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DECEMBER 11, 2024
VOLUME 05 | ISSUE 50

ALBUQUERQUE'S INDEPENDENT COMMUNITY NEWS

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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



This story was originally published at City Desk ABQ, a local nonprofit daily newsroom covering local government, politics and more. If you like this story, please support local, independent journalists like these by reading more and donating today at citydesk.org

By Elizabeth McCall, City Desk ABQ

Albuquerque city councilors will soon decide the fate of two proposals Mayor Tim Keller’s administration says will help revitalize Downtown.

After two years in the works, two tax increment financing (TIF) proposals for Downtown are expected to be on the City Council’s Dec. 16 meeting agenda. If passed by the council, the proposals would allow the Metropolitan Redevelopment Agency (MRA) to implement a property tax-based TIF and a gross receipts tax-based TIF.

Tax increment financing is a method that takes a portion of either property or gross receipts taxes and uses them toward improvement projects in a certain area.

According to MRA Director Terry Brunner, as property taxes and gross receipts tax naturally increase over time, the MRA would take 75% of that financial growth and reinvest it in Downtown over the course of 20 years.

While the proposed initiatives are not up for discussion until later this month, some councilors raised questions about them during their Dec. 2 meeting. Councilor Renée Grout asked Brunner how much money Downtown might see from tax increment financing.



Downtown Albuquerque (Roberto E. Rosales / City Desk ABQ)

Brunner told the council he couldn’t give an exact number without a property tax assessment and that gross receipts taxes “could be all over the map.”

“We have a very preliminary analysis that the property tax over the course of a year, assuming a very low growth rate, would be maybe \$20,000,” Brunner said.

Brunner said tax increment financing funds are traditionally used on public infrastructure, commercial development incentives or grant programs, and over the next year the MRA will try to “figure out how we would structure a TIF program.”

“In the first few years of the TIF, you’re not going to see much revenue,” Brunner said. “You won’t see much expenditure because you’re waiting for that amount to go up. You won’t see a \$10 million loan program or a very large loan guarantee program or a large grant program. We will probably start with smaller efforts.”

After hearing about the TIF process, Councilor Brook Bassan asked if other cities go through the same process because she said it sounded like “there’re so many unknowns with the promise of a potential outcome that’s beneficial.”

According to Brunner, Albuquerque is “very late to the game in the world of tax increment financing,” because it was approved for the city 20 years ago but was never implemented. He said each city can have different processes, which helps the MRA know what to follow or avoid.

“We have a lot to learn from,” Brunner said. “I think that, in a sense, helps us because we can learn from mistakes ... and hopefully design something different here that’s more effective, and meets the community where they’re at.”

According to Brunner, the MRA has been working with the county assessor and if the property tax-based TIF proposal is passed by the council, it could be implemented starting early 2025. If the gross receipts tax-based TIF proposal is passed by the council, the state’s Board of Finance will review the application in March and vote whether or not to approve it.

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HOW TO PARTICIPATE:

WHEN: 5 p.m. Dec. 16

WHERE: Vincent E. Griego Chambers in the Albuquerque Government Center, 1 Civic Plaza NW

VIRTUAL: GOV-TV or on the city’s YouTube channel



City Council to Reconsider Proposal Requiring Landlords to Provide Cooling for Tenants

The measure was revived after a City Council committee shot it down

Albuquerque City Council (Roberto E. Rosales / 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 Elizabeth McCall, City Desk ABQ

An Albuquerque city councilor is bringing back her proposal to require landlords to install cooling systems for tenants after it was shot down in a City Council committee — this time to be considered by the full council.

Councilor Tammy Fiebelkorn's proposal would amend the city's housing code

to require cooling systems for residential rental properties. The code currently only requires heating capabilities, but Fiebelkorn's proposal says cooling is essential with increasing temperatures, which can cause serious health issues.

"[Cooling] is a basic human right," Fiebelkorn said. "We have people in our community who are suffering...They're also facing medical problems because of this oversight in our laws that are really old and need to be upgraded. I am not willing to give up on that, because a few councilors were unwilling to have the conversation about it."

After hearing from her constituents during the summer who said their homes were too hot, Fiebelkorn called

the city's code enforcement and was shocked to learn there is no requirement for providing cooling. She said there is "no denying" the city is experiencing hotter, longer-lasting temperatures.

"They're living in apartments or in single-family homes, and they're just baking inside of these places," Fiebelkorn said. "We need to make sure that we're taking care of some of our most vulnerable, low-income residents, who are facing some pretty serious health impacts of it being 100 degrees inside their home."

During the Finance and Government Operations Committee's (FGO) Nov. 25 meeting, some councilors disagreed with certain provisions and sent it to the full council with a "do not pass" recommendation. But during the council's Dec. 2 meeting, Fiebelkorn successfully revived the bill to be voted on during the Dec. 16 meeting.

During the November committee meeting, Councilor Dan Champine said he was concerned there would be an increased electrical cost to tenants and cause an "unforeseen burden on the renter." Fiebelkorn countered by saying running water costs money but "we do not use the fact that people have to pay for running water as an excuse to not provide it for them."

The bill originally proposed only rental properties would be required to provide cooling, but the committee approved an amendment to require it for all housing units. Fiebelkorn said she was not against the change but is "not super worried about someone who can afford to buy a house."

"I think that's a very different situation than low-income renters," Fiebelkorn said. "What I am interested in is helping tenants who have excessive heat in their homes. That's my only goal."

There was also some confusion about the bill not permitting evaporative coolers, which Fiebelkorn said is not the case, and the intention is to ensure each rental unit has some sort of permanent cooling system.

Fiebelkorn said she was "extremely disappointed at the FGO meeting" but was happy councilors were willing to bring it back for more discussion and is planning on proposing an original version of the bill with some clarifications.

WHEN: 5 p.m. Dec. 16

WHERE: Vincent E. Griego Chambers in the Albuquerque Government Center, 1 Civic Plaza NW

VIRTUAL: GOV-TV or on the city's YouTube channel

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Scutty Ball 2024 ft. Father \$15-\$20 8-11 pm Launchpad 618 Central Ave SW

Silver Sky Blues Band 6-9 pm Canteen Brewhouse 2381 Aztec Road Northeast

Performance

Farolitos of Christmas \$19-\$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd. NE

The Red Velvet Cake War \$10-\$24 7:30-10 pm The Adobe Theater 9813 4th Street NW, 87114

FRIDAY, DECEMBER 13

Art Openings

Squeeze - New Artwords by Ella Eleven 6-8:30 pm Ancora Cafe and Bakery 148 Quincy St NE

Class / Workshop

Sesh&Tell: Taos Mountain Budz 3-6 pm Albuquerque, NM

Comedy

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

Your Rong: A Comedy Debate Show \$15 7:30-9 pm The Box Performance Space 114 Gold Ave SW

Dance

La Estrella: A Flamenco Story of the Kings' Quest \$35-\$65 7:30-9:30 pm Rodey Theatre 1 University of New Mexico

Miscellaneous

River of Lights \$8-\$19 5-10 pm ABQ BioPark Botanic Garden 2601 Central Ave NW

Music

AOR 7-10 pm The Tatted Bee Brewhouse 11500 Menaul Blvd NE

Albuquerque's Reggae Winter Ball \$10 8-11:30 pm Launchpad 618 Central Ave SW

DJ Clout 8-11 pm Tractor Brewing Nob Hill 118 Tulane SE

Friday the 13th Christmas Edition 8-11 pm Tractor Brewing Wells Park 1800 Fourth St. NW

Heaven & Nature Sing - A Holiday Concert \$20-\$60 7:30-10 pm Hiland Theater 4800 Central Ave SE

Izzy Vadim \$10 9-2 pm Effex NightClub 420 Central Avenue Southwest

Juggalo Night \$10 8-11 pm Ren's Den 900 Fourth St. SW

Nightbird - Old Town Flies Downtown \$30 6-9 pm Lapis Room 303 Romero St. NW S107

Patti LaBelle with Brian Culbertson and Leela James 6 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho

Pink Freud Presents The Dank Side of the Moon \$20 8-11 pm The Historic Lobo Theater - Lounge & Event Venue 3013 Central Ave NE

Music - Classical

Canadian Brass - Making Spirits Bright \$25-\$72 7:30-9:30 pm Popejoy Hall 203 Cornell Dr

Performance

Farolitos of Christmas \$19-\$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd. NE

The Red Velvet Cake War \$10-\$24 7:30-10 pm The Adobe Theater 9813 4th Street NW, 87114

SATURDAY, DECEMBER 14

Art Openings

Photo Fusion: A Night of Photography, Jazz & Creativity 4:30-7 pm Artisan ABQ 3017 Monte Vista Blvd. NE

Comedy

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

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The Dinner Detective Comedy Mystery Dinner Show \$56 6-9 pm Albuquerque Marriott 2101 Louisiana Blvd NE

Dance

Hops & Dreams: Winter Wonderland 7-9 pm Tractor Brewing Wells Park 1800 Fourth St. NW

La Estrella: A Flamenco Story of the Kings' Quest \$35-\$65 7:30-9:30 pm Rodey Theatre 1 University of New Mexico

Magnify Dance Ensemble: Christmas Joy \$34-\$40 2-4 pm National Hispanic Cultural Center 1701 4th Street Southwest

Magnify Dance Ensemble: Christmas Joy \$34-\$40 6:30-8:30 pm National Hispanic Cultural Center 1701 4th Street Southwest

The Nutcracker \$22-\$30 2-4 pm KiMo Theatre 423 Central Avenue NW

The Nutcracker \$22-\$30 7-9 pm KiMo Theatre 423 Central Avenue NW

Family/Kids

IPCC Family Story Time: Christmas 1-3 pm Indian Pueblo Cultural Center 2401 12th Street NW

Markets

Merry Holiday Market 11 am-3 pm El Vado 2500 Central Ave SW

Ponderosa December market 2-5 pm Ponderosa Brewing Company 1761 Bellamah Ave NW

Miscellaneous

River of Lights \$8-\$19 5-10 pm ABQ BioPark Botanic Garden 2601 Central Ave NW

Music

Cumbia Party with Super Verza \$15-\$45 8 pm-12:30 am JUNO brewery + cafe + art 1501 1st Street Northwest

Emo Nite: Holiday Edition \$15 9 pm-12 am Launchpad 618 Central Ave SW

Gilbert Uribe 7-10 pm Momo Lounge 2402 Central Ave.

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

Night Moves 7-9:30 pm Marble Brewery NE Heights 9904 Montgomery Blvd NE

REWIND: A Holiday Party 8 pm-1 am Red Door Brewing Company 509 Central Ave SW

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

Traveler in Pain 7-10 pm Voodoo Girl Pizza & Pints 1401 Second St. NW

Outdoors

Twinkle Light Parade 5:15-9 pm Nob Hill From Girard to Carlisle on Central Avenue

Performance

Farolitos of Christmas \$19-\$24 7:30-9:30 pm Vortex Theatre 2900 Carlisle Blvd. NE

The Red Velvet Cake War \$10-\$24 7:30-10 pm The Adobe Theater 9813 4th Street NW, 87114

Zircus Erotique Speakeasy ABQ \$15-\$20 7:30-9 pm UN17 419 Coal Ave. SW

SUNDAY, DECEMBER 15

Class / Workshop

Zen & Zooted Yoga \$10 11 am-12 pm Thrive Craft Cannabis Dispensary & Lounge 5926 2nd St NW

Comedy

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

EVENTS CONTINUED ON PAGE 10



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Last Minute Gift Guide

Cruise the web, make a pit stop at a local shop, or plan a night out with your favorite Burque baddie this holiday season



Buffett's Candies is located at 7001 Lomas Blvd. (Roberto E. Rosales / The Paper.)

By Michael Hodock, The Paper.

We all know how it feels to put off holiday shopping until the last second, and on cold days in December it's tempting to avoid the crowds by stuffing some cash in a grocery store-bought greeting card, but it's not too late to find thoughtful, hassle-free gifts you can snag in time for the big celebration. That special someone is sure to appreciate a gift card for a day at the spa, and gifts of wine and beer provide quick holiday cheer, but there are fun local spots to visit in-person this month to find awesome Burque-style swag that will make them think you planned your purchase for months.



Online Shopping

Buffet's Candies

Since 1956, Buffett's Candies (5410 Academy Rd. NE and 7001 Lomas Blvd. NE) has been feeding Albuquerque's sweet tooth with "old-fashioned, friendly service with a piece of chocolate to savor while you shop." Their website buffetscandies.com makes it easy to put together a custom chocolate and candy box or

traditional sweet stocking stuffers such as ribbon candy, caramel corn and old-school gumbdrop-style candy trees and snowmen. The store is more than just "Albuquerque famous." They ship their treats to all 50 states and have been featured on *Bizarre Foods: Delicious Destinations* with Andrew Zimmern.

Good Company NM

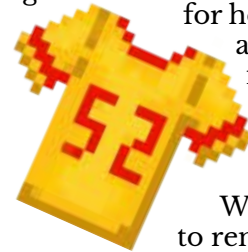
If your shopping list includes gifts for your beloved "Burger Vato" or "Namaste Gangsta," hit up **Good Company NM** (2117 Central Ave. NW) for clothing, stickers, patches, phone cases and jewelry with Albuquerque-inspired designs and logos. Cruise their online catalog at goodcompanynm.com for dope threads such as "Albucrazy" hoodies or "Burque Baddie" crop tops. Items in their in-store inventory ship the same day, and you can get custom screen printed or embroidered gifts shipped in about 10 days. Good Company NM is family owned and operated in the 505.

Spas

For the high-strung sweetheart or stressed out significant other in your life, gifting them a day of decompression at a local spa might be the perfect reward for surviving the hectic holiday season. **The Remedy Day Spa**

(113 Vassar Dr. SE) has the cure for what ails you. Their website, theremedydayspa.com, has a description of services such as 90-minute hot stone and CBD massages or vegan and cruelty-free purifying facials. Grab a gift certificate or go big and get them a membership for a month or year.

A pathway to stillness and peace begins at the base of the Sandia Mountains at **The Green Reed Spa** at **Sandia Resort and Casino** (30 Rainbow Rd. NE). Cold and



Albuquerque Dukes Store

Whether you're old enough to remember the minor league baseball team or not, the **Albuquerque Dukes Store**

hot plunge pools, dry saunas, steam rooms and a co-ed lounge are available for adults 18 and older. In addition to purchasing spa days, gift cards are good for retail items such as handmade, animal-free, edible skincare products packed with fruit pulp, veggies and herbs. Visit their website at sandiacasino.com/spa.

Renew and rejuvenate your loved one with a gift card to **Betty's Bath and Day Spa** (1835 Candelaria Rd. NW) in the Northeast Heights. Check their website bettysbath.com and browse all-natural body products and services such as hot tub sessions, pregnancy massages or private getaways for individuals, couples or groups. Their winter special is a Barbados cherry and snow mushroom facial and cranberry foot treatment which sounds like food, but we're pretty sure you shouldn't try to eat it.

Shopping Un-Plugged

Jubilation Wine & Spirits

Jubilation (3512 Lomas Blvd. NE) has a selection so big it's hard to catalogue everything online, so it looks like the perfect spot for an in-person trip. Their website jubilationwines.com has a list of daily specials and you can sign up to be a part of their Daily Wine Club. Two bottles of wine carefully chosen by the experts at Jubilation for 30 bucks (\$40 for holiday wines) sounds like an intoxicatingly good gift idea.



The Remedy Day Spa (Roberto E. Rosales / The Paper.)

(3500 Central Ave. SE) is the only place to buy official clothing displaying the logo that has become a symbol of the town's identity. Their website abqdukes.com will give you some history of the baseball team and get your gear shipped in five days, but for the best selection of Dukes and Lobos fitted hats, jerseys, t-shirts, hoodies and jackets, walk into their one and only location in Nob Hill. Don't get your loved one a bootleg — if you scored gear with a Dukes logo anywhere else, you didn't get the real thing.

The Breaking Bad Store

Roll through **The Breaking Bad Store** (2047 S. Plaza St. NW) and experience the charm of Albuquerque's most addictive television series by scoring some candy meth or a fridge magnet displaying Walter White's obituary. It's a crime not to check out the store in person, but if you'd rather get the goods delivered to your pad, you can shop on the store's website breakingbadstoreabq.com as well.

Coupon Book: One Free Night Out

As a kid with zero income, those cute little handmade books with coupons for "One Free Hug" or "Unload the Dishwasher" made adorable holiday gifts, but those of us who are officially grown-ups — whether we act like it or not — might need to fork out at a little bit of cash to plan an impressive night with that special someone. How about you impress them with a coupon for a night out at a concert or a movie with the most adorable gift-giver in town?

Movies

If watching nostalgic films such as *Elf* or *Heavy Metal* sounds like a cool winter date idea, do it at the historic **Lobo Theater** (3013 Central Ave. NE) Check their website loboabq.com for showtimes and events such as concerts, stand-up comedy or a pajama champagne brunch and a movie.

For fans of old cult classics and new independent masterpieces, your best bet to peep eclectic movies in an

intimate theater is **Guild Cinema** (3405 Central Ave. NE). Their website guildcinema.com has showtimes, special events and even streaming services for those who feel more comfortable watching their weird and wonderful selection from home.

Some online films have a rental fee, some are available for a flexible donation and others are completely free.

New Mexico Museum of Natural History and Science

When you see the big dinosaur sculptures outside of the **New Mexico Museum of Natural History and Science** (1801 Mountain Rd. SW) it may conjure up memories of tilting your neck to admire impressive dinosaur skeletons or avoiding the lava in the volcano attraction during school field trips, but there is much more to do at the museum these days. Check their website nmnaturalhistory.org for a schedule of special events and classic pastimes like tripping out on fractals, Friday nights at the planetarium.

Music

If you haven't been to **The Launchpad** (618 Central Ave. SW) yet, now might be the time to watch a live show at one of Albuquerque's most popular bars and small music venues.

They book a variety of musical acts and specialize in bringing all genres of rock n' roll to their intimate stage. (launchpadrocks.com)

Sister (407 Central Ave. SW) will have great live music this winter — such as Black Flag in January — but they've also got 37 beers on tap, tacos, burgers and pinball, packed into a slick-looking building that draws a slightly upscale crowd compared to other venues. Their website sisterthebar.com will give you their music calendar and a rotating list of pinball machines.

Located next to Top Golf right in the middle of Albuquerque, **Revel ABQ** (4720 Alexander Blvd. NE) has four bars, three local restaurants and a 3,000-person concert venue under one big roof. Their website revelabq.com has an events calendar with all their upcoming shows, as well as food and drink menus.



Albuquerque Dukes Store (Roberto E. Rosales / The Paper.)



Guild Cinema is located in the heart of Albuquerque's Nob Hill. (Roberto E. Rosales / The Paper.)



Sister Bar is located on Central Avenue between 4th and 5th streets. (Roberto E. Rosales / The Paper.)



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EVENTS CONTINUED FROM PAGE 7

Community

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

Dance

Mariachi Christmas \$25-\$70 3-5 pm Popejoy Hall 203 Cornell Dr

La Estrella: A Flamenco Story of the Kings' Quest \$35-\$65 2-4 pm Rodey Theatre 1 University of New Mexico

Magnify Dance Ensemble: Christmas Joy \$34-\$40 2-4 pm National Hispanic Cultural Center 1701 4th Street Southwest

The Nutcracker \$22-\$30 2-4 pm KiMo Theatre 423 Central Avenue NW

Gilbert Uribe 4-7 pm Dragon Horn Tavern 2906 Juan Tabo Blvd. NE Ste. A

Greet Death \$12 8-11 pm Launchpad 618 Central Ave SW

The Saltine Ramblers and Pawn Drive 4-7 pm Red Door Brewing Company 509 Central Ave SW

Performance

FUSION|708 Holiday Slow-Down with Lotus Sound Bath \$35 6 pm FUSION 700-708 First St. NW

Farolitos of Christmas \$19-\$24 2-4 pm Vortex Theatre 2900 Carlisle Blvd. NE

The Red Velvet Cake War \$10-\$24 7:30-10 pm The Adobe Theater 9813 4th Street NW, 87114

MONDAY, DECEMBER 16

Festival

FUN-ky Hanukkah Fiesta 1-4pm on Sunday, December 15th Nahalat Shalom 3606 Rio Grande Blvd NW

Miscellaneous

River of Lights \$8-\$19 5-10 pm ABQ BioPark Botanic Garden 2601 Central Ave NW

Music

A Very Jazzy Christmas with the Band of Enchantment \$0-\$25 3 pm Keller Hall Center for the Arts & Art Museum, 203 Cornell Dr.

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

Class / Workshop

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

Screen Printing with Diego Garcia (21+) 6-8 pm Warehouse 505 202 Central Ave SE

Dance

The Nutcracker \$22-\$30 10 am-12 pm KiMo Theatre 423 Central Avenue NW

Games

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

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11

"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



NM Sees Another Recall

Lawmakers look to create Compliance Bureau

(Roberto E. Rosales / The Paper.)

By Josh Lee, The Paper.

New Mexico cannabis regulators have ordered another product recall over the use of unapproved pesticides. Meanwhile, state lawmakers are looking to expand the Regulations and Licensing Department's (RLD) power of enforcement with a new bill that could make it easier for regulators to spot bad actors early.

It seems like every month, state regulators find another company that fails to follow the rules. According to a recent announcement from the state's Cannabis Control Division (CCD), regulation agents found prohibited pesticides in cannabis pre-rolls and roll-your-own products sold by JBS Technologies NM (Stash House) to various retailers between Jan. 1 and Nov. 25 of this year. Authorities are advising anyone who believes they may have bought a tainted product to destroy it or return it to the retailer for proper disposal.

The products were sold under the brands Drool and Stone Road and included two-gram blunts of Nightmare Cookies, Wedding Punch, Rainbow Dream and Blue Dream; and the 14-gram RYO Forbidden Star Fruit. They were sold at a large number of dispensaries in Albuquerque and across the state (the full list is available at the RLD website).

According to the CCD, lab tests revealed that these products were contaminated with the banned pesticide spinosyn. Although prohibited

by the state for use in growing marijuana, spinosyn is a nature-based insecticide with low mammalian toxicity — meaning it's considered mostly safe for humans when used in the recommended amounts.

Stash House was ordered to alert all of its customers about the recall and instruct them to destroy the tainted products as well as send the CCD an action report.

This is the third mandatory recall ordered by the CCD this year. In September, the division ordered a recall on flower from Maggie's Farm that tested positive for pyrethrins — another banned insecticide. And in March the CCD recalled a number of products sold at Got Greens for containing the prohibited pesticide malathion.

The CCD has been plagued with out-of-compliance operators since recreational dispensaries opened their doors in 2022. But over the last year, under the guidance of CCD Director Todd Stevens, the division has prioritized enforcing regulation compliance. It hired more compliance personnel and increased onsite inspections across the state.

"The Cannabis Control Division is committed to ensuring cannabis products in New Mexico are safe for consumers," Stevens tells *The Paper*. "Our team works through each recall closely and will continue to inform the public about products that contain potentially harmful contaminants including

unapproved pesticides that are unsuitable for consumption."

But state inspectors are currently limited in how they can respond to violations. They can report them to their superiors, leading to fees and other punishments, but they have no authority to seize or destroy products.

In October, the RLD requested that lawmakers provide more money to the department to hire 10 more inspectors and seven special agents with law enforcement authority to "hold unlicensed operators and criminal law violators accountable." It also called for the expansion of the department's powers to include the ability to embargo, seize and destroy illicit, adulterated or misbranded cannabis.

Now, lawmakers are looking to expand regulators' powers with a bill that's expected to be introduced in the legislature. The proposed bill would create a Compliance Bureau staffed with certified law enforcement compliance inspectors. These inspectors would be authorized by the state to seize illegal weed products.

The inspectors would be responsible for marking illegal products and explaining the alleged violations to the responsible licensees. Those licensees would be given 10 business days to request a hearing with the CCD to determine if the products are legal or not. If not, then the division would have the authority to destroy them. If a

licensee tries to destroy or move marked products, they will face being charged with a fourth degree felony.

Compliance inspectors would also be able to arrest unlicensed operators — a problem that is becoming more apparent as time passes. Illicit weed traffickers are taking advantage of legalization and the lack of regulative authority to sell cheap black market weed, placing consumers in danger of using unsafe products while undercutting state-licensed businesses and contributing to the failure of small businesses.

Earlier this year, *The Paper* visited an open-air drug market where a large number of illicit operators were brazenly selling low-priced black market cannabis in a setting similar to a farmers market, complete with vendors, a live DJ and souvenir stand. The venue was publicly named in September by KRQE investigative journalist Larry Barker, but it's unclear if there were any legal repercussions.

In an email to *The Paper*, state Senator-elect and former RLD Superintendent Linda Trujillo, says: "A dedicated law enforcement bureau within the Regulation and Licensing Department would provide resources to combat the illicit market, which is significantly harming licensees, and support licensing compliance to protect the public."

Stevens says the division approves of the proposed legislation.

"The CCD is supportive of legislation that would give us the ability to employ certified law enforcement officers to investigate and enforce criminal violations of the Cannabis Regulation Act including allowing the division to embargo, seize, or destroy illicit or adulterated cannabis products," says Stevens.

Stevens says the division needs more authority to deal with bad actors.

"The CCD currently only has administrative authority concerning the cannabis industry," says Stevens. "Adding the legal authority, along with trained, commissioned law enforcement staff who are able to investigate suspected criminal acts and enforce criminal laws, would provide the division with valuable tools to combat illicit operators engaging in commercial cannabis activity in New Mexico."

STATE OF NEW MEXICO
COUNTY OF BERNALILLO
SECOND JUDICIAL DISTRICT
COURT

No. D-202-PB-2024-00754

IN THE MATTER OF THE ESTATE OF
ANNIE JIMENEZ, DECEASED.

**NOTICE OF HEARING BY PUBLI-
CATION**

THE STATE OF NEW MEXICO:

TO: ALL UNKNOWN PERSONS
WHO HAVE OR CLAIM ANY IN-
TEREST IN THE ESTATE OF ANNIE
JIMENEZ, OR IN THE MATTER
BEING LITIGATED IN THE HEREIN-
AFTER MENTIONED HEARING.

Hearing on the Petition for Formal
Probate of Will and for Formal Ap-
pointment of Personal Representative
("Petition") filed by the Petitioner,
Steven Jimenez, will be held at the Sec-
ond Judicial District Court in Bernalillo
County, New Mexico, on the 22nd day
of January, 2025, at 10:15 a.m. before
the Honorable Denise Barela-Shepherd,
District Judge. You are hereby notified
that at the hearing the Court will con-
sider the request by the Petitioners that:
1. The Court formally probate the Dece-
dent's Last Will and Testament dated
April 5, 2012.
2. The Court formally appoint the Peti-
tioner as the Personal Representative of
the Estate; and,
3. A copy of the Petition is on file with
the Court in the above-captioned cause
and is available for your review.
Pursuant to NMSA 1978 § 45-1-401,
notice of the time and place of hearing
on the Petition is hereby given to you by
publication, once each week, for three
consecutive weeks.

DATED: November 19, 2024
Respectfully submitted by:

HURLEY TOEVS STYLES HAMBLIN &
PANTER, P.A.

By: Electronically signed /s/ Thomas
H. Toevs
THOMAS H. TOEVS
4155 Montgomery Blvd NE
Albuquerque, NM 87109
(505) 888-1188
Attorneys for Petitioners

STATE OF NEW MEXICO
COUNTY OF BERNALILLO
SECOND JUDICIAL DISITRICT
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 no-
tice, whichever is later, or the claims
will be forever barred. Claims must
be presented either to: 1) the under-
signed personal representative at his
attorney's address as listed below; or
2) filed with the Second Judicial Dis-
trict 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 Representa-
tive*
PO Box 31670
Albuquerque, NM 87109
(505) 888-1188

STATE OF NEW MEXICO
COUNTY OF BERNALILLO
SECOND JUDICIAL DISTRICT
COURT

No. D-202-PB-2024-00875

IN THE MATTER OF THE ESTATE
OF
DAVID W. CREMER, Deceased.

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that
John C. Cremer 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 no-
tice, whichever is later, or the claims
will be forever barred. Claims must
be presented either to: 1) the under-
signed personal representative at his
attorney's address as listed below; or
2) filed with the Second Judicial Dis-
trict Court at the following address:
400 Lomas Blvd NW, Albuquerque,
New Mexico 87102.
DATED: December 4, 2024

Respectfully submitted,

HURLEY TOEVS STYLES HAMBLIN
& PANTER PA

By Signed /s/ Mandeep S. Tal-
war
Mandeep S. Talwar, Esq.
*Attorneys for Personal Representa-
tive*
PO Box 31670
Albuquerque, NM 87109
(505) 888-1188

STATE OF NEW MEXICO
COUNTY OF SANDOVAL
THIRTEENTH JUDICIAL DISTRICT
COURT

No. D-1329-PB-2024-00202

IN THE MATTER OF THE ESTATE
OF
DAVID ALAN COTTER, Deceased.

NOTICE TO CREDITORS
NOTICE IS HEREBY GIVEN that
STEPHEN C. BROWN 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 pub-
lication of this notice or within sixty
(60) days after mailing or other deliv-
ery of this notice, whichever is later,
or the claims will be forever barred.
Claims must be presented either to: 1)
the undersigned personal representa-
tive at his attorney's address as listed
below; or 2) filed with the Thirteenth
Judicial District Court at the following
address: 1500 Idalia Rd, Bernalillo,
NM 87004.
DATED: NOVEMBER 20, 2024

Respectfully submitted,

HURLEY TOEVS STYLES HAMBLIN
&
PANTER PA

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

Abandoned storage units at ABQSelf-
Storage, 9501 Lomas NE ABQ NM
87112 for Michael Cook 1001 Marron
Circle NE ABQ NM 87112. Consists of
clothing, furniture, bedding, tools.

STATE OF NEW MEXICO
COUNTY OF BERNALILLO
SECOND JUDICIAL DISITRICT
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 no-
tice, whichever is later, or the claims

will be forever barred. Claims must
be presented either to: 1) the under-
signed personal representative at his
attorney's address as listed below; or
2) filed with the Second Judicial Dis-
trict 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 Representa-
tive*
PO Box 31670
Albuquerque, NM 87109
(505) 888-1188

STATE OF NEW MEXICO
COUNTY OF BERNALILLO SEC-
OND JUDICIAL DISTRICT COURT

D-202-DM-2024-02039

IN THE MATTER OF THE KINSHIP
GUARDIANSHIP
OF L.C., minor child.

AND CONCERNING

Randel and Nancy Casaus, Petition-
ers and
Angelica Salcido Casaus and Eric
Chavez, Respondents.

NOTICE OF PENDENCY OF AC-
TION

STATE OF NEW MEXICO to the
above-named Respondent Angelica
Salcido Casaus, GREETINGS:

You are hereby notified that the
above-named Petitioner has filed a
Petition for Kinship Guardianship of
Lucille Chavez, born November 2021,
in Bernalillo County, New Mexico,
to Angelica Salcido Casaus and Eric
Chavez.

You are further notified that unless
you file a written response to the
Petition by no later than thirty days
from this publication with the Court
Clerk, Second Judicial District Court,
Bernalillo County, New Mexico, with
a copy to the Petitioner's attorney, or
appear at the hearing on February 10,
2025, the Court may enter a default
judgment in your absence.

Petitioner's attorney:
/s/ Julia M. Valencia
Julia M. Valencia
Pegasus Legal Services for Children
505 Marquette Ave NW Suite 1350
Albuquerque, NM 87102
505-244-1101

FREE WILL ASTROLOGY

Week of December 11

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ARIES (March 21-April 19): If you were walking down the street and spied a coin lying on the sidewalk, would you bend down to pick it up? If you're like most people, you wouldn't. It's too much trouble to exert yourself for an object of such little value. But I advise you to adopt a different attitude during the coming weeks. Just for now, that stray coin might be something like an Umayyad gold dinar minted in the year 723 and worth over \$7 million. Please also apply this counsel metaphorically, Aries. In other words, be alert for things of unexpected worth that would require you to expand your expectations or stretch your capacities.

TAURUS (April 20-May 20): The Taurus writer Randall Jarrell compared poets to people who regularly stand in a meadow during a thunderstorm. If they are struck by the lightning of inspiration five or six times in the course of their careers, they are good poets. If they are hit a dozen times, they are great poets. A similar principle applies in many fields of endeavor. To be excellent at what you do, you must regularly go to where the energy is most electric. You've also got to keep working diligently on your skills so that when inspiration comes calling, you have a highly developed ability to capture it in a useful form. I'm bringing this up now, Taurus, because I suspect the coming weeks will bring you a slew of lightning bolts.

GEMINI (May 21-June 20): My upcoming novels epitomize the literary genre known as magical realism. In many ways, the stories exhibit reverence for the details of our gritty destinies in the material world. But they are also replete with wondrous events like talking animals, helpful spirits, and nightly dreams that provide radical healing. The characters are both practical and dreamy, earthy and wildly imaginative, well-grounded and alert for miracles. In accordance with your astrological potentials, I invite you to be like those characters in the coming months. You are primed to be both robustly pragmatic and primed for fairy-tale-style adventures.

CANCER (June 21-July 22): In December 1903, the Wright Brothers flew a motorized vehicle through the sky for the first time in human history. It was a very modest achievement, really. On the first try, Orville Wright was in the air for just 12 seconds and traveled 120 feet. On the fourth attempt that day, Wilbur was aloft for 59 seconds and 852 feet. I believe you're at a comparable stage in the evolution of your own innovation. Don't minimize your incipient accomplishment. Keep the faith. It may take a while, but your efforts will ultimately lead to a meaningful advancement. (PS: Nine months later, the Wrights flew their vehicle for over five minutes and traveled 2.75 miles.)

LEO (July 23-Aug. 22): During the rest of 2024, life's generosity will stream your way more than usual. You will be on the receiving end of extra magnanimity from people, too. Even the spiritual realms might have extra goodies to bestow on you. How should you respond? My suggestion is to share the inflowing wealth with cheerful creativity. Boost your own generosity and magnanimity. Just assume that the more you give, the more you will get and the more you will have. (PS: Do you know that Emily Dickinson poem with the line "Why Floods be served to us — in Bowls"? I suggest you obtain some big bowls.)

VIRGO (Aug. 23-Sept. 22): The term "cognitive dissonance" refers to the agitation we feel while trying to hold conflicting ideas or values in our minds. For example, let's say you love the music of a particular singer-songwriter, but they have opinions that offend you or they engage in behavior that repels you. Or maybe you share many positions with a certain political candidate, but they also have a few policies you dislike. Cognitive dissonance doesn't have to be a bad or debilitating thing. In fact, the ability to harbor conflicting ideas with poise and

equanimity is a sign of high intelligence. I suspect this will be one of your superpowers in the coming weeks.

LIBRA (Sept. 23-Oct. 22): "Amazing Grace" is a popular hymn recorded by many pop stars, including Aretha Franklin, Elvis Presley, and Willie Nelson. Created in 1773, it tells the story of a person who concludes that he has lived an awful life and now wants to repent for his sins and be a better human. The composer, John Newton, was a slave trader who had a religious epiphany during a storm that threatened to sink his ship in the Atlantic Ocean. God told him to reform his evil ways, and he did. I presume that none of you reading this horoscope has ever been as horrible a person as Newton. And yet you and I, like most people, are in regular need of conversion experiences that awaken us to higher truths and more expansive perspectives. I predict you will have at least three of those transformative illuminations in the coming months. One is available now, if you want it.

SCORPIO (Oct. 23-Nov. 21): "Thinking outside the box" is an American idiom. It means escaping habitual parameters and traditional formulas so as to imagine fresh perspectives and novel approaches. While it's an excellent practice, there is also a good alternative. We can sometimes accomplish marvels by staying inside the box and reshaping it from the inside. Another way to imagine this is to work within the system to transform the system—to accept some of the standard perspectives but play and experiment with others. For example, in my horoscope column, I partially adhere to the customs of the well-established genre, but also take radical liberties with it. I recommend this approach for you in 2025.

SAGITTARIUS (Nov. 22-Dec. 21): I don't recommend burning wood to heat your home. Such fires generate noxious emissions harmful to human health. But hypothetically speaking, if you had no other way to get warm, I prefer burning ash and beech wood rather than, say, pine and cedar. The former two trees yield far more heat than the latter two, so you need less of them. Let's apply this principle as we meditate on your quest for new metaphorical fuel, Sagittarius. In the coming months, you will be wise to search for resources that provide you with the most efficient and potent energy.

CAPRICORN (Dec. 22-Jan. 19): The world's longest tunnel is over 35 miles long. It's the Gotthard Base Tunnel in the Swiss Alps. I'm guessing the metaphorical tunnel you've been crawling your way through lately, Capricorn, may feel that extensive. But it's really not. And here's even better news: Your plodding travels will be finished sooner than you imagine. I expect that the light at the end of the tunnel will be visible any day now. Now here's the best news: Your slow journey through the semi-darkness will ultimately yield rich benefits no later than your birthday.

AQUARIUS (Jan. 20-Feb. 18): Would you like to avoid wilting and fading away in January, Aquarius? If so, I recommend that during the coming weeks, you give your best and brightest gifts and express your wildest and most beautiful truths. In the new year, you will need some downtime to recharge and revitalize. But it will be a pleasantly relaxing interlude—not a wan, withered detour—if in the immediate future you unleash your unique genius in its full splendor.

PISCES (Feb. 19-March 20): My treasured Piscean advisor, Letisha, believes it's a shame so many of us try to motivate ourselves through abusive self-criticism. Are you guilty of that sin? I have done it myself on many occasions. Sadly, it rarely works as a motivational ploy. More often, it demoralizes and deflates. The good news, Pisces, is that you now have extra power and savvy to diminish your reliance on this ineffectual tactic. To launch the transformation, I hope you will engage in a focused campaign of inspiring yourself through self-praise and self-love.

The Weekly Crossword

by Margie E. Burke

ACROSS

1 Oz baddie

6 Players

10 Window part

14 Gem State

15 Voice below soprano

16 Hodgepodge

17 Temporary suspension

19 Furrow former

20 Sit down heavily

21 Numerical suffix

22 Pickling liquid

23 Hidden energy

26 Jefferson's successor

29 Miss who gives advice

32 Jerry Maguire, e.g.

33 Culinary herb

34 Hobbyist's buy

35 Peach Bowl city

38 Gardner of "The Killers"

39 November event

41 Kind of joint

43 Crowded together

44 Renowned

46 Valet

48 Enliven, with "up"

50 Spots

51 "Born Free" lioness

55 Crash, with "out"

56 Deafening

58 On the safe side

59 Candy film, "Wagons ____"

60 Social call

61 CBS series, "So Help Me ____"

62 Ocho minus cinco

63 Sufficient

DOWN

1 Unlikely hero

2 Teen ____

3 Tropical root

4 Little Tramp por-trayer Charlie

5 Radioactive

6 Sway on a curve

7 Out of this world

8 Actor's stand-in

9 Barnyard male

10 TV mobster

11 Unable to read

12 MGM mascot

13 "Oxford Blues" star, 1984

18 One of the Ringling Bros.

22 Franklin, for one

24 Radioactive element 85

25 "B.C." creator Johnny

26 Earns

27 Fleet-footed

28 Intent on

30 Crow's kin

31 Like some bombs

33 "Holy smokes!"

36 Gets even with

37 Guiding light

40 "Mad" magazine knockoff

42 Timely gap

44 Calendar entries

45 It's rigged

47 Actress Witherspoon

48 "Shoo!"

49 Equestrian sport

52 Speech impediment

53 Breeze (through)

54 Pot starter

56 Salon offering

57 Eggs in a lab

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Solution to Crossword:






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CANNABIS DISPENSARY

 **EVEREST**
CANNABIS CO.

Join now for instant rewards!

*Instant rewards may take up to 48 hours to be added to digital wallet

100
points

\$5 credit

250
points

\$10 credit + Little J
(select or premier)

500
points

\$50 credit + Big J
(select or premier)

750
points

\$75 credit + 100mg Elemental Edible

1000
points

\$100 credit + 3.5g Flower Pack
or 0.5g NuClear Cartridge

1500
points

\$150 credit + Purplebee's 1g Cartridge
+ 100mg elemental edible + Shirt + Hat + Grinder



Please consume responsibly.

For use only by adults 21 and older. Keep out of reach of children. This product is not approved by the FDA to treat, cure, or prevent any disease. The FDA has not evaluated this product for safety, effectiveness, and quality. Do not drive a motor vehicle or operate machinery while under the influence of cannabis. There may be long-term health effects from the consumption of cannabis, including the additional risks for women who are or may become pregnant or are breastfeeding.