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ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

Answer to the City's Poop Problems?

'It's a great opportunity to get rid of the headache'



A composting toilet in its simplest form consists of a five-gallon bucket with organic materials and a retrofitted lid and seat. (Damon Scott / City Desk ABQ)



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

like this story, please support local, independent journalists like these by reading more and donating today at citydesk.org

By Damon Scott, City Desk ABQ

Albuquerque and many other U.S. cities have a serious problem: Thousands of people experiencing homelessness need a place to use the bathroom when they're not in a shelter or a public toilet isn't available. When forced to go outside, there are significant consequences.

Small business owners and their employees spend valuable time and resources cleaning up messes and residents regularly complain to city officials about issues around their properties. Those who defecate outside expose themselves to health risks from harmful bacteria and diseases like hepatitis A and shigella. There are other safety issues that make women especially vulnerable.

Clean-up efforts come at a high cost to taxpayers: The city is on track to spend nearly \$1 million this year. Requests are filtered through the city's 311 system to third party contractor Specialized General Services. Each cleanup costs hundreds of dollars and response times can take days.

But a group of neighborhood leaders and organizers in the International District say they have an alternative that's cheaper and better for the environment — composting toilets. They've begun

to engage with city and county officials to get feedback and maybe some resources and funding.

"This is such a safe, simple, inexpensive opportunity. It's a fast way to react right now — that's what's so appealing. We could get them out today," Tawnya Mullen, the South San Pedro Neighborhood Association board chair, said. "It's a great opportunity to get rid of the headache."

What is it?

Mullen, who uses a composting toilet in her home, said one of the simplest versions is a five-gallon plastic bucket with a retrofitted lid and seat. It comes partially filled with organic material like leaves, hay, wood chips, sawdust or used coffee grinds. A deposit is covered up after each use and when the bucket is full the contents are added to a larger compost pile.

Each bucket comes with detailed instructions and biohazard stickers on the outside.

"It composts to a high enough temperature that it kills all the pathogens within two days, typically," Mullen, a nurse, said. "The end product is actually a viable agricultural material."

But what about the smell?

"I sniffed a bucket that had been used in my bathroom for five days," Nick Hamill said. "It smelled like dirt."

Hamill is board president of the Fair West Neighborhood Association and also a nurse.

"The idea sounds out there, but the reality of it feels a lot less wild," he said.

Mullen, Hamill and about a dozen other volunteers that include public health experts,

Weak in Review | Nov. 20

Quick hits on this week's news

Thanksgiving is just around the corner.

Which is the perfect meal for your kid to finally confess they switched their major to journalism.

Donald Trump picked former Wisconsin Congressman Sean Duffy to head up the Department of Transportation.

Just to be clear, that's former Congressman AND former cast member of *The Real World: Boston*, Sean Duffy.

A couple of ABQ City Councilors floated the idea of defunding APD's spokesperson position after some social media drama.

Cool, now do the military-grade weapons.

An E. coli outbreak in Pennsylvania is reportedly linked to organic carrots.

First it was linked to McDonald's, now it overtakes Pennsylvania. Is Sean Duffy going to be E. coli's next transportation secretary?

Everyone's favorite half-naked ABQ resident Don Schrader turns 79 this week.

Happy birthday, Don!



a physician, regenerative agriculturists and an agronomist have been carefully testing out a few trial toilets in commercial areas of the International District where those experiencing homelessness tend to camp.

The early reaction is positive, they say, including among small business owners.

"I've ever so gently mentioned it to my [office] landlord; he's intrigued," Hamill said. "Obviously this is a surprising idea, and I try to be sensitive to the fact that I don't want people to feel like it's forced upon them."

Cost, support

Mullen has researched toilet composting programs in California, Vermont and Haiti.

She said a scaled down version which includes labor and maintenance costs, using repurposed buckets from local restaurants, for example, comes in at about \$300. A scaled up version made from corrugated metal is about \$500.

Mullen said she first thought of that idea more than a decade ago as an effective way to mitigate climate change and reduce water use.

"It just so happens that it combines really nicely with the

public health crisis that we have right now," she said.

Mullen estimates the residential use of a composting toilet saves about 7,000 gallons of water per person each year.

"Imagine that scaled up to a municipal level. We're not allowing farmers to water their fields, but we're flushing water that could be used to grow food or that we could have to drink," she said.

Mullen said city and county support, applied to those experiencing homelessness, would ideally include the donation of a centralized piece of land for the composting process. It would also allow officials to monitor the process.

"If they would just sanction the bucket pickup and collection and give us the nod that this is great, and then say that they're going to help build it out over time, I think that we could get a lot more volunteers," she said.

Mullen said Albuquerque City Councilor Nichole Rogers and Bernalillo County Commissioner Adriann Barboa have told her they support the idea and want to learn more.

"It's a climate-ready solution, cost-effective, job-creating, exceptionally inexpensive and pretty easy to launch on an initially small scale," Mullen said.

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The Paper.

calendar.abq.news



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Cate Blanchett in Guy Maddin's **RUMOURS**
Nov 22-23, 25 2:45, 8:00 / Nov 24 8:00

Jazz, colonialism, & espionage in documentary **SOUNDTRACK TO A COUP D'ETAT**
Fri-Mon Nov 22-25 5:00pm

Sean Connery in WTF classic **ZARDOZ (1974)**
Fri-Sat Nov 22-23 10:30pm

Short doc on the Poland-Belarus refugee crisis
Director in person! **PEOPLE ON THE MOVE**
Saturday November 23 1:00pm

Pollution and radiation on Indigenous lands; the fight for reclamation: **DEMON MINERAL**
Sunday November 24 12:30pm

Noel Coward's **BRIEF ENCOUNTER (1945)**
Tue-Thu Nov 26-28 2:00, 6:00pm

The Noel Coward story: **MAD ABOUT THE BOY**
Tue-Thu Nov 26-28 4:00, 8:00pm

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



Second Annual Indigenous Tattoo & Music Fest

Are you thinking about some inking? The rapidly growing **Indigenous Tattoo & Music Fest** returns to **Isleta Resort & Casino (11000 Broadway Blvd. SE)** for a second year of Native creatives. The fest runs **Friday, Nov. 22, through Sunday, Nov. 24, from 1 p.m. to 11 p.m.** each day. Among this year's featured artists are Takashi Monclova, Raul Sanchez, Deanah Maria, Joel Rodriguez, Josiah Whitesinger and Jay Medina. In addition to all the body art and the vendors, there are 33 Indigenous music artists performing throughout the weekend. Friday's headliner is Sten Joddi, Saturday's headliner is City Natives, and Sunday closes out with Jessa Sky. For a complete lineup of events, go to indigenoustattoomusicfest.art. For tickets go to holdmyticket.com. Daily entry is \$60. Full weekend passes run \$130.

Jillian Maresco Pottery
Upcoming Shows: JM Clayworks

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-Dec. 6th 3-7 & 7th 10-3
Tortuga Gallery

-Dec. 14th. 10-3
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THURSDAY, NOVEMBER 21

Art

Third Thursday: Performance
- Border Stories 5-8:30 pm
Albuquerque Museum 2000 Mountain Road NW

Art Openings

KidMart - a kid made pop up shop
All Day Color Wheel Toys 6855 4th St NW Ste D

Exhibit

Jennifer Nehrass • Pioneer
Project Thursday-Saturday 11am-4pm Richard Levy Gallery 514 Central Ave SW

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

Food

Friendsgiving Beer Dinner \$60-\$100 7-10 pm Rio Bravo Brewing Company 1912 Second St 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

Music Dark Honey Karaoke 6-9 pm Gold Street Pizza & Brew 3211 Coors Blvd. SW Suite H1 Karaoke w/ Swords Entertainment 7:30-11:30 pm Lizard Tail Brewing 9800 Montgomery Blvd NE STE 7 Slater \$17 8-11 pm Launchpad 618 Central Ave SW Third Thursday Music w/ David Garcia 7-9 pm Tractor Brewing Nob Hill 118 Tulane SE Thursday Night Rinse \$7 9 pm-2 am Rodey Theatre 1 University of New Mexico Performance FUSION Theatre Company Presents The Children by Lucy Kirkwood \$20-\$40 7-9 pm FUSION 700-708 First St. NW Living Purgatory: A Staged Reading 6:30-9:30 pm National Hispanic Cultural Center 1701 4th Street Southwest	Sports Duke City Championship Wrestling: No Way Around \$25-\$45 7-9 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho FRIDAY, NOVEMBER 22 Comedy Dry Heat Presents \$15 9:30-11 pm Dry Heat Comedy Club 100 Gold Ave SW Suite 112 Maddy Smith \$20-\$25 7-8:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo Maddy Smith \$20-\$25 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo Your Rong: A Comedy Debate Show \$15 7:30-9 pm The Box Performance Space 114 Gold Ave SW Dance Square Dance Open House Party 7-9 pm 4915 Hawkins St NE 4915 Hawkins Street Northeast	Discussion / Lecture All About Birds with the Bird Alliance of Central New Mexico 4-5 pm South Broadway Library 1025 Broadway SE Festival Second Annual Indigenous Tattoo & Music Fest \$60-\$130 1-11 pm Isleta Resort & Casino 11000 Broadway Blvd. SE Food Glitter & Gumbo 5-9 pm Rio Grande Center for Spiritual Living 4374 Alexander Blvd. NE Miscellaneous DRIP \$15 10 pm-1 am Gaia's Kava Root 2122 Central Ave. SE Music 12 Step Rebels 8-11 pm Launchpad 618 Central Ave SW DJ Caterwaul & Biscodots Spin Out 8-11 pm Tractor Brewing Nob Hill 118 Tulane SE DJ Fishbowl 6-11 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a	Devastation on the Nation Tour ft. I Am Morbid \$30-\$80 6-11:30 pm Historic El Rey Theatre 622 Central Ave SW Gin & Jazz: Thanksgiving Edition 5-10 pm Tractor Brewing Wells Park 1800 Fourth St. NW Reggaeton Rave \$26 9-2 pm Revel Entertainment Center 4720 Alexander Blvd NE Stratus Phear 7-9:30 pm Flatiron Bites & Brews 6001 San Mateo Blvd NE Telehope with Willa Jay and Michael Williams 8-11:30 pm JUNO brewery + cafe + art 1501 1st Street Northwest Traveler in Pain 7-10 pm Craft Republic - Albuquerque 4301 The Lane at 25 NE We House Fridays ft. Kormak \$10 9 pm-2 am Effex NightClub 420 Central Avenue Southwest
EVENTS CONTINUED ON PAGE 6			


NA(RRA)TIVE


Join the Albuquerque Public Art Program for a Closing Reception

December 6, 2024 from 5 - 7 pm
Gallery One at Albuquerque City Hall
1 Civic Plaza NW
Albuquerque, NM 87102




Learn more at cabq.gov/galleryone





FY 2026 - 2027 Urban Enhancement Trust Fund Cycle Application Coming Soon!

All Albuquerque-based arts organizations and nonprofits are encouraged to submit arts and cultural projects including visual art, music, theater, dance, history, or literature for consideration.



Learn more at cabq.gov/uetf

www.abq.news

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EVENTS CONTINUED FROM PAGE 5

Music - Classical

Handel's Messiah en Espanol.
Presented by Opera Southwest
and the New Mexico Symphonic
Chorus \$22-\$85 6:30-8:30 pm
National Hispanic Cultural Center
1701 4th Street Southwest

Performance

Blackout Tonight: ?Celebracion!
\$7-\$10 7:30-9:30 pm Orpheum
Community Hub 500 2nd St SW

FUSION Theatre Company
Presents THE CHILDREN by
Lucy Kirkwood \$20-\$40 7-9 pm
FUSION 700-708 First St. NW

The King and I \$14-\$26 7-10 pm
Rodey Theatre 1 University of
New Mexico

SATURDAY, NOVEMBER 23

Art Openings

44th Annual Native American
Student Art Show Opening
Reception 1-4 pm Indian Pueblo
Cultural Center 2401 12th St NW

Class / Workshop

Peaceful Body, Peaceful Mind:
Qigong 1 & 2 8:30am-6:00pm
Albuquerque Shambhala
Meditation Center 1102 Mountain
Rd. NW

Comedy

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

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

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

SLAughterhouse Live! \$15 7:30-9
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

Dance

The Pueblo Dance Group
(Laguna, Acoma, Zuni and Hopi)
12-1 pm Indian Pueblo Cultural
Center 2401 12th St. NW

West Coast Swing Fundraiser
for The Transgender Resource
Center of New Mexico 7:30-11 pm
Double Time Dance Studio 209
Washington St SE

Family/Kids

IPCC Family Story Time: Giving
Thanks 1-2 pm Indian Pueblo
Cultural Center 2401 12th St. NW

Festival

Second Annual Indigenous Tattoo
& Music Fest \$60-\$130 1-11 pm
Isleta Resort & Casino 11000
Broadway Blvd. SE

Markets

CD/Record/Book Fair: Inventory
Clearance Sale 9 am-2 pm
Outpost Performance Space 210
Yale Blvd. SE

Paws and Stripes Holiday Fair
10 am-4 pm Tin Can Alley 6110
Alameda Blvd. NE

Miscellaneous

New Mexico Music Hall of Fame
Award Show 2024 \$22-\$24 6-9 pm
National Hispanic Cultural Center
1701 4th Street Southwest

Music

Austin Van 6-9 pm Craft Republic
- Albuquerque 4301 The Lane at
25 NE

Burque Jazz Bandits \$10-\$40 7-10
pm JUNO brewery + cafe + art
1501 1st Street Northwest

Cenit \$5 8 pm-12 am Sister 407
Central Ave. NW

DB Gomez and the Bosque Boys
7-9 pm Tractor Brewing Nob Hill
118 Tulane SE

Gilbert Uribe 7-9 pm Tractor
Brewing Westside 5720 McMahon
Blvd NW bldg 5 ste a

Gus Baldwin & The Sketch \$10
8-11 pm Launchpad 618 Central
Ave SW

Holly Near \$33-\$44 7:30-9:30 pm
South Broadway Cultural Center
1025 Broadway Blvd SE

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

EVENTS CONTINUED ON PAGE 11



*Skip the lines and the madness at the big-box stores,
keep it real with your favorite local businesses*

By The Paper. staff

Like it or not, Black Friday is ingrained in our society as much as capitalism itself. But even those who avoid those late night deals and lines can admit that holiday shopping season is upon us and there are plenty of locally owned shops looking for love this time of year. If you need cool gift ideas and want to support Albuquerque

businesses, we've got you covered with more local shopping spots than you can shake a leftover turkey leg at.

Books

Given our ink-stained fingers, it shouldn't come as a surprise that *The Paper*. staff are fans of reading books. While there is one online option with a South American river-sized stock of best sellers, we prefer the old fashioned way of buying books.

Page 1 Books

Locally owned and operated since 1981, **Page 1 Books** (5150 Eubank Blvd. NE) is one of Albuquerque's largest independent bookstores. In addition to books, they have loads of games, apparel, mugs, teas, stationery and cards for any occasion.

Books on the Bosque

Books on the Bosque (6261 Riverside Plaza Ln. NW) has nearly 4,000 square feet of shopping space. They recently started a rewards program, and what better time to start earning points than during the year's biggest spending season? This year they partnered with Trifecta Coffee Co., and anyone who orders Trifecta pies through the bookstore's website gets a coupon for 10% off at Books on the Bosque. It's a win for shoppers and anyone who likes a good book and a tasty dessert.

Quirky Books

In a converted eyeglass factory east of Nob Hill, **Quirky Used Books and More** (120 Jefferson St. NE) has got the books — over 16,000 of them. It also has local artwork and a selection of LPs, CDs, DVDs and collectibles. Browsers are welcome but you probably won't be able to leave empty-handed.

Bookworks

Look no further than **Bookworks** (4022 Rio Grande Blvd. SW) for bestsellers, new releases and independent classics available in-store or shipped within days. This fall, Bookworks celebrates 39 years of business serving readers. A quick click on their website will get you a couple of gift certificates.


Organic Books

Nob Hill's home-grown, family-owned bookstore **Organic Books** (111 Carlisle Blvd. SE) will help you find a gift that will cultivate the mind. They focus on books written by New Mexicans and buy books directly from local authors. Shop in-store or curbside, trade or donate used books or take a peek at their Bookshop page for holiday gift ideas.

Music and Entertainment

The increase of music streaming sites can make it difficult to find the perfect gift for those melophiles in our lives. Luckily, Albuquerque still has spots to find that perfect record, music poster or instruments to make even the most musically elite friend happy.

CONTINUED ON PAGE 8



Amapola Gallery

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ALBUQUERQUE LITTLE THEATRE PRESENTS

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TICKETS



CONTINUED FROM PAGE 7

Longhair Records

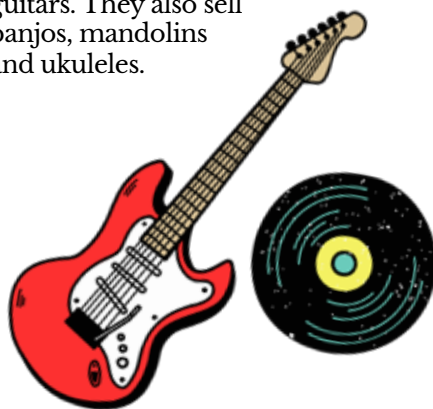
If you are shopping for your favorite music snob, or if your own music tastes are a little bit nichey, **Longhair Records** (1315 San Mateo Blvd. NE) can fill that void with vinyl. The shop has a trippy selection of rare music, weird movies and vintage media — records, CDs, cassette tapes and VHS for old-school collectors. The store also has some of the most knowledgeable staff in town to guide those who have “heard it all” toward their next musical discovery. Besides records, Longhair Records stocks turntables, vintage posters and rare music memorabilia spanning indie, jazz, hip-hop and every subgenre of rock ‘n’ roll imaginable.

Charley’s Records and CD’s

If you haven’t heard of **Charley’s Records and CDs** (7602 Menaul Blvd. NE) yet, this holiday season is the time to check out a longstanding Albuquerque staple. For years, they’ve been hustling every type of popular and rare music there is, and buying, selling and trading vinyl records, CDs, tapes, metal/rock T-shirts, posters, patches and more.

Grumpy’s Guitars

Instead of giving your money to a big corporation, why not buy locally and make your favorite rock ‘n’ roll rebel proud? Impress them with a new instrument from **Grumpy’s Guitars** (2514 San Mateo Pl. NE) and stick it to the man. One of Burque’s favorite locally owned, full-service guitar shops, Grumpy’s sells and repairs new, used and vintage musical instruments and accessories. If you’re shopping for someone who’s a little bit country, Grumpy’s has more than guitars. They also sell banjos, mandolins and ukuleles.



Nob Hill Music

One of Albuquerque’s most charming music shops, **Nob Hill Music** (3904-B Central Ave. SE) specializes in rock and jazz LPs, cassettes and CDs, but they stock

genres that cover all the bases: soul, hip-hop, reggae, country, folk and more. You can shop from home on their online vinyl database; just don’t get stuck all day browsing through the thousands of records in their catalog. They can get your favorite vintage media aficionado hooked up with some used stereo equipment: speakers, turntables, receivers, CD players and cassette players. During the holidays, get a sweet free Hawaiian shirt when you drop 25 bucks. Nob Hill Music is veteran-owned and offers military and veteran discounts.

Astro Zombies

Sometimes we have to shop for someone who likes to keep it weird all year long. At **Astro Zombies** (3100 Central Ave. SE) you can find strange and scary pieces of pop culture like vinyl, comics and toys galore. From vintage Star Wars to modern horror, Dead Kennedys to Wu-Tang Clan, Astro Zombies will satisfy those who get easily bored with the status quo. Ask for a tour of the “ceiling of fame” covered in autographs and art from majorly cool celebrities.

Food

Maybe it’s because we’ve been sustaining ourselves with leftover election night pizza for days, but the staff at *The Paper* loves food. We’ve

all got our favorite go-to lunch spots, but here are some of our favorites when it comes to mouth-watering desserts or eye-watering chile that can also be gift wrapped.

Candy Lady

If you’ve been in Burque long enough you’ve probably heard about the **Candy Lady** (424 San Felipe St. SW) and her wicked chocolate creations, including the candy meth she cooked up as a tribute to Breaking Bad. Let’s not forget that adult section that most of us wondered about as kids, with naughty-shaped chocolates that still make us giggle as adults. The Candy Lady is chill — she’ll even hook you up with some cool candy recipes.

Chile Traditions

For those who like it hot, **Chile Traditions** (6919 Montgomery Blvd. NE) has been known since the 1980s for their seasonal chile roasting. But their shop in the Northeast Heights is full of endless spicy products all year that range from tongue-tingling to “melt your face off” and everything in between. Hatch chile products, hot sauces from chile specialists spanning the globe, and Southwestern decor pack their shelves and freezers. Order online if you’re in a pinch. Your beloved chile-heads will think you shopped for hours.



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El Modelo

You might want to stock up on holiday tamales at **El Modelo** (1715 Second Street SW). They’ve been perfecting their craft since 1929. The tamales are made with fresh ingredients locally bought daily, and pickup orders can be made until 6:30 p.m., seven days a week. El Modelo sells carne adovada, masa and husks for those who prefer to cook and serve their own holiday dinner piping hot and made right at home.

Burque Bakehouse

Sourdough bread, croissants and tons of pastries stack the menu at **Burque Bakehouse** (640 Broadway Blvd. SE), a French-influenced, small batch bakery with undeniable Burque swag, but you might want to get there early because the good stuff will sell out. They will be open Nov. 27 for those who want to grab some grub and impress some holiday dinner guests.

Elixir Chocolates

For more than 20 years, **Elixir Chocolates** (4350 Alexander Blvd. NE) has been a favorite gift spot for handcrafted, artisan-style confections such as truffles, homemade caramels, peppermints, toffees, nut clusters and more. Some of their concoctions have a special bite and are labeled “a little bit spicy” just in case you’re giving a sweet gift to someone with sensitive tastebuds. Their “Timmy Krack Korn Puffs” are a unique combination of butter-flavored, oven-baked corn snacks — kinda like Cheetos without the cheese — and topped with toffee, caramel and a variety of other spicy or non-spicy ingredients. You can walk in and “build your own box” of personalized assorted chocolates or order online and get them shipped in time for a winter surprise.

Retail

Thrift and consignment stores might have the gift you couldn’t find anywhere else in Albuquerque, but some of these retailers sell exotic merchandise you can’t find on this side of the globe. In a town as quirky as the Duke City is, it’s no surprise that the best shopping destinations are the ones that offer something out of the ordinary, or even a bit exotic. Remember the days when AI tried to take over the world in sci-fi movies? Fortunately for us, so far it

looks like it’s more concerned about helping shoppers find far-out gifts from distant locations and different decades.

The Next Best Thing to Being There

Cruise or fly to the southeast corner of the Sawmill area of Albuquerque and discover **The Next Best Thing to Being There** (1315 Mountain Rd. NW) where extraordinary gifts from all over the world are at your fingertips. With musical instruments from Africa to modern and antique art and jewelry from every corner of the globe, your wish is their desire. Check the website to see what’s new; their inventory is always changing.

Your Other Closet

Don’t forget about **Your Other Closet** (5850 Eubank Blvd. NE) in the Mountain Run shopping center, that perfect gift might have been there all along. They have pages of holiday gifts to scroll through on their website and will have a special online sale this Thanksgiving weekend. Owner Kelli Huslander has been keeping the Northeast Heights fashionable with new or “like new” clothing, used furniture and home decor in great condition and a rotating inventory of holiday gifts since 2016. An extra time-saving perk: Your Other Closet will wrap your gifts for free.

Off Broadway Vintage & Costumes

For gifts outside the box, step into Off Broadway Vintage & Costumes (3110 Central Ave. SE) and shop for creative gifts like costumes, masks, makeup, wigs and accessories since 1984, but they also sell high-end, authentic vintage clothing from as far back as the 1920s on their Etsy page. If you’re planning to surprise guests for an extra-special holiday party this year, they offer costume rentals at daily rates with discounts for longer periods.

Amapola Gallery

Old Town is known for good holiday shopping, and great art. **Amapola Gallery** (205 Romero St. NW) is a local art co-op of 40 New Mexican artists where you can find works in a variety of different mediums — printmaking, pottery, watercolor, woodwork, photography, the list goes on — to view and purchase. November’s featured artist installation showcases landscapes of the Southwest in oils from Christopher Miller and serigraphs from Gwen Peterson. You can get the lowdown on all the artists in the collective on Amapola’s website and peep some of their work before heading out this season.

Locally Curated • Handcrafted • Artisan Goods

THANKSGIVING WEEKEND

November 29 | 11am-5pm
November 30 | 10am-5pm
November 1 | 10am-3pm

Hotel Albuquerque at Old Town
800 Rio Grande Blvd. NW

TICKETS ON SALE
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PAID ADVERTISEMENT

Over 200 Million Americans Are Prepping for Thanksgiving—Discover How Restaurant-Grade Supplies Can Make Your Holiday Cooking Easier



Albuquerque, NM – With Thanksgiving around the corner, millions of Americans are gearing up to prepare a memorable holiday feast. Restaurant-quality supplies can ease the workload, making meal prep smoother and results more impressive. An untapped resource that most people are not aware of are Restaurant Supply Stores. Where you can find everything from heavy-duty baking sheets to precision knives, to residential kitchen supplies at surprisingly affordable prices.

Standard Restaurant Supply is open to the public, and has no membership required. "Thanksgiving is one of our busiest times," says Anthony Aguilar, store manager. "We see a huge variety of customers from professional chefs, to someone roasting their turkey for the first time. People are coming in prepping for their Thanksgiving meal, doing a little bit of early Christmas shopping"

Great finds at a restaurant supply store include -

Syrups - Standard carries over 200 different types of drink syrups from Torani, Davinci and Monin.

High-Quality Knives – Once you have used a good commercial knife, you can never go back, and they make excellent gifts.

Baking Sheet – Heavy-duty, commercial-grade baking sheets and pans that distribute heat evenly for perfect baking results. (Standard is offering a free sheet pan with any \$25 purchase from now until Thanksgiving)

Glassware – You can find glasses of all shapes and styles: you don't have to buy a whole case, buy one, a couple, or six; whatever you need for your holiday feast.

Food Storage Containers – Get your kitchen in perfect working order with an organized kitchen, Standard has a great selection of professional and home kitchen storage solutions.

Small Kitchen Appliances – Standard has a great selection of commercial and residential countertop appliances. All residential Kitchenaid mixers and accessories are on sale through the end of November.

Gourmet Baking Chocolates – You'll find chocolates made specifically for baking, with optimal sugar and fat balances, which can make a noticeable difference in taste and texture compared to standard grocery store chocolate.

Cutting Boards – Large, durable cutting boards made from wood or plastic that can withstand heavy use and are easy to sanitize.

Cast Iron and Carbon Steel Cookware –
Sturdy skillets and pans that retain heat well and are ideal for searing, frying, and roasting.

Utensils – High-quality ladles, spatulas, whisks, and tongs designed to withstand high temperatures and heavy use.

Commercial Blender – Powerful blenders that handle tougher tasks like pureeing soups, crushing ice, or making smoothies.

Measuring Tools – Precise measuring cups and spoons, and commercial-grade scales for accurate portioning and baking.

Baking and Pastry Tools – Rolling pins, piping bags, silicone mats, and other specialty tools for making desserts and baked goods.

Standard Restaurant Supply is celebrating 25 years in Albuquerque.
They have 9 locations throughout the western United States.

Pre-Black Friday Sale Highlights

Standard Restaurant Supply's Pre-Black Friday sale launches on November 21 and runs through Thanksgiving weekend. Come in for great prices on Kitchenaid, Wilton, Cambro, Tuxton, Libbey Glass and get a free bun pan with a \$25 purchase.

2405 Candelaria Rd NE, Albuquerque, NM
standardrestaurant.com

Monday through Friday 8 to 6 and Saturday 9 to 5



EVENTS CONTINUED FROM PAGE 6

Strange Mix \$10 8 pm-1 am
Historic El Rey Theatre 622
Central Ave SW

The Dezert Penguinz 7-9:30 pm
Flatiron Bites & Brews 6001 San
Mateo Blvd NE

Tony O & The Greatest Band
Ever: The Next Waltz \$20 8-11:30
pm Effex NightClub 420 Central
Avenue Southwest

Performance

A Feast of Follies \$15-\$25 7:30-
11:30 pm Oasis Event Center 3700
Ellison Dr NW

Blackout Tonight: ?Celebracion!
\$7-\$10 7:30-9:30 pm Orpheum
Community Hub 500 2nd Street
Southwest

FUSION Theatre Company
Presents The Children by Lucy
Kirkwood \$20-\$40 2-4 pm
FUSION 700-708 First St. NW

FUSION Theatre Company
Presents The Children by Lucy
Kirkwood \$20-\$40 7-9 pm
FUSION 700-708 First St. NW

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

Peter Pan: A Musical Adventure
\$12-\$14 2-3:30 pm KiMo Theatre
423 Central Avenue NW

Rodgers & Hammerstein's
OKLAHOMA! \$26-\$56 2-4:45
pm St. Francis Auditorium at NM
Museum of Art 107 W Palace Ave,
Santa Fe

The King and I \$14-\$26 7-10 pm
Rodey Theatre 1 University of
New Mexico

SUNDAY, NOVEMBER 24

Class / Workshop

Gentle Yoga + Energy Medicine
1:15-2:30 pm Yogasaar Studio 2205
Silver Ave. SE

Community

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

Dance

The Pueblo Dance Group
(Laguna, Acoma, Zuni and Hopi)
12-1 pm Indian Pueblo Cultural
Center 2401 12th St. NW

Festival

Second Annual Indigenous Tattoo
& Music Fest \$60-\$130 1-11 pm
Isleta Resort & Casino 11000
Broadway Blvd. SE

Games

Scary Movie Bingo 6-8 pm
Painted Lady Bed & Brew 1100
Bellamah Ave. NW

Music

Binomio de Oro de America
\$60-\$90 8-11 pm Historic El Rey
Theatre 622 Central Ave SW

EQNX Jazztet weekly jam session
5-7:30 pm Flatiron Bites & Brews
6001 San Mateo Blvd NE

Gilbert Uribe 2-5 pm Outpost
1706 301 Romero St NW

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

ulyssescfm with Utterly Distracted
and Taillight Serenade \$10 6-10
pm JUNO brewery + cafe + art
1501 1st Street Northwest

Performance

FUSION Theatre Company
Presents The Children by Lucy
Kirkwood \$20-\$40 3-5 pm
FUSION 700-708 First St. NW

New Voices in Storytelling: Seven
Tellers, Seven Tales \$12 4-6 pm
The Cell Theater 700 First St. NW

Peter Pan: A Musical Adventure
\$12-\$14 2-3:30 pm KiMo Theatre
423 Central Avenue NW

The King and I \$14-\$26 1-4 pm
Rodey Theatre 1 University of
New Mexico

VIEW THE FULL
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YOUR EVENTS AT
CALENDAR.ABQ.NEWS

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1909 Bellamah Ave. NW SawmillMarket.com

By Josh Lee, The Paper.

Cannabis industry stakeholders are breathing a sigh of relief now that President-elect Donald Trump has announced that he has chosen former Congressman Matt Gaetz for attorney general. But Senate Republicans' choice for majority leader may be a sign that cannabis reforms are unlikely to be made by Congress for at least two years.

A clearer image of what the future administration may look like is coming into focus as Trump starts assembling his team. One of the more shocking developments has been the announcement that Gaetz will be taking the position of attorney general, placing him in control of the Department of Justice (DOJ).

This should come as good news to cannabis industry players who were concerned that Trump would appoint another anti-weed AG like he did during his first term. Back then, he gave the job to Jeff Sessions, who rescinded an Obama-era memorandum that protected states with legalized marijuana from being prosecuted by the DOJ, threatening to uproot the entire weed industry.

Cannabis advocates can feel much safer this time around, since Gaetz has a long history of supporting marijuana legalization. And the industry is already responding. Following the announcement last week, cannabis-related exchange traded funds saw a bump, reflecting the brewing optimism. That's because Gaetz has repeatedly supported major cannabis reforms.

Gaetz was one of only three House Republicans to vote in favor of the Marijuana Opportunity Reinvestment and Expungement (MORE) Act in 2022 — a comprehensive bill that would have legalized cannabis at the federal level if it had passed.

The former congressman also voted twice in favor of the Secure And Fair Enforcement Regulation Banking (SAFER) Act — a bill that would have allowed banks and financial institutions to work with state-licensed marijuana businesses without fearing federal prosecution.



New Leadership a Mixed Bag For Weed

Trump picks a winner for AG, Senate GOP picks a loser

(Source: Gage Skidmore at Wikimedia Commons)

He also sponsored amendments to the National Defense Authorization Act (NDAA) that would have stopped testing military recruits for marijuana use for enlistment or commission.

In 2023, Gaetz criticized the Biden administration for recommending reclassification of marijuana as a less dangerous drug on the list of federally controlled substances, calling for fully descheduling and decriminalizing the drug instead. During an appearance on Newsmax, Gaetz said he was worried that cannabis would be controlled by Big Pharma if the Biden administration went through with its plan and called for the administration to “go further.”

In his home state of Florida, Gaetz sponsored legislation that legalized medical marijuana in the state and later advocated to expand the program to allow patients to access smokable cannabis products.

Although Gaetz notably opposed efforts to legalize marijuana in Florida this

year, his reasoning was very different from many of his Republican colleagues. The ballot initiative that would have legalized the drug would have done so by amending the state's constitution. Gaetz argued that legalizing through legislation would be a better path, because it would allow lawmakers to make any necessary changes to the law in the event that unforeseen issues arise.

Gaetz's appointment also bodes well for the chances of seeing marijuana's status on the federal list of controlled substances change. Many advocates were concerned that if the Drug Enforcement Administration (DEA), which is overseen by the DOJ, fails to reschedule weed before Trump takes office, the (traditionally anti-pot) Republican administration could nix the whole plan and leave the drug in Schedule I.

Meanwhile, Senate Republicans recently held a secret ballot vote to determine the next Senate majority leader

and chose Sen. John Thune (R-SD), a rabidly anti-marijuana lawmaker who has repeatedly pushed against reform efforts at both the federal and state level.

Earlier this year, he signed a letter to Attorney General Merrick Garland calling for him to ignore the Department of Health and Human Services' (HHS) recommendation to reschedule weed and leave the drug where it is on the controlled substances list.

Thune has also opposed SAFER Banking and has even spoken out against legalization at the state level.

In terms of marijuana legislation, this will be a great departure from the current Senate Majority Leader Chuck Schumer (D-NY), who sponsored the MORE Act and has called for decriminalization or legalization on a number of occasions.

With Thune at the helm of the Senate GOP, it seems very unlikely that any positive marijuana reform legislation will be coming down the pike over the next two years.



Every week, we round up our favorite cannabis-related news stories in bite sized edible pieces. Here's some of our favorites!

Former Mass. Regulator Sues For Reinstatement

By Josh Lee, The Paper.

The former chair of the Massachusetts Cannabis Control Commission is suing the state treasurer after being dismissed for alleged "gross misconduct." Former Chair Shannon O'Brien claims she was fired by Treasurer Deborah Goldberg over personal feelings. O'Brien filed a petition with the state's Supreme Judicial Court seeking reinstatement, claiming the treasurer wrongfully accused her of misconduct without presenting substantive evidence.

Goldberg initially suspended O'Brien in September 2023 and terminated her in September 2024. Goldberg alleged that O'Brien made "racially insensitive comments" and bullied the former executive director of the commission. Goldberg claimed that O'Brien referred to Asian Americans using the term "yellow," but the former chair has said she was only repeating the words of a developer. O'Brien's petition also addresses an accusation that she said some of the commission's phone operators may not be "college grads," but that they were "articulate," which Goldberg said was an indication that O'Brien was

surprised that someone without a degree could be articulate. O'Brien says she does not remember ever having made the comment. O'Brien also says she was fired following private hearings that she claims were biased against her.

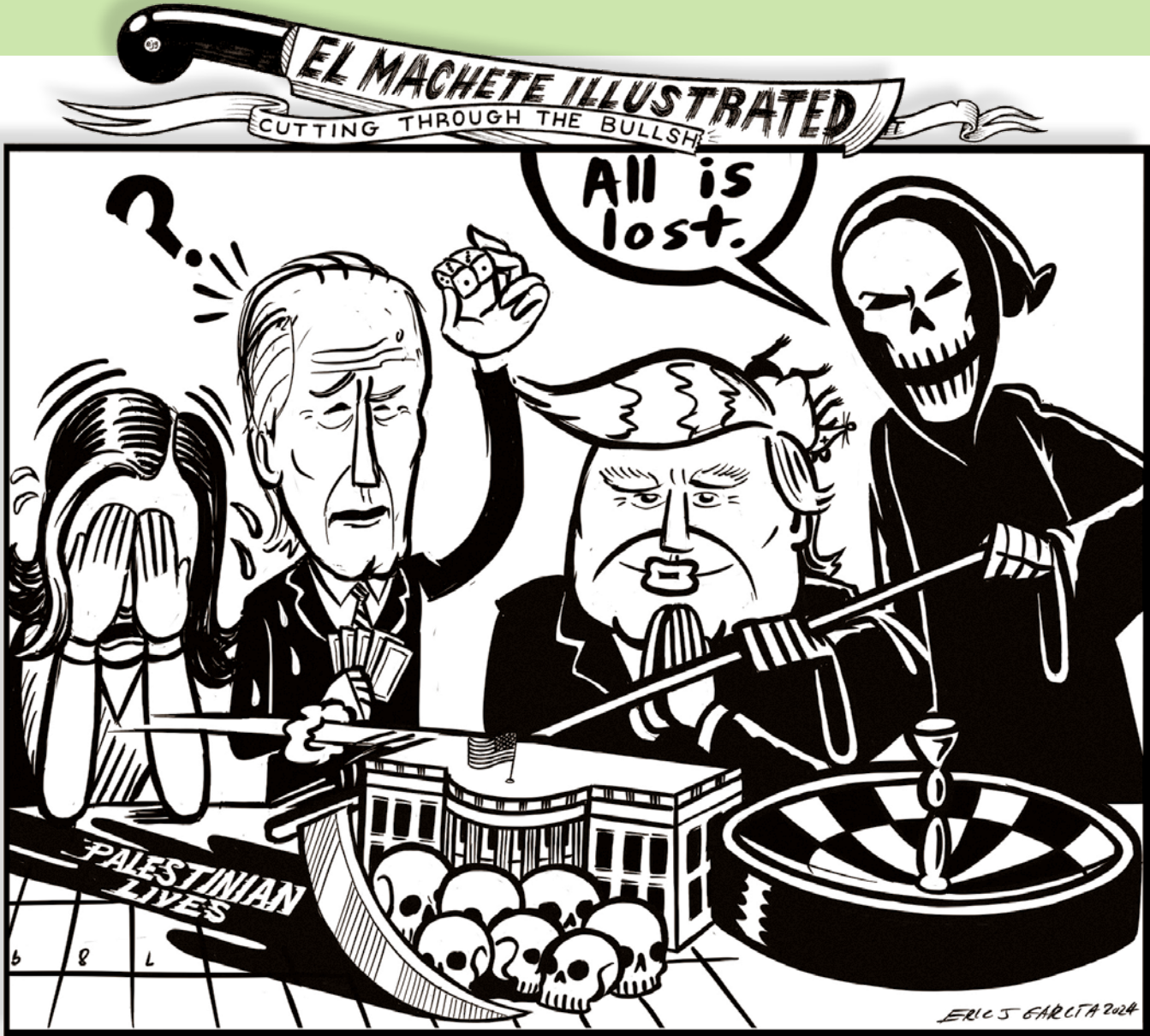
Petition circulator pleads guilty to making fake signatures

A petition circulator for Nebraska's medical cannabis ballot measures recently pleaded guilty to falsifying signatures. Michael K. Egbert admitted to falsely swearing to a circulator's affidavit and acknowledged that he had added around 200 signatures to his petition sheets. He claims he collected the names and addresses from a phone book. Egbert initially faced a felony charge for falsifying the signatures, but the charge was reduced to a misdemeanor. Hall County Election Commissioner Tracy Overstreet noted that these irregular signatures were flagged early on and were never counted toward the petition's totals. Egbert also admitted that he never signed his circulator oath in front of a notary, leading

to additional misconduct allegations against the notaries who supposedly notarized his petitions. One notary has denied any wrongdoing and is seeking to dismiss the case. A second notary has claimed she has no memory of signing the petitions and that they may have been inadvertently mixed in with valid ones.

Missouri cannabis sales beat other states'

In under two years, Missouri's cannabis market has rapidly grown, generating \$1.4 billion in revenue, reportedly surpassing more established markets like Arizona, Colorado and Nevada. Unlike other states that experienced an initial spike in sales followed by declines, Missouri has maintained steady monthly sales of around \$120 million. In the first half of 2024, Missouri ranked fifth in U.S. recreational cannabis sales, with \$709 million in revenue. This performance trails only behind more populous states such as California, Michigan, Illinois and Massachusetts.



The Paper.

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

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

STATE OF NEW MEXICO
IN THE PROBATE COURT
BERNALILLO COUNTY
IN THE MATTER OF THE ESTATE
OF STEVEN D. LUCHINI,
DECEASED.
ENDORSED FILED IN MY OFFICE
THIS OCT 23 2024
LINDA STOVER COUNTY CLERK
No. 2024-1111
NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that
Raquel Luchini has been appointed
personal representative of the estate
of the decedent, Steven D. Luchini.
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 the claims will be forever
barred. Claims must be presented to
the undersigned personal represen-
tative at the address listed below or
filed with the Probate Court of Bernal-
lillo County, New Mexico located at
the following address:
415 Silver Ave SW, Albuquerque, NM
87102.
Respectfully submitted:
Raquel Luchini
107 Irving St
Denver, CO 80219

STATE OF NEW MEXICO
COUNTY OF BERNALILLO
SECOND JUDICIAL DISTRICT COURT

No. D-202-PB-2024-00827

IN THE MATTER OF THE ESTATE OF
MARNIE C. HOY a/k/a MARNE
K. HOY, Deceased.

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that Mary McCaffrey 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, which-
ever is later, or the claims will be forever barred. Claims
must be presented either to: 1) the undersigned personal
representative at his 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: November 13, 2024

Respectfully submitted,

HURLEY TOEVS STYLES HAMBLIN
& PANTER PA

By /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-2024-00827

IN THE MATTER OF THE ESTATE OF
MARNIE C. HOY a/k/a MARNE
K. HOY, Deceased.

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must be presented either to: 1) the undersigned personal
representative at his 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: _____

Respectfully submitted,

HURLEY TOEVS STYLES HAMBLIN
& PANTER PA

By _____
Mandeep S. Talwar, Esq.
Attorneys for Personal Representative
PO Box 31670
Albuquerque, NM 87109
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FREE WILL ASTROLOGY

Week of November 20

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ARIES (March 21-April 19): Award-winning Aries filmmaker Quentin Tarantino was born and raised in the US. But he has said, "I don't make movies for America. I make movies for planet Earth." I applaud his expansive perspective and recommend you cultivate your own version of it in the coming weeks. You will generate good fortune for yourself as you enlarge your audience, your range of influences, and your sphere of activity. It will be an excellent time to transcend previous notions of who you are and what your life's assignments are. The frontiers are calling you to open your mind wider than ever as you leap to the next higher octave of your destiny.

TAURUS (April 20-May 20): "Earth knows no desolation. She smells regeneration in the moist breath of decay." Author George Meredith said that, and now I'm conveying it to you. Why? Because you're entering a phase when you will have maximum power to ensure that decay leads to regeneration. My advice: Instead of trying to repress your awareness of what's decomposing, tune into it energetically. The sooner you embrace the challenging but interesting work to be done, the faster and more effective the redemption will be. Here's your battle cry: Turn rot into splendor!

GEMINI (May 21-June 20): Mercury will be your slippery but sticky companion in the coming weeks, Gemini. Whether or not you believe he is a literal god who abides in the spiritual realm, I trust you will acknowledge that he is a vivid archetype. He symbolizes forces that facilitate communication and promote connection. Since he is constantly traveling and conversing, he also represents boundary-crossing and thresholds. I encourage you to summon his assistance whenever you want to lubricate links and foster combinations. He can help you unify disparate influences and strengthen your network of allies.

CANCER (June 21-July 22): Utility poles and telephones poles may seem to be indestructible towers, but they have a limited life span. A prime factor in their gradual demise is woodpeckers. The birds drill holes that over time weaken the wood. Their handiwork allows moisture to seep in, causing rot, and creates access points for small animals to burrow in and cause further disintegration. I bring this to your attention because I want to encourage you to launch a woodpecker-like campaign against any seemingly impregnable structures that oppress and restrict you. It might take a while to undermine their power to interfere with your life, but now is an excellent time to begin.

LEO (July 23-Aug. 22): As an American, I'm jealous of how many festivals the Japanese people celebrate. By some estimates, there are over 100,000 events every year—an average of 274 per day! They may feature music, theater, dancing, entertainment, karaoke, sumo matches, games, delicious food, colorful costumes, spiritual observances, and parades of floats and shrines. If you are a Japanese Leo, you're in luck. The astrological indicators suggest that in the coming months, you should take extra advantage of your culture's revels, parties, and social merriment. If you're not in Japan, do your best to fulfill your cosmic mandate to frolic and carouse. Start as soon as possible!

VIRGO (Aug. 23-Sept. 22): The Flintstones was an animated TV comedy show broadcast in the US from 1960 to 1966. It was colossally silly and wildly popular. It portrayed cavemen and cavewomen living suburban lives in the Stone Age with dinosaurs as pets and cars made of wood and rocks. The chirpy theme song for the show was stolen from a piano sonata written by the classical composer Ludwig van Beethoven. In the coming weeks, Virgo, I invite you to steadily carry out the opposite of that conversion. Transform what's daft or preposterous into what's elegant and meaningful.

Change superficial approaches into righteous devotions. Move away from trifling diversions and toward passionate magnificence.

LIBRA (Sept. 23-Oct. 22): Even if you're not a professional writer, I invite you to compose three lyrical messages in the coming days. One will be a psalm of appreciation for a person who enchants your imagination and inspires you to be your best self. Another will be a hymn of praise that you address to yourself—a gorgeous, expansive boast or an outpouring of gratitude for the marvel and mystery of you. The third salutation will be an address to a higher power, whether that's God, Goddess, Nature, your Guardian Angel, Higher Self, or Life itself. If you can find it in your brave, wild heart to sing or chant these exaltations, you will place yourself in close alignment with cosmic rhythms. (PS: In general, now is a fantastic time to identify what you love and express your feelings for what you love.)

SCORPIO (Oct. 23-Nov. 21): The Greek term pharmakon has a complicated set of meanings: scapegoat, poison, remedy, and recipe. According to my astrological analysis, all of these could soon be operative in your life. One surprise is that a metaphoric "poison" you are exposed to may ultimately serve as a remedy. Another curiosity is that a scapegoat may reveal a potent recipe for redemptive transformation. A further possibility: You will discover a new recipe for a very fine remedy. I'm not certain exactly how the whole story will unfold, but I'm betting the net effect will be a lot of healing.

SAGITTARIUS (Nov. 22-Dec. 21): The Museum of Broken Relationships is in Zagreb, Croatia. It collects castaway objects left behind after intimate relationships have collapsed. Among its treasures are love letters, wedding rings, jars of bitter tears, stuffed animals, feather-filled quilts, and matching sweaters. Inspired by this sad spectacle, I invite you to create a very different shrine in your home: one that's dedicated to wonderful memories from times of successful togetherness. Making this ritual gesture of hope and positivity will prepare you well for the potential relationship growth available for you in the coming months.

CAPRICORN (Dec. 22-Jan. 19): It's the Soul Retrieval phase of your long-term cycle, Capricorn. Have there been people, either alive or dead, who wounded or pirated parts of your treasured essence? Have you experienced painful events that weakened your connection to your inner riches? The coming weeks will be an excellent time to undertake meditations in which you carry out repair and restoration. You will summon curative agents whenever you reclaim lost and missing fragments of your soul. Be aggressive in seeking helpers who can synergize your own efforts.

AQUARIUS (Jan. 20-Feb. 18): The Wistaria Vine in Sierra Madre, California is the world's biggest blooming plant. Spread over an acre, it weighs 250 tons and teems with over 1.5 million blossoms. I propose we regard it as your inspirational symbol for the coming months. Why? I expect you will be more abundantly creative and generative than maybe ever before. Your vitality will overflow. Your vigor will be delightfully lavish and profound. Homework: Start planning how you will wield and manage all that lushness.

PISCES (Feb. 19-March 20): Piscean playwright and songwriter Robert Lopez is the only person to have won all four of the following awards more than once: Oscars, Tonys, Emmys, and Grammys. He was also the youngest person to have won all four. I propose we make him your inspirational role model in the coming weeks and months. According to my astrological analysis, you are primed to ascend to new levels of accomplishment in your chosen field—and to be acknowledged for your success. Think big! Then think even bigger.

The Weekly Crossword

by Margie E. Burke

ACROSS

1 A ways away

5 Kind of bar

9 Assist in crime

13 Lair for a bear

14 Oven setting

15 In the vicinity

16 Humdrum

17 Walmart department

19 Heavenly

21 Library workers

22 Got off the fence

23 Time-honored

25 Nasty-smelling

27 Room in the game Clue

28 Grouchy Muppet

29 C-worthy?

30 Genesis man

34 Scrooge's cry

35 No-hitter, usually

38 Zsa Zsa's sister

39 Let fly, as lava

41 Lane anagram

42 Direct elsewhere

44 Premature

46 Cake sections

47 Tack room items

50 Mixing board slider

51 Basic belief

52 Nonstop

56 Payment

58 Feed the kitty

59 Poetic adverb

60 On in years

61 Read a bar code

62 Sign of hunger

63 Graded item

64 Grazing group

DOWN

1 "Let There Be Rock" rockers

2 Taxi rider

3 Alpine hazard

4 Hitchcock film with Laurence Olivier

5 Ancient Celtic priest

6 Tiny amount

7 It can be moving

8 Krueger's street

9 Turkish resort city

10 Neutral shade

11 House overhang

12 Lock of hair

14 Held, as breath

18 Kind of column

20 Moves a muscle

24 Wise guy

25 Knocks off

26 "Immediately!"

27 Thai skewers

29 Unrestricted

31 Courteous regard

32 Profess

33 Milky Way maker

36 Now's partner

37 Kind of school

40 Sandler flick, "The _____ Singer"

43 Mascara target

45 Very much

46 Kind of printer

47 Doggie-bag bit

48 Gladiator venue

49 It may be cast out

50 Diamond feature

53 Brings to a close

54 Walk of Fame symbol

55 Transmit

57 Little one

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A	B	E	T		A	B	E	D	I	V	E		A

Solution to Crossword:

"SHE SAVED MY LIFE"

Albuquerque resident Dawn R. had been experiencing the painful side effects of Peripheral Neuropathy. **"My feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take Gabapentin for the rest of my life."** Then she met Albuquerque's very own Dr. Andrea Brogdon

Peripheral Neuropathy is the pain, discomfort and numbness caused by nerve damage of the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the bathroom were overwhelmingly painful. "How can you live for the next 30 years when you don't even want to get out of bed to do simple things?"

She was experiencing the burning, numbness, tingling and sharp pains that those suffering with neuropathy often describe. "The way that I would describe it, it's equivalent to walking on glass." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would 'touch' her feet.

Unfortunately Dawn's story is all too familiar for over 3 million people in the U.S. suffering from Peripheral Neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to 'just live with the pain' and you're taking medications that aren't working or have uncomfortable side effects.

Fortunately, four months ago Dawn read an article about Dr. Andrea Brogdon and the work she was doing to treat those suffering from

Peripheral Neuropathy, without invasive surgeries or medications.

Dr. Brogdon, founder of AAIM | Albuquerque Acupuncture & Integrative Medicine, is using the tested science of acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have that burning sensation. I don't have pain coming up my legs," Dawn enthusiastically describes life after receiving Dr. Brogdon's treatments.
"I can wear socks and shoes!"

Dawn and her sister now operate a successful dog walking business, sometimes covering up to 5 miles a day.

"It's life altering. As far as I'm concerned Dr. Brogdon saved my life!"

Dr. Brogdon is helping the senior community using the most cutting edge and innovative integrative medicine. Specializing in chronic pain cases, specifically those that have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior healthcare is now easily accessible to the residents of Albuquerque.



If you've missed too many tee times because of pain or you've passed on dancing because you're afraid of falling, it's time to call Dr. Brogdon and the staff at AAIM.

It's time you let your golden years BE GOLDEN!

Dr. Brogdon is now accepting new patients but only for a limited time. In an effort to protect her patients, both current and future, she has made the difficult decision to limit the number of patients seen in her clinic. Only 10 new neuropathy patients will be accepted before the end of June so call (505) 355-1984 now to schedule a consultation.

PERIPHERAL NEUROPATHY?

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to schedule a consultation!**

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