and hopefully can solve things without litigation," Traub says. "I will tell you that we have had a number of people who also reach out to us in advance of using our branding — asking for permission — which is very much appreciated."

Traub says he understands the philosophical argument that hometown brands such as The Dukes, United and Isotopes belong to the people, but that there's also a legal argument in protecting a brand.

"Communities have a lot of pride in their logos, and it's awesome when people have that pride and they want to use your logos or your branding for certain purposes," Traub

says. "However, when they try to capitalize on the work that you've put into it, or when they're trying to misuse your name or your logos, there's a real problem with that."

Use it or lose it

Seth Gardenswartz*, a lawyer who specializes in intellectual property, says like it or not, logos, phrases or sometimes colors with registered trademarks are off limits.

"For a trademark, you can't use a name, a symbol, a word, a sound, a smell, a color, or anything else that could indicate source in a way that would confuse a consumer," Gardenswartz says.

"That's why if you go trying to sell jewelry of any type in a turquoise package, a flock of attorneys will apparate around you from Tiffany's and grind you into the ground. That color is a registered trademark."

Gardenswartz agrees with Traub about a community owning a logo and says it's "fundamentally untrue" that a logo such as the one for the Dukes is free for everyone to use.

"Just saying that doesn't make it true," he says.

Gardenswartz says logos like the Dukes, United and Isotopes are protected by trademark ownership, but keeping unauthorized businesses or

organizations from using intellectual property falls on owners.

"There is no trademark police," Gardenswartz says. "You can't just call the police and say, 'Someone's infringing on my trademark.'"

Trademarking a logo doesn't necessarily mean that the image is off limits forever. Gardenswartz says that the images must be used, or they may be up for grabs by savvy entrepreneurs like Matteucci and Palmisano.

"Trademark registrations have to be maintained, and between the fifth and sixth year after the mark is registered, there's maintenance. You basically have to prove that you're still using it. And then again, after the 10th year, and every 10th year after that," Gardenswartz says.

Palmisano understands that the Duke is a symbol of Albuquerque, but it's also his livelihood. He says he wants people to know it's no cakewalk to own a business like his.

"Before you have an idea like, 'Hey, I'm gonna make a skateboard and put the Dukes logo on it' or something, think twice about, maybe somebody owns that," he says.

**Seth Gardenswartz has represented Ctrl + P Publishing, which publishes The Paper.*

All's Fair in Health Care Worker Recruiting

Around Houston Medical Center are six billboards inviting its employees to come to New Mexico, where they will be “Free to Provide.” The message is repeated in full page ads in the Sunday editions of dailies in San Antonio, Austin, Dallas, Fort Worth and Houston.

New Mexico’s governor and state Health Department are taking advantage of turmoil in the Texas medical community caused by changes in abortion laws to recruit health care workers.

Our shortage of practitioners is well known; some rural hospitals have closed their obstetrics wards. And how is your personal access to health care? My own gynecologist is pressed to see his patients and still try to answer their questions. I’m lucky to have a few minutes of attention.

However, for some people this is a touchy subject. The campaign, paid for by taxpayers, could just bring more abortion doctors, say critics.

Let’s look at this.

Texas has a problem. Its ban on abortions after the sixth week

has been in effect since 2021. After the U.S. Supreme Court’s Dobbs decision overturned Roe v. Wade, the Texas law became a near-total ban on abortion. The Texas Supreme Court upheld the ban in May when a group of women sued over emergency exceptions. Some patients have been outspoken about the law’s impact when they’ve had complications.

In a letter accompanying the ads, the governor informs providers that New Mexico permits abortions and protects medical practitioners who administer them. And she wades into the controversy, telling them: “When you pledged to dedicate your lives to medicine, you did so with the understanding that the health and well-being of your patients would always be your priority. You took your oath with patients — not politicians — in mind.”

The Free to Provide website doesn’t mention abortion specifically but does provide information about jobs of all kinds across the state, as well as

scholarship opportunities, and even some tourist information about destinations and cultural events. How many doctors or nurses or therapists or whatever, who are 10 years from retirement, might come visit with an eye toward practicing here and then retiring in place?

Department of Health Secretary Patrick Allen made that point when he wrote recently that New Mexico needs health care providers. “By that, I mean all sorts of medical professionals — general practitioners, dentists, obstetricians, gynecologists, behavioral health experts, pediatricians, surgeons, nurses, neurologists and psychiatrists, among others.”

I would add that when we talk about crime, including the mentally ill people who are repeat offenders, and the subject turns to treatment, as it did during the special legislative session, we don’t have the professionals who can treat them.

Hospitals, clinics and other employers don’t see it as

abortion recruiting. More than 100 of them are participating in the campaign and posting job opportunities, Allen wrote.

I don’t think most people want New Mexico to become the abortion capital of the nation, but Texas has pushed us in that direction. According to the Guttmacher Institute, 14,200 patients from Texas came here for abortions last year. That was a 260% increase since 2020. We might sympathize with the Texas women, but that kind of increase puts pressure on New Mexico’s already thin health care system.

Allen may be avoiding politics, but his boss isn’t. The governor’s letter was a poke in the eye to Texas Gov. Greg Abbott. He poked back, calling the campaign a political stunt and bragging on his state’s economic successes. “People and businesses vote with their feet,” he said, warning our governor to pay attention to New Mexico problems.

Abbott, who is no stranger to political stunts, has inflamed border issues. But that’s a whole ‘nother column.

All She Wrote



Sherry Robinson

Having a Coach on the Team

“Now that we have a coach on the team, I feel great!”

Those are the words of my friend, Ray Birmingham, a retired New Mexico Junior College and University of New Mexico baseball coach when I asked him about Minnesota Gov. Tim Walz. Others have made similar comments about Walz, a longtime coach and educator, who was tapped to be the running mate of Vice President Kamala Harris.

Walz, whose name and background have just been introduced to the public over the past few days, has all the characteristics of someone who connects with people in his community — a teacher and football coach who has touched a lot of lives over two decades.

He reminds me of a teacher I had in my hometown of Hobbs, James Richards. The similarities to Richards, who was my Houston Junior High civics and history teacher, were what caught my attention. Coach Richards was kind, encouraging, a lover of both New Mexico and

U.S. history. He challenged us to debate on subjects we didn’t know much about as a way to learn more. He coached at the junior high school and in later years moved up to be a teacher and assistant basketball coach for the Hobbs Eagles. He eventually became the high school athletic director.

Both Walz and Richards grew up in rural America. Walz was born in Nebraska; Coach Richards was raised in Potosi, Missouri, whose population today is 2,559. Both were raised in families who believed in public education.

When Walz made his debut on Tuesday, he underscored small town farm roots and spoke about his life as a teacher for two decades, his military service, and his elected office experience. Some of his accomplishments include universal free lunches for kids, expanded health care for veterans, and resources to end veteran homelessness; as governor, he extended the child

tax credit when the federal one expired — providing continuity for families in Minnesota.

But it was his love of his students and teaching that has stuck with me most and their love of him. Straight talking, hard working, challenging and friendly. Straight talk including, “Mind your own damn business,”

as a phrase to address the threat to personal decisions and freedoms. Coach Richards taught me the phrase, “The sun doesn’t shine on one dog’s tail all day long,” when we thought all was lost. Or cautioning me to “keep your eyes open” when he was warning me.

Former students are talking about Walz’s impact on their lives and how he made sure students were seen and valued. Coach Walz, like Coach Richards and Coach Birmingham, knew how to build winning football, basketball and baseball teams. They lifted players up. They didn’t tear them down.

The stories from Walz’s students brought back other

memories about Coach Richards. A former student, Larissa Beck, described how Walz was “ingrained in the fabric of Mankato West High School.” Every morning, he was in the halls greeting students by name in the same way Coach Richards stood at the door of Houston Junior High greeting us from the first day. He knew our names in no time.

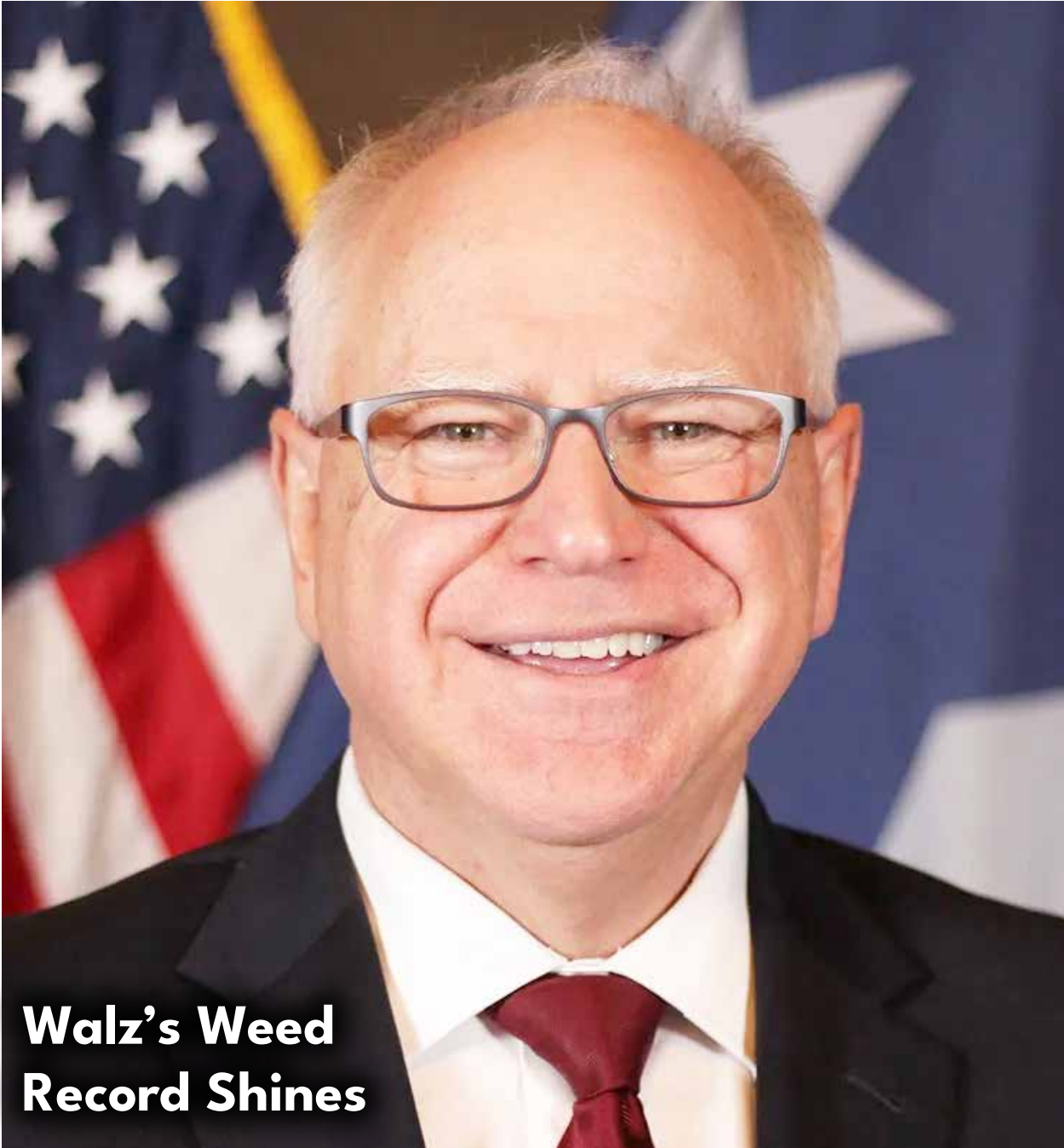
Later in life, I was part of a group that tried to get coach to run for the New Mexico Legislature. He was an active Democrat, and he had the temperament and the love of New Mexico we needed. But he was shyer than Tim Walz and diplomatically turned down the idea.

I think voters can’t help but feel better having “a coach on the team.” The best coaches reflect their communities and value the people in them. Tim Walz, as a newly minted vice-presidential candidate, is helping us understand what that means. Welcome to the team, Coach!

Corner to Corner



Diane Denish



Walz's Weed Record Shines

(Source: Office of Gov. Tim Walz)

By Josh Lee, The Paper.

Election season is creeping up, and cannabis policy may play a role in which way voters sway this year. Democratic nominee Vice President Kamala Harris recently announced Minnesota Gov. Tim Walz as her running mate, making this the first-ever major presidential ticket in which both nominees outwardly support marijuana legalization.

If the pair gets elected, Walz will be the first vice president to have legalized recreational marijuana in their own state before taking office.

Minnesota hasn't started legal sales just yet, but Walz signed the bill into law in May 2023. He also supported supervised drug consumption facilities and the creation of a Psychedelic Medicine Task Force in his state.

His track record with weed in Congress is nearly spotless. Walz voted in favor of the Rohrabacher-Farr Amendment, which bars the Department of Justice (DOJ) from spending federal funds to interfere with state-approved medical cannabis programs. He also voted in favor of an amendment that would have prohibited states from

penalizing a bank for working with a licensed cannabis business.

Walz spoke out against Trump's first attorney general, Jeff Sessions, when the DOJ head rescinded the Cole Memo — an Obama-era direction from then-Deputy Attorney General James Cole that instructed federal prosecutors to leave state-licensed medical cannabis businesses alone as long as they aren't breaking local laws.

"Jeff Sessions is dead set on overruling states that have legalized recreational or medical cannabis, including MN," Walz posted on X at the time. "I'll keep fighting alongside the 83 percent of vets and caregivers who support legalizing medical cannabis nationally."

Walz called for the full legalization of recreational weed in Minnesota as far back as 2017. In 2019 — his first year as governor — he told the state's various agencies to begin preparing for a legal cannabis market. This was done at a time when the state's Legislature was controlled by Republicans who did not support legalization. He told reporters at the time that he wanted the state to be ready to implement a regulatory system immediately after any legislation passed. It would be four years before such a

bill was finally signed into law.

Under Walz's governance, Minnesota Department of Public Safety (DPS) expunged 57,780 cannabis crime records nearly three months ahead of the state's schedule.

Meanwhile, JD Vance, Trump's running mate, has a much different view of marijuana. Vance voted against the SAFER Banking Act, which would allow banks to work with cannabis businesses without fearing federal prosecution, claiming that the bill would legalize banking for fentanyl dealers. He also didn't support recreational legalization in his home state of Ohio.

However, Vance has said that he's against arresting low-level marijuana offenders. In a May interview with Ask a Pol, he said: "My view on weed is, like, we have to strike a balance between, you don't want people thrown in prison for having a dime bag."

But he also went on to say that legalization "pollutes" public spaces.

"You take your kids downtown Cincinnati to go to a restaurant, and you walk by, like, five people who are stoned. It smells terrible. Like, I don't want that," he said.

And although Trump has remained aloof on the topic of cannabis, he has implied that the death penalty should be used to punish drug dealers.

"It's terrible to say, but you take a look at every country in this world that doesn't have a problem with drugs, they have a very strong death penalty for people that sell drugs," Trump said during a speech at the America First Policy Institute in 2022.

He walked back the statement more recently, saying he'd only seek the death penalty for certain unspecified drug trafficking offenses.

In comparison, the Harris-Walz ticket is a historic first in which both candidates support broad cannabis law reform up to and including legalization at the federal level. Harris' history is marred by her time with the California Department of Justice, where she notoriously fought criminal justice reforms, tried to fight paying compensation to a man who was wrongfully imprisoned for nine years and even fought to keep nonviolent prisoners locked up despite a Supreme Court order to release them. She also reportedly oversaw 1,900 cannabis convictions and fought cannabis legalization in California.

Harris' tough-on-crime policies have returned to damage her reputation among progressive voters in recent years, but she has done a complete about-face on these issues.

As a member of Congress, she introduced legislation that would have legalized marijuana federally and co-sponsored legislation that would have removed marijuana from the list of controlled substances. During her time as vice president, Harris has repeatedly called for federal cannabis law reform. She even reportedly called for full legalization at the federal level while discussing policies with former federal cannabis prisoners who received a presidential pardon for their crimes.



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!

Nevada Supreme Court Keeps Weed Schedule I

By Josh Lee, The Paper.

The Nevada Supreme Court last week overturned a lower court ruling that removed cannabis from the state's list of Schedule I Controlled Substances.

In 2022, a Clark County District Court ruled that classifying cannabis as Schedule I was unconstitutional under Nevada law. The American Civil Liberties Union (ACLU) of Nevada had challenged the state's classification, arguing that Schedule I is designated for substances without medical purpose that cannot be safely distributed and that the classification conflicted with Nevada's medical and recreational marijuana laws. The lower court agreed with the ACLU's position and acknowledged the inconsistency between state laws and voter-approved cannabis legalization measures.

But last week, the state's Supreme Court overturned the ruling. The ACLU had pointed out that state law enforcement officers were still arresting people for cannabis possession even after the state legalized the drug, but the Supreme Court said that those arrests were not related to the state's classification of marijuana and is allowing the state to continue classifying it as a Schedule I substance.

Senate Blocks D.C. Weed Sales

Last week, a spending bill rider that prevents Washington, D.C., from using local tax dollars to legalize adult-use marijuana sales was approved, meaning



(Source: coolcaesar at Wikimedia Commons)

D.C. voters will still be unable to buy legal marijuana from city-approved dispensaries, despite the drug being legalized in 2014.

The Senate Appropriations Committee advanced the Financial Services and General Government and Labor, Health and Human Services, and Education bill last week. Although the House initially omitted the D.C. rider that blocks the city from allowing legal marijuana sales, it was reinserted by Republican lawmakers.

OK Secret Pot Shoppers Keep Quiet

The Oklahoma Medical Marijuana Authority (OMMA) launched a secret shopper

program in January to oversee dispensaries. But now the agency is withholding operational details from lawmakers until its one-year anniversary, ostensibly to protect program integrity.

The program is the result of legislation written by Oklahoma Rep. Ty Burns that mandates inspections of at least 50 dispensaries by year-end and 10% of all dispensaries annually starting in 2025. According to Oklahoma Voice, Burns released emails between himself and the OMMA that show the agency has refused to disclose how many sites have been inspected since January or the results of those inspections.

The program ensures product labels accurately reflect potency and contaminants. Secret shoppers buy marijuana for compliance testing across four labs, with a fifth sample reserved. Failed tests trigger recalls and possible punitive actions.

Consumer advocates are concerned that the OMMA does not have the capacity to fulfill its inspection duties. The agency recently laid off 10% of its staff due to budget constraints and decreasing licenses and has to address a backlog of license renewals and ownership transfer requests.

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LEGAL NOTICE

NOTICE OF A PUBLIC HEARING
A Public Hearing has been scheduled for August 27, 2024, at 6:00pm in the Commission Chambers, 171-A State Road 344, Edgewood, NM. For

ORDINACE 2024-001 PROCURE-MENT ORDINANCE

For Information, please contact Michelle Jones, Town Clerk at 505-286-4518 or email clerk@edgewood-nm.gov 8/15/2024 and 8/22/2024 08/15/2024 and 08/22/2024

LEGAL NOTICE

STATE OF NEW MEXICO
SEVENTH JUDICIAL DISTRICT COURT
COUNTY OF TORRANCE

No. D-722-PB-2024-00025

IN THE MATTER OF THE ESTATE OF
HELEN SALLIE JANE FARLEY,
DECEASED.

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative of the estate of the decedent. All persons having claims against the estate of the decedent are required to present their claims within four (4) months after the date of the first publication of any published notice to creditors or sixty (60) days after the date of mailing or other delivery of this notice, whichever is later, or the claims will be forever barred. Claims must be presented either to the undersigned personal representative at his attorney's address listed below, or filed with the District Court of Bernalillo County, Probate Division, New Mexico, located at the following address:
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08/01/2024, 08/08/2024 and 08/15/2024

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PUBLIC NOTICE

PUBLIC NOTICE: Burlington Northern Santa Fe (BNSF) Railway proposes to install a 50-ft-tall communications pole in their railroad right-of-way in Torrance County, NM at (latitude, longitude) 34.646925, -105.608812, which will be licensed through the Federal Communications Commission (FCC). As part of its responsibilities assigned by FCC for compliance with the National Environmental Policy Act (NEPA) and National Historic Preservation Act (NHPA), BNSF invites the public to notify BNSF of any effects the placement of this tower may have on properties listed or eligible for listing in the National Register of Historic Places, or any concerns the public may have with regard to the potential impact the tower may have on natural and cultural resources subject to NEPA or NHPA review and consideration. Please direct your comments to Ian Waters at HDR, 10450 Holmes Rd, Suite 600, Kansas City, MO 64131 or ian.waters@hdrinc.com. Comments must be received within 10 days of this notice.
08/15/2024

LEGAL NOTICE

NOTICE OF A PUBLIC HEARING
A Public Hearing has been scheduled for August 27, 2024, at 6:00pm in the Commission Chambers, 171-A State Road 344, Edgewood, NM. For

ORDINACE 2024-002 ECONOMIC DEVELOPMENT ADVISORY BOARD

For Information, please contact Michelle Jones, Town Clerk at 505-286-4518 or email clerk@edgewood-nm.gov 8/15/2024 and 8/22/2024 08/15/2024 and 08/22/2024



The Paper.

Send us your
letters to the Editor
editor@abq.news



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

FREE WILL ASTROLOGY

Week of August 14

© Copyright 2024 Rob Breznsky

ARIES (March 21-April 19): Years ago, when I worked as a postal delivery person in Santa Cruz, California, I mastered my route quickly. The time allotted to complete it was six hours, but I could easily finish in four. Soon I began to goof off two hours a day, six days a week. Many great works of literature and music entertained me during that time. I joined a softball team and was able to play an entire game each Saturday while officially on the job. Was what I did unethical? I don't think so, since I always did my work thoroughly and precisely. Is there any comparable possibility in your life, Aries? An ethical loophole? A workaround that has full integrity? An escape clause that causes no harm?

TAURUS (April 20-May 20): From an astronomer's perspective, Uranus is huge. Sixty-three Earths could fit inside of it. It's also weirdly unique because it rotates sideways compared to the other planets. From an astrologer's point of view, Uranus symbolizes the talents and gifts we possess that can be beneficial to others. If we fully develop these potentials, they will express our unique genius and be useful to our fellow humans. It so happens that Uranus has been cruising through Taurus since 2018 and will mostly continue there until 2026. I regard these years as your best chance in this lifetime to fulfill the opportunities I described. The coming weeks will be especially pregnant with possibilities.

GEMINI (May 21-June 20): Mountaineer Edmund Hillary is renowned as the first person to climb to the summit of Mt. Everest. It happened in 1953. Less famous was his companion in the ascent, Gemini mountaineer Tenzing Norgay. Why did Hillary get more acclaim than Norgay, even though they were equal partners in the monumental accomplishment? Was it because one was a white New Zealander and the other a brown Nepalese? In any case, I'm happy to speculate that if there's a situation in your life that resembles Norgay's, you will get remediation in the coming months. You will receive more of the credit you deserve. You will garner the acknowledgment and recognition that had previously been unavailable. And it all starts soon.

CANCER (June 21-July 22): As an American, I'm embarrassed by the fact that my fellow citizens and I comprise just four percent of the world's population but generate 20 percent of its garbage. How is that possible? In any case, I vow that during the next five weeks, I will decrease the volume of trash I produce and increase the amount of dross I recycle. I encourage you, my fellow Cancerians, to make a similar promise. In ways that may not be immediately imaginable, attending to these matters will improve your mental health and maybe even inspire you to generate an array of fresh insights about how to live your life with flair and joy.

LEO (July 23-Aug. 22): The coming weeks will be a wonderful time to waste time on the internet. If you are properly aligned with cosmic rhythms, you will spend long hours watching silly videos, interacting with friends and strangers on social media, and shopping for products you don't really need. JUST KIDDING!! Everything I just said was a dirty lie. It was designed to test your power to resist distracting influences and mediocre advice. Here's my authentic counsel, Leo. The coming weeks will be a fantastic phase to waste as little time as possible as you intensify your focus on the few things that matter to you most.

VIRGO (Aug. 23-Sept. 22): Scientific research suggests that brushing and flossing your teeth not only boosts the health of your gums, but also protects your heart's health. Other studies show that if you maintain robust microbiota in your gut, you're more likely to avoid anxiety and depression as you nurture your mental health. The coming weeks will be a favorable time to focus on big-picture thoughts like these, Virgo. You will be wise to meditate on how each part of your life affects every other part. You will generate good

fortune as you become more vividly aware and appreciative of the intimate interconnectedness that underlies all you do.

LIBRA (Sept. 23-Oct. 22): The official term for the shape of a single piece of M&M candy is "oblate spheroid." It's rounded but not perfectly round. It looks like a partially squashed sphere. An Iraqi man named Ibrahim Sadeq decided to try the difficult task of arranging as many M&M's as possible in a vertical stack. He is now the world's record holder in that art, with seven M&M's. I am imagining that sometime soon, Libra, you could achieve a comparable feat in your own domain. What's challenging but not impossible?

SCORPIO (Oct. 23-Nov. 21): I've heard many people brag about their hangovers. The stories they tell are often entertaining and humorous. One of my best laughs emerged in response to two friends describing the time they jumped on the roof a parked Mercedes Benz at 3 am and sang songs from Verdi's opera Falstaff until the cops came and threw them in a jail cell with nothing to eat or drink for ten hours. In accordance with astrological omens, Scorpio, I ask you to not get a hangover in the coming weeks, even an amusing one. Instead, I encourage you to studiously pursue extreme amounts of pleasurable experiences that have only good side effects.

SAGITTARIUS (Nov. 22-Dec. 21): Most famous musicians demand that their dressing rooms be furnished with specific amenities. Beyoncé needs rose-scented candles. Rihanna expects her preparatory sanctuary to have dark blue or black drapes topped with icy blue chiffon. Eminem insists on a set of 25-pound dumbbells, and the hip-hop duo Rae Sremmurd wants Super Soaker water guns. Since the coming weeks may be as close to a rock star phase of your cycle as you've ever had, I recommend you create a list of your required luxuries. This imaginative exercise will hopefully get you in the mood to ask for exactly what you need everywhere you go.

CAPRICORN (Dec. 22-Jan. 19): Sleep deprivation is widespread. I see it as a pandemic. According to some studies, over half the people in the world suffer from insomnia, don't get enough sleep, or have trouble falling asleep or staying asleep. Most research on this subject doesn't mention an equally important problem: that many people aren't dreaming enough. And the fact is that dreaming is key to our psychological well-being. I bring this to your attention, Capricorn, because the coming weeks will be a favorable time to enhance your relationship with sleep and dreams. I encourage you to learn all you can and do all you can to make your time in bed deeply rejuvenating.

AQUARIUS (Jan. 20-Feb. 18): Only 47 people live on the volcanic Pitcairn Islands, which are located in the middle of nowhere in the South Pacific Ocean. Pollution is virtually non-existent, which is why the honey made by local bees is the purest on the planet. In accordance with astrological omens, I'd love for you to get honey like that in the coming weeks. I hope you will also seek the best and purest of everything. More than ever, you need to associate with influences that are potent, clear, genuine, raw, vibrant, natural, and full-strength.

PISCES (Feb. 19-March 20): Many Indigenous people in North America picked and ate wild cranberries. But farm-grown cranberries available for commercial use didn't appear until 1816. Here's how it happened. In Cape Cod, Massachusetts, a farmer discovered a secret about the wild cranberry bog on his land. Whenever big storms dumped sand on the bog, the fruit grew with more lush vigor. He tinkered with this revelation from nature and figured out how to cultivate cranberries. I recommend this as a teaching story, Pisces. Your assignment is to harness the power and wisdom provided by a metaphorical storm or disturbance. Use it to generate a practical innovation in your life.

The Weekly Crossword

by Margie E. Burke

ACROSS

- 1 Daffy Duck trademark
5 Some tournaments
10 Willy of "Free Willy"
14 2024 rom-com "The ____ of You"
15 Type of dust
16 Thunder sound
17 Shiny, as with tears
19 Not to mention...
20 Muppet maker Jim
21 Designer's pattern
23 Picked up the tab
25 While lead-in
26 Sinatra, for one
29 "Lent" body part
32 "Great!"
35 Slams, perhaps
36 Batman and Robin, e.g.
37 Docket item
38 Repair bill listing
39 Director Preminger
40 Kitchen pest
41 It shows the way
42 Indy 500 sound
43 Camping gear chain
44 Added together
46 Damon or Dillon
48 Afghan group
52 Claim again, as power
56 Noted canal
57 Sworn promise

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- 58 Works together
60 Shade giver
61 Caddie, basically
62 It may be pitched
63 Partner of odds
64 Kind of silence
65 Whirlpool
10 Milky gems
11 A cousin of, perhaps
12 IMDb listing
13 Burn soother
18 Invoice word
22 JFK or LBJ
24 Render harmless
27 Pulsate painfully
28 "Survivor" slogan word
30 Garage occupant
31 Study, say
32 Slash mark?
33 Go down
34 Tossed out a number
38 Watches over
39 Abscissa's counterpart
41 Play divisions
42 Soft-palate sound
45 Table linens
47 McCourt's "Angela's ____"
49 With ____ breath
50 Revise
51 Janet Jackson hit of 1986
52 Way to learn
53 Come by honestly
54 Tooth part
55 Baum barker
59 Montblanc product

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!**

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