

The Paper.

FREE
SEPTEMBER 18, 2024
VOLUME 05 | ISSUE 38

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

Cover art by Rachel Mills



By Devin O'Leary p.8

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With Support from:

New Mexico Local News Fund

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

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

Our mailing address is:

317 Commercial St NE #201 ABQ, 87102

Softening the Workforce Shortage Squeeze



The proposed apprenticeship bill would apply to city construction projects over \$1 million. Pictured is a multimillion dollar project that's been underway at the Albuquerque International Sunport. (Roberto E. Rosales / City Desk ABQ)

City measure would require apprenticeships on big construction projects



This story was originally published by City Desk ABQ, a local nonprofit daily newsroom covering local government, politics and more. If you like

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By Damon Scott, City Desk ABQ

Construction projects across the state are booming, but contractors say finding enough skilled laborers to fill positions is a chronic challenge. The workforce shortages often cause project delays and increased costs — issues that have motivated officials to propose a fix in Albuquerque.

The Apprenticeship Empowerment ordinance would require contractors to dedicate 15% of a job's labor hours to apprenticeships on city construction projects that cost more than \$1 million. Contractors that voluntarily commit to 25%, would receive a preference in the bidding process for city construction projects.

"We've been looking for ways to increase job training and job pathways," City Councilor Tammy Fiebelkorn said. "We know that one of the major problems that we have in our city is a lack of pathways out of poverty."

She's the co-sponsor of the bill with City Councilor Dan Champine. Fiebelkorn said the idea of increasing apprenticeships is one that kept rising to the top of a list of viable options.

"The number one thing I hear is that young people in particular don't see a way to get those jobs," Fiebelkorn said. "It's a way to get more job training."

Apprenticeships are the first step to higher wage journeyman positions in the construction

trades, such as electricians, plumbers, carpenters and equipment operators.

Brian Condit, the executive director of the New Mexico Building Trades Council, said the proposed measure is welcome news.

"The demand for construction craft professionals is just going crazy," he said. "I've never seen it this busy."

The Trades Council represents a consortium of 15 construction craft unions. Condit said it's clear that young people aren't entering the trades at a sufficient clip to replace those who will be retiring soon. He said there are about 3,000 registered apprentices in the state out of 59,000 construction craft workers — less than 5%.

"The scary part is we know how many members we have that are approaching retirement age next year and the year after — 25% to 30%," he said. "We're playing catch up, but we can train our way out of this hole."

Fiebelkorn said using apprentices can also benefit companies through reduced payroll costs and increased profits. She and Champine recently met with leaders of construction companies who said they were in support of the proposed bill.

"They were all pretty excited about this, because they see that we're at a point where there's a shortage of laborers," Fiebelkorn said.

The proposed ordinance passed unanimously out of the Finance & Government Operations Committee last week with a "do pass" recommendation. It is scheduled to be voted on by the City Council at its Oct. 7 meeting.

Weak in Review: Sept. 18

Quick hits on this week's news bits

Park rangers say a bag of Cheetos found inside Carlsbad Caverns led to major impacts on the ecosystem.

The only thing that would make this more New Mexican is if it was a bag of hot fries.



A swarm of bats was recently spotted inside Presbyterian Hospital.

These bats are addicted to Cheetos now and they'll stop at nothing.

The Daily Lobo figured out that the University of New Mexico has investments in two major tobacco companies.

They could at least give students a free pack when they register for classes.



Donald Trump announced online that he hates Taylor Swift after she endorsed Kamala Harris.

There's absolutely nothing creepy about an old man sharing his thoughts about a young female pop star.

Jane's Addiction frontman Perry Farrell punched guitarist Dave Navarro during a reunion show in Boston.

To help explain what this means to some of our younger readers: There was once a period of time we called the '90s...

Scientists say superstorm flare ups on Neptune and Uranus are due to methane.

Look, we'd like to say we're above sophomore humor, but we really aren't.



New 'Eco-Series' Homes Unveiled at Mesa del Sol

*Units are 100% electric,
preloaded with solar panels*



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

By Damon Scott, City Desk ABQ

Albuquerque's SunState Solar and Westway Homes unveiled a new series of homes at Mesa del Sol on Thursday with 100% electric features and solar panels — designed to drastically reduce emissions and utility costs. Two of 12 homes have been completed as part of a first phase.

The “eco-series” homes south of the Albuquerque International Sunport each come pre-equipped with 7.5 kilowatts of solar power and an electric vehicle charging station. Solar powered homes are a desirable option as the city averages 310 sunny days a year.

“The system size that we have on those homes should be adequate to offset 100% of [electric] consumption, or damn close to it,” Glenn Felty, the CEO of SunState Solar, said. “That’s when you start to achieve net-zero [emissions].”

Net-zero emissions are typically achieved through a combination of emission

reduction and emission removal. Homes that are all electric have other benefits, Felty said, in that they produce fewer emissions than gas powered homes and usually require less maintenance. In addition, electric-power is less expensive to operate in the long run when sourced from solar panels.

Most Albuquerque homes are a combination of gas and electric power.

The “eco-series” homes are three-bedroom, two-bathroom, and come with a two-car garage and an electric vehicle charging station. Sizes fall between 1,704-to-1,898 square feet and prices range from \$469,900 to \$499,900.

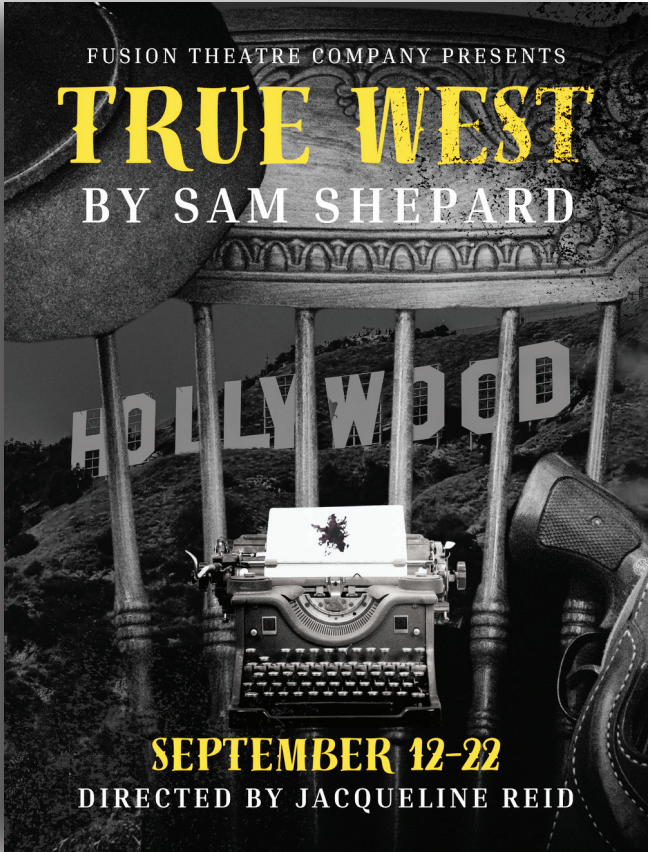
Felty said he thinks the “eco-series” represents a first for a production home builder in Albuquerque.

“This is the first time that solar has been integrated and built-in,” he said. “These are homes that are built with the intent of being environmentally conscious with a low-carbon footprint — from the building materials to the insulation and the electric appliances.”

An open house is scheduled for Saturday from 11 a.m. to 3 p.m. at 2225 Dekooning Ave. SE. Mesa del Sol is a master-planned community located on the city’s southeast mesa.

Photos by Roberto E. Rosales





True West

FUSION Theatre Company opens its 2024-2025 season with a production of Sam Shepard's "True West". The gritty drama, which premiered on Broadway in 2000 with Philip Seymour Hoffman and John C. Reilly in the starring roles, concerns the volatile rivalry between two estranged brothers as they tangle over the writing of a Hollywood screenplay. FUSION co-founder Jacqueline Reid directs this local production, starring Josh Heard, Ryan Jason Cook, Laurie Thomas and Matthew Yde. The opening night performance is Thursday, Sept. 12 at 7 p.m. A reception gets things started at 6p.m. The play runs Sept. 12 through 22. Performances will be Thursdays and Fridays at 7 p.m., Saturdays at 2 p.m. and 7 p.m. and Sundays at 3 p.m. It all takes place at Cell Theatre (700 First St. NW). General admission tickets are \$40, \$35 for seniors over 65 and \$20 for students. Go to fusionnm.org/true-west to get tickets or for more information.

THURSDAY, SEPTEMBER 19

Comedy

Albuquerque Funny Fiesta Multiple Showtimes Dry Heat Comedy Club 100 Gold Ave SW Suite 112

Community

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

Exhibit

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

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

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

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

Music

18th Annual New Mexico Jazz Festival: Bobby Broom Tribute to Russell Malone \$15-\$50 7:30-9:30 pm Outpost Performance Space 210 Yale Blvd. SE

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

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

GUILD cinema

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Neon noir slapstick **THE FALLING STAR**
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Fri–Mon Sept 20–23 5:45

J-horror **TETSUO: THE IRON MAN (1989)**
Friday September 20 10:30pm

Arthouse Classics Series goes Western!
THE MAGNIFICENT SEVEN (1960)
Sat–Sun Sept 21–22 12:30pm

FINAL DESTINATION 2 (2003)
Saturday September 21 10:30pm

Lost film restored **WE THE LIVING (1944)**
Tuesday September 24 6:30

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THIS WEEK AT THE NM JAZZ FESTIVAL:

JAZZMEIA HORN
SEPT 18, 7:30PM
OUTPOST

BROOM TRIBUTE TO RUSSELL MALONE
SEPT 19, 7:30PM
OUTPOST

KEYON HARROLD GROUP
SEPT 20, 7:30PM
OUTPOST

BLUES NIGHT ON CIVIC PLAZA FEAT. SUE FOLEY & THE TEXAS HORNS
SEPT 21, 6-9PM
ABQ CIVIC PLAZA

AARON DIEHL -WARREN WOLF DUO
SEPT 23, 7:30PM
OUTPOST

NEW MEXICO JAZZ FESTIVAL.ORG

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

Mars Red Sky \$17 8-11 pm
Launchpad 618 Central Ave SW

The Fabulous Martini-Tones 6-9 pm
Rio Bravo Brewing Company 1912
Second St NW

The Mango Cakes 6-9 pm Canteen
Brewhouse 2381 Aztec Road NE

Third Thursday: Performance by
Raven Chacon & Laura Ortman
6-8:30 pm Albuquerque Museum
2000 Mountain Road NW

Thursday Night Rinse: A Night of
UK Bass, Garage, Drum N Bass &
Breaks \$7 9 pm-2 am Insideout 622
Central Ave SW

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

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

FUSION Theatre Company Presents
True West \$20-\$40 7 pm FUSION
700-708 First St. NW

Sports

Football At The Lobo! 5 pm The
Historic Lobo Theater - Lounge &
Event Venue 3013 Central Ave NE

Watch Thursday Night Football At
The Lobo!! 5 pm The Historic Lobo
Theater - Lounge & Event Venue
3013 Central Ave NE

FRIDAY, SEPTEMBER 20

Comedy

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

The Show: Funny Fiesta Edition \$10-
\$12 8-9 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

Winter's End \$8-\$12 7:30 pm
Elizabeth Waters Center for Dance at
Carlisle Gym 301 Yale Blvd NE

Exhibit

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

Festival

The Sixth Annual Latinx Games
Festival \$34 10 am-6 pm National
Hispanic Cultural Center 1701 4th
Street Southwest

Markets

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

Music

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

Barenaked Ladies: In Flight
Tour \$65-\$175 7:30-11 pm Revel
Entertainment Center 4720
Alexander Blvd NE

Bollywood/Latina Takeover Party
\$20 7 pm-1 am The Smoky Note
3201 Central Ave. NE

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

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

DeeCee'Soul Shakedown Reggae
Party \$5-\$10 9 pm-2 am Insideout
622 Central Ave SW

Hello Darlin' 6-9 pm Boxing Bear
Brewing Co. (Firestone Taproom
and Brewery) 8420 Firestone Lane NE

Marika Hackman w/ Art School
Girlfriend \$20 7-11 pm Sister 407
Central Ave. NW

The Band N Co 8-10 pm Tractor
Brewing Wells Park 1800 Fourth St. NW

The Route 66 Songwriter's Club
(September Gathering) 6-8:30 pm
Ancora Cafe and Bakery 148 Quincy
St NE

The Talking Hours Album Vinyl
Release \$10 8-11 pm Launchpad 618
Central Ave SW

Vastive \$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

FUSION Theatre Company Presents
True West \$20-\$40 7 pm FUSION
700-708 First St. NW

SATURDAY, SEPTEMBER 21

Class / Workshop

4th Annual Chile Ristra Making
Class \$40 1-4 pm The Taproom at
Old Town 524 Romero St. NW

Comedy

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

Saturday Night Stand-Up 7:30-9:30
pm Bosque Brewing Co. Nob Hill
Public House 106 Girard Blvd. SE B

Stand-up Comedy With Alex Benton
8-10 pm Orpheum Community Hub
500 2nd Street Southwest

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

Community

2024 RGDSN Buddy Walk 10 am-1
pm EXPO New Mexico 300 San
Pedro Dr NE

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

IPCC's 2024 Gala 5:30 pm Indian
Pueblo Cultural Center 2401 12th
Street NW

Dance

Tewa Dancers From The North
(Ohkay Owingeh) 11 am-12 pm
Indian Pueblo Cultural Center 2401
12th Street NW

Winter's End \$8-\$12 7:30 pm
Elizabeth Waters Center for Dance at
Carlisle Gym 301 Yale Blvd NE

Drink

Agavelandia \$45-\$125 1-6 pm
Albuquerque Rail Yards 722 3rd St
SW

Exhibit

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



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Festival

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

The Sixth Annual Latinx Games Festival \$34 10 am-6 pm National Hispanic Cultural Center 1701 4th Street Southwest

Miscellaneous

Fall Equinox \$43 6:30 pm Desert Lotus Yoga 11200 Montgomery Blvd. NE

Fall at the Marketplace 2024 10 am-3 pm Poulin Marketplace 8600 Pan American Fwy NE

Music

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

Blame It On Rebekkah 7-10 pm
Voodoo Girl Pizza & Pints 1401 Second St. NW

Blues Night 6-9:30 pm Albuquerque Civic Plaza 1 Civic Plaza

Cabaret! A Showcase of Talent \$20-\$25 7 pm Metropolitan Community Church of Albuquerque 1103 Texas St NE

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

Flashback '80s Music Video Dance Party \$10-\$15 8 pm-1 am Sister 407 Central Ave. NW

Oceano \$22 7:30-8:30 pm
Launchpad 618 Central Ave SW

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

September SPARKS Night - Monthly Burner Meet and Greet 8 pm-12 am
Lizard Tail Brewing Nob Hill 3417 Central Ave. NE Suite C

Tony O and the Greatest Band Ever Present: A Tribute to Fleetwood Mac \$15 8-11 pm The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

Tractor Brewing 25th Anniversary w/ Baracutanga \$16 5-11:30 pm
Tractor Brewing Wells Park 1800 Fourth St. NW

Music - Classical

Andrew Blanch: Spanish Romance 7-8:15 pm First Unitarian Church 3701 Comanche, NE

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

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

FUSION Theatre Company Presents True West \$20-\$40 2 pm FUSION 700-708 First St. NW

FUSION Theatre Company Presents True West \$20-\$40 7 pm FUSION 700-708 First St. NW

SUNDAY, SEPTEMBER 22

Community

Sunday Meditation sittings: Open to all 10 am-12 pm Albuquerque Shambhala Meditation Center 1102 Mountain Rd. NW

Dance

Tewa Dancers From The North (Ohkay Owingeh) 11 am-12 pm
Indian Pueblo Cultural Center 2401 12th Street NW

Tewa Dancers From The North (Ohkay Owingeh) 2-3 pm
Indian Pueblo Cultural Center 2401 12th Street NW

Winter's End \$8-\$12 2 pm Elizabeth Waters Center for Dance at Carlisle Gym 301 Yale Blvd NE

Exhibit

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

Family/Kids

Popovich Comedy Pet Theater 4 pm
Albuquerque Little Theatre 224 San Pasquale Ave SW

Festival

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

The Sixth Annual Latinx Games Festival \$34 10 am-6 pm National Hispanic Cultural Center 1701 4th Street Southwest

Food

Cardboard Playhouse Pancake Breakfast and Xanadu Preview \$10-\$12 8:30-10:30 am The Box Performance Space 114 Gold Ave SW

Games

Brain Gang Trivia 2-4 pm Lizard Tail Brewing 9800 Montgomery Blvd NE STE 7

Brain Gang Trivia 5-7 pm Lizard Tail Brewing Nob Hill 3417 Central Ave. NE Suite C

Markets

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

Miscellaneous

First Day of Fall Lotus Sound Bath at Badlands Yoga \$43 6:30 pm
Badlands Yoga 2439 San Pedro Dr. NE

Music

Brooks Nielsen: Chinese Fountain 10th Anniversary Show \$35 8-11 pm
Revel Entertainment Center 4720 Alexander Blvd NE

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

Fuerza Regida \$79 8 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho

Hello Darlin' 2-4 pm Marble Brewery NE Heights 9904 Montgomery Blvd NE

Hulder \$20 7-11 pm Sister 407 Central Ave. NW

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

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

The Squash Blossom Boys 4-7 pm Canteen Brewhouse 2381 Aztec Road Northeast

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



View the full list of events at calendar.abq.news

The Paper.

Performance

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

FUSION Theatre Company Presents True West \$20-\$40 3 pm FUSION 700-708 First St. NW

Sports

Football At The Lobo! 11 am The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

MONDAY, SEPTEMBER 23

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

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

New Kid on The Block

Rio Rancho food hall feeds into national trend



THE BLOCK is Rio Rancho's latest food hall. (Kevin Hendricks / The Paper.)

By Devin O'Leary, The Paper.

Restaurants had a particularly rough time over the course of the COVID pandemic. One of the few elements of the food industry to weather that time well, however, was food trucks. Seems their micro-sized staffs, lack of enclosed dining spaces and ease of mobility made them the perfect food trend to survive that challenging (and hopefully bygone) era.

Now that we're past it, though, those fast-on-their-feet food providers are discovering new and innovative ways to keep up

their businesses and engage with customers. Food truck parks and food halls are the trend of the future, offering budding restaurateurs, innovative chefs and local breweries/distilleries an opportunity to get their grub in the gullets of hungry foodies with far less square footage or capital outlay than a traditional brick-and-mortar, stand-alone restaurant would require.

These communal dining experiences — sort of a hip updating of old shopping mall food courts — have exploded in the last few years. According to The Food Institute, there were 321 food halls operating around

the country last year. More than 150 more are currently in development from New York to Los Angeles.

Albuquerque is no outlier and may actually be ahead of the curve for a change. Just last weekend THE BLOCK, an 18,000 square foot compound in the Plaza @ Enchanted Hills Shopping Center, opened after more than two years of construction delays. Built from repurposed shipping containers and featuring a food truck alley, an upstairs bar, an outdoor stage and 22 vendor spaces, THE BLOCK held its grand opening ribbon cutting ceremony on

Sunday, Sept. 15 with yoga, live entertainment, face painting and, of course, plenty of food and drink.

This list of bars/restaurants dishing it up on opening day included El Chamo Arabe Express, Stackers, KūKri, Los Tacos del Rey, Umami, Suga Suga, The Boba Lounge, Lotus & Lemongrass, Thicc Pizza Co., The Crepe Corner, Tavern on the Green, Link Link and The Mini Bar. It's an indicative sample of what food halls do best — offer a wide range of cuisines from a variety of world cultures. This trend actually stands in stark opposition to corporate America's recent surrender to "decision paralysis," the idea that consumers are terrified of making decisions and appreciate when companies limit our choices — be it shrinking the catalog of movies available to subscribers on Netflix or trimming the menu items you can get at McDonalds. Diners at THE BLOCK can pick up burgers, tacos, shawarma, pizza, curry and more — all on the same tray if they want.

Initially, when the project was first proposed back in 2019, THE BLOCK (originally dubbed The Boardwalk) looked quite different. It was much more of a traditional retail space. But as Tiffany Gravelle, chief operating officer of THE BLOCK, says, "COVID knocked the project solidly out." TDA Investment Group, builders of the Plaza @ Enchanted Hills, rallied, retooled their ideas for the food-based expansion and realized COVID provided them a roadmap to the future.

"What you've seen with this rise in food halls and food truck parks and why we're doing it, is because we wanted people to have this fast casual dining experience that allowed an easy indoor/outdoor transition," Gravelle says. "So that, should something like that ever happen again, we had outdoor safe space available that would allow people to still gather together and eat and shop and have a sense of community."

In recent years food halls have become more than just open-air spaces with a diverse menu selection. They have grown into incubators for up-and-coming local chefs to experiment with a mash-up of world cultures and cuisines. KūKri, which has added THE BLOCK location to its already extant 505 Food Hall, Green Jeans and Tin Can Alley locations, is a perfect example. The restaurant serves up spicy chicken, like good old Southern

CONTINUED ON PAGE 9

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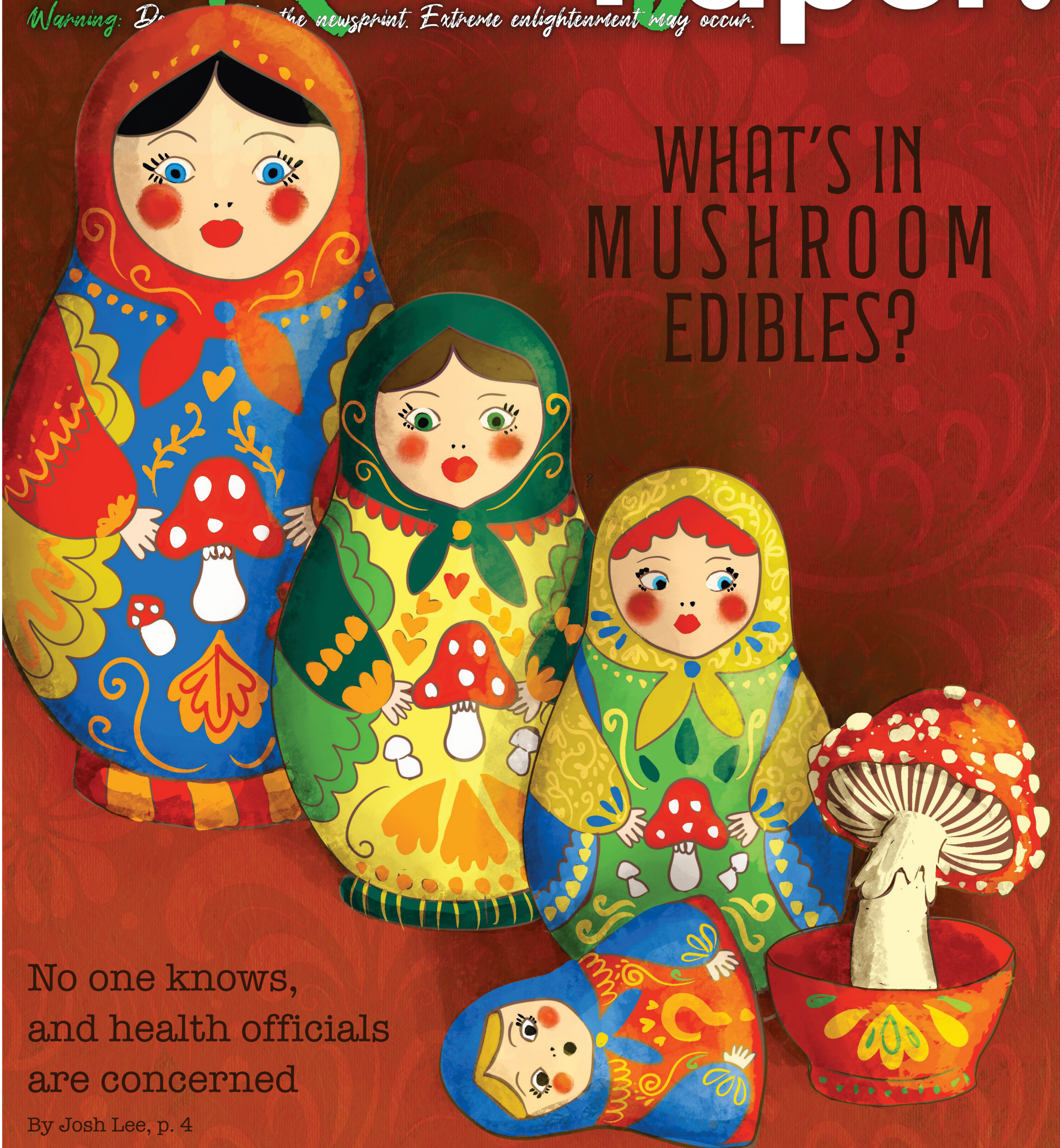
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WHAT'S IN MUSHROOM EDIBLES?

No one knows,
and health officials
are concerned

By Josh Lee, p. 4

Cover Art by Rachel Mills



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and printed by the Santa Fe New Mexican in Santa Fe, NM.
Our mailing address is: 317 Commercial St NE Box 2, ABQ NM 87102

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By Josh Lee

A recent rash of ER visits caused by gray market “mushroom edibles” has brought attention to a wave of questionable products that are taking advantage of current interest in psychedelics.

The products are being sold online and in head shops in New Mexico and across the country with words like “euphoria,” “trip” and “magic mushroom” written on the label, accompanied by artwork reminiscent of ’60s psychedelia.

The mostly unheard of market seems to rely heavily upon products sold as edibles infused with psilocybin or some other similar compound. But the ingredients on most of these products are a complete mystery, and they’ve been linked to a number of illnesses and potentially a couple of deaths over the last year.

The U.S. Food and Drug Administration (FDA) was recently forced to issue a warning to consumers about a recall from the brand Diamond Shroomz, reporting that people who had eaten products from the company — including microdose chocolate bars, infused cones and infused gummies — had reported a variety of “severe symptoms,” including seizures, central nervous system depression, loss of consciousness, confusion, sleepiness, agitation, abnormal heart rates, hyper/hypotension, nausea and vomiting.

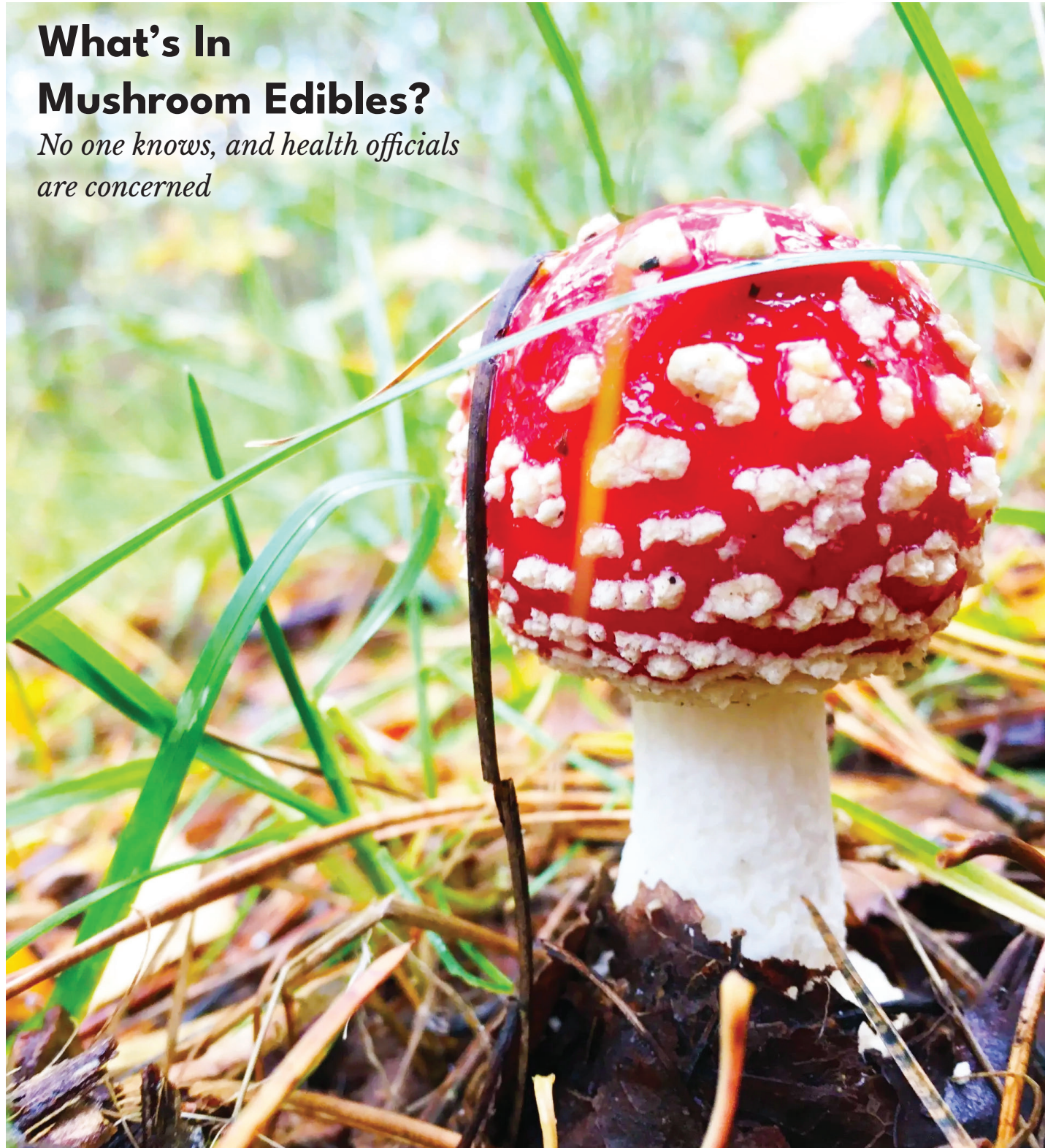
According to the FDA, a total of 145 illnesses related to Diamond Shroomz products — including 59 hospitalizations and potentially two deaths — have been reported from 29 states as of mid-August. Although none of those cases were located in New Mexico, the agency identified three stores in Albuquerque, and a store each in Las Cruces, Rio Rancho, Roswell and Santa Fe that carried the products.

Manufacturers are often vague on details about content and choose not to divulge their “proprietary” blends.

Prophet Premium Blends, the company that makes Diamond Shroomz, said it believes the illnesses could have been caused by muscimol, a compound found in *amanita muscaria*, a mushroom that is difficult to cultivate in captivity and whose toxicity and negative

What’s In Mushroom Edibles?

No one knows, and health officials are concerned



(Source: Fabian Gebert Fotos at Wikimedia Commons)

psychoactive effects have made it unpalatable enough to most drug users that it was never included in the Controlled Substances Act.

Although it is a psychoactive mushroom, it does not contain psilocybin, the psychedelic compound found in so-called “magic mushrooms” that has stirred the public’s imagination. Muscimol doesn’t even act on the same receptors as psilocybin, and the mushroom is categorized as a “deliriant” rather than a psychedelic. *Amanita muscaria* is known to cause sedation and euphoria as well as disassociation, but it also often causes nausea, vomiting, diarrhea and even psychosis — making it an unpleasant experience for many users. However, the drug has become

more prevalent in recent years as public interest in psychedelics rises but consumers are prohibited from using them.

The only problem with Prophet Premium Blends’ assessment is that the FDA tested a number of the company’s recalled products and less than half contained muscimol, meaning it couldn’t be the culprit behind the illnesses. Instead, the agency found a number of different compounds in a variety of combinations in various products, including acetylpsilocin (a synthetic psilocybin alternative), pregabalin (a prescription drug for nerve pain), chemicals found in the kava plant, ibotenic acid (another compound found in *amanita muscaria*) and psilocin (the chemical that psilocybin

converts into inside the body).

The FDA investigation is ongoing, and it still isn’t clear what’s causing the negative medical responses. Until it becomes clear, consumers would do well to avoid these unregulated products.

States like New Mexico may need to consider this new vector of public health threat in the face of numerous other states that are moving to legalize psilocybin therapy. Without a regulated market for psychedelics, consumers will likely continue to turn to unregulated markets to sate their curiosity. And while psilocybin is a powerful, transformative and life-altering drug, it does not have toxic effects like those produced by “legal” mushroom edibles.



(Source: Petty Officer 2nd Class Robert Simpson at Wikimedia Commons)

Republicans Dig In Heels On Rescheduling

*GOP lawmakers look to halt
the process*

By Josh Lee

Despite optimism from advocates, the reclassification of weed isn't a sure thing. Federal drug officials have yet to approve the move, and some Republican leaders are still trying to keep it from happening.

The Drug Enforcement Administration (DEA) is currently evaluating public comments about its proposal to reschedule cannabis under the Controlled Substances Act (CSA). But two Republican lawmakers, Reps. Cathy McMorris Rodgers (R-WA) and Brett Guthrie (R-KY), wrote a letter in late July addressed to Attorney General Merrick Garland and Health Secretary Xavier Becerra, expressing concern that Health and Human Services (HHS) failed to follow the usual procedure of rescheduling a drug.

"We are concerned with how the normal process was circumvented to achieve a result for political purposes and we have a number of unanswered questions," the lawmakers wrote.

The letter notes that the DEA usually doesn't approve a new drug for medical use unless the FDA has already approved a marketing application to treat

a certain condition — which hasn't happened for marijuana.

The letter also notes that the DEA has a five-part test that's usually used to determine whether a drug has medical value. The five prerequisites are: adequate safety studies, the drug's chemistry is known and reproducible, there are adequate and controlled studies, the drug is accepted by qualified experts and there is widely available scientific evidence of the drug's therapeutic qualities.

The HHS reportedly eschewed the five-factor analysis in favor of a two-factor analysis of its own devising to come to the conclusion that marijuana has medical value. The two-factor analysis used by the HHS determined whether doctors and health care professionals are recommending cannabis to patients and if there is credible scientific evidence supporting at least one therapeutic effect of weed.

HHS officials confirmed that more than 30,000 health care practitioners in the U.S. have recommended weed as a health treatment. And the agency included its own evaluation based on a number of scientific studies.

However, the lawmakers'

letter quotes the HHS report as proof that the standard method for rescheduling was ignored. The HHS report says, "More research is needed to evaluate the therapeutic potential of cannabis and cannabinoids as a means of safely and effectively treating various indications....It is also worth noting that the U.S. jurisdictions that have legalized the use of cannabis products for medicinal purposes have often done so with inadequate scientific research to support all allowable uses."

The lawmakers say the DEA has reservations.

"It is notable that the proposed rule states, 'DEA has not yet made a determination as to its views of the appropriate schedule for marijuana,' seeming to indicate that the DEA is not yet convinced of the merits of this review," wrote the lawmakers.

The letter asked Garland and Becerra to clarify if a president has ever instructed federal agencies to expedite the review of a Schedule I substance in a public statement before President Joe Biden did. It also asked the HHS to provide a previous example of when it used its two-factor analysis instead of the DEA's five-

factor analysis in a scheduling evaluation and asked whether the HHS would be dropping the five-factor test in favor of the new two-factor one.

It isn't clear if either Garland or Becerra responded to the letter.

Meanwhile, as the public comment period for the proposed rescheduling came to an end, 11 Republican state attorneys general submitted a 42-page letter arguing that rescheduling marijuana would "represent a significant step toward 'normalizing' marijuana enterprises"—presumably a bad thing.

This letter also argued the move to reschedule is being done without following standard procedures. The attorneys general noted that the administrator of the DEA never signed the proposed rule, that rescheduling weed would violate international drug treaties, that the proposal unlawfully states that the DEA has to give the HHS' determinations "significant deference" and that the DEA has refused prior requests to reschedule based on the same evidence that the HHS provided and that the rescheduling request did not meet qualifications set by the CSA.



Trump Changes His Tune On Weed

Harris calls him a flip-flopper

(Source: Gage Skidmore at Wikimedia Commons)

By Josh Lee

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.



Americans Call For an End to Weed Testing in Sports

World doping agencies disagree

(Source: ms4denmark at Wikimedia Commons)

By Josh Lee

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 sea change 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.

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CONTINUED FROM PAGE 8

American chicken and waffles, but with a hot hit of Indian tikka spice. El Chamo Arabe, another founding food stall at THE BLOCK, boasts “Venezuelan and Mediterranean food.” Baba ghanoush and arepas? Why not?

In addition to the unique food and drink on offer, THE BLOCK is also eager to establish itself as a multi-use community space. Among the regularly scheduled activities are free yoga at 10 a.m. Tuesdays, Fridays, Saturdays and Sundays, live music on Wednesdays, Fridays and Sundays and Brain Gang Trivia on Thursdays at 7 p.m. In the future Gravelle promises a seasonal pumpkin patch, outdoor movie nights and, when the weather gets cold enough, a synthetic ice rink.

But THE BLOCK is not alone in its philosophy of diversity and entrepreneurial spirit. THE BLOCK joins a surprising number of well-established communal food spaces in the Albuquerque metro area. Local developer Roy Solomon opened the doors to his innovative container park Green Jeans Food Hall (3600 Cutler Ave. NE) back in 2016. In 2018 the old El Vado Motel (2500 Central Ave. SW) reopened, centered around a brew pub and outdoor food court. Sawmill Market (1909 Bellamah Ave. NW), built from the shell of the old Paxton Lumber Co., followed in 2020. Downtown’s 505 Food Hall (505 Central Ave. NW) and the north side’s Tin Can



505 Central Food Hall at Fifth Street and Central Avenue in Downtown Albuquerque. (Roberto E. Rosales / The Paper.)

Alley (6110 Alameda Blvd. NE) also broke ground in 2020. Up in the Northeast Heights, Asian Food Park (6901B San Antonio Dr. NE), which opened in 2022, recently transitioned to become ABQ Food Park.

Earlier this month it was revealed that the Highlands Project, a multiuse live/work development under construction on Central Avenue across from Presbyterian Hospital, would be adding Highlands Central Market. The website of Maestas Development Group describes

the 15,000-square-foot project as an “urban food hall and artisanal market.” Approvals have yet to be finalized, however, and the company has not officially announced a start date for the project, which would only add to Albuquerque’s growing food hall landscape.

Not that the food hall scene is without its perils. Roy Solomon, developer of Green Jeans and Tin Can Alley, was working on a third food hall, Margarita Hill in Rio Rancho, not far from the current site of THE BLOCK. Rising

construction costs and delays, compounded by the pandemic, put that project on indefinite hold. In September of last year Solomon sold his two parks to the Texas-based commercial real estate firm KM Realty — although both remain fully occupied by New Mexico tenants.

THE BLOCK experienced its own delay in construction. “A little bit of a string of bad luck,” as Gravelle puts it. TDA Investment Group first announced construction of THE BLOCK back in 2019. Ground was officially broken in November 2022. But delays with electricity, gas, internet and a slowdown in the construction supply line thanks to COVID dialed progress back to a crawl. Even with the end in sight, troubles lingered. A proposed August opening date was moved thanks to a defective concrete pad that had to be removed. But, Gravelle says, even with the delays, “We had zero tenant turnover. In fact it almost worked out in the end insofar as allowing us to identify more viable tenants and fill out the park.”

The extended construction time also allowed some finishing touches to the location, including additional tree plantings and some extensive murals by local artists. It also afforded tenants more time for building out their spaces and “really making the containers their own.”

“Ironically now we’re opening on Friday the 13th,” adds Gravelle, “which I’m purposely amused at, because I think our string of bad luck is over.”



Sawmill Market is located near Old Town. (Roberto E. Rosales / The Paper.)



The Cover Bands are Coming to Get You... Again!

Local ABQ bands cover big-time, national acts

(Source: Peach Onorato)

By Michael Hodock, The Paper.

Every year The Launchpad hosts a popular costume party, complete with live music, drinking, and dancing — everything you might expect from a harvest time rager. But Albuquerque's beloved haunt adds one unique element: resurrecting dead rockers and inviting pop star doppelgangers to play, much to the ravenous delight of the city's creatures of the night. Their annual Night of the Living Cover Bands show has become so popular that it now lasts the entire month, and every Friday and Saturday in October is booked solid with musical acts masquerading as their favorite performers.

Barney Lopez, who does booking and promoting for The Launchpad, has been filling the sought-after slots on the bill for ten years and he says The

Launchpad has been hosting the event much longer than he has worked there. Lopez also plays bass for Red Light Cameras, a popular New Mexico pop-rock band who happen to be Night of the Living Cover Bands veterans.

This interview has been edited for length and clarity.

The Paper.: Didn't Night of the Living Cover Bands used to be only one night, or a couple of nights?

Barney Lopez: When it first started, it was just a one-night event that they did one year. It stayed at one night for several years, eventually grew into a two night thing, or they did one night at Launchpad and one night at a different venue. I think one year it was at Low Spirits. It had been in Santa Fe one year. We grew it to two weekends, and then three weekends, and now four weekends. Last year we tried

to make it all ages on Sunday, but this year we pulled back. Last year we had 12 shows, this year we have eight.

Was nobody showing up to the all-ages show?

People showed up, it's just that October is a super busy time of the year for touring bands coming through New Mexico. So with Launchpad being booked for basically half of the month with Night of the Living Cover Bands, we were kind of in a hard place where we couldn't book a lot of things that needed dates. Pulling back a little bit opens up some dates so that we can book some other shows in October.

It's one of my favorite events of the whole year — depending on who's playing.

It's tons of fun because even

if you're like, "Oh, I don't really like Hootie and The Blowfish," they're done in 20 minutes and then you can watch the next thing, so the turnover is really great. We try and mix it up with the genres and the style of bands that are playing throughout the night. So there's a little something for everybody.

Are there any bands that you're particularly excited about this year?

So there's Sorry Guerro, a local band that has been around for a pretty long time — 15 to 20 years — and they usually knock it out of the park every year with their covers. They've done Prince in the past, they've done N.W.A. in the past and this year they're gonna be doing Michael Jackson, which I think will be fun because they're a pretty hardcore band.

There are a couple ways to go about doing the cover band shows. Some people try to be really true to the artist, and then some people try to be true to themselves and they turn the songs they're covering into their own versions, which I always appreciate.

Willa J is doing Britney Spears this year, I think it will be pretty cool. Smoking Dolls are doing Bikini Kill. Burque Soul is Carlos Santana, and I love Santana, I'm stoked for that.

I recognize most of the local acts but I didn't recognize some of the acts they were covering.

Every now and then people pick something that's a little bit more on the obscure side. Someone is doing Night Ranger, it's pretty obscure '80s hair metal stuff. It's fun because usually they'll pick something and then you'll say, "Oh, *this* song. I know this song, I recognize this band now."

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Tradeport Development Creates Vast Opportunity

Imagine a truck stop the size of a small town. It covers 6,000 acres, more than 9 square miles. It has connections to move cargo from anywhere in the world to anywhere else. It serves trucks, railroad and air transport, and even though it's 800 miles from the ocean it links with the largest seaports in the Western hemisphere.

It can service the most modern and energy-efficient trucks, next door to a comfortable hotel for drivers. It has warehouses and factories, privately developed, which create the opportunity for value-added manufacturing. It even has an internal transportation system using automated vehicles.

This is the Albuquerque Region I-40 Tradeport, part of the I-40 Tradeport Corridor, now on the drawing board. A grant of \$15 million for the next phase of planning was announced recently, as part of a \$39 million grant from the U.S. Department of Transportation.

The Tradeport Corridor may be the biggest infrastructure project in the nation in decades. It originated from the federal Bipartisan Infrastructure Law.

This project helps to explain why advocates are calling that law "the largest long-term investment in our infrastructure and economy in our nation's history."

The entire corridor will operate on a coordinated platform so that cargo moves efficiently. Bottlenecks, like those at Long Beach during the pandemic, will never happen.

The corridor starts at the seaports of Los Angeles and Long Beach and has three hubs: Kingman and Winslow, Arizona, and Albuquerque, the biggest. It involves investments by multiple public and private sector partners. It will eventually cross the country.

Though not officially part of the corridor, a tradeport is also being developed in Gallup, following the same concept and with state cooperation. It has been in planning for a decade. Tucumcari is also planning on a smaller scale.

The I-40 Tradeport's publicity says:

"The integration of cargo management systems and automated cargo handling

technology throughout the I-40 Corridor will deliver a spectrum of efficiency and reliability benefits to shippers that will be broadly focused on improving cargo velocity efficiency, reducing shipping costs, creating modal and carrier choice, and supporting the connection between logistics service, distribution, and production locations."

That means the project will develop a coordinated system for moving cargo, using clean energy, including electric and hydrogen powered trucks. The Albuquerque project will take advantage of the I-40/ I-25 intersection, Double Eagle Airport and the connection into Mexico.

The lead local partner is Bernalillo County, with Sandoval County and the village of Los Lunas participating. The main hub will be close to I-40, and the railway connection will be in or near Los Lunas. Sandoval County is participating to ensure coordination with its industrial development.

The Gallup project, which is well into the planning stages,

has a specific strategic advantage: federal trucking rules require drivers, after 11 hours of driving, to take a 10-hour break. Gallup is 11 hours' drive from Long Beach.

A similar project is being developed along I-10 in Doña Ana County, involving the Santa Teresa port of entry, major rail lines, also starting at the Los Angeles area seaports, connecting to the port of Houston and with highway connections into Mexico.

New Mexicans might want to pay attention to these projects and the possibilities they create for the future of commerce.

As we continue our perennial complaint about the need to diversify New Mexico's economy, these projects are potentially a key to bringing our economy into the 21st century.

The obvious question for the rest of New Mexico is how to connect to these tradeports. So far these massive projects are mostly contracts and sketches, but it's not too early to perk up the imaginations of entrepreneurs and economic development directors in every county.

Contact Merilee Dannemann through www.triplespacedagain.com.

Triple Spaced Again



Merilee Dannemann

County Jails Have a Role in Criminal Justice Reform

Many people who break the law need drug treatment. That's pretty common knowledge, but the state Corrections Department has no treatment program. Now, battered by a new state law and a lawsuit, the department will drag itself into the 21st century. Meanwhile, it's sending inmates needing treatment back to county facilities.

That's just one expense of many for county detention facilities.

Last November I wrote that crime discussions during the legislative session "must look at all the moving parts of the criminal justice system, including the humble county jail."

They did. Counties got more money for detention officer recruiting and salaries and better reimbursement for their costs of housing the state's inmates in county jails. But it's not enough.

While counties appreciate the new appropriations, they need more. Grace Philips, risk management director for the New Mexico Association of Counties, explained why during a recent meeting of the interim Courts, Corrections and Justice Committee.

"Booking numbers are important," Philips said.

In fiscal year 2024, statewide detention bookings totaled 83,779, up from 76,711 in 2023. The total has risen steadily since 2021. The average daily population this year was 5,404.

Ideally, a felony offender would be briefly incarcerated in the county where they were arrested. New Mexico has 25 county detention centers.

But many detainees spend a lot of time in county facilities because they can get drug treatment in county jails that's not available in state prison.

"Federal regulations require all corrections facilities to continue treatment and have a full fledged program," said Philips.

A law passed last year gave the department nearly two years to comply. However, a lawsuit settlement this year requires the Corrections Department to treat inmates' opioid-use disorders now, although it still doesn't have a program.

"Without access to their doctor-prescribed medication in prison, people with opioid-

use disorder suffer painful and dangerous withdrawal and face a high risk of relapse, overdose, and death, both in prison and upon their release. It is cruel and illogical to deny this treatment to people," said Tim Gardner, legal director of Disability Rights New Mexico, which brought the lawsuit with ACLU New Mexico.

Inmates currently have a bizarre choice. If they want to continue drug treatment they can stay in county facilities, which have fewer amenities, and they earn no time for good behavior. If they choose to be a state inmate, they don't get drug treatment.

That's one issue.

The larger concern is that the state doesn't pay its share of costs when counties house state inmates. Years ago, counties sued, and the court declared the state responsible for housing state inmates. In 2007 the lawmakers created the County Detention Facility Reimbursement Fund and appropriated \$5 million for it. The balance dropped below \$2.5 million before being replenished to \$5 million in 2022.

All She Wrote



Sherry Robinson

Since 2019 the state has reimbursed a fraction of the actual cost of holding inmates, according to data from the association. In fiscal 2024 the state paid the counties \$5 million of their \$9.4 million cost. That's up from paying about a quarter of costs in 2019.

In the next legislative session counties will ask for \$8.2 million for the fund. That's what the New Mexico Sentencing Commission calculates is the five-year average cost for counties to house state Corrections Department inmates.

"There is a big gap between the cost to counties and what the Legislature approves," Philips said.

She worries the divide will get worse.

Another headache for counties is recruiting detention officers. They're grateful for \$2.8 million appropriated this year. Spread over three years, the funding will offset the cost of 189 positions at 22 entities, but requests totaled more than 850 positions.

We need to remember that getting criminals off the street is just the first step.



Maggie's Farms Products Recalled

State finds banned pesticide in weed

(Source: Eugene Zemlyanskiy at Wikimedia Commons)

By Josh Lee, The Paper.

Last week, New Mexico marijuana regulators ordered a recall on flower after samples tested positive for a banned pesticide. The contaminated flower had been shipped to retailers across the state between March and August. Now the state is considering taking action against the producers who grew it.

The New Mexico Cannabis Control Division (CCD) released a consumer health and safety advisory last week, informing consumers that wholesale marijuana flower sold by WH Agriculture, doing business as Maggie's Farms, tested positive for pyrethrins, a pesticide exceeding the legal limits placed by the state's Pesticide Control Act.

According to the CCD, the products were sold between March 6 and Aug. 1 at various dispensaries across the state, including R. Greenleaf, House of Blaze and Everest Apothecary. They were also sold to manufacturer Loud Cloud Labs.

What Happened?

In a recall notice, the CCD said it was notified by a lab in November that flower produced in a Maggie's Farms facility tested positive for prohibited pyrethrins. The division asked the company on Aug. 30 to provide documentation proving that its flower met the

permissible action levels for the prohibited pyrethrins.

The state said Maggie's Farms failed to produce any documentation and had no choice but to issue the recall order. The CCD ordered all products which may have made it to market containing any amount of the tainted flower be destroyed. Retailers and manufacturers were also ordered to inform their customers if they had potentially purchased the products.

In an email to *The Paper.*, CCD Director Todd Stevens said the recall was necessary for public safety.

"Ensuring New Mexicans have access to safe cannabis products is a fundamental objective of the regulatory framework established by the Cannabis Control Division," he said. "It is crucial to prevent prohibited pesticides from entering regulated cannabis products."

Stevens has been the head of the CCD for over a year. He told *The Paper.* in 2023 that compliance enforcement was his top priority. Since he took the job, the division has amped up its inspections. In July, he told *The Paper.* that the division had already conducted 1,600 inspections in the first half of 2024, compared to 1,300 in all of 2023. This current recall appears to be part of that continued effort.

"The CCD remains committed to enforcing regulations designed to ensure that cannabis available to the public is free of potentially harmful substances, including unapproved pesticides," Stevens says.

Is It Dangerous?

Pyrethrins are naturally occurring chemicals found in certain chrysanthemum flowers that are extracted and used as an insecticide. According to the Centers for Disease Control (CDC), pyrethrins can be slightly toxic to humans at high levels.

People are exposed to these compounds in very small amounts nearly everyday. The average daily intake of permethrin — the most frequently used synthetic pyrethrin in the U.S. — for a 150-pound adult male is estimated at about 3.2 micrograms per day, according to the CDC. This value is about 1,000 times less than the acceptable daily intake derived by the United Nations' Food and Agriculture Organization and the World Health Organization.

The consumer health and safety advisory doesn't indicate how much pyrethrins were used in the recalled products, but it does say that the amount exceeded legal limits.

Signs of pyrethrins exposure include wheezing, coughing, difficulty breathing and

irritation of the airways. But the CCD says that no health-related complaints have been reported regarding the products, so far.

Stevens says it's important for producers to take note and comply with pesticide regulations.

"Cannabis, like other agricultural products, is susceptible to pests and diseases, and it is the responsibility of licensees to comply with all applicable laws and regulations regarding pesticide use," he says. "Licensees are required to only utilize pesticides that have been registered and approved for use in cannabis cultivation. This approach is essential in maintaining consumer safety and preserving the integrity of the regulated cannabis market."

Last week, the CCD issued a Notice of Contemplated Action to Maggie's Farms that lists 17 violations, including failure to maintain chain of custody procedures, improper conduct while using the track and trace system, failing to conduct quality testing, failure to comply with the Pesticide Control Act, failure to properly destroy product that failed testing, unsanitary and cluttered facility conditions, operating without a local permit and growing "significantly more" plants than permitted by their license.

Maggie's Farms will now have to request a formal hearing with the CCD or face fines, suspension or even the revocation of its license.

Which Products?

The CCD identified the following Albuquerque dispensaries as having carried the contaminated products. For a more complete list, visit the Regulation and Licensing Department website:

House of Blaze, 5005 Menaul Blvd. NE, package ID: 6121632853302284

Everest Apothecary, 6010 Coors Blvd. NW Ste. 3, package IDs: 959525826532525, 4919979782656559, 4137651555906211, 2056774520924898, 4629998178092904

R. Greenleaf Organics Dispensary, 8017 Edith Blvd. NE, package IDs: 8225454852681114, 9721061948374982, 764045943780931, 5649388698859717, 5198222386424412, 5198222386424412, 9649235712991504, 9220932003128404, 8773387135696032, 4679099849789641, 2676365246774235



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!

Texas House Candidate Smokes Weed in Ad

By Josh Lee, The Paper.

A Democratic candidate for the Texas House of Representatives made the bold move to smoke a joint and hit a bong on camera for a campaign ad that advocated for legalizing marijuana.

During the campaign ad, Sally Duval argued that laws that allow the sale of intoxicating hemp products but ban the sale of cannabis have created a “confusing” landscape in the state.

“Not only will legalization and regulation help support our small farmers and medically complex Texans,” Duval said while smoking a joint, “but the tax revenue could be used to help fund education, public health and mental health services.”

“Here’s the bottom line: Texans should have the freedom to consume these products if they want to,” she said before hitting a small bong.

Missouri conducts edible hemp raids

Missouri state agencies are currently locked in a battle over the governor’s executive order banning intoxicating hemp products.

Missouri health regulators conducted raids of shops selling the products in question at the beginning of September after the governor banned them. But the emergency ban was rejected by Secretary of State Jay Ashcroft in August and industry stakeholders say



(Source: Elsa Olofsson at Wikimedia Commons)

the health department doesn’t have the authority to enforce it. Nevertheless, regulators raided nearly 50 shops and demanded that at least one retailer destroy their stock of the products.

Now Missouri Attorney General Andrew Bailey says he’s creating a special unit to assist with the ban. According to Missouri Independent, Bailey announced the new unit at a press conference on Sept. 10.

Bailey said a dedicated electronic repository will be created so regulators can submit actionable referrals to his office regarding retailers who sell the banned products. The new unit will work with regulators to offer

legal support and Bailey’s office will bring legal action against licensees identified by the regulators.

Meanwhile, the Missouri Hemp Trade Association filed a lawsuit to stop the governor’s ban, arguing the products are legal under state law.

Thousands visit tribal dispensary

Although North Carolina has yet to legalize recreational marijuana, the first legal sales within the state already started earlier this month on tribal land — where the Eastern Band of Cherokee Indians (EBCI) has legalized selling weed to visitors.

Images on social media show

throng of people and cars lined up for the opening day of sales at Great Smoky Cannabis Company. More than 4,000 people reportedly showed up for the first day of sales.

EBCI decided to legalize marijuana for sale to visitors last year, prompting North Carolina lawmakers to protest. A congressional lawmaker from the state recently introduced a federal bill to withhold funds from states and tribes that legalize weed. EBCI Principal Chief Michell Hicks told reporters the opening of the dispensary was a “significant milestone” for the tribe.

Legal Notices

STATE OF NEW MEXICO
COUNTY OF BERNALILLO
SECOND JUDICIAL DISTRICT

NO. D-202-PB-2024-00652

IN THE MATTER OF THE ESTATE
OF PATSY RUTH GIFFIN, DECEASED.

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that Fred S. Anaya has been appointed Personal Representative of the Estate of the Decedent. All persons having claims against the Estate of the Decedent are required to present their claims within four (4) months after the date of the first publication of any published notice to creditors or sixty (60) days after the date of mailing or other delivery of this notice, whichever is later, or the claims will be forever barred. Claims must be presented by delivering or mailing a written statement of the claim to the Personal Representative, c/o Sutin, Thayer & Browne, PO Box 1945, Albuquerque New Mexico 87103 , or filed with the District Court.
DATED this 10 th day of September, 2024.
Respectfully submitted,

SUTIN, THAYER & BROWNE
A Professional Corporation

By /s/ Lisa Y.W. Cosper
Jay D. Rosenblum
Lisa Y.W. Cosper
Attorneys for Personal Representative
6100 Uptown Blvd. NE, Suite 400
Albuquerque, New Mexico 87110
(505) 883-2500
7230716

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*
Mandeep S. Talwar, Esq.
Attorneys for Personal Representative
PO Box 31670
Albuquerque, NM 87109
(505) 888-1188

STATE OF NEW MEXICO
COUNTY OF BERNALILLO
SECOND JUDICIAL DISTRICT COURT

No. D-202-PB-2024-00589

IN THE MATTER OF THE ESTATE OF
AUBURN C. WHITLOW a/k/a
A.C. WHITLOW, DECEASED

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that DENISE ELLINGTON 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 20, 2024.

Respectfully submitted,

HURLEY TOEVS STYLES HAMBLIN &
PANTER PA

By *Electronically signed /s/ Mandeep S. Talwar*
Mandeep S. Talwar, Esq.
Attorneys for Personal Representative
PO Box 31670
Albuquerque, NM 87109
(505) 888-1188

STATE OF NEW MEXICO
COUNTY OF BERNALILLO
SECOND JUDICIAL DISTRICT

NO. D-202-PB-2024-00625

IN THE MATTER OF THE ESTATE
OF SANDRA PORTER BROWNE, DECEASED.

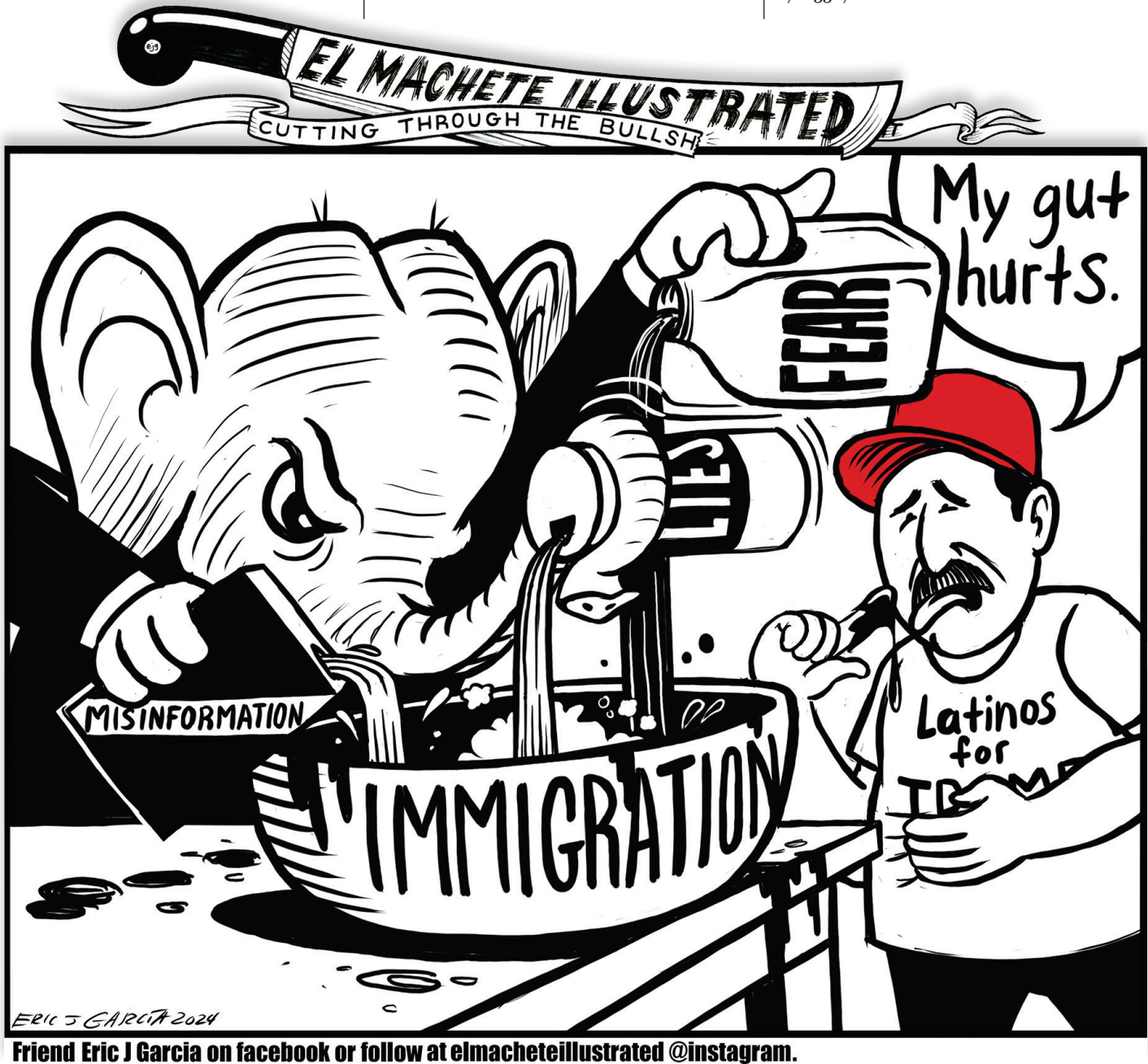
NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that Jay Douglas Rosenblum, has been appointed Personal Representative of the Estate of the Decedent. All persons having claims against the Estate of the Decedent are required to present their claims within four (4) months after the date of the first publication of any published notice to creditors or sixty (60) days after the date of mailing or other delivery of this notice, whichever is later, or the claims will be forever barred. Claims must be presented by delivering or mailing a written statement of the claim to the Personal Representative, c/o Sutin, Thayer & Browne, P.O. Box 1945, Albuquerque, New Mexico 87103, or filed with the District Court.
DATED this 30 th day of August, 2024.

SUTIN, THAYER & BROWNE
A Professional Corporation

By /s/ Lisa Y.W. Cosper
Lisa Y.W. Cosper
Attorney for Personal Representative
Post Office Box 1945
Albuquerque, New Mexico 87103-1945
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FREE WILL ASTROLOGY

Week of September 18

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ARIES (March 21-April 19): Few of the vegetables grown in the 21st century are in their original wild form. Many are the result of crossbreeding carried out by humans. The intention is to increase the nutritional value of the food, boost its yield, improve its resistance to insect predators, and help it survive weather extremes. I invite you to apply the metaphor of crossbreeding to your life in the coming months. You will place yourself in maximum alignment with cosmic rhythms if you conjure up new blends. So be a mix master, Aries. Favor amalgamations and collaborations. Transform jumbles and hodgepodes into graceful composites. Make "alloy" and "hybrid" your words of power.

TAURUS (April 20-May 20): "All I ask is the chance to prove that money can't make me happy," quipped comedian Spike Milligan. I propose we make that your running joke for the next eight months. If there was ever a time when you could get rich more quickly, it would be between now and mid-2025. And the chances of that happening may be enhanced considerably if you optimize your relationship with work. What can you do now to help ensure you will be working at a well-paying job you like for years to come?

GEMINI (May 21-June 20): The World Health Organization says that 3.5 billion people in the world don't have access to safe toilets; 2.2 billion live without safe drinking water; 2 billion don't have facilities in their homes to wash their hands with soap and water. But it's almost certain that you don't suffer from these basic privations. Most likely, you get all the water you require to be secure and healthy. You have what you need to cook food and make drinks. You can take baths or showers whenever you want. You wash your clothes easily. Maybe you water a garden. I bring this to your attention because now is an excellent time to celebrate the water in your life. It's also a favorable time to be extra fluid and flowing and juicy. Here's a fun riddle for you: What could you do to make your inner life wetter and better lubricated?

CANCER (June 21-July 22): Cancerian rapper and actor Jaden Smith has won a few mid-level awards and has been nominated for a Grammy. But I was surprised that he said, "I don't think I'm as revolutionary as Galileo, but I don't think I'm not as revolutionary as Galileo." If I'm interpreting his sly brag correctly, Jaden is suggesting that maybe he is indeed pretty damn revolutionary. I'm thrilled he said it because I love to see you Cancerians overcome your natural inclination to be overly humble and self-effacing. It's OK with me if you sometimes push too far. In the coming weeks, I am giving you a license to wander into the frontiers of braggadocio.

LEO (July 23-Aug. 22): Research by psychologists at Queen's University in Canada concluded that the average human has about 6,200 thoughts every day. Other studies suggest that 75% of our thoughts are negative, and 95 percent are repetitive. But here's the good news, Leo: My astrological analysis suggests that the amount of your negative and repetitive thoughts could diminish in the coming weeks. You might even get those percentages down to 35 percent and 50 percent, respectively. Just imagine how refreshed you will feel. With all that rejuvenating energy coursing through your brain, you may generate positive, unique thoughts at an astounding rate. Take maximum advantage, please!

VIRGO (Aug. 23-Sept. 22): You have probably heard the platitude, "Be cautious about what you wish for. You might get it." The implied warning is that if your big desires are fulfilled, your life may change in unpredictable ways that require major adjustments. That's useful advice. However, I have often found that the "major adjustments" necessary are often interesting and healing—strenuous, perhaps, but ultimately enlivening. In my vision of your future, Virgo, the consequences of your completed goal will

fit that description. You will be mostly pleased with the adaptations you must undertake in response to your success.

LIBRA (Sept. 23-Oct. 22): The bird known as the gray-headed albatross makes long, continuous flights without touching down on the ground. I propose we nominate this robust traveler to be one of your inspirational animals in the coming months. I suspect that you, too, will be capable of prolonged, vigorous quests that unleash interesting changes in your life. I don't necessarily mean your quests will involve literal long-distance travel. They may, but they might also take the form of vast and deep explorations of your inner terrain. Or maybe you will engage in bold efforts to investigate mysteries that will dramatically open your mind and heart.

SCORPIO (Oct. 23-Nov. 21): You are in a good position and frame of mind to go hunting for a novel problem or two. I'm half-joking, but I'm also very serious. I believe you are primed to track down interesting dilemmas that will bring out the best in you and attract the educational experiences you need. These provocative riddles will ensure that boring old riddles and paltry hassles won't bother you. Bonus prediction: You are also likely to dream up an original new "sin" that will stir up lucky fun.

SAGITTARIUS (Nov. 22-Dec. 21): Your spinning and weaving abilities will be strong in the coming weeks. I predict that your knack for creating sturdy, beautiful webs will catch the resources and influences you require. Like a spider, you must simply prepare the scenarios to attract what you need, then patiently relax while it all comes to you. Refining the metaphor further, I will tell you that you have symbolic resemblances to the spiders known as cross orbweavers. They produce seven different kinds of silk, each useful in its own way—and in a sense, so can you. Your versatility will help you succeed in interesting ways.

CAPRICORN (Dec. 22-Jan. 19): Capricorn basketball player JamesOn Curry had the briefest career of anyone who ever played in America's top professional league. Around his birthday in 2010, while a member of the Los Angeles Clippers, he appeared on the court for 3.9 seconds—and never returned. Such a short-lived effort is unusual for the Capricorn tribe—and will not characterize your destiny in the coming months. I predict you will generate an intense outpouring of your sign's more typical expressions: durability, diligence, persistence, tenacity, resilience, determination, resolve, and steadfastness. Ready to get underway in earnest?

AQUARIUS (Jan. 20-Feb. 18): It's a good time for you to embrace the serpent, metaphorically speaking. You may even enjoy riding and playing with and learning from the serpent. The coming weeks will also be a favorable phase for you to kiss the wind and consult with the ancestors and wrestle with the most fascinating questions you know. So get a wild look in your eyes, dear Aquarius. Dare to shed mediocre pleasures so you can better pursue spectacular pleasures. Experiment only with smart gambles and high-integrity temptations, and flee the other kinds. PS: If you challenge the past to a duel (a prospect I approve of), be well-armed with the future.

PISCES (Feb. 19-March 20): Panda bears don't seem to enjoy having sex. The typical length of their mating encounters is from 30 seconds to two minutes. There was a dramatic exception to the rule in 2015, however. Lu Lu and Zhen Zhen, pandas living at the Sichuan Giant Panda Research Center in China, snuggled and embraced for 18 minutes. It was unprecedented. I encourage you, too, to break your previous records for tender cuddling and erotic play in the coming weeks. The longer and slower you go, the more likely it is you will generate spiritual epiphanies and awakenings.

The Weekly Crossword

by Margie E. Burke

ACROSS

1 Like mud, in an idiom

6 Can't stand

10 Takes badly?

14 Lustrous fiber

15 "A Prayer for ___ Meany"

16 Track shape

17 Jason Bateman series

18 Ritzy apartment

20 Golf course freebies

22 Like tidy beards

23 Dunce cap shaped

24 Ump's call

25 Umbrella pelter

28 Dummy

32 Sixth sense, briefly

33 Current fashion

35 Antler prong

36 Map feature

38 Stimpy, for one

39 48th U.S. VP

40 Oz visitor

41 Viking serf

43 Large wine cask

44 Foul odor

46 Team in black and gold

48 Active type

50 Type in

51 Substitute for

54 Title for Gandhi

57 Unoccupied

59 Burger topping

60 Rodeo critter

61 Hold in check

62 Send payment

63 "Trick" joint

64 List anagram

65 One of the Astaires

DOWN

1 Jockey's whip

2 Loll about

3 Free from bondage

4 House cooler, for short

5 Ignite again

6 Sidewalk game

7 Leave dumb-struck

8 Campground sights

9 Race participant

10 Sleeping car feature

11 Egg, biologically

12 It may be stolen

13 Toy with runners

19 Platter player

21 Milan money, once

25 Musical intervals

26 Fancy tie

27 Anjou and Bartlett

29 Cold season

30 Run up, as expenses

31 Most new drivers

34 Witness account

37 Like some batteries

39 Overabundance

41 Ocasek's band

42 Songstress Horne

45 Snowman's eyes

47 Tilted

49 Billy Idol's "___ Yell"

51 Billiards need

52 Hunter of fiction

53 Whitish

55 Work like a dog

56 Initial stake

58 52, in old Rome

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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.

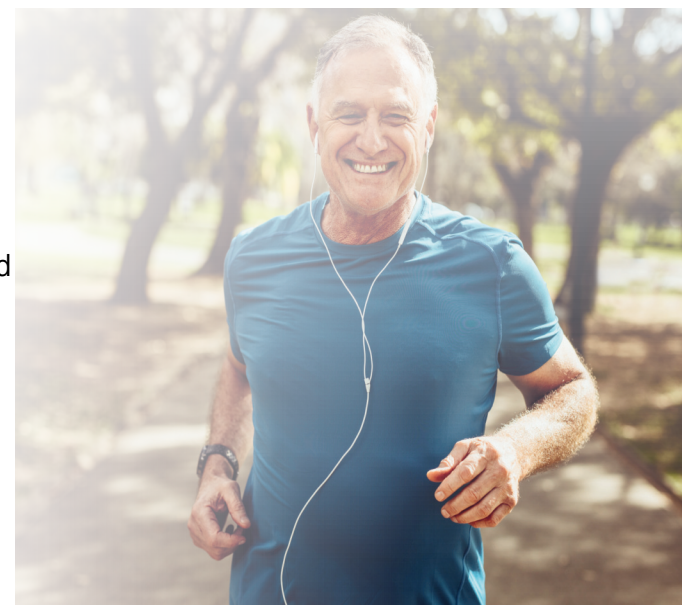
"Our O3 ReBoot Therapy® has all-encompassing and powerful healing capabilities," shares Dr. Brogdon. "Ozone therapy has been used since the 1800's and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral, and anti-inflammatory properties. We use it 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?
Call (505) 355-1984
to schedule a consultation!**

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