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FEBRUARY 15, 2024

Pair of Disabled Dogs Rescued in Sandoval County

Bambi and Thumper are in need of surgeries and special transportation lifts

By Michael Hodock, Sandoval Signpost

Sandoval County Animal Services has had their hands full this winter. They recently rescued a pair of shepherd-mixes wandering the streets of Rio Rancho earlier this month. Staff name the pair Bambi and Thumper. Rescuers believe the male and female pair are 1-2 years old and are in good health besides leg deformities that make mobility quite difficult, and in addition to both dogs needing surgeries, they also require special lifts to help them get around, and the apparatus can be costly.

Animal Services transferred the dogs to Cross My Paws, a nonprofit animal rescue in Albuquerque. Lani Nash, Executive Director and President of Cross my Paws told the *Signpost* exactly what Bambi and Thumper will need to live normal, happy and healthy lives. "The deformities are actually normal bone growth. It's almost as if somebody kept them in a really small crate and they ended up just having to grow that way. [Their arms] grew kind of curled in toward their chest... They do not like small spaces now either. They don't like to be put in a crate," she said.

— See RESCUED on page 3

Town Council Tackles Commercial Growth



(Photo Courtesy Keep Moving 550)

By Sara Atencio-Gonzales, Sandoval Signpost

The Bernalillo Town Council tackled several big zoning issues at the Feb. 12 regular meeting, all trying to contend with the continued commercial growth in the town.

The first order of business was the discussion of Ordinance 346. This is an ordinance amending the Official Zoning Map From S-U (Special Use for Shopping Center) to C-1 (Commercial) for Two Tracts Located at 120 Spartan Alley, which is just over 4 acres of land. The property is near the Denny's and Hwy 550.

The hope for the use of the land would be for a hotel, restaurants and some retail spaces.

The Planning and Zoning Commission held a public hearing on Jan. 2 and voted to recommend approval of the request to the Town Council. This zoning

request was made to further some of the Comprehensive Plan goals the Council laid last year to accommodate economic development.

The requested zoning would also include creating on the Bernalillo Transit plan which allows for residential and commercial zoning issues and public transportation.

The council will get 30 days to take action on the zoning changes.

Then the Council listened to three more pieces of business all having to do with different kinds of funding. All had to do with the Budget Adjustments with different funds including for the general fund, special revenue fund, and enterprise fund.

Budget Windfall

There were higher than anticipated gross receipts taxes collected since July 1, giving the town more money

to use for the general fund for operational expenses like payroll. The additional revenue amounts were adjusted about 10%. It would also allow the finance department to increase spending by \$123,000. About \$83,00 would be used to cover payroll expenses in the town and \$40,000 to cover GRT Admin Fee expenses.

The council voted for the special fund increase to pay for fire department overtime of about \$5,000.

The council and mayor received a surprise announcement at the end of the meeting, where State Auditor Joe Maestas acknowledged small, medium and large communities for best financial audit and most improved audit. Bernalillo received recognition for "most improved" financial audit for large communities with a budget of \$10 million or more gross receipts tax.

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FEBRUARY 3 – MARCH 14, 2024

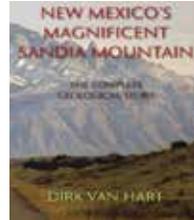
Reception is Friday, February 16, 5 to 7 PM.

Soul food reception provided by the artists along with traditional African music.

ADULT PROGRAMS, 2 PM GRACIE LEE ROOM

Feb 10 — "The Art of Staying Alive" with Shannon Farrell, a Captain in the Sandoval County Fire Department. She is a paramedic and also manages the Public Health and Safety program.

Feb 24 — "Our Magnificent Sandias" with Dirk Van Hart — retired petroleum geologist and noted local author, will discuss and sign copies of his new book, "New Mexico's Magnificent Sandia Mountain, The Complete Geological Story."



PCL Volunteer Coffee & Connect 9:00 AM Saturday, February 10 at the library.



Gather to learn more about volunteering at the library. 2nd Saturdays at 9:00 every even month.

Meet our volunteers, enjoy coffee and snacks, and learn about all the different ways YOU could be part of the library.

Kids Activities

Sunday, February 4 at 1:00 PM - A continuation of the Kids' Create to the Music Program. Children will create artwork while listening to guitar music. Art will be displayed in the Collin Meeting Room at the Placitas Library. This program is for children 3-10 years old and their family members.

Sunday, February 11 at 1:00 PM - Kids' Valentine Party for ages infant - 10 and members of their families.



Tuesday, February 13 at 10:00 AM - Pre-K Story Time for children ages infant - 5

Library Hours:

Sunday 1 – 4pm / Tuesday 10 am – 7pm Wednesday, Thursday and Saturday 10 am – 5 pm

453 Hwy 165, Placitas 87043 (505) 867-3355 placitaslibrary.com

Municipal Election

MARCH 5 2024

Offices up for election:

- Councilor 4-year term
- Councilor 4-year term
- Municipal Judge 4-year term

- Absentee & Early (in-person) will begin on February 6th, from 10:00am - 6:00pm Monday to Friday.
- Early Voting ends on one Saturday, March 2nd from 10:00am to 6:00pm.

For more information contact the Town Clerk's Office at 505-771-7128 or email ifierro@tobnm.gov



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— RESCUED from page 1



Bambi and Thumper were rescued in Rio Rancho. (Photo courtesy Cross My Paws)

The dogs are being housed in larger cage enclosures called X Pens (short for exercise pens) and will likely need to be adopted by someone with a lot of space for the dogs to roam. Nash has no doubt that the dogs' legs will be fixed as well as they can be, but the animal rescue pays for the surgeries itself, and with donations from other dog-lovers, they will be able to get Bambi and Thumper the best medical care possible.

Cross My Paws doesn't make the assumption that just because the dogs were wandering outside means they were abandoned, but it was clear to rescuers that no one was looking for these dogs when they found them. According to Nash there is a big dog-dumping issue in New Mexico, and she believes the problem may stem from a distrust of Animal Control by New Mexicans because animals may be euthanized. Nash believes that "AP" or "Animal Protection" would be a better name for the public service.

When talking about the work she and the volunteers and staff do at the nonprofit, she encourages people to imagine briefly that they were a homeless animal, and asks the question, "Do you want to freeze to death at night and have to fight for food, or do you want to be in a kennel

where you're warm and safe with a bed and food and water, and at least taken care of until either you get a home or unfortunately, maybe you do have to be euthanized? They're doing less and less of that these days, they're reaching out to rescues, they're reaching out to other states, they're transporting to different places. The shelters are doing way better than we give them credit for."

You can donate to Bambi and Thumper's cause (or to the many other animals who need help) online. Nash said that if you include a note if you are donating specifically to Bambi and Thumper it will help so that they can track exactly how many donations have come in for their multiple surgeries. The entire healing process will likely take a long time. The dogs also have an Amazon wishlist and Chewy wishlist available on the website at crossmypaws.org/donate.

If you'd like to give Bambi and Thumper a new home, you can contact Cross My Paws at 615-477-6217 or apply online at Adopt — Cross My Paws. There are bunches of other pups available for adoption and the website has pictures and profiles of dogs who need a warm home.

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BCSO Deputy Arrested on Domestic Violence and DWI Charges in Rio Rancho

By Bethany Raja, City Desk ABQ

After getting into a fight with his girlfriend, Bernalillo County Sheriff's Deputy Daniel Vasquez-Moreno was arrested early this morning and charged with one count of aggravated battery of a household member and driving while intoxicated.

According to BCSO spokeswoman Jayme Fuller Gonzales, Vasquez-Moreno has been placed on administrative leave following the incident. She said he is a 2019 graduate of BCSO's academy and is assigned to the Field Services Division on the graveyard shift.

At just after 6 a.m. this morning, a Rio Rancho police officer arrived at a home in the 2200 block of Margarita Dr. SE and found Vasquez-Moreno sitting in his white Toyota Tacoma pickup truck.

When the officer turned on his emergency lights, he reported that Vasquez-Moreno pulled out of the driveway, looked him straight in the eyes and fled from the scene.

The officer said he drove around to look for Vasquez-Moreno and saw him take a left on Golf Course Road SE. He said the vehicle was weaving in and out of traffic at 70 miles per hour and had its hazard lights on.

Eventually, the vehicle stopped and the officer was able to chat with Vasquez-Moreno, who allegedly told him the reason he left was because he didn't want things to get worse with his girlfriend and that they'd gotten into a verbal altercation.

A witness told police that Vasquez-Moreno got into an argument with his girlfriend because she didn't want him to go into the kitchen. She used her arms to block the kitchen entryway, but Vasquez-Moreno allegedly grabbed her and pushed her out of the way.

A field sobriety test was given to Vasquez-Moreno, who allegedly told the officer that he had been drinking for hours before driving.

Fuller Gonzales said the criminal investigation will be completed before an administrative investigation can begin.

Other law enforcement arrests

Vasquez-Moreno is the third BCSO deputy to be arrested since the beginning of the year.

In a statement Monday, Sheriff John Allen said he was profoundly disappointed and frustrated by the incidents.

"As Sheriff, I am committed to ensuring accountability and maintaining the integrity of the Bernalillo County Sheriff's Office," Allen said. "These incidents, although deeply troubling, do not reflect the dedication of the majority of our deputies who serve our community with honor. We are taking immediate steps to address these issues and prevent future occurrences. Our focus remains on serving the public with the professionalism and respect they deserve."

In January, BCSO deputy Adrienne Seay was stopped at a DWI checkpoint. According to a criminal complaint, Seay smelled of alcohol and didn't make eye contact and admitted to police she had been drinking. After her arrest, Seay was placed on administrative leave.

Then on Jan. 30, Criminal Investigations Unit Detective Michael Borreco, 34, was arrested after police say he pointed a loaded gun at two people. He was drunk at the time of the incident and allegedly told the two over his BCSO loudspeaker to leave or "he'd take their fucking souls."

But it isn't just BCSO deputies who are being arrested.

On Feb. 4, an Albuquerque Police Department officer was arrested after his girlfriend called 911, stating that he'd been physical with her.

According to a criminal complaint, Officer Isaiah Ortiz y Pino and his girlfriend were fighting when he grabbed her by her hair and threw her on a bed. He allegedly told her not to call the police because he is a police officer and she'd get in trouble.

Ortiz y Pino was charged with one misdemeanor count of battery on a household member and placed on administrative leave.

Sandoval County Deputy Tased During Arrest



(sandoval county sheriff dept)

By Michael Hodock, Sandoval Signpost

Sandoval County Sheriff's Officers were dispatched to a residence on the 600 block of Fountain Ct. in Rio Rancho February 9 to serve a domestic violence order of protection for the removal of Fabricio Portillo from the home. The encounter resulted in Sgt. Luke Osborn being accidentally tased by his own stun gun.

According to a police report, "Dispatch had advised [deputy William Washington] that there was a flag on the house for violent tendencies" so SCSO Sergeant Luke Osborn and Deputy Rodriguez were sent as backup to assist Washington with the removal. After several attempts by officers to get Portillo to open the door of the residence voluntarily, Sgt. Osborne broke the door chain and escorted Portillo from the house and into the front yard where a struggle ensued. After fighting with all three officers, and ignoring Sergeant Osborn's warnings that he would be tased, Portillo was stunned once by Osborne, but he was only briefly incapacitated.

Washington said in his report that he saw Portillo "moving his hands toward his wrist line as if he was going to reach for a weapon." He also states in the report that at one point he heard Deputy Rodriguez shout, "He has my weapon."

It was then, according to Deputy Washington, that "Sergeant Osborn stunned Fabricio in the stomach but Fabricio grabbed the taser resulting in Sergeant Osborn being tased inadvertently in the left hand."

The report says Portillo continued to resist officers despite being tased at least three times during the altercation. It was only when Sergeant Osborn brought a canine unit from his vehicle that Portillo complied.

Portillo was eventually served with the protection order and received medical assistance from Rio Rancho Fire Department. After getting a medical clearance he was booked at Sandoval County Detention Center and charged with battery upon a peace officer, two counts of disarming a peace officer and two counts of resisting arrest.

Despite Odds, Owner of Olive Tree Pharmacy Opens New Rio Rancho Location

“I invested everything I had. I was so determined.”

By Glen Rosales, Sandoval Signpost

In just seven short years, Ndidiamaka Okpareke has gone from having \$80 in her account when she started Olive Tree Compounding Pharmacy in Rio Rancho to opening her own, 6,000-square-foot building.

The new site on Wellspring Avenue near Unser Boulevard is set to open at the end of March, Okpareke said, just down the street from the original location. Not only will it contain the company’s pharmacy, as well its compounding lab area, but it also will house the off-shoot OliveTree. Skin, a skin-care line that Okpareke designed and markets primarily to international customers.

The remaining space will be used for lessees, she said.

“Olive Tree Compounding is a one-stop shop and center for optimizing health,” Okpareke said. “The focus here is to care for you, provide the best clinical service, the best pharmaceuticals possible. The goal is to optimize health for you and your pet friends.”

That’s right, there are even specialty compounds for better pet health.

A compounding pharmacy differs from traditional pharmacies by matching medications designed specifically for each person.

This is done by “maximizing therapeutic success with creative and individualized compound medications,” according to the company’s website. “Our knowledgeable pharmacy team is continually applying the newest compounding technology to ensure our patients are getting the most advanced pharmaceutical care possible. Every ailment is unique, that’s why we tailor prescriptions to meet the needs of every patient.”

This eliminates elements that might not be in tune with a person’s specific body chemistry, Okpareke said. This allows the medication to work more efficiently and effectively.

“It really does start with the client being sensitive and in tune with who



New Rio Rancho location of Olive Tree Compounding (Courtesy Olive Tree Compounding)

they are and how they’re feeling,” she said. “If you take medication and it gives you issues. Or you break out in hives, there’s something in there that your body is allergic to or not responding well to. We do allergy testing, GI mapping, look at genetic makeup so we have an inclination of what the body can handle and what it cannot handle.”

Among some of the specialty compounds Olive Tree provides are women’s and men’s hormone replacement therapy, pain treatments, sports medicine treatment, pediatric and neonatal innovations, dental formulations, dermatology formulations and hospice treatments.

Okpareke said she chose Rio Rancho because there were no other options in Albuquerque and local officials worked closely with her as she was beginning the journey.

“Honestly, opportunity met at the right time with the drive and perseverance to succeed and do business,”

she said. “Rio Rancho presented a really good opportunity and there was nothing like that over here. All of the clients in the state of New Mexico had to use Highland Pharmacy or Menaul Pharmacy. These pharmacies couldn’t meet all the demand for customized medication. And when I was opening in Rio Rancho, I got a lot of support from the city economic development department, Mayor (Gregg) Hull, the City Council,”

Okpareke got her pharmaceutical degree in 2008 from the University of New Mexico and worked through many different sides of the business, but found it unrewarding.

“Then I just decided I really enjoy business, but not so much pharmacy, which is interesting,” she said. “But I didn’t want to throw away my entire career and I thought the best way to

merge business and pharmacy was to go into entrepreneurship.”

She began planning in 2016 and opened up in February 2017.

And by 2019, after meeting with her mentor, Dar Johnson of SCORE, he advised me to begin looking to build.

While Covid delayed plans a little bit, Okpareke still made progress toward that next step and now she is looking forward to moving into a new, state-of-the-art site.

“I invested everything I had. I was so determined. To walk this journey these years, it’s like a miracle. But then, it’s also, I know every single bit of grit, every single bit of tenacity, every single ounce of dedication and every single night of sleeplessness that it took to get here. I’m a walking testimony for a lot of people who look like me and a lot of people who have dreams and a desire to achieve their greatest opportunities.”



Ndidiamaka Okpareke

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Las Placitas Association February Report

Las Placitas Association report is a monthly report from the nonprofit organization in Placitas that works to protect open space, restore riparian watersheds, and promote recreational, educational and rural activities.



Three energy transmission lines in the Bureau of Land Management Buffalo Tract march westward toward the Rio Grande valley. (Bill Diven/Sandoval Signpost)

50 Years of Service: 2023 was a productive year for LPA and we are looking forward to 2024 with a long list of activities and priorities, not the least of which is a 50th Anniversary party. Details will follow, but you can save the date – 6 pm, Tuesday, April 17 at La Estrella Event Center.

Safe Hike and Bike 165 Project: The dream of a bike and walking trail along Highway 165 began with looking to NMDOT to widen the shoulder along 165 and soon morphed into the prospect of an adjacent off-highway trail that would eventually connect to the greater Sandoval County trails system and the Rail Runner station in Bernalillo. The Sandoval County Sheriff's Department has taken the lead on this, securing funding for a feasibility study and now looking for recreation grant money to continue this project. Two of LPA's board members are working on this in coordination with Sandoval County.

Rio Grande Trails: LPA board members are also involved in meeting with and reviewing recommendations from the Rio Grande Trail project being led by the New Mexico Outdoor Recreation Division for a trail system generally running along the Rio Grande from Mexico to the Colorado border. This might include a Regional Trail Loop around Sandia Mountain and we are looking to ensure this would complement rather than conflict with our desire for a neighborhood trail through Placitas and our desire to protect the Crest of Montezuma as a wildlife corridor.

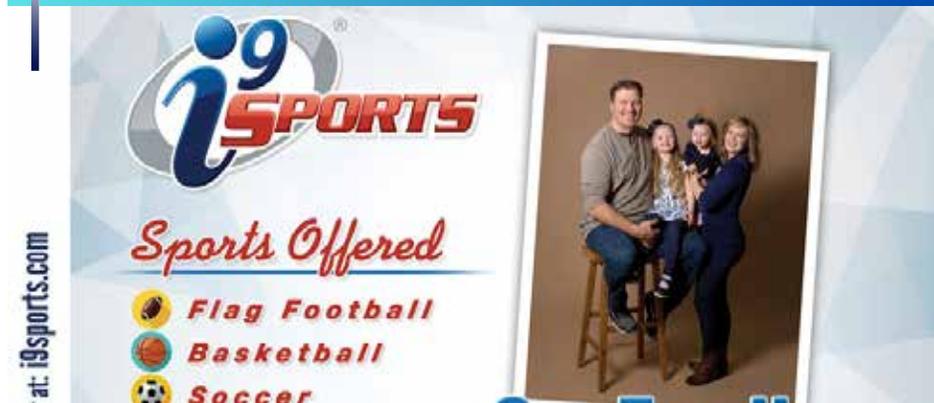
Placitas Withdrawal: Although we must wait for reports from the BLM on the results of the comment period, all indications are that years of hard work by LPA and ES-CA will

result in a victory for Placitans and a ban on mining activity on federal lands adjacent to Placitas.

Chaco - A Sacred Place: As part of our 2023 outdoor activities, LPA sponsored a photography field trip to Chaco Canyon. It provided the motivation for an art exhibit at the Placitas Community Library in July 2024, open to artists in any medium for work inspired by Chaco Canyon and its outliers. The call for artists will be published in early May, but you can begin work on your submissions now!

KUPR: 2024 is shaping up to be a year of equipment maintenance and replacement. They have a reserve for this purpose, but should the nine-year old transmitter go out, the expense will exceed reserves. An on-line auction will launch mid-February, followed by a St. Patrick's Day celebration at Placitas Winery's season opening March 17. Some exciting music fundraisers are lining up for the summer ... stay tuned and help KUPR stay on the air.

Annual Board Elections: A small number of people work on a vast array of projects that further our goal of protecting open spaces, wildlife corridors, watersheds and quality of life in Placitas. We need you on our all-volunteer team – you can make a difference by renewing your membership or becoming a board member. Go to lasplacitas.org or contact us at theboard@lasplacitas.org.



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Community Briefs

By Sandoval Signpost Staff

RRPD Citizens' Police Academy Registration Now Open

Registration for the next Citizens' Police Academy is now open! The Citizens' Police Academy is designed to give our citizens an in-depth look into the Rio Rancho Police Department, showing all how RRPD proudly serves the community. Students will receive classroom instruction from multiple police department divisions including presentations and demonstrations from K-9, SWAT, and more. Upon completion of the course, students are given the opportunity to complete a four-hour ride-along with an RRPD officer, which brings all of the topics discussed to real life. To apply please go to rrnm.gov/4113/citizens-police.

Bernalillo Fire Department Fire Hydrant Testing/Inspection

From Feb. 26 through Mar. 16 the Town of Bernalillo will be having fire hydrant testings and inspections. The Bernalillo Fire Departments checks fire hydrants once a year to inspect

for proper operation, leaks, and other possible maintenance concerns. If you notice discolored water at the tap during the fire hydrant testing, just let a cold- water tap run for a few minutes and it should clear. If you have discolored water for more than an hour, call the Town of Bernalillo Water Department at 505-771-7107. The Bernalillo Fire Department cannot provide the exact day of the week that Waterway of New Mexico will be testing in a specific neighborhood.

Jackie McGehee Artists Series/ Rafael and Gabriel Ingliss, Piano and Violin Recital

The Music Guild of New Mexico presents 2023's first-place winners of the prestigious Jackie McGehee Young Artists Competition, our state's premiere music competition adjudicated by a panel of internationally recognized musicians. Rafael and Gabriel Ingliss will be performing multiple works from composers such as Beethoven and Debussy. Come and experience some of the world's most beautiful music! The event is free, but registration is required as seating is limited.



Placitas Community Library (wikimedia commons)

La Parranda Club de Espanol

No hate to Duolingo but sometimes its best to practice your Spanish with people in real life. The Placitas Community Library invites you to La Parranda Club de Espanol. A club for folks to improve or learn Spanish skills. The club is open to

anyone, especially beginners, and no registration is required, along with no regular attendance required. Come to the club whenever is best for you. La Parranda Club de Espanol is held every Wednesday from 10 a.m. to 12 p.m. at the Placitas Community Library.

MONSTER JAM

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A Better Way to Govern

One of the most important bills this legislative session has tiptoed through the House with scant publicity and no controversy.

All She Wrote



Sherry Robinson

House Bill 232, to create the Infrastructure Planning and Development Division within the Department of Finance and Administration, sounds a dry and bureaucratic, but it could transform the state's dysfunctional capital outlay system.

Communities need public works, such as senior centers or libraries, and their legislators secure capital outlay money to get them built. However, small entities – towns, counties, tribes, water districts, school districts – often don't have the expertise or personnel to meet state requirements for planning, auditing or reporting, so the projects enter capital-outlay limbo, with funding committed but action suspended.

Currently, some 4,900 projects

and nearly \$5 billion are stuck in the pipeline.

"There's a better way to govern. It's not good government the way we've been doing it," said Rep. Dayan Hochman-Vigil, chair of the House Transportation, Public Works and Capital Improvements Committee. She joined Rep. Gail Armstrong, R-Magdalena, and fellow Albuquerque Democrat, Rep. Meredith Dixon, to sponsor HB 232. "We can't fix all the problems, but this is a beginning."

The new division would have some of DFA's existing programs and personnel, plus some new ones, to provide expert guidance and hand-holding to chase funding, evaluate and advise on proposed plans, and leverage state funding to obtain federal grants.

Currently, no state agency is clearly responsible for riding herd on capital outlay projects, making sure the money is spent and seeing that projects reach the finish line.

HB 232 passed the House unanimously on Feb. 9, and the budget bill has money to stand up the new division.

The bill is mostly the work of Cally

Carswell, a legislative capital outlay analyst. Hochman-Vigil calls her "the capital outlay queen."

"Over time we're trying to create a one-stop shop to help develop projects and see them through," Carswell told the committee. The new division will provide services to communities that want and need them. Knowing how touchy lawmakers are about their capital outlay allocation, she assured them that the bill "does nothing to infringe on the appropriations process." It assures that the projects they want actually get finished.

Rep. Jason Harper, R-Rio Rancho, observed that New Mexico's capital outlay process is the butt of criticism because unlike other states, where capital outlay is allocated by priorities, New Mexico simply hands money to the governor and legislators to spend.

"The biggest problem is not allocating but how we get the money out the door," Harper said. "School districts say they have a hard time getting through the process. This is an incredible idea. Why didn't we do this two decades ago? This will really make a huge difference."

Rep. Cathrynn Brown, R-Carlsbad, saw another advantage in helping communities identify other funding sources.

Hochman-Vigil said that long term, the division could help coordinate all funding sources.

HB 232 gets a thumbs-up from business. The New Mexico Chamber of Commerce wrote: "Historic federal infrastructure funds will expire in a few years. This strategy supports New Mexico's aging infrastructure and strategically ensures that local communities statewide are able to bring new economic development into their communities."

DFA itself is enthusiastic, writing: "The capital outlay process in New Mexico is due for a much-needed system (overhaul) and reorganization. HB 232 will accomplish this and over time will streamline the process... Without the passing of HB232, the state will continue to see the same systemic obstacles with the infrastructure and capital outlay process."

The biggest obstacle is the clock. The session ended on Feb. 15.



EVENTS

FRIDAY, FEBRUARY 16

Art

Reception: "Gifts of our Ancestors – Resilience of the Diaspora" – A Celebration of Black History Month 5-7 pm Placitas Community Library 453 Hwy. 165, Placitas, 87043

Comedy

Pete Lee \$25-\$30 7-8:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Pete Lee \$25-\$35 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Dance

Desert Darlings Belly Dance 7-9 pm Kaktus Brewing Co. 471 South Hill, Bernalillo

Discussion / Lecture

Theology on Tap: Season of Bright Sadness with Fr. Chris Zuger 6:30-8:30 pm Village Pizza 4266 Corrales Rd., Corrales

Music

DJ Wae Fonkey 6-9 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

January Storm 6-9 pm Boxing Bear Brewing Company Corrales Taproom 10200 Corrales Rd., Albuquerque

Silver Sky Blues Band 7-9 pm Marble Brewery Westside 5740 Night Whisper Rd. NW, Albuquerque

Spiral Pilots 7-9 pm The Range Cafe 925 S Camino Del Pueblo, Bernalillo

Sports

New Mexico Runners vs. El Paso Rhinos \$13 3-5 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho

SATURDAY, FEBRUARY 17

Class / Workshop

Being Red in a Blue Environment 10 am-1 pm Church Alive 4601 Avocet Rd, Albuquerque

Comedy

Pete Lee \$25-\$35 7-8:30 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Pete Lee \$25-\$35 9:30-11 pm Quezada's Comedy Club at Santa Ana Star 54 Jemez Canyon Dam Road, Santa Ana Pueblo, Santa Ana Pueblo, 004

Music

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

Rock Zone 7-9 pm The Range Cafe 925 S Camino Del Pueblo, Bernalillo

UnoDuo 7-9 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

SUNDAY, FEBRUARY 18

Discussion / Lecture

Lenten Foods: Yum! Share your Lenten tradition 2-3:30 pm Sandoval County Historical Society 151 Edmund Rd., Bernalillo

Miscellaneous

Rio Rancho Houseplants Plant Swap 2-4 pm The Local Brewhouse 300 Unser Blvd. SE, Rio Rancho

PUBLIC MEETINGS

Daily: The Mayor Hull Show. Go to rrm.gov/mayorhullshow. Rio Rancho Mayor Gregg Hull talks about issues facing Rio Rancho.

Daily: Recreating at Valles Caldera National Preserve. The park landscape remains open to vehicles along NM-4 and pedestrian/bicycle access along trails, as designated. For a complete list of activities at the National Preserve, go to tonps.gov/vall/index.htm.

Mondays: Bernalillo/Placitas open Al-Anon meeting for families and friends of alcoholics/problem drinkers. 7:30-8:30. Held at the Bernalillo United Methodist Church, 136 Calle Don Andres (behind Abuelitas), Bernalillo. Maximum: 12 people; masks required. Info: 262-2177.

Second Monday: Eastern Sandoval Citizens Association (ESCA) monthly meeting. 4 p.m. Held at the Placitas Community Library.

Second and fourth Mondays: Bernalillo Town Council meeting. 6:30 p.m. Held at Bernalillo Town Hall. Info: call 867-3311, townofbernalillo.org.

Mondays through Saturdays: Alcoholics Anonymous meetings in Bernalillo. For a complete list of schedules, visit the website at albuquerqueaa.org or call Central Office at 266-1900, open 24/7.

First Tuesdays: Albuquerque Newcomers' Club Welcome Coffee. 10 a.m. Held at Sandia Presbyterian Church (not affiliated with church)—10704 Paseo del Norte. Membership is open to residents who have lived in the Albuquerque area (including Sandoval County) for five years or less, or who are having major changes in their lives. Make new friends and increase your social life. Sign up for monthly luncheons and speakers, dining out, visits to area attractions, book and movie groups, bridge, bunco, mah-jongg, walking, wine tastings, etc. Singles' and men's groups. abqnewcomers@gmail.com. 321-6970.

First Tuesdays: Coronado Kennel Club meeting. 7:30 p.m. All-breed kennel club. Schedule changes in August and December. Call 867-4510 for meeting location.

First Tuesday: Monthly ice cream social hosted by the Kiwanis Club. 6 p.m. Held at the Paleta Bar in Bernalillo—510 NM Highway 528.

Third Tuesday: Open meeting of the Sandia Vista Amateur Radio Club. 7 p.m. Held at Fire Station 41 on highway 165, just east of the Placitas Community Library. Everyone is welcome to attend meetings, whether or not they have an FCC License.

Third Tuesdays: Bead Society of New Mexico (BSNM) Monthly Membership Meeting. 6-8 p.m. We do not meet in July or December. Please check our website in case of occasional changes. Heights Cumberland Presbyterian Church, 8600 Academy Road NE. For more information, go to beadsocietyNM.org.

Third Tuesdays: Monthly meeting of the Republican Party of Sandoval County (RPSC). 7 p.m. at Gospel Light Baptist Church, 1500 Southern Boulevard in Rio Rancho. SandovalGOP.com.

Third Tuesdays: Sandia Vista Amateur Radio Club. 7 p.m. Help provide emergency communications in Placitas. Become a "HAM" radio operator. We will help you get your FCC license. Visitors welcome. Held at the Placitas Fire Station No. 41, Hwy 165, near the Library. sandiavista.net.

Fourth Tuesdays: Pathways: Wildlife Corridors of NM monthly meeting. 6:30 p.m. Held at Placitas Community Center. Open to the public. pathwayswc.wordpress.com.

Fourth Tuesdays: Eastern Sandoval County Arroyo Flood Control Authority (ESCAFCA) meeting. 6 p.m. Held in the Town of Bernalillo Council Chambers. Persons wishing to be on the agenda or persons with disabilities who need accommodations should call 771-7110 by the first Tuesday. Board meeting agenda is posted on the ESCAFCA website (escafea.com) and at the front desk of the Town Hall by Friday preceding the meeting.

Fourth Tuesdays: Placitas Democrats and Friends. 6-7:30 p.m. Held at Placitas Community Library. Meetings are open to the public and feature candidates for local, state, national offices; sandovaldemocrats.org. 259-5860.

Tuesdays: Haven House Domestic Violence Support Group for women whose lives have been touched by domestic violence. 6:30-8:00 p.m. Topics include: Dynamics of Domestic Violence, Safety Plans, Developing Healthy Relationships, and information about available services. All sessions are confidential and free of charge. Held at Rio Rancho First Baptist Church, corner of Route 528 and 19th Avenue. 896-4869 or 1-800-526-7157.

Tuesday and Thursday: Sandoval County Historical Society is open. 9-noon. Photo Archive, Library, and Family Research. Located between Warrior gas station and Santa Ana Star casino on US 550.

Tuesdays, Fridays, and Sundays: Play Pickleball. 1 p.m. Pickleball is a game played on a court with paddles and a whiffle ball. The court is smaller than a tennis court and allows people to play who no longer want to run and jump as they did in their younger years. Anyone can play, even if they have never played tennis. Info: 505-934-2649. At Bernalillo Recreation Center.

Second Tuesdays: Coronado Optimist Club of Bernalillo. 6 p.m. Held at 149 E Calle Don Francisco in Bernalillo. "Bringing out the best in kids" 505-867-4689.

Wednesdays: Boy Scout meetings. 7 p.m. 237 Camino Del Pueblo, Bernalillo. In front of Loretto Park. 505-506-2773.

Wednesdays: Rotary Club of Rio Rancho Sunrise. 7 a.m. For breakfast, fellowship, a great speaker, and a chance to get involved in local and worldwide service projects. At Club Rio Rancho (used to be Chamisa Hills CC), 500 Country Club Drive, Rio Rancho. Info: Mac McKinney, 892-4313.

First Wednesdays: Free civil legal clinic offered. 10 a.m.-1 p.m. Held in the third-floor conference room

of the Second District Courthouse, at the southwest corner of Lomas and Fourth, NW. Free legal advice on a number of civil legal issues. No family law services will be offered. Attendance is limited to the first 25 persons who qualify for low-income assistance. Interpreters and bilingual attorneys will be on hand. Attendees should bring all of their paperwork. Expect about a thirty-minute, free legal consultation. 797-6077.

Second Wednesdays: Visionary Arts & Crafts Guild (VACG) monthly membership meeting. 6-8 p.m. VACG's mission is to develop a fellowship among craftspeople and facilitate a market for crafts. The VACG supports the "Art of Craft" through exhibitions, education, and public awareness to promote the development and appreciation of craftspeople and their work. Meets all months except October, November, and December. Info: vacgnm@gmail.com, facebook.com/vacgnm, VACGNM.com.

Second Wednesdays: Rio Rancho Art Association (RRAA) monthly membership meeting. 6:30-8:30 p.m. RRAA is a non-juried/all mediums regional art association. You need not be a resident of Rio Rancho to join. Held in Don Chalmers Ford Community Room, 2500 Rio Rancho Boulevard, Rio Rancho. rraasa.org, rioranchoartassociation.blogspot.com or 301-2009.

Second and fourth Wednesdays: Sandoval County Civitans meet. 6:00 p.m. Held at Fair Winds, 920 Riverview Drive SE, Rio Rancho. 898-6884.

Second and fourth Wednesdays: Sandoval County Commission meeting. 6 p.m. Unless otherwise noted, all meetings will be held in the Sandoval Administration Building, 1500 Idalia Road Building D, Bernalillo. Info or meeting agenda: sandovalcounty.com, 867-7500.

Third Wednesdays: Las Placitas Association meets in person. 6 p.m. Visitors are welcome. Email: theboard@lasplacitas.org for an invitation and further details.

Thursdays: Sandoval County Historical Society archives and library are open to members and the public for family research. 9 a.m.-Noon. Bernalillo. Info: 867-2755.

First Thursdays: Sandoval County veteran's outreach and business counseling. 1-4 p.m. Held at the Sandoval County Administrative Building, 1500 Idalia Road in Bernalillo. All honorably-discharged veterans may be entitled to VA benefits and state Veteran benefits. Come learn about your potential benefits. Bring your DD-214. 383-2414.

First Thursdays: Art and Music at the Loma Colorado Main Library Auditorium, Rio Rancho. Info: riorancholibraries.org, 505-891-5013.

Third Thursdays: Placitas Community Library Board of Directors meetings. At the Placitas Community Library, 453 Hwy 165. 6:30 p.m. Open to the public. Meeting agendas are posted at the library and Placitas Post Office.

Fourth Thursdays: Sandoval County Development Planning & Zoning Commission. 6 p.m. Held at the Sandoval County Administration Building, 1500 Idalia Road., Bldg. D, Bernalillo.

Music

Kaktus Kats Blues Jam 2-5 pm Kaktus Brewing Co. 471 South Hill, Bernalillo

MONDAY, FEBRUARY 19

Games

Singo Music Bingo 7-9 pm Brew Lab 101 3301 Southern Blvd. SE, Rio Rancho

Trivia! With Trivia Mafia 6-9 pm Ex Novo Brewing 4895 Corrales Rd, Corrales

TUESDAY, FEBRUARY 20

Class / Workshop

Sip & Wax Candle Making Night \$35 6-8 pm Brew Lab 101 3301 Southern Blvd. SE, Rio Rancho

Hosting a public event?

We can help spread the word!
View the full list of events or
submit to our online calendar at
abq.news/calendar

Last Thursdays: Sandoval County veteran's outreach and business counseling. 11 a.m.-2 p.m. Held at 433 Meadowlark SE in Rio Rancho. All honorably-discharged veterans may be entitled to VA benefits and state Veteran benefits. Come learn about your potential benefits. Bring your DD-214. 383-2414.

Fridays: Sandoval County Stroke Support Group. 11 a.m.-12:30 p.m. Provides weekly support to survivors of stroke, their caregivers, adult family members, health care providers. Water & light snacks provided. No charge for meetings. Social outings arranged six times/year. Contact Geri: 620-8802.

First Fridays: Monthly luncheon of the Democratic Party of Sandoval County. 11:30 a.m.-1 p.m. Range Cafe in Bernalillo, 925 Camino del Pueblo. Sandoval Democrats gather once a month (most months) to welcome speakers, candidates, and government representatives. You pay for your lunch from the menu, or come for just the meeting. sandovaldemocrats.org.

Third Friday: Luncheon of the San-Bern Federation of Republican Women. Starts at 11:00 a.m. Held at Pelican's East or West 9800 Montgomery Blvd NE Albuquerque, NM 87111 and 10022 Coors Blvd NW Albuquerque, NM 87114. Contact Jeanette Novers-Clark at 505-321-9189 Sanbernfrw1@gmail.com or Sanbernfrw.org.

Saturdays: Los Ranchos Growers' Market. 8-11 a.m. Local farmers offer fresh produce, greens, eggs, fruit, honey, jams/jellies, baked goods, jerky, grass-fed beef, seedlings/plants, flowers, and more. Hot food vendors in attendance as well. Held in Village of Los Ranchos, in Tennis Court Parking Lot, 6718 Rio Grande Boulevard. Free and vendors accept WIC/Senior discounts. Montoya4664@hotmail.com, 610-9591, or Los Ranchos Growers' Market on Facebook.

Saturdays: Casa Rosa Pantry. Open 9-11 a.m. Held in the pink house east of Las Placitas Presbyterian Church at 640 Highway 165, six miles east of I-25. Community outreach program provides nonperishable food items as well as dairy, frozen meats, and fresh produce as available for Placitas residents in need. Donations, volunteers welcome.

Third Saturdays: Rio Rancho Northwest Mesa NAACP meets "Virtual." Public is invited.

Third Saturday: Monthly meeting of the National Association for the Advancement of Colored People (NAACP). 11 a.m. Held at the Don Newton Community Center, 4900 Kachina Street NW, in Albuquerque. All are welcome. rrnaacp.org

Second Sundays: Second Sunday Studio Shows. 5 p.m. Live Acoustic Music. Suggested Donation: \$20. Sponsored by Solamente Natural Plaster. Contact: Kent 205-6010, kent@solamentenaturalplaster.com.

Second Sundays: Placitas Cannabis Cultivators Club. 3-5 p.m. Experienced or novice growers welcome. Group is designed to help anyone who wants to grow cannabis do it better. Donations accepted; not required. Contact: 373 8860, luckyloubq@gmail.com, meetup.com (Placitas Cannabis Cultivators Club, Placitas, NM).

CLASSIFIEDS

To place a classified ad, email your ad or questions to: tierna@sandovalsignpost.com (Includes a free posting on the Signpost website.) For further information, visit: www.sandovalsignpost.com or call the Signpost office at 505-300-4087

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"I'M SO GRATEFUL I NEVER STOPPED SEARCHING!"

Bernalillo resident Maria R had been experiencing the debilitating side effects of Peripheral Neuropathy.

"I was beginning to have other health issues due to the lack of sleep. I needed help just standing up and when I was standing I was afraid I would fall because I had no feeling in my feet. My life felt like a nightmare."

Then she met Albuquerque's very own Dr. Andrea Brogdon

"I was so desperate to the point of giving up" exclaimed Maria R. from Bernalillo. "I was in so much discomfort due to the numbness, tingling, and burning on the back of both legs and in my feet."

Maria R had been diagnosed with peripheral neuropathy and had seen a neurologist with no relief. To complicate things further, Maria had been diagnosed with two fractured discs in her back that were causing her severe pain. "I was no longer able to do surgery and all other treatments didn't work. I was starting to feel hopeless."

Maria is one of 3 million people in the United States suffering from peripheral neuropathy, a degenerative disease of the peripheral nervous system. "Those with peripheral neuropathy experience numbness, tingling, burning and even severe cramping due to the dying off of the peripheral nerves," explains Dr. Andrea Brogdon of Albuquerque Acupuncture & Integrative Medicine. "These nerves continue to die off until they have completely expired leaving sufferers with numbness and debilitating balance issues. Patients come to see me after having seen many other doctors with no relief. They have been told that there is nothing they can do or that they just have to live with it."

"I was beginning to have other health issues due to the lack of sleep. I needed help just standing up and when I was standing I was afraid I would fall because I had no feeling in my feet. My life felt like a nightmare," says Maria.

"I learned about Dr. Andrea Brogdon from an article I read and learned that she helped others like me, experiencing the same symptoms.

I made an appointment hoping she was going to be able to help me. It was my last resort."

Dr. Andrea Brogdon has helped thousands of patients get their life back after being diagnosed with peripheral neuropathy and living with the debilitating effects of the disease. How does she get such amazing results? "Acupuncture has been used for centuries to improve circulation but the real magic happens when I integrate ATP Resonance BioTherapy™." By using modern technological advancements alongside the time tested science of acupuncture, Dr. Brogdon is able to reverse the effects of this degenerative disease, regardless of its origin.

"Early detection is key when it comes to improving your chances of a full recovery," explains Dr. Brogdon. Which is why she starts every patient with an initial consultation during which a sensory exam is performed. "This helps to determine just how much nerve damage has occurred," tells the doctor. "This is important because if the patient has suffered more than 95% sensory loss there is very little I can do at that point."

"After several treatments, I experienced tremendous relief. Life is good! I have seen a huge improvement in my walking, I sleep better, even my mood is better! I am so grateful I never stopped searching!"
exclaims Maria.

If you or a loved one are living a life of suffering due to peripheral neuropathy and your pain has prevented you from doing the things you love with the people you love, it's time to call Dr. Brogdon and the staff at AAIM.

Call (505) 355-1984 today to schedule an initial consultation or visit AAIM-ABQ.com to read more incredible success stories.



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