

The Paper.

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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

Tsedaye Makonnen Astral Sea series, 2021 (Photo by Ashley Rosas)



Disruption, Survival ... and Breaking Boxes

Podcast host and artist-advocate has new role as multimedia art show curator

By Michael Hodock, p.8

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Correction:

Last week's issue included an incorrect date for a New Mexico Jazz Festival event. Blues Night on Civic Plaza happens Saturday, Sept. 21.

The Paper.

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

How One ABQ Student Got the City's Attention Over Pedestrian Safety

After watching hundreds of people cross a busy street, a UNM student took action



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 Elizabeth McCall, City Desk ABQ

Sometimes it may seem that public concerns brought to city officials go willfully unheard. But one University of New Mexico student's persistence and determination on pedestrian safety got her a scheduled meeting with city development heads.

Like most students with busy schedules, Jackie Davis risks jaywalking across Central Avenue near UNM. After noticing hundreds of people crossing the same "dangerous" street, Davis decided to take action. One morning she counted over 60 people crossing in a little over an hour.

Davis, a geography student at UNM, said she crosses the street at Buena Vista Drive and Central to get to class despite the "no pedestrian crossing" signs. Pedestrians are instead directed to use the crosswalks at Yale Boulevard or University Boulevard more than 500 feet away.

"I cross there every single day that I go to class," Davis said. "For a while, I really tried not to because I perceived it as being pretty dangerous to cross there. I ended up going about six minutes out of the way, going up to Yale and crossing there but as the semester goes on, schedules get a little tighter, and crossing there became a necessity."

In February, Davis went to an Albuquerque City Council meeting and told councilors and the administration that they "might not be aware that there needs to be a crosswalk here."

Davis said she was told by a Department of Municipal Development (DMD) employee that a crosswalk could not be installed without a crosswalk signal.

"A signal, from what I know, would require a lot of crossing, so that's where I got the idea to show that this is not just me," Davis said. "I went and set up for about four hours back in April and collected some data on how many

people were crossing there. It's not just a few people every day, it's hundreds of people on a daily basis."

Davis attended another council meeting in May and presented the data she collected — showing more than 40 people crossing there every hour in the morning.

The data also showed the crosswalks at Yale and University Boulevards are more than 1,300 feet apart. Davis found that before the installation of the Albuquerque Rapid Transit (ART) lane, there were no signs prohibiting pedestrians from crossing and it "appeared to be allowed, although it was not protected by a crosswalk or large median refuge."

The ART bus lane is in the westbound traffic lane, but buses use it to travel both east and west. Davis said with the bus going in both directions in one lane, "people are not looking both ways and there's some close calls with the bus pretty frequently."

Davis raised her concerns about the issue for the third time at a council meeting on Aug. 19 and presented new data she collected that day. Her data showed 65 people crossing in that area from 8:45 to 10 a.m.

After the meeting, Davis spoke with Jennifer Turner, director of the DMD, and scheduled a meeting with the department to discuss the potential of a crosswalk at the intersection.

Timothy Brown, traffic engineering division manager for the DMD, confirmed a meeting on Sept. 4 and said there is a process for determining where to put crosswalks but did not specify which locations take priority.

"DMD is in the process of prioritizing the many locations in the city where our infrastructure does not meet current best practices," Brown said. "Number of crashes and usage volume are two of the key components of that prioritization."

Davis said she feels confident about the DMD looking into the issue.

"I think this is a more complicated intersection than a lot they're probably dealing with, obviously because of the transit overlap," Davis said. "I think it may take a little while, but I'm hoping to see some progress on it relatively soon."

Weak in Review: Sept. 4

Quick hits on this week's news bits

The City of Albuquerque is planning new Downtown bike lanes.



They sound safer, but it won't stop jerk-face drivers from yelling insults as they drive by.



A Missouri woman says she found old photos she thinks might be from Ansel Adams.

Does anyone care about photos if they're not shared on social media?

Former Bernalillo County Manager Julie Morgas Baca is now the executive director of the Balloon Fiesta.

Overseeing a bunch of bags of hot air is in her wheelhouse, apparently.

A giant tortoise held up traffic on Coors Boulevard until a helpful driver stopped and helped it get across the road.



We won't even cross Coors in a car.


Carlos Santana canceled his show in Albuquerque for medical reasons.

That black magic woman is probably to blame.

The New Mexico State Fair kicks off this week.

It's that time of year when the aromas of smoked turkey legs and manure mixes together and you can make eye contact with a cow while eating a cheeseburger.





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Fri-Mon Sept 6-9 5:00

80s Mexi-punk film **INTREPIDOS PUNKS**
Friday September 6 10:30pm

Sergio Leone's 1968 western staple
ONCE UPON A TIME IN THE WEST
Sat-Sun Sept 7-8 12:00pm

Live glam-prog-psych-stoner metal mix
DARSOMBRA, FUDOSA, & TIMEFOOLERY
Saturday September 7 10:30pm

Sun Ra Double Feature: Sept 10-12
Revelatory portrait of the free jazz legend
SUN RA: A JOYFUL NOISE — 3:00, 6:30
Sun Ra's visionary 1974 Afrofuturist film
SPACE IS THE PLACE — 4:30, 8:00

3405 Central Ave NE 255-1848
www.guildcinema.com



The 18th Annual New Mexico Jazz Festival

For the 18th year, the New Mexico Jazz Festival takes over Albuquerque and Santa Fe, Sept. 5 through 29. It all starts swinging on Thursday, Sept. 5, at Outpost Performance Space (210 Yale Blvd. SE). At 7:30 p.m. that night it's a concert featuring the Michael Anthony-Paul Gonzales Quartet. Since moving to New Mexico in 1980, Gonzales has become one of the most respected guitarists on the scene. The quartet will kick things off with their signature bebop, standards, Latin, blues and funk. Tickets ([tickets.holdmyticket.com/tickets/435291](https://www.holdmyticket.com/tickets/435291)) are \$50 general admission, \$40 for Outpost members and \$15 for students. Among the music-minded festivities happening throughout the month are concerts (John Santos Sextet at the Albuquerque Museum, Amina Figarova Sextet at Outpost, Meshell Ndegeocello at Lensic), films (a double-shot of Sun Ra documentaries at Guild Cinema), an art exhibit ("Jazz Undercover - An Exhibition of Jazz Album Covers" at FUSION) and more. For ticket information and a complete schedule of events, go to outpostspace.org/outpost-performance-space/new-mexico-jazz-festival.

THURSDAY, SEPTEMBER 5

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

Community

Community Meeting: Artist
Housing and Workspaces 5-7:30
pm Harwood Art Center 1114 7th
Street NW

Discussion / Lecture

Nerd Night #7 8-10 pm Green
Jeans Food Hall 3600 Cutler Ave.
NE

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

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

Food

JP'Z Drive-Thru Food Fair 12pm-
9pm weekdays, 11am-11pm on
weekends Coronado Center 6600
Menaul NE

Games

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

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

Trivia Night 7-8:30 pm The
Historic Lobo Theater - Lounge
& Event Venue 3013 Central Ave
NE

Miscellaneous

Blue Door Neighborhood Center
Grand Opening All Day Blue
Door Neighborhood Center 3925
Las Estancias Way SW

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Hispanic Heritage Month Kick
Off Event 9 am-12 pm Old Town
Albuquerque 2005 N. Plaza St. NW

Music
Cosmic Kitten \$10 8-11 pm
Launchpad 618 Central Ave SW

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

High Desert Playboys 6-9 pm
Canteen Brewhouse 2381 Aztec
Road Northeast

Hillary Smith and Chillhouse 6-9
pm Rio Bravo Brewing Company
1912 Second St NW

It's A 2000's Party \$16 9:30 pm-1
am Revel Entertainment Center
4720 Alexander Blvd NE

J2B2 \$35 7:30-9:30 pm FUSION
700-708 First St. NW

Jawbreakers 9 pm-12 am
Insideout 622 Central Ave SW

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

Quartet \$15-\$50 7:30-9:30 pm
Outpost Performance Space 210
Yale Blvd. SE

Trick Meyers 7-9 pm Treasure
House Books & Gifts 2012 S Plaza
St NW A

Vinyl Club 6-9 pm Enchanted
Botanicals Nobhill 3417 Central
Ave. NE

Performance
The Bald and the Beautiful: Trixie
Mattel & Katya Zamo \$32-\$70
8-10 pm Kiva Auditorium 2nd St
& Marquette Northeast

Art
ABQ Artwalk 5-9 pm Downtown
Albuquerque

Art Openings
First Friday ArtsCrawl Opening
Reception - The Architecture of
Beauty 6-8:30 pm Gallery with
a Cause located inside the New
Mexico Cancer Center 4901 Lang
Ave. NE

Class / Workshop
Beginning Square Dance Lessons
\$8-\$120 6-7:30 pm Albuquerque
Square Dance Center 4915
Hawkins St NE

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

Caitlin Peluffo \$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

First Fridays Comedy Contest:
16th Anniversary 8-10 pm
Isotopes Park

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

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

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

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

Food
9th Annual Patriot Dinner \$125-
\$200 6-10 pm Isleta Resort &
Casino 11000 Broadway Blvd. SE

Literature/Poetry
Luna & Poesia 7-9 pm Flock of
Moons Brewing Company 111
Harvard Dr. SE

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

Vanishing Birds Murals - A Public Art Project

The Albuquerque Public Art Program and the Bird Alliance of Central New Mexico invite you to propose a mural design for the BioPark to draw attention to climate change.

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www.abq.news

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Miscellaneous

Friends of Dorothy 7-10 pm
Hollow Spirits 1324 1st ST NW

Music

BTTR BOPS 3 \$10 8-11:30 pm
Sister 407 Central Ave. NW

Celo \$10 9 pm-2 am Effex
NightClub 420 Central Avenue
Southwest

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

First Fridays w/ DJ Flo Fader 8-11
pm Tractor Brewing Nob Hill 118
Tulane SE

January Storm 6-9 pm The
Hopper Pub & Pizzeria 4500
Arrowhead Ridge Dr SE, Rio
Rancho

Music Under the Stars: John
Santos Sextet \$15-\$45 7-10 pm
Albuquerque Museum 2000
Mountain Road NW

Ruidoso Nights Fundraiser
6-11:30 pm Insideout 622 Central
Ave SW

Save Ferris \$22 8-11 pm
Launchpad 618 Central Ave SW

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

Vienna Light Orchestra: Tribute
to The Greatest Showman
LIVE \$59-\$129 7-9 pm National
Hispanic Cultural Center 1701 4th
Street Southwest

Vienna Light Orchestra: Tribute
to The Greatest Showman
LIVE \$59-\$129 3-5 pm National
Hispanic Cultural Center 1701 4th
Street Southwest

Music - Classical

Candlelight: A Tribute to
Coldplay \$33 9-10:15 pm The
Clyde Hotel 330 Tijeras Avenue
Northwest

Performance

Death By Design \$15-\$24 7:30
pm Adobe Theater 9813 4th St NW

Home, I'm Darling \$23 7:30 pm
North Fourth Arts Center 4904
Fourth Street NW

Sports

New Mexico United vs. Miami FC
\$19-\$47 7-10 pm Isotopes Park

SATURDAY, SEPTEMBER 7

Art Openings

Opening Reception: Analog
Collage 6-9 pm AC2
Contemporary Art 301 Mountain
Rd

Sandia Heights Artists Studio
Tour 10 am-5 pm Sandia Heights
Artist Home Studios Tramway
Blvd and Paseo Del Norte
(neighborhood)

Comedy

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

Caitlin Peluffo \$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

One Night Stanleys \$12 10-11:30
pm The Box Performance Space
114 Gold Ave SW

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

Community

Albuquerque Out of the
Darkness Walk 9-11 am
Albuquerque Civic Plaza 1 Civic
Plaza

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

Dance

Cellicion Traditional Dance
Group (Zuni) 11 am-12 pm Indian
Pueblo Cultural Center 2401 12th
Street NW

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

Live Flamenco & Spanish Music
Night 8-10 pm Tractor Brewing
Wells Park 1800 Fourth St. NW

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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

Festival

Lavaland Park 1st Annual
Community Celebration All Day
Lavaland Park 319 64th St NW

Film

The Atomic Rocketeer - A
Documentary Screening with
Creator Larry Sheffield \$10 7-9
pm South Broadway Cultural
Center 1025 Broadway Blvd SE

Literature/Poetry

Valerie A. Santillanes Reading
and Book Signing 1:30-3:30 pm
Treasure House Books & Gifts
2012 S Plaza St NW A

Miscellaneous

Pooch Plunge & Adopt-a-Thon \$5
10 am-2 pm Haynes Pool 2006
Grande Blvd. SE, Rio Rancho

Music

18th Annual New Mexico Jazz
Festival: Amina Figarova Sextet
\$15-\$50 7:30-9:30 pm Outpost
Performance Space 210 Yale Blvd.
SE

Cee Mo and the Lovers \$5 8-11
pm Insideout 622 Central Ave SW

Darsombra w/ Fudosa +
Timefoolery \$12 10:30 pm-1 am
Guild Cinema 3405 Central Ave NE

Felix y Los Gatos 1-4 pm Canteen
Brewhouse 2381 Aztec Road
Northeast

J. Ezra 7-9 pm Tractor Brewing
Nob Hill 118 Tulane SE

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

Los Lobos: 50th Anniversary
Tour \$64-\$89 7:30-10:30 pm
National Hispanic Cultural
Center 1701 4th Street Southwest

New Mexico Goth Fest 2024 \$30
3 pm-1:30 am Launchpad 618
Central Ave SW

Pink Freud 6-9 pm The Hall
ABQ 107 Jefferson St. NE

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

The First Annual Great New
Mexico Song Swap 5-8 pm
Marble Brewery 111 Marble Ave
NW

Turner & Grimes Trio w/ Kat
Fucile 10 am-12 pm Winrock
Town Center 2100 Louisiana
Blvd. NE #51, Albuquerque

Performance

Death By Design \$15-\$24 7:30
pm Adobe Theater 9813 4th St
NW

Home, I'm Darling \$23 7:30 pm
North Fourth Arts Center 4904
Fourth Street NW

SUNDAY, SEPTEMBER 8

Art Openings

Inpost Artspace Reception: Jazz
Undercover - An Exhibit of Jazz
Album Covers 3-5 pm FUSION
700-708 First St. NW

Sandia Heights Artists Studio
Tour 10 am-5 pm Sandia Heights
Artist Home Studios Tramway
Blvd and Paseo Del Norte
(neighborhood)

Class / Workshop

Enchanted Botanicals Puff +
Paint \$30 3-6 pm Enchanted
Botanicals Nobhill 3417 Central
Ave. NE

Comedy

Stand-up Comedy 7-9 pm The
Nob Hill Stage 3619 Copper
Avenue Northeast

Dance

Cellicion Traditional Dance
Group (Zuni) 11 am-12 pm Indian
Pueblo Cultural Center 2401 12th
Street NW

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

The iDance 2024 Recital \$21-\$25
2-3:30 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

Festival

Lavaland Park 1st Annual
Community Celebration All Day
Lavaland Park 319 64th St NW

Film

The Historic Lobo Theater
Presents: Ferris Bueller's Day Off
\$25 11:30 am The Historic Lobo
Theater - Lounge & Event Venue
3013 Central Ave 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

Literature/Poetry

Janet Brennan Book Signing
1:30-3:30 pm Treasure House
Books & Gifts 2012 S Plaza St
NW A

Markets

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

Music

Low-Decibel Gig ft. Ex Angry
Samoan Gregg Turner 1:30-4:30
pm The Nob Hill Stage 3619
Copper Avenue Northeast

Mirage: Quick Sips Vol. 1 Release
Party \$10 6-10 pm Insideout 622
Central Ave SW



Odd Dog 3-6 pm Marble
Brewery 111 Marble Ave NW

Silver Sky Blues Band 4-7 pm
Canteen Brewhouse 2381 Aztec
Road Northeast

Stray Dawgs 3-6 pm Rio Bravo
Brewing Company 1912 Second
St NW

Sunday Funday Karaoke 6-9 pm
Tractor Brewing Wells Park 1800
Fourth St. NW

Music - Classical

Bach's Complete St. John Passion
\$20-\$60 5:30-9 pm Hope in the
Desert Episcopal Church 8700
Alameda Blvd. NE

Performance

Death By Design \$15-\$24 2 pm
Adobe Theater 9813 4th St NW

Home, I'm Darling \$23 2 pm
North Fourth Arts Center 4904
Fourth Street NW

MONDAY, SEPTEMBER 9

Class / Workshop

African Dance Class with Live
Drummers \$7 6-7:15 pm JUNO
brewery + cafe + art 1501 1st
Street Northwest

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

Comedy

Monday Comedy Nights 7-9 pm
Flatiron Bites & Brews 6001 San
Mateo Blvd NE

Community

Lotus Sound Bath Free First
Mondays 6:30-7:30 pm
Cathedral of St. John 318 Silver
Ave. SW

Disruption, Survival ... and Breaking Boxes



Natalie Ball
Toes Out, 2021
Converse shoes, spur, elk hide, textiles, leather, wood (lodge pole pine)
(Source: Natalie Ball and Wentrup, Berlin.
Forge Project Collection, traditional lands of the Moh-He-Con-Nuck)

Podcast host and artist-advocate has new role as multimedia art show curator

By Michael Hodock, The Paper.

Ginger Dunnill started the podcast *Broken Boxes* a decade ago as a way to stay tuned in to the arts community after she had children. She was familiar with other podcasts like *This American Life* and *The Moth*, but she says when she started the project, she didn't see podcasts as a big platform for activism like they are now.

"It was a fun place for me to play creatively, to share stories, to create a studio companion for other artists who are my peers where they could just listen to other people's stories to promote a kind of solidarity," Dunnill says. "As it progressed, I kind of took it more into the field and went 'direct action' for environmental justice issues like Standing Rock. I interviewed people from the Navajo Nation who were protecting their sacred mountains and I just kind of took it into that space for a few years."

Dunnill still has her podcast, but has now taken on a new role, as co-curator of a gallery at the Albuquerque Museum. The exhibition — co-curated by Albuquerque Museum Head Curator Josie Lopez — starts its six-month run next week and features art from guests who have appeared on Dunnill's podcast. Although the exhibits in the *Broken Boxes: A Decade of Art, Action, and Dialogue* differ in their medium, genre, and subject matter — floating metal "jingle clouds," mirrored tapestries, a monument to transgender rights, live music, video and short films — Dunnill feels two tropes are explored by each artist and reflected in their work: Survival and Disruption.

"I think those are two very different things, but I think that they're two themes that are running through the exhibition for sure."

She says the 23 artists she selected for the gallery have "activist, advocate, disruptor or cultural activators" values.

"They use their art as a platform for speaking about larger issues in the world and also larger issues in their communities that need to be healed or represented," she says.

The *Broken Boxes* exhibit includes artists such as Chip Thomas, who does large scale mural pasteups and wheat pastes in the Navajo Nation and across the country promoting social equity and environmentalism.

"It's a really thoughtful way to approach his audience to look deeper at what's happening in our world," she says.

Amaryllis R. Flowers, one of the artists featured in the *Broken Boxes* gallery, is a personal friend of Dunnill. Flowers moved around the U.S. most of her life. When she was 19, she moved to Santa Fe where she lived for about seven years. She had no idea that she had moved to one of the most important art centers in the country.

"It was such a blessing that I landed there because I connected with an artist community that are still some of my dearest friends, like Ginger," Flowers says.



Ginger Dunnill, left, and Amaryllis R. Flowers Pocantico Center, Rockefeller Estate, Terrytown, New York, 2023. (Source: India Sky Davis)

Today, Flowers holds a Master of Fine Arts degree from Yale, and has shown her work internationally. Her contribution to the *Broken Boxes* gallery is a large mixed media map fragment.

"It's mostly 2D but there's some 3D sculptural elements," Flowers says. "It's a lot of craft materials, as well as airbrush, puff paint, gemstones, bones, marker, wash, watercolor, kind of a mix of all of these different mediums that I love working in."

Flowers says that her art is about storytelling.

"I make fantasies for survival, for those of us who are not meant to survive," Flowers says. "Fantasy gets this reputation of being

a genre of escapism and being frivolous. But for me, fantasy has never been that. I'm a big fantasy nerd. Fantasy has never been a means to escape, it's been a means to stay and to be able to imagine something other than the reality that we're existing in, and that we're co-creating, building and also surviving. And not as a way to escape the reality, but as a radical practice of being able to think beyond the rules, the systems, and the structures that we've inherited."

Through art, she imagines a future "coded through a lens of fantasy and fem." For Flowers "fem" is a way to talk about queer femininity beyond gender identity.

She says, "When I'm using 'fem,' I'm

talking about a queer experience and queer existence on a feminine spectrum, which usually means that it breaks the laws and the rules and expectations of femininity. At least that's how I'm meaning it in my work."

Besides acting as co-curator, Dunnill wrote an essay for the exhibit's companion piece: an art book that also contains a creative response by artist Maria Hupfield and an introduction by Lopez. In addition to being a podcast host, Dunnill is a manager for artists and musicians, a DJ and an experimental sound artist, composing scores for film and video. So naturally, music plays an important role in the *Broken Boxes* exhibit.

"All that informs the questions I asked on the podcast that I think other artists will benefit from knowing," she says. "Pulling back the curtain of Oz is what I like to do with the podcast. How does this really work? How do artists really make it?"

Oglala Lakota artist and composer for *Reservation Dogs* Mato Wayuhi will play a free show on the opening weekend at the Albuquerque Museum amphitheater. Mario Ybarra Junior, whose art is also featured in the gallery, will perform a DJ set for one of the third Thursdays — a block party — and it will include an installation which is an homage to his mother who was a Brown Beret during the Brown Power Movement in Los Angeles.



Acosia Red Elk and Marie Watt performing on the occasion of the installation Marie Watt: *Sky Dances Light* installation at the Kavi Gupta Gallery, 2023. (Source: Kyle Flubacker Courtesy of Kavi Gupta and Marie Watt Studio)

Broken Boxes: A Decade of Art, Action, and Dialogue

Albuquerque Museum

Sept. 7 - March 2

For more information visit:

cabq.gov/artsculture/albuquerque-museum

The New 'Reagan' Biopic is Not a Great Communicator

By Ty Burr,
Special to The Washington Post

If you were a recent arrival from Alpha Centauri and approached the new biopic "Reagan" with no knowledge of America's 40th president, here's what you might learn:

He was an actor who made one notable movie and a lot of TV commercials. He hated communism and Soviet Russia, and the Germans tore down the Berlin Wall because he told them to. He had no domestic policies except trickle-down economics, which worked. He didn't actively parent any children (though he did grieve a daughter who died at birth). His first wife was a drunk. AIDS was just a word on a quilt. Some angry weirdo shot him, but we don't know who he was or why he did it.

For a movie about the Great Communicator, "Reagan" communicates surprisingly little.

Dennis Quaid is an acceptable simulacrum in the title role, apple-cheeked and husky-voiced, but Ronald "Dutch" Reagan had a folksy surface charisma that was a huge part of his appeal, and that proves impossible to replicate. Quaid offers a congenial impersonation with little depth, in part because depth is not what we wanted (or got) from Reagan. The performance is a fitting centerpiece in a movie that plays like an overlong Classics Illustrated version of a biography, or something of which Jack Warner, Reagan's old boss in Hollywood, would approve.

Based on Paul Kengor's 2007 book "The Crusader: Ronald Reagan and the Fall of Communism," "Reagan" organizes its narrative around its subject's lifelong fight against the Red Menace, which it assumes

we know is bad without being told why. Godlessness, mostly: The script by Howard Klausner ("Space Cowboys") takes Reagan's spiritual beliefs on faith and brings in Kevin Sorbo as an influential pastor to tell young Dutch (David Henrie) "Anybody can be God's people, so long as they choose Him." (The film's producer, Mark Joseph, has made a career of faith-based projects.)

In the movie's most absurd stretch, a framing narrative casts Jon Voight as a retired Russian KGB spy explaining to a younger colleague in the present day why he admires Reagan and why he understood the U.S.S.R. was doomed. "I knew he was the one who would bring us down, not with missiles or guns or even politics, but with something much greater ... people give their lives for one another, for the freedom to live their lives as they choose and for God. We took that away. The Crusader gave it back to them."

The first half of "Reagan" follows the young actor and head of the Screen Actors Guild as he fights against Communist infiltration of the Hollywood unions in the persons of labor leader Herb Sorrell (a thuggish Mark Kubr) and screenwriter Dalton Trumbo (an effete Sean Hankinson). First wife Jane Wyman (Mena Suvari) scoffs "Is there anything worse than an actor with a cause?" between swigs of her cocktail; thank goodness Nancy Davis (Penelope Ann Miller) shows up a few scenes later to reluctantly go on a riding date with the now-divorced Reagan. ("There's nothing like a relationship with a horse," he says.)

Journeyman director Sean McNamara ("Soul Surfer") moves



Penelope Ann Miller plays Nancy Reagan, the wind beneath the wings of Dennis Quaid's Ronald Reagan. (Source: Rob Batzdorff / Rawhide Pictures)

us through Reagan's political life at a dogtrot, emphasizing the Cold War rhetoric and downplaying any mention of Big Government or bureaucratic waste, which the candidate rode to election as governor of California and ultimately two terms in the White House. We hear Reagan briefly disparage tax increases but nothing pro or con about his administration's dismantling of the social safety net. Blink and you'll miss the 1981 air traffic controllers strike ("A contract is a contract") and the Iran-contra scandal. To its credit, the film shows Reagan admitting he misspoke when he said the U.S. didn't trade arms for hostages; he also says the Contras "remind me of Washington and the Continental Army."

"Reagan" gives us the public moments ("There you go again" in the 1980 debate with Jimmy Carter; "I will not exploit my opponent's youth and inexperience" four years later against Walter Mondale) but little of actual substance. The film reduces anyone who opposed Reagan's policies to screaming hippie protesters holding signs

that read "God Does Not Exist." At one point, Voight's elderly spy says of the U.S. president, "It became my obsession to understand what was beneath the facade." "Reagan" says that what was beneath the facade was ... more facade.

The faithful for whom "Reagan" was made aren't likely to see that it's a hagiography as rosy and shallow as anything in a Kremlin May Day parade. As pop-culture propaganda - popagenda, if you will - the movie's strictly for true believers. As history, it's worthless.

Ty Burr is the author of the movie recommendation newsletter Ty Burr's Watch List at tyburrrswatchlist.com.

One and one-half stars.

Rated PG-13. At theaters.

Contains violent content and smoking.

141 minutes.

Rating guide: Four stars masterpiece, three stars very good, two stars okay, one star poor, no stars waste of time.



Dennis Quaid plays Ronald Reagan in "Reagan." (Source: Rawhide Pictures)



Olek Krupa as Mikhail Gorbachev, portrayed as the frenemy of Ronald Reagan (Dennis Quaid). (Source: Noah "Nanea" Hamilton / Rawhide Pictures)



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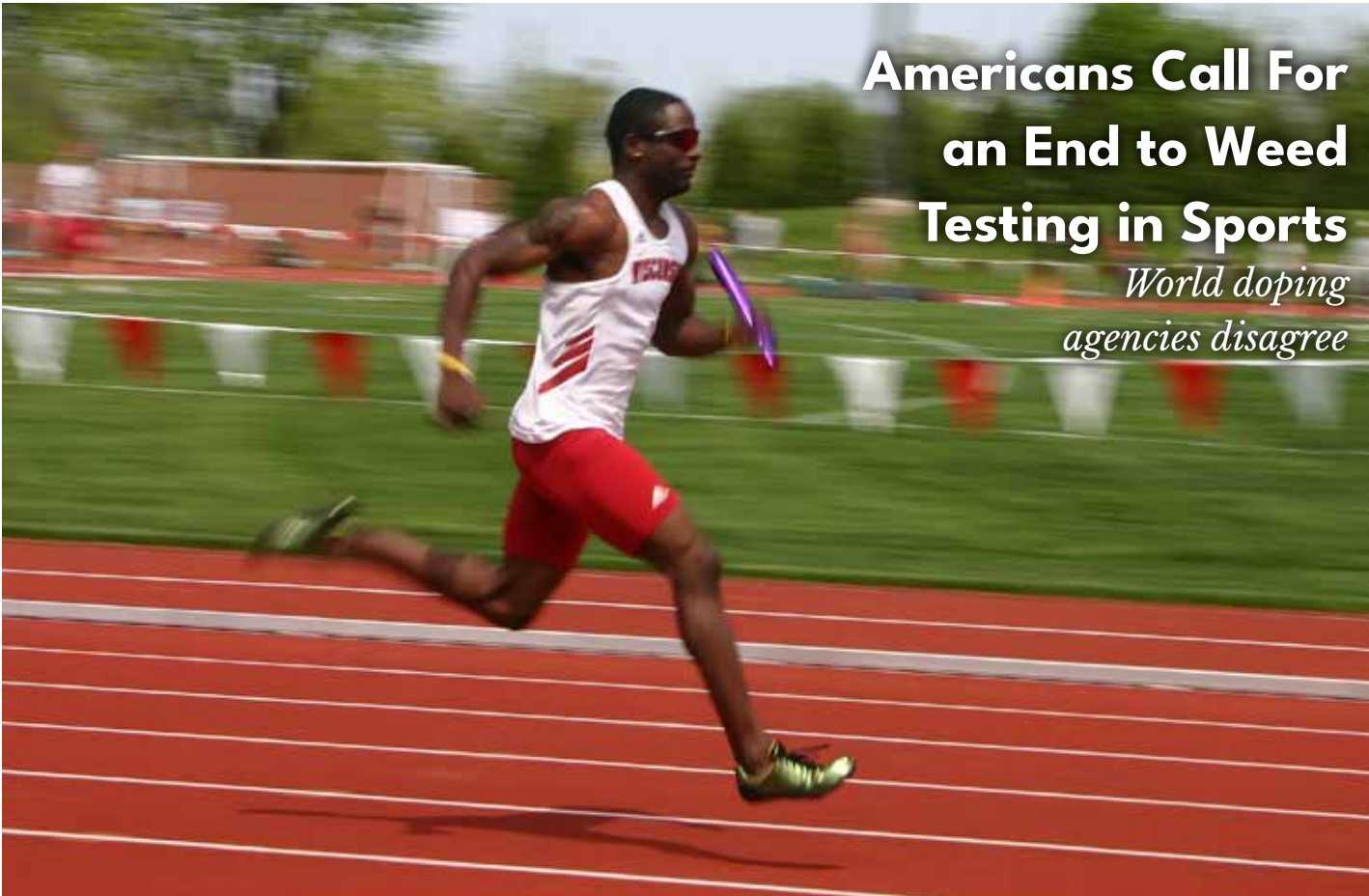


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Americans Call For an End to Weed Testing in Sports

World doping agencies disagree



(Source: ms4denmark at Wikimedia Commons)

By Josh Lee, The Paper.

Attitudes toward the use of marijuana in sports are changing rapidly. Major sports leagues in the U.S. are easing restrictions and advocates are calling for an end to cannabis testing at the Olympics.

Just before the end of the 2024 Summer Olympics last month, a survey commissioned by Boca Recovery Center revealed that a significant majority of Americans believe Olympic athletes should be allowed to use marijuana without facing penalties. This survey, conducted during the Olympics in Paris, found that 63% of respondents said athletes who use cannabis should not be disqualified. This percentage is higher than those who support the same leniency for alcohol (62%), tobacco (60%), psilocybin (27%) and LSD (20%).

Overall, 42% of respondents said athletes shouldn't be punished for using recreational drugs during their personal time, while 26% think a disqualification should depend on the type of substance used. Only 32% of respondents believed that drug use of any kind should disqualify athletes from competition. And over 80% agreed that there should be a clear distinction between recreational and performance-enhancing drugs when determining athletic eligibility for the Olympics.

The survey reveals a

seachange in attitude that has swept the nation in recent years — an attitude that has not fully caught on in other parts of the world.

The World Anti-Doping Agency (WADA) continues to uphold its cannabis ban, but the U.S. Anti-Doping Agency (USADA) has been advocating for a change in these rules.

USADA CEO Travis Tygart openly criticized the WADA ban on marijuana during an interview with Yahoo Sports amid the Paris Olympics. Tygart called it “unfair” and “disappointing,” arguing that WADA maintains this prohibition based on flawed reasoning. Tygart said marijuana does not enhance athletic performance and should not fall under the agency's jurisdiction, which should be focused on preventing cheating in sports.

In 2021, following the suspension of U.S. runner Sha'Carri Richardson for testing positive for THC, WADA reviewed its marijuana policy at the request of USADA and the White House Office of National Drug Control Policy. WADA concluded that THC was probably not a performance enhancer, but it meets two of the agency's three criteria for a banned substance: It could pose a health risk to athletes and it violates “the spirit of the sport.”

Tygart expressed frustration with WADA's decision-making process, which he described as

opaque and exclusionary, noting that U.S. officials were informed of the decision only after it had been made. He said it's unjust to penalize athletes for behavior that does not violate the core principles of fair competition.

The WADA attitude toward weed differs greatly from the Americans asked about it in the Boca survey. Half of the respondents said that using cannabis is a personal choice, while 46% felt the penalties are too harsh and that personal habits should not affect Olympic participation. About a third of respondents also felt that recreational substance use does not impact a team's overall performance.

The agency's attitudes differ greatly from U.S. major sports leagues, as well.

The National Collegiate Athletic Association (NCAA) recently voted to remove marijuana from its banned substances list for Division I players. The association said weed does not enhance performance and should be treated the same as alcohol. It explicitly said it doesn't condone cannabis use and that educating student athletes about the dangers of weed is more effective than banning the substance altogether.

“The NCAA Drug-Testing Program should focus on testing for substances that provide an unfair advantage by enhancing athletic performance,” wrote the

Division I council.

The National Football League (NFL), despite ending suspensions for marijuana use as part of a collective bargaining agreement in 2020, continues to fine players who test positive for THC. This policy is currently being challenged in federal court by a player who was penalized for using a prescribed synthetic THC medication to treat anxiety, post traumatic stress disorder and pain.

Major League Baseball removed cannabis from its list of banned substances in 2019, although there are still penalties for players who show up to events under the influence or are arrested for the drug.

The National Basketball Association stopped testing players for marijuana in 2023 after reaching an agreement with the players union. World-class player LeBron James even famously pantomimed smoking a blunt with other players on the court during a live game last year.

The Ultimate Fighting Championship formally removed marijuana from its banned substances list at the beginning of this year, although athletes can still face penalties under state rules if they test positive for THC above certain limits (an issue that arose in California earlier this year).

Last year, Nevada's sports regulators also took steps toward reform, proposing a regulatory amendment to protect athletes from penalties for marijuana use if the use is in compliance with state law.

An August study published in the journal *Sports Medicine*, funded in part by a grant from NFL's Pain Management Committee, found people are increasingly becoming hip to the idea of athletes using marijuana. The researchers said athletes are likely to be curious about the drug's medical benefits.

“Athletes, known for exploring diverse substances to optimize performance, are drawn to the potential benefits of cannabinoid therapy, with anecdotal reports suggesting positive effects on issues ranging from anxiety to brain injuries,” wrote the study's authors.

The researchers reviewed a number of studies on the drug and concluded there needs to be more scientific attention on how marijuana affects athletes specifically and that there needs to be a higher level of standardization among the marijuana policies of different sports organizations.



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 Staffer Argues With Advocates

By Josh Lee, The Paper.

A recent social media back-and-forth between cannabis advocates and Florida Gov. Ron DeSantis staffer Christina Pushaw got heated as the state prepares to vote on legalization.

Last month Pushaw, a senior management analyst for the governor's office, posted on X, criticizing the proposed Florida legalization initiative. "[Amendment 3] also doesn't allow home growing. Why is it that other states that have passed recreational marijuana also allow individuals to home grow, but Florida's Amendment 3 specifically does NOT? It's not about 'freedom,' it's corporate greed," she wrote.

In response, major cannabis player Trulieve CEO Kim Rivers posted: "Great news — it looks like [DeSantis] supports home grow in Florida per his spokesperson! While we could not include it in this amendment due to Florida Supreme Court single subject rules (which he knows), this is absolutely something we can support via implementation in the legislature and with the Governors support we can get it done!"

"Reading comprehension fail," responded Pushaw.

Florida residents will vote on the initiative in November. DeSantis has been avidly campaigning against the proposal.



(Source: Bogdan at Wikimedia Commons)

Missouri hemp THC ban delayed

An executive order from Missouri Gov. Mike Parson that bans the sale of intoxicating hemp products in Missouri has been delayed after the secretary of state rejected the emergency rulemaking.

According to Missouri Independent, Parson is accusing Secretary of State Jay Ashcroft of denying the rulemaking as

retaliation for the governor endorsing another candidate in the GOP gubernatorial primary.

Ashcroft's office told reporters the rules were rejected because they didn't meet state criteria for an emergency. If they had been approved, the rules would have been implemented within 10 days and would have skipped the public comment process. Instead, it

will now open up for a public comment period that could last up to six months. Following the public comment period, state officials will debate the rules.

However, the state's health department said it can embargo any product it deems dangerous without administrative oversight, meaning state employees can go into individual retailers and place embargo stickers on products that can only be removed by court order — with or without an emergency rule.

South Dakota weed producers fight hemp

South Dakota medical marijuana operators recently told state lawmakers that intoxicating hemp products are cutting into their sales.

Last month, the South Dakota Medical Marijuana Oversight Committee heard from medical cannabis stakeholders that sales of delta-8 and delta-10 THC are hurting the demand for medical weed since they can be purchased without a patient card.

The state has passed a law banning the sale of certain THC isomers, but it is being challenged in court. According to South Dakota Searchlight, medical producers said there are other forms of THC that the law didn't affect.

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NOTICE IS HEREBY GIVEN that KARI JIMENEZ has been appointed personal representative of this estate. All persons having claims against this estate are required to present their claims within four (4) months after the date of the first publication of this notice or within sixty (60) days after mailing or other delivery of this notice, whichever is later, or the claims will be forever barred. Claims must be presented either to: 1) the undersigned personal representative at her attorney's address as listed below; or 2) filed with the Second Judicial District Court at the following address: 400 Lomas Blvd NW, Albuquerque, New Mexico 87102.
DATED: August 29, 2024

Respectfully submitted,
HURLEY TOEVS STYLES HAMBLIN &
PANTER PA

By *Electronically signed /s/ Mandeep S. Talwar*
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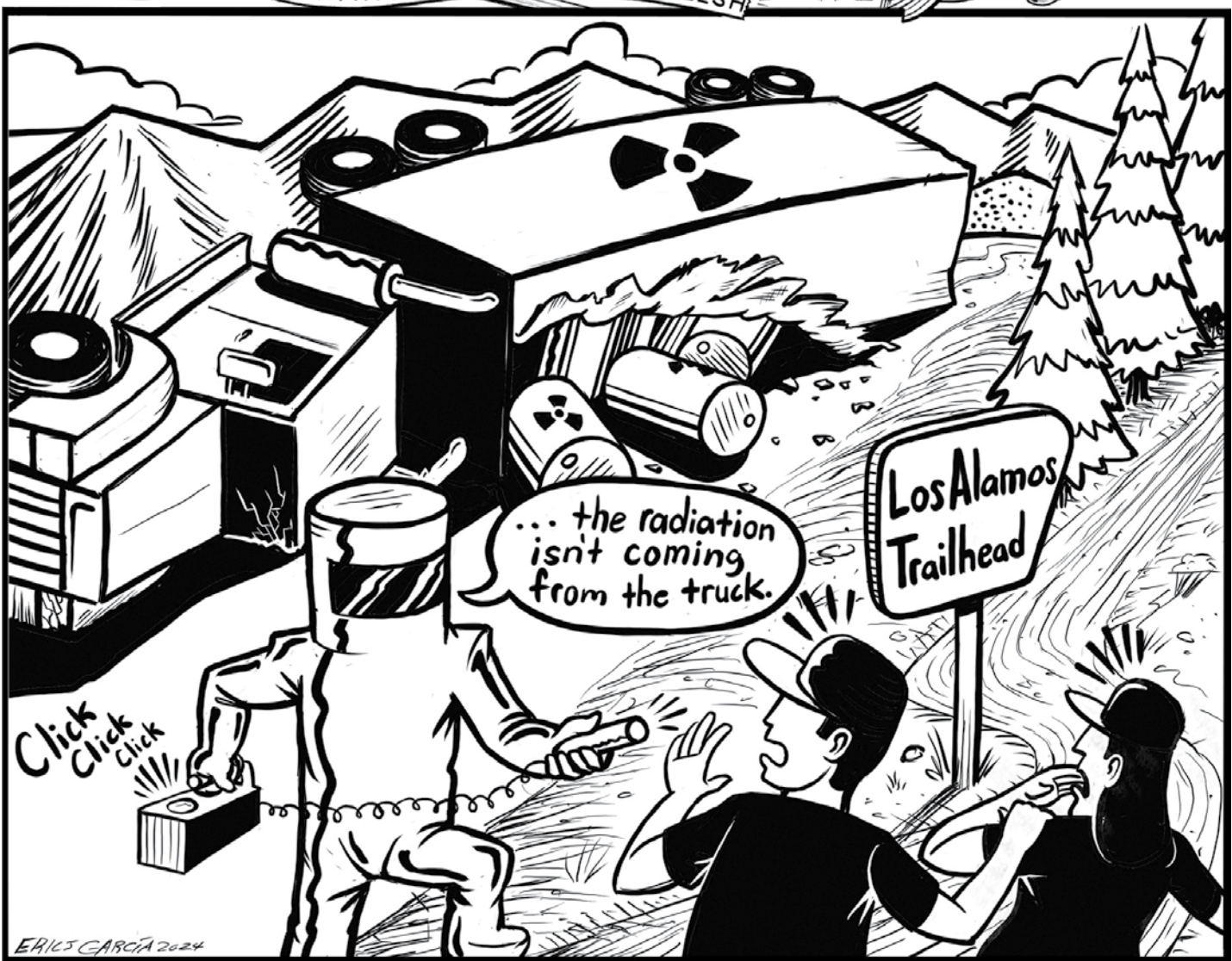
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FREE WILL ASTROLOGY

Week of September 4

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ARIES (March 21-April 19): In 2015, a large earthquake struck Nepal, registering 7.8 on the Richter scale. It was so powerful, it shrunk Mt. Everest. I mention this, Aries, because I suspect you will generate good fortune in the coming months whenever you try to shrink metaphorical mountains. Luckily, you won't need to resort to anything as forceful and ferocious as a massive earthquake. In fact, I think your best efforts will be persistent, incremental, and gradual. If you haven't gotten started yet, do so now.

TAURUS (April 20-May 20): We don't know the astrological sign of Egyptian Queen Cleopatra, who ruled from 51 to 30 BCE. But might she have been a Taurus? What other tribe of the zodiac would indulge in the extravagance of bathing in donkey milk? Her staff kept a herd of 700 donkeys for this regimen. Before you dismiss the habit as weird, please understand that it wasn't uncommon in ancient times. Why? Modern science has shown that donkey milk has anti-aging, anti-bacterial, and anti-inflammatory qualities. And as astrologers know, many of you Tauruses are drawn to luxurious and healing influences that also enhance beauty. I recommend you cultivate such influences with extra verve in the coming days.

GEMINI (May 21-June 20): In two trillion galaxies stretched out across 93 billion light years, new stars are constantly being born. Their birth process happens in stellar nurseries, where dense clouds of gas coalesce into giant spheres of light and heat powered by the process of nuclear fusion. If you don't mind me engaging in a bit of hyperbole, I believe that you Gemini's are now immersed in a small-scale, metaphorical version of a stellar nursery. I have high hopes for the magnificence you will beget in the coming months.

CANCER (June 21-July 22): The planet Mars usually stays in your sign for less than two months every two years. But the pattern will be different in the coming months. Mars will abide in Cancer from September 5 to November 4 and then again from January 27 till April 19 in 2025. The last time the red planet made such an extended visit was in 2007 and 2008, and before that in 1992 and 1993. So what does it mean? In the least desirable scenario, you will wander aimlessly, distracted by trivial battles and unable to decide which dreams to pursue. In the best scenario, you will be blessed with a sustained, fiery devotion to your best and most beautiful ambitions.

LEO (July 23-Aug. 22): Famous rock musicians have on occasion spiced up their live shows by destroying their instruments on stage. Kurt Cobain of the band Nirvana smashed many guitars. So did Jimi Hendrix, who even set his guitars on fire. I can admire the symbolic statement of not being overly attached to objects one loves. But I don't recommend that approach to you in the coming weeks. On the contrary, I believe this is a time for you to express extra care for the tools, machines, and apparatus that give you so much. Polish them up, get repairs done, show them you love them. And if you need new gizmos and gear to enhance your self-expression, get them in the near future.

VIRGO (Aug. 23-Sept. 22): In all of world history, which author has sold the most books? The answer is Agatha Christie, born under the sign of Virgo. Readers have bought over 2 billion copies of her 70-plus books. I present her as a worthy role model for you during the next nine months. In my astrological opinion, this will be your time to shine, to excel, to reach new heights of accomplishment. Along with Christie, I invite you to draw encouragement and inspiration from four other Virgo writers who have flourished: 1. Stephen King, 400 million in sales from 77 books. 2. Kyotaro Nishimura, 200 million in sales from over 400 books. 3. Leo Tolstoy, 413 million from 48 books. 4. Paul Coelho, 350 million from 28 books.

LIBRA (Sept. 23-Oct. 22): Centuries before the story of Jesus Christ's resurrection, there was a Greek myth with similar themes. It featured Persephone, a divine person who descended into the realm of the dead but ultimately returned in a transfigured form. The ancient Festival of Eleusis, observed every September, honored Persephone's down-going and redemption—as well as the cyclical flow of decay and renewal in every human life. In accordance with astrological omens, I invite you to observe your own version of a Festival of Eleusis by taking an inventory: What is disintegrating and decomposing in your own world? What is ripe for regeneration and rejuvenation? What fun action can you do that resembles a resurrection?

SCORPIO (Oct. 23-Nov. 21): The coming weeks will be an excellent time to take inventory of your community and your network of connections. Here are questions to ask yourself as you evaluate whether you already have exactly what you need or else may need to make adjustments. 1. Are you linked with an array of people who stimulate and support you? 2. Can you draw freely on influences that further your goals and help you feel at home in the world? 3. Do you bestow favors on those you would like to receive favors from? 4. Do you belong to groups or institutions that share your ideals and give you power you can't access alone?

SAGITTARIUS (Nov. 22-Dec. 21): "Progress was all right. Only it went on too long," Sagittarian humorist James Thurber said that, and now I'm conveying it to you. Why? Well, I am very happy about the progress you've been making recently—the blooming and expanding and learning you have been enjoying. But I'm guessing you would now benefit from a period of refining what you have gained. Rather than even more progress, I feel you need to consolidate and integrate the progress you have so robustly earned.

CAPRICORN (Dec. 22-Jan. 19): The people of Northern Ireland have over 70 colorful slang terms for being drunk. These include splootered, stonkied, squiffy, cabbaged, stinkered, ballbagged, wingdinged, bluttered, and wanked. I am begging you, Capricorn, to refrain from those states for at least two weeks. According to my reading of the omens, it's important for you to avoid the thrills and ills of alcohol. I am completely in favor of you pursuing natural highs, however. I would love you to get your mind blown and your heart opened through epiphanies and raptures that take you to the frontiers of consciousness.

AQUARIUS (Jan. 20-Feb. 18): Beginning 11,000 years ago, humans began to breed the fig. It's the world's oldest cultivated food, preceding even wheat, barley, and legumes. Many scholars think that the fig, not the apple, was the forbidden fruit that God warned Adam and Eve not to munch in the famous Biblical passage. These days, though, figs rarely make the list of the fruits people love most. Their taste is regarded by some as weird, even cloying. But for our purposes, I will favorably quote the serpent in the Garden of Eden: "When you eat the fig, your eyes will be opened and you will be like God." This is my elaborate way of telling you that now may be an excellent time to sample a forbidden fruit. Also: A serpent may have wise counsel for you.

PISCES (Feb. 19-March 20): The coming weeks would be an excellent time to file lawsuits against everyone who has ever wronged you, hurt you, ignored you, misunderstood you, tried to change you into something you're not, and failed to give you what you deserve. I recommend you sue each of them for \$10 million. The astrological omens suggest you now have the power to finally get compensated for the stupidity and malice you have had to endure. JUST KIDDING! I lied. The truth is, now is a great time to feel intense gratitude for everyone who has supported you, encouraged you, and appreciated you for who you really are. I also suggest you communicate your thanks to as many of your personal helpers and heroes as you can.

The Weekly Crossword

by Margie E. Burke

ACROSS

1 Sonata finale

5 Laundry problem

10 Chick's chirp

14 Beat anagram

15 Around

16 Wheel connector

17 Get checkmated

18 Hertz rival

20 Morris Albert hit

22 Moon feature

23 Emulates the sun

24 Hens' home

25 Jackpot numbers

27 Like minor defects

31 Wide-eyed

32 Applegate, for one

33 Pot top

34 Rap sheet item

35 Do damage to

36 Battery type

39 1992 film, "___ of a Woman"

41 Out of the ordinary

42 Folds under pressure

43 Preside at tea

44 Genetic double

45 Stocks and such

48 Skin cream ingredient

51 Spreading of a pathogen

53 Vast

54 Word-of-mouth

55 Pontificate

56 Geom. figure

57 Lock openers

58 Supermarket section

59 ___ bien

DOWN

1 Ranch newborn

2 Slender reed

3 Rightfully

4 Artist's studio

5 Spectacles

6 Tiny bell sounds

7 Liberal pursuits

8 Rink surface

9 Deep stupor

10 Balcony barrier

11 Off-ramp

12 Apart from this

13 Look narrowly

19 High-school dances

21 Does not exist

24 Shade of pink

25 Spicy dip

26 "Silas Marner" author

27 Put on ice

28 Track official

29 Mindless

30 Supermarket sights

32 Unclouded

34 Get used to

37 Kind of court

38 Mob scenes

39 Loafer, e.g.

40 Score a spare

42 Finalizes, like a deal

44 "J. Edgar" director

45 Run ___ (go crazy)

46 Bone-dry

47 Stick around

48 Where Bhutan is

49 Wedding shower?

50 Plays a part

52 Big brute

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15

"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.

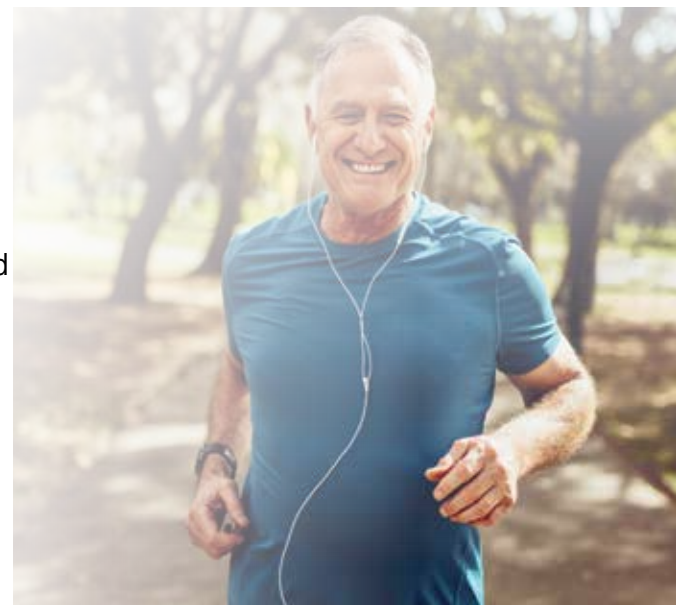
"Our O3 ReBoot Therapy® has all-encompassing and powerful healing capabilities," shares Dr. Brogdon. "Ozone therapy has been used since the 1800's and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral, and anti-inflammatory properties. We use it 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?
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