



FREE

SEPTEMBER 11, 2024  
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# The Paper.

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

*The Kids are Alright*

Albuquerque all-ages  
venues are cropping up  
and providing a place  
for kids to jam out  
By Michael Hodock p. 9



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The Paper.

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2

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS



# Water Authority Unimpressed by Air Force Cleanup Plan

*'Not included' in plan for mitigating 20th-century leak*



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](http://citydesk.org)

By Rodd Cayton, City Desk ABQ

The U.S. Air Force has a plan for cleaning up a decades-old jet fuel spill from a base near Albuquerque.

However, the local water authority said last week that plan is inadequate, in part because it scales back current remediation efforts and doesn't mention how the Air Force will address sudden issues.

In 1999, officials discovered a fuel leak, assumed to be more than 24 million gallons, in the jet fuel loading facility at Kirtland Air Force. The leak could be twice the size of the infamous Exxon Valdez oil spill of 1989, according to the Global Atlas of Environmental Justice.

It's unclear when the leak – the largest underground toxic spill in U.S. history – first occurred, but it had been spilling fuel into the ground for decades by the time it was discovered, according to Kelsey Bicknell, Environmental Manager at the Albuquerque Bernalillo County Water Utility Authority.

An Air Force report says existing measures have prevented further migration of the fuel contaminants and that officials are regularly taking groundwater samples to ensure that drinking water remains safe both on and off-base.

Bicknell said there are concerns with the way the Air Force plans to go forward, including a lack of forward-looking analysis and the absence of a "trigger action plan" that identifies possible changes and prescribes a response to those changes.

She told the water authority's

Technical Customer Advisory Committee that the fuel soaked its way through almost 500 feet of soil, and ultimately reached the water table, where rock wouldn't permit it to drop further. Then, she said, it began to pool underground.

Bicknell said the fuel not only contaminated the groundwater but also released volatile vapor into the nearby atmosphere.

She said the Air Force used a vapor extraction system to clean up more than a half-million gallons of fuel.

"This was a really successful system," Bicknell said, adding that the program was shuttered after about a decade.

Bicknell said the Air Force is now using a groundwater pump-and-treat system that targets the dissolved fuel components that have moved away from the source of the leak and area. There are also four extraction wells, brought online between 2015 and 2018; they draw out and treat groundwater.

Bicknell said the Air Force has announced plans to turn off two of the wells. But that was done without input from the water authority and without including the agency in decision-making.

Air Force representatives did not immediately respond to phone and email requests for comment.

Bicknell said the goal now is to try to get the Air Force to reverse its decision before the wells are shut down. State and federal regulators have jurisdiction over the cleanup plan, she said, but the water authority cannot veto what the Air Force wants to do.

"Ultimately, we're the water carrier, the ones that are impacted," Bicknell said. "If the Air Force messes up, it is our source water that's impacted, and it's us that lose out on access to a supply source, so including us in the room and in project discussions and decision-making is something that is paramount."

## Weak in Review: Sept. 11

Quick hits on this week's news bits

Albuquerque's Navy Week, which aims to "emphasize the importance of the Navy to Albuquerque, the state of New Mexico and the nation," kicked off a few days ago.

It's good to know someone's protecting the shores of Tingley Beach.



APD trolled a number of critics on X last week, gaining the ire of City Council.

As the kids say, delete your account.

Scientists recently figured out that one of the ingredients used to make Doritos can make mouse skin transparent.

Wait until they figure out what Takis can do.



The New Mexico Cannabis Control Division recalled dozens of products from dispensaries after finding they were contaminated with a forbidden pesticide. We used to pay extra for that.

The NFL season started on Sunday.

Also known as the sport Taylor Swift's boyfriend plays.

Tim Burton's *Beetlejuice* *Beetlejuice* raked in about \$110 million during its opening weekend.

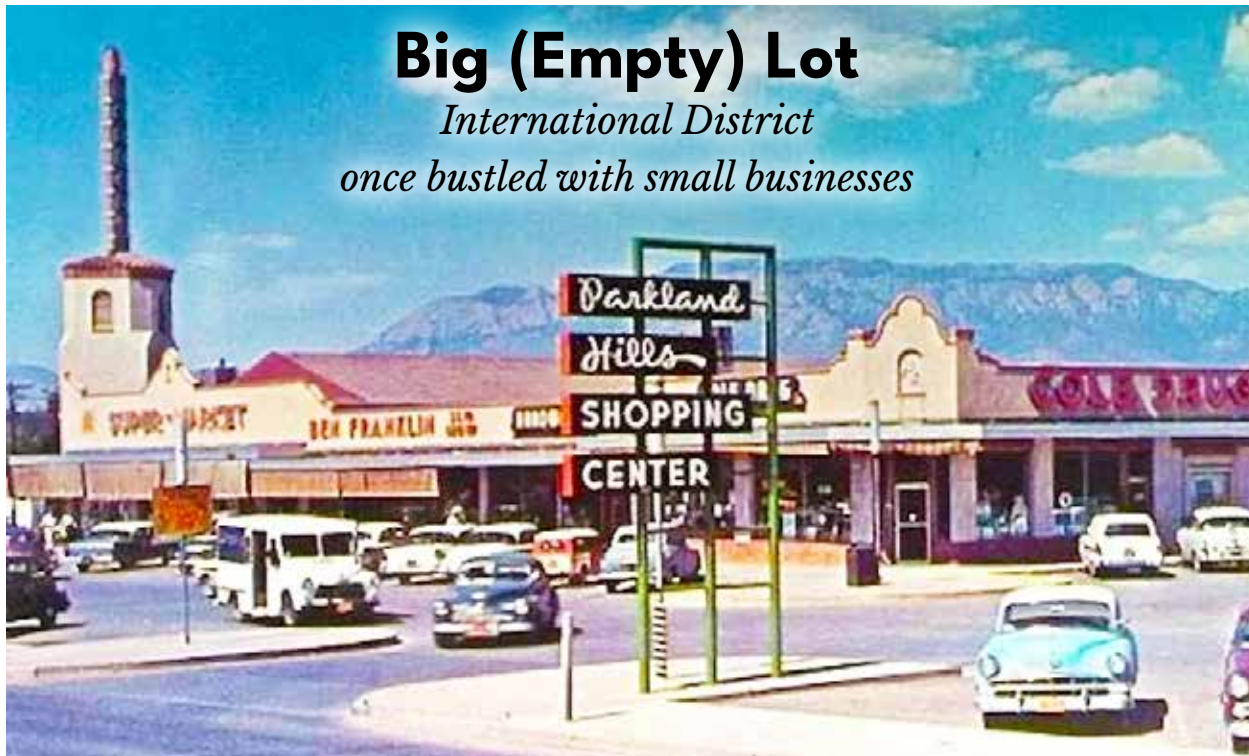
We just love Michael Keaton so much, we're now gunning for a sequel to *Mr. Mom*.

National "Hug Your Boss Day" is this week.

And national "Why is HR Calling Me Day?" is next week.







The Parkland Hills Shopping Center was once located at the site decades ago, but over time, it has become blighted and small businesses have suffered. (Source: South San Pedro Neighborhood Association)



This story was originally published by 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](https://citydesk.org)

By Damon Scott, City Desk ABQ

It's known as a dilapidated part of the city, but it wasn't always so. Today the stretch of San Mateo Boulevard near Gibson Boulevard to Copper Avenue — like much of the International District — seems to feature as many shuttered storefronts as open ones. Few nearby services are available to neighborhood residents, resulting in longer trips for food, prescriptions and other necessities.

But some hope has emerged near the intersection of San Mateo Boulevard and Kathryn Avenue SE as city-owned land is beginning to be developed.

The new headquarters of Albuquerque Community Safety opened May 31 at 1210 San Mateo Blvd. SE, and just to the north are a handful of artist-decorated shipping containers that previously hosted vendors in a marketplace setting.

The marketplace idea has stalled, and city officials said they're evaluating options for the site.

But most exciting for neighborhood residents is the roughly 3-acres just north of the shipping containers at 1100 San Mateo Blvd. SE, where previous businesses and a shopping center once stood. The city's Metropolitan Redevelopment Agency has been soliciting ideas from surrounding neighborhoods on what they'd like to see developed at the site.

Residents have given their input before — for many years and under multiple city administrations. But this time they're optimistic that plans will materialize quickly — and none too soon.

"I've been in this neighborhood for 34 years and the overall decline in community services has been drastic," said Janet Simon, president of the Parkland Hills Neighborhood Association.

Simon said residents have been sharing images on social media of the area from the 1950s and 1960s when a healthier mix of small businesses were booming, including at the former Parkland Hills Shopping Center. In more recent memory, the area has had a series of hard hits, including the 2007 closure of the nearby Lovelace Medical Center-Gibson, which displaced hundreds of employees and the financial crisis of 2008.

"[The area] was fully sort of abandoned around 2015," Simon said, adding that the Covid-19 pandemic was a "tipping point."

#### What residents want

As small businesses have folded, the need for services and amenities has increased.

Representatives of area neighborhood associations such as Parkland Hills, South San Pedro and Elder Homestead say the potential of the 3-acre site for residents shouldn't be underestimated.

"We believe that a huge part of what happened to this entire business sector to

some extent revolved around this property," Simon said.

Residents appear to be on the same page when it comes to what is most important: some mix of daycare, hair salon, grocery, pharmacy, fitness-wellness, restaurant, retail and green spaces.

Tawnya Mullen, board chair of the South San Pedro Neighborhood Association, said residents don't want just any business though.

"We're really interested in building the character of the neighborhood and increasing local job creation," Mullen said. "We'd rather not see some big outside corporation come in, but want opportunities for our local business owners to be able to operate from that site."

She said residents are open to a strip mall-style development, but with stipulations.

"As long as we had a focus on renting to local businesses and not chains that are more extractive and taking money out of the community, not bringing it back in," Mullen said.

Simon said a fitness center would be a welcome addition. She said Defined Fitness considered opening a location at the site years ago.

"Because those [businesses] clearly tend to get people out in the community, and it's good for everybody's health," Simon said. "But certainly restaurants and places where people can get some form of prepared food are needed."

#### Time for more ideas

Meanwhile, the city has teed up incentives for developers and business entities to submit proposals for the site.

Terry Brunner, the Metropolitan Redevelopment Agency director, said a request for proposals (RFP) will be issued after his staff goes through the feedback and ideas from an active request for ideas process that ends Sept. 18. He's met with neighborhood associations in recent months.

"We've got a couple ideas that have come along and we're looking for more — we'll use those ideas to craft the formal RFP for the property," Brunner said. "We'll see what those responses look like and how complex they are."

Brunner said the RFP would likely be issued sometime in October.



Residents of nearby neighborhoods are excited about the prospects of the parcel north of ACS at 1100 San Mateo Blvd. SE. The hope is that its development will bring back small businesses and revitalize the area. (Roberto E. Rosales / City Desk ABQ)





Bands of Enchantment

The award-winning, Albuquerque-based TV/concert series "Bands of Enchantment" is filming its fourth season starting this week at the KiMo Theatre (423 Central Ave. NW). This season musical groups are coming in from Cuba, Canada, Colombia, Texas and New Mexico to show off their musical best. The four-night run of live concerts will be recorded for airing on PBS, Amazon Prime, Tubi and more. Night 1 hits Thursday, Sept. 12 at 7 p.m. with a kickoff concert by Grammy-nominated Afro-Cuban musician CimaFunk. Night 2 is Friday, Sept. 13 starting at 7:30 p.m. and features live performances by Uncle Lucius, Dust City Opera and Jacob Shije Trio. Saturday, Sept. 14 is Night 3 and starts at 7:30 p.m. with a show featuring Kevin Herig, Lauren Ruth Ward and Willajay. Night 4 closes the series out on Sunday, Sept. 15 at 7 p.m. with live performances by The Free Label and Zinadelphia. Tickets are \$10 per night or \$30 for all four concerts. To reserve tickets or to get more details, go to bandsofenchantment.com.

THURSDAY, SEPTEMBER 12

Art Openings

Harwood Art Center Presents: be(love) 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

Celebration of Mexican Independence Day 5:30-7:30 pm National Hispanic Cultural Center 1701 4th Street Southwest

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: 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

Witnessing Justice at Nuremberg: Nazi War Crimes Trials Through the Eyes of New Mexicans Dorothy Adams Greene and Lawrence Rhee 11 am-3 pm New Mexico Holocaust & Intolerance Museum 616 Central Avenue SW

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Fri-Mon Sept 13-16 5:45

**LEON THE PROFESSIONAL (1994)**  
Friday September 13 10:30pm

Sandra Bullock & Nicole Kidman in witchy favorite **PRACTICAL MAGIC (1998)**  
Saturday September 14 10:30pm

**BAD FAITH: CHRISTIAN NATIONALISM'S UNHOLY WAR ON DEMOCRACY**  
Sunday September 15 1:00pm

Clubs, community, humanity: **JOIN OR DIE**  
Tue-Thu Sept 17-19 3:30, 8:00

Lily Gladstone stars in **FANCY DANCE**  
Tue-Thu Sept 17-19 5:45

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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

Haunted Albuquerque 7-9 pm Painted Lady Bed & Brew 1100 Bellamah Ave. NW

Music

Bands of Enchantment - Night 1 \$10 7-10 pm KiMo Theatre 423 Central Avenue NW

Best Night Ever - Mac Miller Night 9 pm-2 am Insideout 622 Central Ave SW

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

Dunes 8-11 pm Launchpad 618 Central Ave SW

HAVEN 9 pm-2 am Effex NightClub 420 Central Avenue Southwest

International Thursdays 9 pm JUNO brewery + cafe + art 1501 1st Street Northwest

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

Nara Visa, Marshall Falcon, Gunsafe \$10 6-10 pm Black Wall Gallery & Events 2125 San Mateo Blvd NE

School of Rock ABQ Presents: Indie/’90s Rock/Iron Maiden vs. Judas Priest \$15 1-4 pm FUSION 700-708 First St. NW

The Porter Draw 6-9 pm Rio Bravo Brewing Company 1912 Second St NW

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

FRIDAY, SEPTEMBER 13

Art Openings

Exhibit Reception: Rendered Presence: Artistas de Nuevo Mexico 5-7 pm National Hispanic Cultural Center 1701 4th Street Southwest

Friday the 13th with Ashes of Jupiter/Shy Guy/Crash Bandits \$10 8 pm-12 am Echoes 313 Gold Ave. SW

Comedy

Brett Hiker \$15 7:30-9 pm The Box Performance Space 114 Gold Ave SW

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

Vanessa Gonzalez \$20-\$25 7-8:30 pm & 9:30-11 pm Quezada’s Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo

Dance

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

Discussion / Lecture

Invisible No More: Voices From Native America Book Talk + Q&A 6-7:30 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

Witnessing Justice at Nuremberg: Nazi War Crimes Trials Through the Eyes of New Mexicans Dorothy Adams Greene and Lawrence Rhee 11 am-3 pm New Mexico Holocaust & Intolerance Museum 616 Central Avenue SW

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

Markets

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

Music

Bands of Enchantment - Night 2 \$10 7:30-10 pm KiMo Theatre 423 Central Avenue NW

Casa Flamenca Fall Tablao Season Features Artists from Spain \$40 8-9:30 pm Casa Flamenca 401 Rio Grande Boulevard NW

Goth Night & Dark Market: Friday the 13th Edition 8-11 pm Tractor Brewing Wells Park 1800 Fourth St. NW

Niko Moon - These Are The Days The Tour \$25 8-11 pm Revel Entertainment Center 4720 Alexander Blvd NE

Point North \$17 8-11 pm Launchpad 618 Central Ave SW

Strange Mix \$10 8 pm-1 am Insideout 622 Central Ave SW

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

Performance

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

Eugene O’Neill’s Anna Christie \$19-\$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd. NE

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

Matilde \$15-\$124 7:30-9:30 pm Albuquerque Museum 2000 Mountain Road NW

SATURDAY, SEPTEMBER 14

Comedy

Are You Garbage? Route 66 Tour \$30-\$45 8-10 pm Historic El Rey Theatre 622 Central Ave SW

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

Stand-up Comedy: Curt Fletcher 7-9 pm Sunday Service Motor Company 2701 4th Street NW

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

The Dinner Detective Comedy Mystery Dinner Show \$66 6-9 pm Albuquerque Marriott 2101 Louisiana Blvd NE

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

Vanessa Gonzalez \$20-\$25 7-8:30 pm & 9:30-11 pm Quezada’s Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo

Community

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

Hispanic Heritage Fiesta with Grupo Super Verza and Flamantes de Chihuahua \$0-\$25 5-11 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Dance

Sky City Buffalo Ram Dancers (Acoma) 11 am-12 pm Indian Pueblo Cultural Center 2401 12th Street NW

Sky City Buffalo Ram Dancers (Acoma) 2-3 pm Indian Pueblo Cultural Center 2401 12th Street NW

West Coast Swing Fundraiser for the Trevor Project 7:30-11 pm Double Time Dance Studio 209 Washington St SE

Exhibit

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

Witnessing Justice at Nuremberg: Nazi War Crimes Trials Through the Eyes of New Mexicans Dorothy Adams Greene and Lawrence Rhee 11 am-3 pm New Mexico Holocaust & Intolerance Museum 616 Central Avenue SW

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

Family/Kids

IPCC’s Family Story Time: Fry Bread: A Native American Family Story 1-2 pm Indian Pueblo Cultural Center 2401 12th Street NW



Festival

Friends of the Public Library  
Monthly Book Sale 10 am-4 pm  
Main Public Library 501 Copper  
Avenue Northwest

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

Miscellaneous

Lotus Sound Bath 5 pm The Salt  
Cave ABQ 8001 Wyoming Blvd. NE

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

Music

Bands of Enchantment - Night 3  
\$10 7:30-10 pm KiMo Theatre 423  
Central Avenue NW

Casa Flamenca Fall Tablao Season  
Features Artists from Spain \$40  
8-9:30 pm Casa Flamenca 401 Rio  
Grande Boulevard NW

Concerts at the Library: Craig  
Wilson 1-2 pm San Pedro Library  
5600 Trumbull SE

Emo Nite \$16 9 pm-12 am  
Launchpad 618 Central Ave SW

Epitaph Romance/ Dunwich  
Dreams/ Crypt of Nocturne/ Light  
Thief \$10 6-10 pm Black Wall  
Gallery & Events 2125 San Mateo  
Blvd NE

Friday the 13th Noise Show \$10  
6-10 pm Black Wall Gallery &  
Events 2125 San Mateo Blvd NE

La Santa Grifa & Dharius: Que  
Siga La Mata Dando Tour \$42 8-10  
pm Revel Entertainment Center  
4720 Alexander Blvd NE

Little Joe y la Familia \$25-\$50  
7-9:30 pm Isleta Resort & Casino  
11000 Broadway Blvd. SE

OhGeesy \$35-\$125 8 pm-12 am  
Historic El Rey Theatre 622  
Central Ave SW

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

Saturday Night Techno Affair ft.  
Luca Lush \$15 9 pm-2 am Effex  
NightClub 420 Central Avenue  
Southwest

Saturday Soundscapes September  
Edition 1-4 pm The Mothership  
Alumni 105 4th St. SW

The Parson Sisters 12-2 pm Special  
Collections Library 423 Central  
Ave NE

The Red Pears \$25-\$75 8-11 pm  
Sunshine Theater 120 Central Ave  
SW

Trick Meyers 8-10 pm Red Gorilla  
Studios 7901 Ranchitos Loop NE  
Ste B

Performance

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

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

Eugene O'Neill's Anna Christie  
\$19-\$24 7:30-9:30 pm Vortex  
Theatre 2900 Carlisle Blvd. NE

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

[EVENTS.] The Paper.

Matilde \$15-\$124 7:30-9:30 pm  
Albuquerque Museum 2000  
Mountain Road NW

Nerdlesque! Vol. 3 Spooky  
Edition \$15-\$75 7-10:30 pm Revel  
Entertainment Center 4720  
Alexander Blvd NE

SUNDAY, SEPTEMBER 15

Comedy

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

Dance

Sky City Buffalo Ram Dancers  
(Acoma) 11 am-12 pm Indian  
Pueblo Cultural Center 2401 12th  
Street NW

Sky City Buffalo Ram Dancers  
(Acoma) 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

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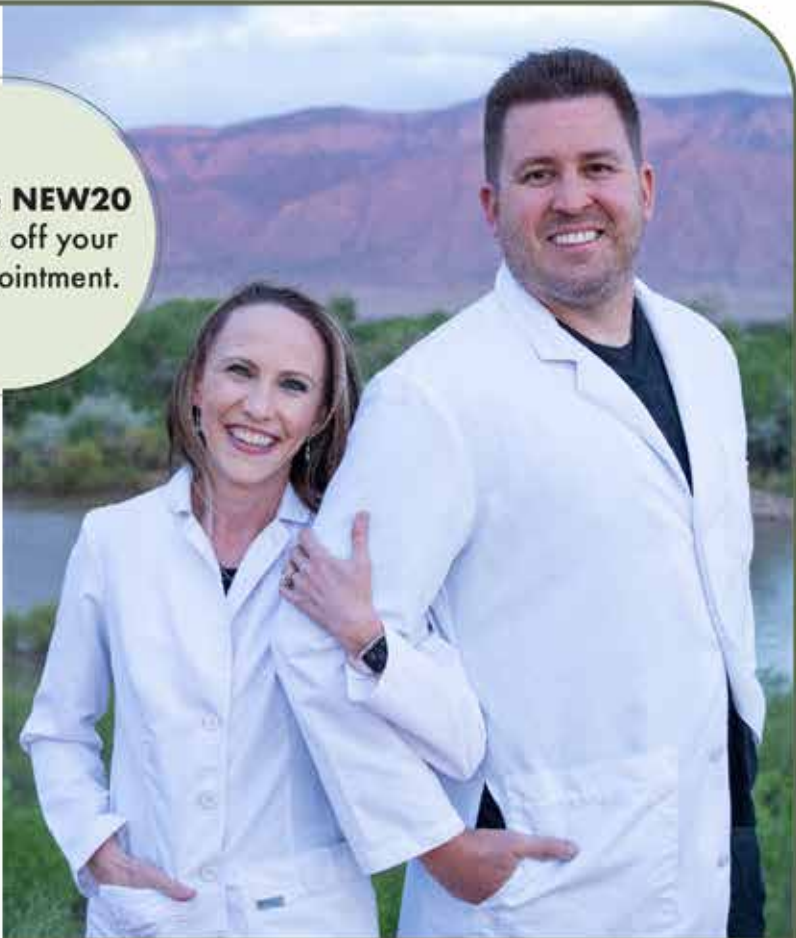
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Witnessing Justice at Nuremberg: Nazi War Crimes Trials Through the Eyes of New Mexicans Dorothy Adams Greene and Lawrence Rhee 11 am-3 pm New Mexico Holocaust & Intolerance Museum 616 Central Avenue SW

#### Family/Kids

TyRUNnosaurus Run \$18-\$40 9 am New Mexico Museum of Natural History and Science 1801 Mountain Rd. NW

#### Festival

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

#### Markets

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

#### Music

Bands of Enchantment - Night 4 \$10 7-10 pm KiMo Theatre 423 Central Avenue NW

Casa Flamenca Fall Tablao Season Features Artists from Spain \$40 7-8:30 pm Casa Flamenca 401 Rio Grande Boulevard NW

Concerts at the Library: Craig Wilson 1-2 pm International District Library 7601 Central Ave NE

Dead on a Sunday \$15 8-11 pm Launchpad 618 Central Ave SW

Le Chat Lunatique 3-6 pm Rio Bravo Brewing Company 1912 Second St NW

Pherkad 4-7 pm Canteen Brewhouse 2381 Aztec Road Northeast

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

#### Performance

As Is Told Storytelling Performance Series: Land/Scapes 4-6 pm Monte Vista Community Church 3501 Campus Blvd NE

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

Eugene O'Neill's Anna Christie \$19-\$24 2-4 pm Vortex Theatre 2900 Carlisle Blvd. NE

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

Matilde \$15-\$124 7:30-9:30 pm Albuquerque Museum 2000 Mountain Road NW

### MONDAY, SEPTEMBER 16

#### 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

Yoga at Harwood 5:45-6:45 pm Harwood Art Center 1114 7th Street NW

#### Comedy

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

#### Community

United Way's Week of Caring 2024 All Day United Way of North Central New Mexico 2340 Alamo Ave. SE, 2nd Floor

#### Exhibit

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

#### Games

Brain Gang Trivia 6-8 pm Canteen Taproom 417 Tramway Blvd NE

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

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

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

#### Music

Divide and Dissolve \$20 7-10 pm Sister 407 Central Ave. NW

Metal Monday Open Mic & Karaoke 8-10 pm JUNO brewery + cafe + art 1501 1st Street Northwest

Nunslaughter \$20 8-11 pm Launchpad 618 Central Ave SW

#### Exhibit

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

#### Family/Kids

Early Childhood Bilingual Storytime 10-11 am National Hispanic Cultural Center 1701 4th Street Southwest

#### Games

Brain Gang Trivia 7-9 pm Cheba Hut 115 Harvard Dr. SE

D&D Night 6pm-9:30pm Enchanted Botanicals Nobhill 3417 Central Ave. NE

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

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

#### Health & Wellness

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

#### Miscellaneous

Night Walk at the Botanic Garden \$9-\$15 6:30-7:30 pm ABQ BioPark Botanic Garden 2601 Central Ave NW

#### Music

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

The Well \$15 7-11 pm Sister 407 Central Ave. NW



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# The Kids Are Alright

*Albuquerque all-ages venues are cropping up and providing a place for kids to jam out*



(Roberto E. Rosales / The Paper.)

By Michael Hodock, The Paper.

**T**ouring and local bands say it at practically every underground show in Burque: The city has something special worth protecting. Aside from the views, green chile and a slow-paced way of living, the city's thriving subterranean music scene is usually what they're talking about.

A handful of venues and galleries have popped up across the city in recent years which are promoted as safe-spaces for young music and art aficionados to see shows that veer sharply from the mainstream scene.

There's a lot of work that goes into keeping some of these all-ages venues afloat while addressing problematic behavior head-on and making sure kids stay safe.

Aaron Barreda owns Ren's Den at 900 4th St. SW, an all-ages venue in the heart of the Barelbas neighborhood. Ren's is a family business — Barreda's daughter is an equal partner. Along with Anjo Garcia, their sound guy who also books bands, the three have transformed the property from "a small boxing gym for kids to stay in shape" into one of Albuquerque's most

popular DIY performance spots.

"I would say on a good night, you could probably have about 150 to 175 people show up," Aaron says. "I would say a good 85-95% of those people are under 21."

Barreda says their passion project started because he maintained the heating and air conditioning for a mixed martial arts gym. After the gym's owner died, it closed and the place was abandoned. His daughter, who had wanted to open a music venue for a long time, agreed to rent the building for a price she could afford, although the building was a bit of a fixer-upper.

"We went in there just as a family, some friends, and just cleaned the shit out of the place," Aaron says.

Barreda believes that Ren's popularity can be attributed in part to the kinds of live music they feature: different incarnations of punk, black/death metal, grindcore and hardcore.

Barreda says running an all-ages venue is rewarding but it doesn't come without its dark side, and there are issues venue managers deal with behind the scenes.

"We've had cops called because of sound or different things like that but no, we haven't gotten in any legal trouble," Aaron says.

The Barredas want Ren's to be a spot where bands can get exposure, and where young fans can see innovative music from across the country, but most importantly, he wants the kids to be safe while they're having fun.

"We have a sign out front that literally says, 'No creepers, no drugs, no fighting,'" Aaron says. "Take care of our neighborhood. Don't drink."

Barreda says that for the most part, "the scene polices itself" but the staff at Ren's is committed to addressing problems in the scene and providing swift solutions. Ren's urges concert goers to be vocal about any safety issues they might have with the spot or the scene in general.

"The safest place for you to be is inside of our venue," he says.

It's no secret that different acts draw different crowds, and every spot has its niche market, but Barreda says that part of Ren's philosophy is to unite the DIY scene by promoting collaboration between venues

rather than competition. If an act isn't a good fit for Ren's, or if they can't fit a band into their calendar, they still want to do whatever they can to get them on stage.

"Our first response is, 'Hey, sorry, it's booked. Do you want us to help you find another spot?' We'll do it with the Minnow, we'll do it with Echoes," Barreda says.

Across town, there is a venue that books a different type of music, but shares many of the same attitudes about running a performance space.

Issac Aragon, who owns The Jam Spot, has been operating his all-ages venue for 12 years, eight of those years at their Downtown Albuquerque location at 415 Central NW. Lately, Aragon says, the kids are coming out in droves for hip-hop shows.

"Every generation changes," he says.

Aragon says that the opportunity to be located on the old Route 66 is a milestone in itself, but the location presents its own set of problems. Aragon says underage kids mingling with the Downtown bar crowd once they both leave their respective venues "is a real downer."

Aragon says that while he doesn't blame young people for the problems affecting the Downtown night scene, he says one solution to the problem would be reinstating a midnight curfew in the city for anyone under 18. All events at The Jam Spot end by midnight.

Although The Jam Spot is an all-ages venue, and rockers and music fans over 18 are certainly welcome, Aragon says that 95% of attendees at the Downtown venue are under 21, many of them accompanied by parents nervous about their safety. He says employing more security than most venues the size of The Jam Spot alleviates most of that anxiety.

"If there's ever adults in there, it's mostly just parents," Aragon says.

When it comes to creepers, Aragon sees it the same way as Barreda.

"We've had to kick out a couple of people because it's just really weird that a 50-year-old should be at a 16-year-old show," he says.

The Jam Spot doubles as an event center. Graduation and birthday parties are especially popular.

"These kids want somebody

CONTINUED ON PAGE 10



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to perform. They want to be on the stage,” Aragon says.

Aragon says that he wishes there were more places, especially Downtown, because it would reduce the potential for young people to be involved in violence.

“I think the kids of today are having anxiety because everybody’s afraid these days — including me — but it’s because they have nowhere to go. And the community centers close at 10 o’clock,” he says.

Camisha and Alan Cordova, co-owners of Black Wall Gallery at 2125 San Mateo Blvd. NE, hosting live shows and performances from artists and acts that may struggle to find a platform in the mainstream. Alan says their original concept was to just feature art shows, but they quickly found out there was a large demand for public places to host live music.

Alan says the art and music scenes are intertwined.

“Being an artist doesn’t necessarily just stop at painting, drawing, photography or mixed media. Mixed media really goes into music as well.”

The gallery hosts various visual and performance art shows, and the musical acts that perform at Black Wall Gallery usually fall on the heavier end of the rock spectrum. Like Ren’s, punk, metal and hardcore shows tend to be their biggest draw, but the Cordovas say Black

Wall Gallery does not believe in censorship, and no performances are off-limits at the venue.

“Especially when it comes to art, it should be no holds barred — music, visual art, whatever,” Alan says.

The Cordovas say that about 60% of the people who attend shows at Black Wall Gallery are under 21, and the safety of their guests, especially young guests, is a top priority.

“If we have something that is a sensitive subject, we will definitely let people know,”

Camisha says “Sometimes it can have a really hard message for people.”

Although they don’t censor the art at Black Wall, there are definitely rules their guests must follow, and those rules are nonnegotiable. Black Wall wants to “make it abundantly clear” they do not allow alcohol, drugs or even gum in their venue, but since they understand that drug use is a big problem among youth in Albuquerque, they employ a harm reduction approach.

“We carry Narcan here just in case. We also have testing strips just in case,” Camisha says.

Black Wall Gallery works with local charities by hosting benefit shows for organizations including Make-A-Wish New Mexico, Duke City Darlins and the Sexual Abuse Nurse Examiner program, a cooperative group of nurses in New Mexico who work with victims of rape. The Cordovas say that in the two years they have been open they have helped 14 mutual aid groups and nonprofits in New Mexico.

“Somebody told me, ‘You guys are the CBGBs of Albuquerque, but with nice soap,’” Alan says.

Everyone involved in keeping the all-ages venues in Albuquerque afloat has a similar goal: to create a thriving scene full of great music, to maintain a sense of unity among different music subcultures and venues and to provide safe public environments for young people to enjoy and showcase their art.

“DIY means you’re not financially backed by some investor. You’re putting your blood, sweat and tears into that place. You don’t have these bells and whistles for people,” Barrera says. “It’s a community effort. It’s respect. It’s people pitching in to help. It’s about taking the money that you have and not just lining your pockets with it, but trying to improve the space.”



(Roberto E. Rosales / The Paper.)



(Roberto E. Rosales / The Paper.)



## Science Comes to the Rescue of Ailing Chile Industry

**M**y local purveyor of roasted green chile has crowds of people waiting for their coveted yearly sack.

Just as predictable as the crowds are the doomsday predictions. This year it was “The chile crisis: Declining production amid labor, water challenges” from the *Albuquerque Journal*. Every year we hear about issues for growers, about threats to the state’s legacy as the nation’s largest chile producer.

One towering factor is trying to find workers. Here’s a job description posted on the U.S. Department of Labor website: “Hand pick quality (mature) green chile from plants into buckets (10 gallon). Worker will carry full bucket and chile and walk to trailer to dump into trailer and back. Must be able to lift up to 60 pounds. Worker must be able to work in diverse weather conditions (hot, dry, cold, wet, windy, and dew moisture). Able to bend, stoop, kneel, reach, walk across fields carrying 60 pound buckets and other related activities.”

For \$15 an hour. Who

wouldn’t jump at the chance, right? Who can resist “bend, stoop, kneel”? Americans have been resisting in droves.

Jhett Kendall Browne, a blogger, chef and fourth generation chile roaster at Farmers Chile Market in Albuquerque, writes: “An open secret among the chile community is that many chile pickers are illegal immigrants. The fact is, picking chile is a grueling job requiring someone to hunch over a 2 foot chile plant in the summer sun with no shade all day. There are few ways to really improve this. It is just an incredibly difficult job with fewer and fewer people wanting to do it.”

He is grateful for the hard-working chile pickers.

Chile is labor intensive because many thousands of tons of green chile must be handpicked. Red chile can be mechanically harvested, but it’s only about 10% of the harvest.

Science is riding to the

rescue again. Over the years, plant scientists at New Mexico State University have given growers more disease-resistant plants, more productive plants and even bigger, meatier chiles. Now they’re focused on the components of mechanical harvesting.

Mechanical chile harvesters have been around for years, but we’re talking about a delicate fruit that’s sold fresh and must be as flawless as tomatoes entered in the county fair. To date, mechanical pickers have bruised the merchandise. So

machines had to improve, and scientists had to come up with a resilient fruit that was still tasty as well as a single-stemmed plant at the right height with fruit up high. They understood that some of the chiles would be damaged and compensated with productivity and a higher density of plants in the field. This is according to a study published in Hort Technology last spring.

“So one machine will take

the place of what basically 60 people... do in a day,” grower Darren Gillis told KRWG. “So we’re not really trying to eliminate jobs. We’re just trying to fill jobs for people that aren’t there anymore. And cost-wise, we can do it for probably half price of what it takes to do it by hand.”

Travis Day, executive director of the New Mexico Chile Association, called mechanized harvest “a big industry game changer” that wouldn’t “fully replace the hand picking of chile” but would help “farmers that really need that help to get their crop out of the field.”

“You know, they’re still not able to find American workers to pick their chile,” he said.

So, yes, acreage and production are dropping, workers and water are both scarce, Mexico has become a big competitor and other producers falsely label their chile as Hatch chile.

But this is a good season, there’s plenty of chile and we’re still No. 1. For that we rejoice.

### All She Wrote



Sherry Robinson

## Removing Tax on Tipped Wages

**T**he policy debate in the presidential election has a new focus: removing taxes on tips for tipped wage earners.

Both candidates announced their proposals to eliminate taxes on tips in Nevada, which has the highest workforce percentage of tipped workers at 5%. New Mexico’s percentage of tipped workers is 3.5%.

Kamala Harris’ announcement was different because it also included a pledge to raise the federal minimum wage.

This is a great sound bite for rallies and commercials, but behind the scenes it is more complicated.

A tipped wage earner is someone who customarily and regularly receives \$30 or more a month in tips. In 2023, according to the Yale University Budget Lab, there were 4 million workers in this group, approximately 2.5% of the U.S. workforce.

Tipped wage earners are younger (17 to 34). Nationally, women are more likely to be tipped workers. According to the Tax Policy Center, women make up 71% of the tipped workforce

while representing less than half of the current total workforce.

Food service, personal services and ride-sharing programs are the most tipped wage earner industries.

Statistics show there is spotty compliance in reporting tips, with some estimates showing only 50% of the income reported. Last year there was a 7% drop in tip amounts – indicating consumer resistance especially as more industries began to add it as an option.

The federal tipped minimum wage (sometimes referred to as the subminimum wage) is \$2.13. Sixteen states stick with that amount. Other states have established their own tipped wage ranging from \$2.23 in Delaware to \$12.75 in Hawaii. New Mexico’s tipped wage amount is \$3.

To add another twist, in New Mexico and other states, there are local options for cities to raise the tipped minimum wage above the state law amount. Three communities in New Mexico take advantage of this:

Albuquerque’s is \$7.20, Santa Fe’s is \$4.36, and Las Cruces’ is \$4.95.

No employer can legally pay a worker less than the federal minimum wage, which is \$7.25 an hour. If a tipped wage earner does not get enough tips to close the gap and reach this

figure, employers are required to make up the difference. Added to the mix, states can set their own minimum wage amount above \$7.25. New Mexico’s minimum wage is \$12. This is also subject to local option and Santa Fe’s minimum wage is now \$14.60.

Closing the gap between the tipped wage and the required minimum wage, regardless of location, depends on consumers (those of us leaving tips) and the employers. Ultimately if employers fail to pay the required minimum wage, they can be subject to penalties such as fines, back pay requirements and in the most egregious cases, criminal filings.

Who benefits from these proposals is uncertain.

According to experts at the American Enterprise Institute and the Tax Policy Center, it may not impact those who need it most — the lowest wage workers. More than one-third of tipped workers didn’t make enough to file federal taxes last year. Others who reached the threshold to file take advantage of the Earned Income Tax Credit or Child Tax credits, thus reducing their taxable income.

This is complicated, bureaucratic and hard for voters to understand.

Here is the good news. Across the country, states are eliminating the tipped wage and along with it, bureaucracy. Seven states have done it and five others have legislation pending, with hopes 20 states will accomplish this by 2025.

It’s simple: Workers are paid the minimum wage required by law in their state, and tips are still allowable.

Hopefully, the major party candidates will catch up with state innovation and propose elimination of the tipped wage and raising the federal minimum wage to \$15 as proposed. Then everybody wins.

### Corner to Corner



Diane Denish





## Trump Changes His Tune On Weed

*Harris calls him a flip-flopper*

(Source: Gage Skidmore at Wikimedia Commons)

By Josh Lee, The Paper.

The political tug-of-war over one-issue weed voters has officially begun. In a late-stage twist, Republican presidential nominee Donald Trump recently signaled support for a proposed legalization resolution in Florida, saying people should not be jailed over marijuana. Voters now have a choice between two candidates who have expressed dissatisfaction about current cannabis policy.

"We do not need to ruin lives & waste Taxpayer Dollars arresting adults with personal amounts of [marijuana] on them," Trump wrote on Truth Social on Aug. 31.

The comment was part of a post about Florida's Amendment 3, which would legalize possession of up to 3 ounces of marijuana and would authorize medical cannabis dispensaries and anyone who is licensed by the state to sell weed products to any adult. The resolution is a ballot initiative from last year that received nearly 1 million verified signatures from voters in support of it.

However, Republican Gov. Ron DeSantis and Florida GOP lawmakers have been fighting the resolution tooth and nail. DeSantis even joined forces with hemp-derived intoxicant producers to campaign against the coming measure.

"Whether people like it or not, this will happen through the approval of the Voters, so it should be done correctly," Trump said in his post. "We need the State Legislature to responsibly create laws that prohibit the use of it in public spaces, so we do not smell marijuana everywhere we go, like we do in many of the Democrat run Cities. At the same time, someone should not be a criminal in Florida, when this is legal in so many other States."

Last week he went into more detail during an interview on the Lex Fridman podcast.

"Medical marijuana has been amazing," Trump said. "I've had friends and I've had others — and doctors — telling me that it's been absolutely amazing."

He said it has to be done in a "concerted lawful way." "The way they're doing it in Florida, I think is going to be actually good," he said.

In comparison, he complained about the way you can smell the drug while walking around in New York City.

"You take a look at the numbers. It's been very hard to beat it," Trump said. "So, I think it will generally pass, but you want to do it in a safe way."

Trump was asked about psychedelics, and he avoided the question completely, although he did chuckle when Fridman said, "We'd probably have a better world if everybody

in Congress took some mushrooms, perhaps."

Democratic presidential nominee Vice President Kamala Harris' campaign criticized Trump for the move, calling it a "brazen flip-flop."

"As a candidate in 2024, he suggests he is for decriminalizing marijuana—but as President, his own Justice Department cracked down on marijuana offenses," a memo from the Harris campaign reads.

The statement is likely in reference to Trump-era Attorney General Jeff Sessions' move to rescind the Cole Memo — an instruction from the Barack Obama administration that protected legal medical marijuana businesses from federal prosecution.

The Harris campaign memo however, failed to note that the Department of Justice under Trump never made any moves against state-licensed cannabis businesses during his tenure and that the Joe Biden administration never reinstated the memo.

Harris has a somewhat questionable history with cannabis policy and changed her stance on it in 2019 while vying for the Democratic presidential nomination.

Trump called her out for it during an interview on Fox News.

"She was a bad prosecutor. She was a prosecutor of black

people," he said. "She put thousands and thousands of black people in jail over marijuana. But when it came to big crime — murders and everything else — she was weak."

But Harris does have a consistent history of supporting progressive marijuana reform over the last five years, meaning it's a flip-flop that seems to have stuck — placing her farther ahead than Trump in this respect, since he's only been (tentatively) pro-weed for a few weeks.

Trump is also known as a staunch teetotaler who has never had time for weed. He's also gone as far as to call for the execution of drug dealers, although he's walked that back.

Only days before Trump made his announcement supporting Florida's legalization measure, he reportedly met with multi-state cannabis operator Trulieve CEO Kim Rivers and other industry stakeholders, according to Marijuana Moment. Trulieve has contributed over \$70 million to the Smart & Safe Florida pro-measure campaign and is one of the biggest stakeholders pushing for its passage.

Whatever the reason, voters are finally going to see an election where candidates from the two major parties are competing to be the pro-weed choice. Times are strange.





# 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!

## Massachusetts Weed Program Suffers From In-Fighting

By Josh Lee, The Paper.

A legal battle between the Massachusetts state treasurer and the suspended head of the state's marijuana regulatory agency has left the state's weed program in shambles.

According to CommonWealth Beacon, State Treasurer Deborah Goldberg suspended Shannon O'Brien as chair of the Massachusetts Cannabis Control Commission last September for allegedly making racially insensitive comments. O'Brien allegedly referred to Asian culture using a slur and presumed that a fellow commissioner knew a lawmaker because they are the same race.

O'Brien is currently fighting the suspension in court, where a judge will have to decide if the charges against her are serious enough to warrant her termination from her position.

Meanwhile, Goldberg has not filled the vacant position, and it appears the state's cannabis program is suffering from lack of leadership. Commission employees have reportedly been quitting and policy initiatives have been placed on hold. During a recent commissioner meeting, it reportedly took more than an hour for participants to agree on who should serve as acting chair.

Goldberg is also facing criticism over her decision to continue her legal battle with O'Brien, which has reportedly cost the state \$750,000 in legal fees that have been paid with taxpayer money.

### California bill to ease weed taxes goes to governor

California lawmakers have approved a bill that could ease the tax burden on small marijuana businesses.

The bill would exclude state taxes that weed businesses pay from municipalities' calculations for local cannabis taxes



(Source: Mostafameraji at Wikimedia commons)

instead of using businesses' gross receipts to calculate taxes.

In a letter from California NORML, advocates asked California Gov. Gavin Newsom to sign the bill into law to prevent "double taxation at the local level."

"Cannabis is already heavily overtaxed relative to comparable goods in California," wrote the organization. "Compounding taxes simply leads to an artificially inflated purchase price and incentivizes consumers to purchase cannabis from the unlicensed, untested and untaxed market."

The letter includes a graph that shows a single cannabis pre-roll has an excise tax of 80 to 90 cents in California, whereas 12 ounces of beer is only taxed 2 cents and a tobacco cigarette is only taxed 14 cents in the state.

### Missouri recalls more weed

Missouri cannabis regulators have once again recalled more marijuana products, totaling three recalls in one month, involving nearly 175,000 products.

According to Missouri Independent, the latest recall — the third such recall issued by regulators in August — targeted 37,000 products made by manufacturer Blue Sky Health & Wellness LLC. According to authorities, the products weren't properly recorded in the state's track-and-trace system, and their compliance couldn't be verified. The state posted a list of the recalled products on the health department's website. Authorities said there have been no reports of adverse reactions to the products.



LEGAL NOTICE

STATE OF NEW MEXICO  
COUNTY OF BERNALILLO  
SECOND JUDICIAL DISTRICT COURT

No. D-202-PB-2024-00590

IN THE MATTER OF THE ESTATE OF  
BARBARA C. VICKERS, DECEASED.

NOTICE TO CREDITORS

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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FREE WILL ASTROLOGY

Week of September 11

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**ARIES (March 21-April 19):** One of the longest bridges in the world is the 24-mile-long Pontchartrain Causeway in Louisiana. During one eight-mile stretch, as it crosses Lake Pontchartrain, travelers can't see land. That freaks out some of them. You might be experiencing a metaphorically similar passage these days, Aries. As you journey from one mode to the next, you may lose sight of familiar terrain for a while. My advice: Have faith, gaze straight ahead, and keep going.

**TAURUS (April 20-May 20):** My horoscopes don't necessarily answer questions that are foremost in your awareness. This might annoy you. But consider this: My horoscopes may nevertheless nudge you in unexpected directions that eventually lead you, in seemingly roundabout ways, to useful answers. The riddles I offer may stir you to gather novel experiences you didn't realize you needed. Keep this in mind, Taurus, while reading the following: In the coming weeks, you can attract minor miracles and fun breakthroughs if you treat your life as an art project. I urge you to fully activate your imagination and ingenuity as you work on the creative masterpiece that is YOU.

**GEMINI (May 21-June 20):** The Gemini musician known as Prince got an early start on his vocation. At age 7, he wrote "Funk Machine," his first song. Have you thought recently about how the passions of your adult life first appeared in childhood? Now is an excellent time to ruminate on this and related subjects. Why? Because you are primed to discover forgotten feelings and events that could inspire you going forward. To nurture the future, draw on the past.

**CANCER (June 21-July 22):** You are lucky to have an opposable thumb on each of your hands. You're not as lucky as koala bears, however, which have two opposable thumbs on each hand. But in the coming weeks, you may sometimes feel like you have extra thumbs, at least metaphorically. I suspect you will be extra dexterous and nimble in every way, including mentally, emotionally, and spiritually. You could accomplish wonders of agility. You and your sexy soul may be extra supple, lithe, and flexible. These superpowers will serve you well if you decide to improvise and experiment, which I hope you will.

**LEO (July 23-Aug. 22):** The internet is filled with wise quotes that are wrongly attributed. Among those frequently cited as saying words they didn't actually say, Buddha is at the top of the list. There are so many fraudulent Buddha quotes in circulation that there's a website devoted to tracking them down: fakebuddhaquotes.com. Here's an example. The following statement was articulated not by Buddha but by English novelist William Makepeace Thackeray: "The world is a looking glass. It gives back to every man a true reflection of his own thoughts." I bring these thoughts to your attention, Leo, because it's a crucial time for you to be dedicated to truth and accuracy. You will gain power by uncovering deceptions, shams, and misrepresentations. Be a beacon of authenticity!

**VIRGO (Aug. 23-Sept. 22):** Peregrine falcons can move at a speed of 242 miles per hour. Mexican free-tailed bats reach 100 miles per hour, and black marlin fish go 80 mph. These animals are your spirit creatures in the coming weeks, Virgo. Although you can't literally travel that fast (unless you're on a jet), I am confident you can make metaphorical progress at a rapid rate. Your ability to transition into the next chapter of your life story will be at a peak. You will have a robust power to change, shift, and develop.

**LIBRA (Sept. 23-Oct. 22):** Mythically speaking, I envision a death and rebirth in your future. The death won't be literal; neither you nor anyone you love will travel to the other side of the veil. Rather, I foresee the demise of a hope, the finale of a storyline, or the loss of a possibility. Feeling sad might temporarily be the right thing to do, but I want you

to know that this ending will ultimately lead to a fresh beginning. In fact, the new blooms ahead wouldn't be possible without the expiration of the old ways. The novel resources that arrive will come only because an old resource has faded.

**SCORPIO (Oct. 23-Nov. 21):** Did you ever have roommates who stole your credit card and used it to buy gifts for themselves? Does your history include a friend or loved one who told you a lie that turned out to be hurtful? Did you ever get cheated on by a lover you trusted? If anything like this has happened to you, I suspect you will soon get a karmic recompense. An atonement will unfold. A reparation will come your way. A wrong will be righted. A loss will be indemnified. My advice is to welcome the redress graciously. Use it to dissolve your resentments and retire uncomfortable parts of your past.

**SAGITTARIUS (Nov. 22-Dec. 21):** One of my oldest friends is Sagittarius-born Jeffrey Brown. We had rowdy fun together in our twenties. We were mad poets who loved to party. But while I went on to become an unruly rock and roll musician, experimental novelist, and iconoclastic astrologer, Brown worked hard to become a highly respected, award-winning journalist for the PBS News Hour, a major American TV show. Among his many successes: He has brought in-depth coverage of poetry and art to mainstream TV. How did he manage to pull off such an unlikely coup? I think it's because he channeled his wildness into disciplined expression; he converted his raw passions into practical power; he honed and refined his creativity so it wielded great clout. In the coming months, dear Sagittarius, I urge you to make him one of your inspirational role models.

**CAPRICORN (Dec. 22-Jan. 19):** Let's hypothesize that you will be alive, alert, and active on your hundredth birthday. If that joyous event comes to pass, you may have strong ideas about why you have achieved such marvelous longevity. I invite you to imagine what you will tell people on that momentous occasion. Which practices, feelings, and attitudes will have turned you into such a vigorous example of a strong human life? The coming weeks will be an excellent time to meditate on these matters. It will also be a favorable phase to explore new practices, feelings, and attitudes that will prolong your satisfying time here on planet Earth.

**AQUARIUS (Jan. 20-Feb. 18):** Few Americans are more famous than George Washington. He was a top military leader in the Revolutionary War before he became the country's first president. George had a half-brother named Lawrence, who was 16 years older. Virtually no one knows about him now, but during his life, he was a renowned landowner, soldier, and politician. Historians say that his political influence was crucial in George's rise to power. Is there anyone remotely comparable to Lawrence Washington in your life, Aquarius? Someone who is your advocate? Who works behind the scenes on your behalf? If not, go searching for them. The astrological omens say your chances are better than usual of finding such champions. If there are people like that, ask them for a special favor.

**PISCES (Feb. 19-March 20):** Over 15 centuries ago, Christian monks decided Fridays were unlucky. Why? Because they were the special day of the pagan Goddess Freya. Friday the 13th was extra afflicted, they believed, because it combined a supposedly evil number with the inauspicious day. And how did they get their opinion that 13 was malevolent? Because it was the holy number of the Goddess and her 13-month lunar calendar. I mention this because a Friday the 13th is now upon us. If you are afraid of the things Christian monks once feared, this could be a difficult time. But if you celebrate radical empathy, ingenious intimacy, playful eros, and fertile intuition, you will be awash in good fortune. That's what the astrological omens tell me.

The Weekly Crossword

by Margie E. Burke

ACROSS

1 Perching places

6 Tomb-raiding Croft

10 "\_\_\_ that special?!"

14 Parting word

15 Versed in

16 Have words (with)

17 Diverse populace

19 Volcano flow

20 Good buddy

21 Forum wear

22 Far from fearless

24 'Maggie May' singer Rod

27 Common sprain site

28 Cast a ballot

30 Actor Depardieu

32 Vitamin additive

33 Mammal's coat

34 Most "Esquire" readers

37 Adam of "Hustle"

39 Nazi police

41 Ginger \_\_\_

42 Goes away

44 Battery fluid

45 Did the tango

46 Common sci-fi setting

47 Pressing need?

50 Made booties, maybe

52 Plaid fabric

54 Drop from the eye

55 Goings-on

58 Assist in wrongdoing

59 Like some glasses

62 Spanish Steps city

63 Mideast's Gulf of \_\_\_

64 Aquatic nymph

65 Little hopper

66 Lothario's look

67 Things to strive for

8 Pooh pal

9 Picnic crashers

10 Cuba or Aruba

11 Kindle

12 Orange variety

13 Kind of show

18 Right this minute

23 Worries

25 Keep an eye on

26 Lady Macbeth portrayer, e.g.

28 Traveler's need, maybe

29 Rev. Roberts

31 Forever and a day

33 Part of a hammerhead

34 Nut from Australia

35 Sweeping

36 Focal point

38 Camel's kin

40 VCR insert

43 Opposite of dorsal

45 Made sudden moves

46 Yo-yo need

47 TV spy Maxwell

48 Social no-no

49 Plant malady

51 Road-paving stuff

53 Drive off

56 It may be raw

57 Bettor's concern

60 Texter's "Holy moly!"

61 \_\_\_ Zedong

S T V O G E T G O D V O T

D V I V N N V W O E M O R

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T N S I L A R A T S M B S I M B S I L

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# "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.

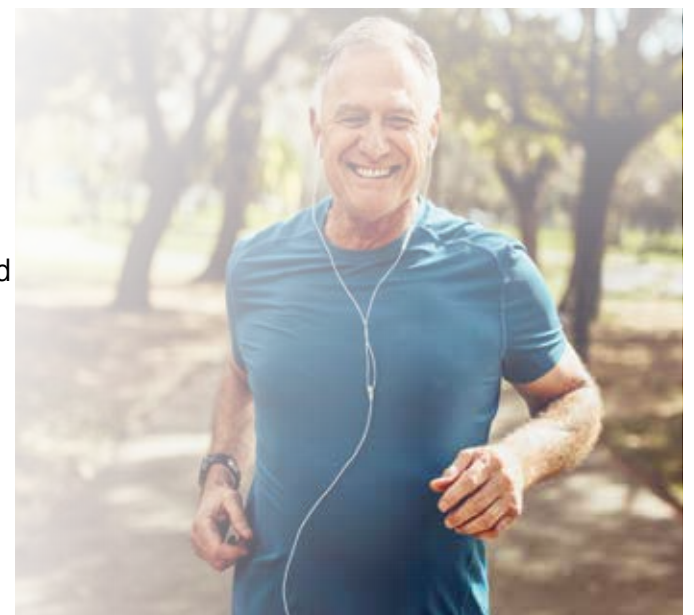
"Our O3 ReBoot Therapy® has all-encompassing and powerful healing capabilities," shares Dr. Brogdon. "Ozone therapy has been used since the 1800's and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral, and anti-inflammatory properties. We use it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