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JULY 4, 2024

Two Children Rescued From River Near Gilman Tunnels

Sandoval County Fire and Rescue save three people



A Sandoval County Fire and Rescue crew pulls two children from the Jemez River. (Source: Sandoval County Fire and Rescue)

By Sandoval Signpost staff

Sandoval County Fire and Rescue helped two children and an adult out of the Jemez River in a harrowing escape from rushing waters.

On June 21, SCFR responded to an emergency call in the southwestern Jemez Mountains near the Gilman Tunnels.

Three people, one adult and two children were in the river when the adult and one of the children fell down in the water. The adult and one of the children managed to get out of the water but sustained multiple injuries. Heavy rains and flash flood alerts were in effect for the area. Responders rescued the adult and were able to pull the children out of the water safely.

Rescue teams on scene included Santa Clara Fire Rescue, the Rio Grande Basin Hazardous Materials Response Team and Corrales Fire Department and Jemez Pueblo EMS.

According to SCFR, the river at one point rose 3 feet in a matter of five minutes. Officials advise visitors to stay out of the water when storms are nearby.

Paseo del Volcan, Judicial Complex and Dispatch Center Top County's List of Needs



Sandoval County Judicial Complex. (T.S. Last / Sandoval Signpost)

By Jesse Jones, Sandoval Signpost

Sandoval County commissioners last week compiled a wish list to give to the state, outlining their top infrastructure projects.

The commissioners voted 3-2 to approve an updated list ranking priorities on the 2026-2030 Infrastructure Capital Improvement Plan (ICIP), totaling \$106,322,404, at the June 26 commission meeting. The top-ranked project on the list is Paseo del Volcan at \$19.3 million.

"I've been doing this for thirty-some years sitting on ICIP boards and it always gets a lot of discussions and after the top five, it really doesn't matter," Commissioner Michael Meek said.

The commissioners had to vote on the top five list twice after reorganizing it. After some discussion, the second vote narrowly passed, with Commissioners David Heil and Meek dissenting.

The top five projects the commissioners approved are:

- Paseo de Volcan expansion, \$19,329,018
- Judicial complex expansion, \$55,287,000
- Dispatch center, \$18 million
- County animal shelter, \$8,671,386
- Administration building construction completion, \$5,035,000

The most discussed item on the ICIP was a \$15.6 million project for broadband corridor studies, originally ranked seventh.

Commissioner Jay Block asked County Manager Wayne Johnson to give details of the \$15 million studies.

Johnson said that he did not know the details.

"Quite frankly, you know, government studies are less popular, probably than herpes," Block said. "It's just a waste of money and broadband corridor studies for \$15

million and no one can even answer what the hell it is."

After discussing broadband and under Johnson's advisement, the commission decided to retain the project on the list, moving it to the sixth position. They also removed "corridor studies" from the project name. Johnson emphasized the importance of keeping the project on the ICIP list. This is crucial because, when seeking funding from the state or federal government, the first question often asked is whether the project is listed on the ICIP.

Paseo del Volcan, at \$19.3 million, is phase two in a multiphase project designed to create a 30-mile-long two-lane highway connecting the western side of Albuquerque at Interstate 40 with U.S. 550 in Bernalillo. The first 7 miles of phase one have been completed. The second phase is intended to ease congestion and provide flood control for Rio Rancho.

In other business, the commissioners were presented with plans for the Sandoval County Regional Emergency Communication Center (SCRECC) by Sandoval County Fire Chief Eric Masterson and Jeff Steyer, the project manager from MCM Consulting Group. The consulting firm was contracted for the development of a new call center.

The firm presented the cost and timeline of the plan to remodel the building designated for the new SCRECC location.

Get involved

The next County Commission meeting is at 6 p.m. July 24 at the Administrative Building Commission Chambers, 1500 Idalia Road, Building D in Bernalillo.

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Sponsored Content

UNM Sandoval Regional Medical Center Among Top in U.S. for Social Responsibility, Equity and Care

Submitted by HEALTH SCIENCES
By Nicole San Roman, UNM Health Sciences Center

UNM Sandoval Regional Medical Center – A Campus of UNM Hospital (SRMC) is ranked among the top hospitals in the country for being most equitable and socially responsible. SRMC also received top marks for patient outcomes, value of care, community benefit and pay equity, among others.

The Lown Institute Hospitals Index, an independent health care think tank, ranked more than 2,700 acute care hospitals. Of those, 154 received “A”s on equity, value, and outcomes. SRMC was ranked in the top five in the country.



UNM Sandoval Regional Medical Center, Rio Rancho (Source: UNM Health)

Top 10 Socially Responsible Hospitals in U.S.

1. Duke Regional Hospital (Durham, N.C.)
2. Baylor Scott & White Medical Center – Pflugerville (Pflugerville, Texas)
3. UCHealth Greeley Hospital (Greeley, Colo.)
4. Adventist Health Ukiah Valley (Ukiah, Calif.)
5. UNM Sandoval Regional Medical Center (Rio Rancho, N.M.)
6. Suburban Community Hospital (Norristown, Pa.)
7. Cedar City Hospital (Cedar City, Utah)
8. Methodist Medical Center (Oak Ridge, Tenn.)
9. St. Luke’s Hospital – Upper Bucks Campus (Quakertown, Pa.)
10. Sonoma Valley Health Care District (Sonoma, Calif.)

This is the fifth year of the Lown Institute Hospitals Index for Social Responsibility. The ranking is unique as it includes racial inclusivity, community investment and pay equity with traditional outcomes measures.

“I am truly humbled that SRMC has received this top honor in our state and has also ranked 5th in

the country,” said SRMC President Jamie Silva-Steele, RN, BSN, FACHE. “This is entirely because of the amazing staff and providers who care for our patients every day. This is a true testament to living up to our hospital’s purpose of putting patients first.”

SRMC is also among only 5% of hospitals nationwide this year to earn Honor Roll status for receiving “A” grades across all top categories: social responsibility, health equity, value of care, and patient outcomes.

The Lown Institute’s rankings also mean SRMC is the number one hospital in New Mexico in seven important areas:

- SRMC #1 hospital in New Mexico for:
- Social Responsibility
 - Health Equity
 - Value of Care
 - Clinical Outcomes
 - Pay Equity
 - Cost Efficiency
 - Racial Inclusivity

SRMC Rankings:
Lown Institute Hospitals Index
2024-25

- Social Responsibility Grade: A
- Top 10 in the Nation for Social Responsibility
- Health Equity Grade: A
- Value of Care Grade: A
- Patient Outcomes Grade: A
- Clinical Outcomes Grade: A
- Community Benefit Grade: A
- Inclusivity Grade: A
- Pay Equity Grade: A
- Avoiding Overuse Grade: A
- Cost Efficiency Grade: A
- Racial Inclusivity Grade: A

“These rankings say a lot about our hospital and our team’s dedication to patient care,” Silva-Steele said. “We are committed to our patients, our health care workers and our community and I couldn’t be more proud of our team.”

Advertiser content: This content was commissioned and paid for by UNM Health Sciences. The news and editorial staff of the Signpost had no role in the creation or production of this story.



Bright Idea

Solar Energy Fuels the Placitas Community Library

By Jesse Jones, Sandoval Signpost

The Placitas Community Library has recently completed the installation of a new solar array, complementing the smaller array located in the parking lot.

The new addition enables the library to harness the power of the sun, reducing both its energy costs and environmental footprint.

The array, largely funded by an allocation from Rep. Matthew McQueen (D-Galisteo) and installed by PPC Solar, was motivated by the library's expansion. The original array was insufficient to meet the energy demands of the larger building.

In January, the library held a ceremonial groundbreaking attended by McQueen, Sandoval County Commissioners Katherine Bruch and Joshua Jones, Mark Hatzenbuehler, the director of Public Works for Sandoval County, members of the library board and community members.

"I'm excited that we're able to expand the solar at the Placitas Community Library. I know we've

been working on this for some years," Bruch said.

Last year, McQueen allocated \$100,000 from his junior budget to the library for programming equipment and materials, administered through Sandoval County. The library divided the funds among three projects — the solar project, acquiring a new printer and redesigning the website.

According to Lynnette Fields, chair of the Library Board, the solar array installation cost \$109,000 in total. Of that, \$84,000 was sourced from the allocated funds, with the remaining \$25,000 covered by library funds.

"I think the cooperation between working with Rep. McQueen, with the county, with the solar people and our administrator Furman Kelley," Fields said. "I think just having everybody work together and it go so smoothly, was very rewarding."

The new array consists of 18 panels, each generating 590 watts, totaling 10.62 kilowatts. The array is approximately 36 feet long and 12 feet wide, positioned for optimal year-



Solar panels at the Placitas Community Library. (Source: Placitas Community Library)

round solar energy collection.

According to Fields, the energy savings from the solar panels will benefit the county-run, volunteer-operated Placitas Community Library and its 4,000 to 5,000 monthly patrons. These savings will help reduce costs, allowing the library to continue offering community events such as author talks and reading programs.

The library's next undertaking is a strategic planning project, running until September. Guided by community input, the project includes a survey, interviews and focus groups to shape the library's future direction.

View the full story at
sandovalsignpost.com

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If It Doesn't Have That Swing, It Doesn't Mean a Thing

Bosque Park in Bernalillo to get an upgrade

By Jesse Jones, Sandoval Signpost

A former drainage facility is being transformed into what town leaders hope will be one of the jewels of the Bernalillo Parks Department. The Bosque Park, a small diamond-shaped grassy park between Calle San Lorenzo and Calle Madera on Camino del Bosque on the south side of town, will soon have new playground equipment installed, thanks to the efforts of state Rep. Derrick J. Lente (D-Sandia Pueblo) and the Eastern Sandoval County Arroyo Flood Control Authority (ESCAFCA).

In the past, neighborhoods to the west and northwest of the property experienced severe drainage issues during heavy rains. ESCAFCA stepped in to help the town by creating a system of drop-inlets that collected and diverted stormwater, preventing flooding and erosion. This system channeled the water into the park area, which served as a drainage facility.

“The facility wouldn’t be there if not for our partnership with the ESCAFCA because it was town

property but it was just dirt, I mean, it was not pretty, it was not nice,” Mayor Jack Torres said. “We had that need for drainage and they were willing to step up and support us and getting that done.”

According to Torres, Lente allocated \$125,000 for the park equipment last year. To reduce installation costs, the public works staff have taken on the task themselves, beginning with the installation of a large shade structure.

“On top of all their other duties, they’re the ones that put in the shade structure and they’ll be the ones to install all the playground equipment,” he said. “So it won’t be the fastest insulation because of everything else they have to do but it’s a way for us to do it within budget.”

The playground equipment installation will proceed slowly as summer is one of the busiest periods for the crews responsible for maintaining the town’s parks.

Once the crews finish the installation in the Bosque Park, staff will shift over to Rotary Park to install large shade sail structures over



Satellite view of the Bosque Park location. (Source: Google Maps)

the playground equipment, according to Torres.

Sandoval County Commissioners Katherine Bruch and Joshua Jones allocated funds for the shade structures. Bruch, whose district encompasses most of the Town of Bernalillo, contributed \$25,000, while Jones, who also represents

a portion of the town, contributed \$10,000.

“Commissioner Jones only has a small piece of Bernalillo on the west side, but he sees us as his constituency and was generous in providing that support. So we were very appreciative of that,” Torres said.

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During this time, we will be offering phone and video conferencing. We also have emergency procedures for isolated individuals to complete documents.

Mrs. Pickel has a Master of Laws (LL.M.) in Estate Planning and Elder Law, is the former chair of the Elder Law Section of the New Mexico Bar, is the former division chair of the Estate and Trust division of Real Property, Estate and Trust Section of the New Mexico Bar, is a member of the National Academy of Elder Law Attorneys, and was a prior board member of the Greater Albuquerque Habitat for Humanity. She served as an Assistant Judge Advocate General (JAG) with the U. S. Air Force before settling in Placitas.



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Community Briefs

By Sandoval Signpost staff

Cops in the Park

The Bernalillo Police Department is partnering with the Bernalillo Fire Department for Cops in the Park on July 12. Join both departments as they honor local and regional first responders. Head to Rotary Park at 370 Rotary Park Rd. from 10 a.m. to 1 p.m. for the free event that will have food, fun and games for families.

Learn Safe Sun-Viewing at Jemez Historic Site

The Jemez Historic Site will host a solar viewing event joined by both The Albuquerque Astronomical Society and New Mexico Arts from 10 a.m. to noon Sunday, July 14. Guest speaker will be Tom Grzybowski who will give a 45-minute presentation on “The Sun’s Nature and How to Observe its Features.” After the presentation, safe sun observation through two types of solar telescopes will occur. The event will bridge old practices of astronomy with modern-day studies while introducing people to solar astronomy.

New Mexican Musical Traditions at Coronado Historic Site

Coronado Historic Site is hosting a concert featuring Lone Piñon, a group of four expert musicians who perform traditional New Mexican music. The event will take place from 2 to 4 p.m. Sunday, July 14 at the Coronado Historic Site in Bernalillo. Admission is \$7 for adults, and free for children 16 and younger, along with several other groups. This concert celebrates the rich and diverse musical traditions of New Mexico. Tickets are available online.

48th annual Sandoval County Fair

Join us for a spectacular celebration of community, agriculture, and fun from 10 a.m. July 29 to 11 a.m. Aug. 4. From thrilling bull rides and live entertainment to mouthwatering treats and vibrant exhibits, there’s something for everyone.

Sandoval County Receives Millions From Interior Department

By Connor Currier, Sandoval Signpost

Sandoval County will receive \$2.9 million from the U.S. Department of the Interior to upgrade essential services.

On June 26, the department announced New Mexico will receive Payments in Lieu of Taxes (PILT) for 2024. Thirty-one local governments, in addition to Sandoval County, will receive a portion of the total \$49.8 Million funding in PILT.

Sandoval County Manager Wayne Johnson says the PILT funding will spread around the county to help improve vital community services.

“It goes to everything from debt service, to our firefighting, to law enforcement, to the clerk’s office to just general operations of the county. Goes to pay salaries, it goes to pay for capital, because we have county capital funds as well, it goes to pay for firefighting, it goes to pay for keeping the lights on and maintaining the buildings and buying, it goes to debt service,” Johnson said.


What are PILT payments?

The federal government gives money to local governments because the states are not allowed to collect property taxes on federal land. The money can be used to help local governments pay for vital services like schools, maintenance, first responders and security.

PILT funds are given to local governments depending on how many acres of federal land are within each jurisdiction and the size of the population in that area. According to the Department of the Interior, Sandoval County has 908,563 acres of land worth \$2.9 million in PILT funds.

“Sandoval County in New Mexico and all the western states have large swaths of federal land. Whether that’s forest service, whether it’s military, like White Sands, or whether it’s tribal, BLM, BIA, there’s a lot of three letter acronym groups involved in this, but it’s all federal land,” Johnson said.

For more information about PILT visit <https://www.doi.gov/pilt>




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Modern Elder Academy Offers New Mexico Residents Discounts on Summer Workshops at New Santa Fe Campus

MEA, the first midlife wisdom school, opened its U.S. headquarters in Santa Fe in May. Dedicated to “long life learning” and reframing the concept of aging, MEA helps guests navigate their difficult midlife transitions and curate their second adulthood with a renewed sense of purpose and possibility.

Santa Fe, NM MEA, the first midlife wisdom school, opened its U.S. headquarters in Santa Fe in May. Dedicated to “long life learning” and reframing the concept of aging, MEA helps guests navigate their difficult midlife transitions and curate their second adulthood with a renewed sense of purpose and possibility. MEA was founded in 2018 with its first campus in Baja California Sur, Mexico. The Santa Fe campus – Rising Circle Ranch – is a 2566-acre regenerative horse ranch in the Galisteo Basin.

New Mexico residents will receive a 25% discount on any program at the Santa Fe Campus July - September. When registering, New Mexico residents should use the promo code: Local25. The summer July workshops:

- Navigating Transitions with MEA Co-founder Christine Sperber July 1 - 6 and July 29 - August 3

- Indigenous Wisdom, Global Action with Dr. Lyla June Johnston July 16 - 21.

Dr. Lyla June Johnston is an Indigenous musician, scholar, and community organizer of Diné (Navajo), Tsétséhéstâhese (Cheyenne) and European lineages. Her research deeply examines ancient and contemporary sustainable Indigenous systems and their lessons for today. She is also a poet, musician, facilitator, and community organizer. She will be joined by Laurie Hofmann, Co-founder of OvationLab. Hofmann is the previous CEO and Chairman of the Board of the Institute for Functional Medicine and is passionate about navigating her own transitions and supporting others in their “lifequakes.”

“We are especially excited to announce the program with Dr. Lyla June Johnston that will tap into the indigenous wisdom so prominent throughout New Mexico,” said Chip Conley,

MEA Founder. “All of our programs are fantastic, but I feel this one will really be meaningful to New Mexicans.”

The Indigenous Wisdom, Global Action workshop will focus on:

- The MEA core curriculum which equips participants with the skills to navigate transitions, break through life obstacles and tap into one’s deeper life purpose.
- Deepen one’s insight into how the enduring values of respect, reciprocity, reverence, responsibility, regeneration, and relationality have driven indigenous civilizations for millennia.
- How to apply indigenous values and frameworks to empower personal and professional lives.
- Utilize these systems and thought processes to enhance one’s quest for impactful global solutions.
- Cultivate the knowledge to respectfully build lasting alliances with Indigenous communities, grounded in reciprocity.
- Uncover the ways in which Indigenous Nations evolved into a positive presence on the land, while shedding light on Native American history not taught in schools or textbooks.

The August workshops:

- From Conventional to Intentional: Attune Your Purpose with MEA Founder Chip Conley and Zee Clarke August 5 - 10

- Cultivating Purpose with MEA Co-Founder Jeff Hamaoui and Lori Schwanbeck August 5 - 10

- Applying Ancient Wisdom for Personal Transformation with MEA Co-founder Christine Sperber and Kelly Wendorf August 19 - 24

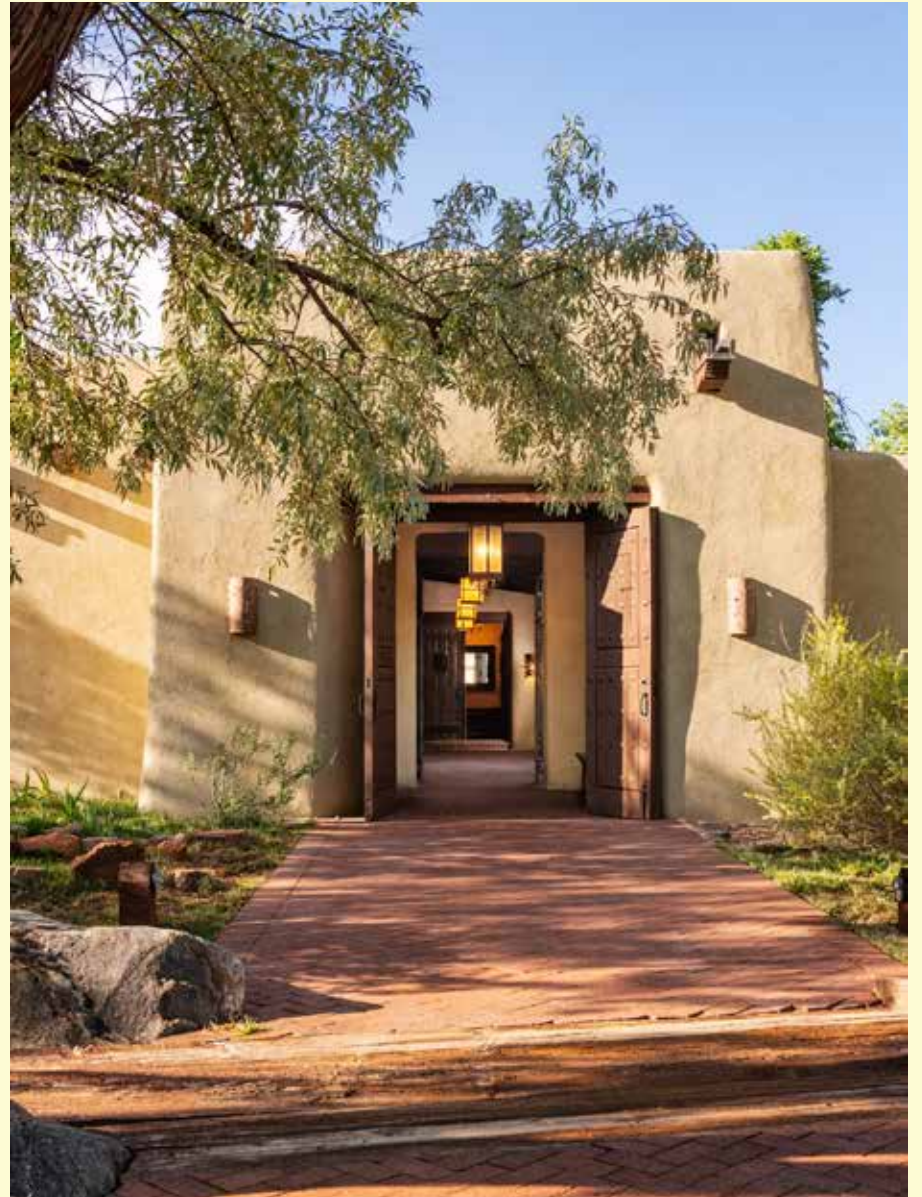
- Stewarding Midlife & Beyond: Nature, Rituals, Creativity with MEA Co-founder Christine Sperber, Quinlin Messenger and Linda C. Samuels August 26 - 31

The September workshops:

- Reframing Retirement: Thriving in Your Next Phase of Life with Colleen Drummond and Robert Laura September 2 - 7

- The Power of Friendship with Mark Nepo September 16 - 21

- The Bonus Round: Crafting a



Meaningful Post-Work Chapter with Pam McLean, Joy Leach, Tom Pollack, and John Schuster September 17 - 22

To learn more or sign up for one of MEA’s programs in Santa Fe, New Mexico or Baja, Mexico please visit MEAWisdom.com.

About Modern Elder Academy

Created as the answer to the ever-perplexing midlife stage, MEA — winner of *Fast Company* 2021 Brands that Matter Award — seeks to guide and support adults through transitions in their midlife years, with a particular lens on those aged 40 and above. The MEA Method, developed in collaboration with leading academics from Harvard, Stanford, Yale, and UC Berkeley, integrates teachings from social

sciences and centuries of knowledge from philosophers, writers, poets, and yogis. This comprehensive approach offers valuable lessons and insights for individuals seeking growth and guidance as they navigate midlife. Founded by best-selling author, hotelier, and entrepreneur, Chip Conley, MEA has built a dedicated alumni group of over 5,000 past participants from 48 countries. MEA hosts in-person workshops in Baja California Sur, Mexico, and Santa Fe, NM, and offers online programs year-round, and a regular lineup of free live virtual events. For more information visit, MEA. For a daily dose of wisdom, subscribe to Wisdom Well, Chip Conley’s blog and newsletter.



Let's Get Bold About Fixing Education

The most overused word in the recent primary was "bold." Candidates were claiming they had bold solutions for New Mexico's myriad problems and failings.

Then we got the Kids Count report, reminding us that New Mexico is again 50 out of 50 in children's wellbeing.

The bare statistics in that report show that New Mexico children's literacy rate is much worse than the poverty rate. We have 23% of New Mexico children in poverty, almost 50% higher than the national average of 16%. But the rate of fourth graders who cannot read proficiently is 79%, 11 points above the national average – or, expressed another way, two out of three children who can't read are not in poverty, so poverty is not their issue.

At the same time, we have a reported \$3 billion or so in extra state revenue floating around.

I have been collecting bold

Triple Spaced Again



Merilee Dannemann

ideas for improving New Mexico education, and the extra \$3 billion makes me feel somewhat bolder. If New Mexico really wants to implement bold solutions for education, here are a few.

- Demonstrate to students that New Mexico values their education by sending them to school in good buildings. Rebuild or remodel every outdated school in the state so that school buildings are not only safe, healthful and comfortable but also handsome and well maintained. Include single-stall gender-neutral restrooms for students with special needs so we stop wasting energy on restroom arguments.
- Do whatever it takes to teach every possible student to read. This might require significant changes in school transportation systems so students can stay for extended hours and have a ride home. Teach their parents if that proves to be necessary. Treat this like a crisis, because it is.
- Similarly, do whatever it takes to get absentee students back to school. Maybe that means a new truancy police or new solutions for homeless

students. Students who skip school are likely the same students who didn't learn to read. The latest report from the Legislative Education Study Committee says 40% of students miss 10% or more of school days. Why would you go to school if you can't understand what's being taught because you can't read?

- New Mexico has made a start on financial literacy. It's not enough in this world of complex technology and myriad hazards. Teach life skills beginning in fourth grade, with age-appropriate topics such as balancing a bank account, avoiding online predators, understanding social media, and especially basic parenting skills to prevent the next generation of Children Youth and Families Department tragedies.
- Make the teaching of civics mandatory beginning in fourth grade.
- Ban smart phones, period. The studies are conclusive that smart phones are making a generation of children lonely and miserable. This must be done on a whole school or whole district basis. School districts can decide whether to ban phones

entirely or permit phones that only call and text. Ensure every school has a process for emergency contact by parents.

- Let students practice cooperation by offering a wide choice of team activities, including sports, debate, music groups, science projects and so on.
 - Teach responsibility: Starting in first grade, devote five minutes of every school day to cleaning up. Time and level of responsibility increase in high school.
 - Restructure the relationships between the schools and other government agencies to overcome bureaucratic boundaries and ensure seamless cooperation.
 - All of the above requires full staffing by qualified professionals, and how to achieve that requires a separate discussion.
- If I were in the Legislature I would advocate for every one of these proposals. I hope they will all serve as discussion points.

Contact Merilee Dannemann through www.triplespacedagain.com.

Age, the Issue That Won't Go Away

When I was covering the Legislature and watching our elected officials at work, I would sometimes say a silent prayer: "Help me know when it's time to step aside and do it before I make a fool of myself."

Legislative sessions are grueling. While some lawmakers give in to age-related health issues or exhaustion, some – I won't name names – stick around long past the time they can effectively serve their constituents.

Last year, we watched uncomfortably as U.S. Sen. Mitch McConnell, 81, stared vacantly into the cameras. Sen. Dianne Feinstein displayed flashes of astute questioning but was more often given to verbal meandering. Feinstein, a towering figure among women in politics, died in office at age 90.

And yet...

All She Wrote



Sherry Robinson

AARP The Magazine every month features old people who are still involved, still productive, still making a difference.

And 80-year-old Mick Jagger and the geriatric Rolling Stones are touring again after releasing their first album in 18 years to enthusiastic reviews.

In the seesaw debate over aging, we're trying to understand what happened to the president in his recent debate with the former president. We've now heard that he had a cold, that he didn't feel well, that it's just one event and anybody can have a bad debate.

There is even speculation online that "something happened" and that somebody, maybe the First Lady, should look into who had access to her husband in the hours before the debate. Conspiracy theorists point fingers at the president's Secret Service entourage.

Older people will agree that we have good days and bad days – days when we're still in the game and days when we're in the bleachers.

With the two oldest presidential candidates in U.S. history, age has

been a factor from the first stump speech of this campaign. Both sides have used film clips of the opposition rambling incoherently in a staged contest of who is closer to losing his marbles.

Last summer pollsters asked open-ended questions about what word pops in mind when they think of either candidate. For Joe Biden it was "old" and "confused." For Donald Trump it was "corrupt" and "dishonest." That was all on display during the debate.

Poll respondents of all political flavors said they wanted to see age limits on the presidency, Congress and the Supreme Court. That hasn't happened, and neither has the proposal that all public officials over 65 take a cognitive health test.

The Associated Press, reporting on that poll, quoted an expert on aging, S.J. Olshansky of the University of Illinois, who said age was no more relevant than eye color. Preoccupation with circuits around the sun is ageist, he said, and it discounts wisdom and experience.

"If you don't like what they say, it's not because of how old they are. It's

because you don't like what they say," he said.

Olshansky called both candidates "super agers" who were "both functioning at a very high level" but predicted that Biden would probably live longer because he exercises and watches his weight.

That was almost a year ago. The aging issue has not aged well. Young voters are unhappy, and, since the debate, voters in general are less philosophical about age. Dem leaders are mulling their options.

Biden wants to stay in the game, like Dianne Feinstein and others of their stature accustomed to the halls of power. They believe they still have a job to do and aren't easily persuaded to leave.

Sen. Mitt Romney suggested last year that Biden and Trump both step aside. Baby boomers, he said, are "not the right ones to be making the decisions for tomorrow."

As a baby boomer, I recognize the wisdom of that statement even as I still crave a role in the decision making.

by Margie E. Burke

- 1 Hustle
- 5 Mountain goat feature
- 10 Western chum
- 14 What's more
- 15 "Lou Grant" star
- 16 Skin softener
- 17 Heart of the matter
- 18 Voyager 2, e.g.
- 20 Per item
- 22 Ambitious one
- 23 Oscar Madison, e.g.
- 24 Reacts to yeast
- 25 Back, on board
- 27 Fable finale
- 29 Tiny openings
- 33 Twinings product
- 34 Hurt badly
- 35 Southwestern

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36 Cord for an ID card
38 Improvises
39 Approach the summit
40 Work by Irving Berlin
41 LAX posting
42 "Bed" or "home" ending
43 Words to live by
44 Bottom line
45 Puzzle with pictures
47 Baseball great Ty
49 Wagon train group
52 Brunch staple
55 Great respect

- 1 "Roots", for one
- 2 Paper holder
- 3 Aid
- 4 "Psycho" setting
- 5 Certain wall trim
- 6 Medium claim
- 7 Parties, to
pirates
- 8 Shrink back in
fear

57 Rich deposit
58 One of the
Lennons
59 Skiing surface
60 Stadium level
61 Crooned a tune
62 Bivouac shelters
63 Bad sign

9 Stuff on the bottom
10 Music for two or more
11 Very much
12 Hotel amenity
13 Game animal
19 Illegal voyeur
21 Take by force
25 One of the Titans
26 Big spread
28 Free (of)
30 Boxer nicknamed Slapsie Maxie
31 Select group
32 Tuned to, as a dial

35 Woodsy
adornments
37 Deep longing
38 Captured the
gold
40 Studio time
43 Franklin, for one
46 Admirer of
Beauty
48 Handsome, in
Rome
49 Gridiron "Hail
Mary"
50 It may be half-
baked
51 Neighbor of
Yemen
53 Border
54 Prom attendee
56 Pick, with "for"

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EVENTS

FRIDAY, JULY 5

Community

Car Seat Fitting Station 10 am-12 pm Rio Rancho Fire Station 7 641 Rockaway Blvd. NE, Rio Rancho

Dance

Desert Darlings Belly Dance 7:30-9 pm Kaktus Brewing Co. 471 South Hill, Bernalillo

Exhibit

Placitas Wild Hearts Gallery presents Artist Joan Fenicle: “The Art of Wandering” All Day Wild Hearts Gallery 221 B Hwy. 165, Placitas

Markets

Bernalillo Farmers Market 4-7 pm Rotary Park Bernalillo 370 Rotary Park Rd. Bernalillo

Music

DJ Fishbowl 6-11 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

First Fridays w/ DJ Flo Fader 8-11 pm Tractor Brewing Westside 5720 McMahon Blvd NW bldg 5 ste a, Albuquerque

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

The Fabulous Martini-Tones 7-9 pm Marble Brewery Westside 5740 Night Whisper Rd. NW, Albuquerque

SATURDAY, JULY 6

Music

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

Joe Daddy Warner & Friends 12-3 pm Kaktus Brewing Co. 471 South Hill, Bernalillo

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

Saturday Night Barn Dance w/ The Dust Devils 6-9 pm Kaktus Brewing Co. 471 South Hill, Bernalillo

Songs of Summer with Hummingbird Camp Students 5:30-7 pm Jemez Historic Site 18160 Hwy. 4, Jemez Springs

SUNDAY, JULY 7

Community

Dawn to Dusk at Coronado Historic Site 6 am-8:30 pm Coronado Historic Site 485 Kuaua Rd., Bernalillo

Food

Corrales Growers’ Market 9:30 am-12 pm Corrales Parks & Recreation 500 Jones Rd., Corrales

Markets

Midsummer Mercado 1-5 pm Bosque Brewing Co. (North) 834 US-550 , Bernalillo

Music

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

Sports

Duke City Gladiators vs. Frisco Fighters \$18-\$53 3-5:30 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho

MONDAY, JULY 8

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, JULY 9

Class / Workshop

Tuesday Tech Classes 1-3 pm Corrales Community Library 84 W. La Entrada, Corrales

Community

Business After Hours 5-6:30 pm Del Norte Credit Union Rio Rancho Branch 3634 Rio Rancho Blvd. NE Ste. 101, Rio Rancho

Games

Chess Club 6-7 pm Corrales Community Library 84 W. La Entrada, Corrales

Music

A Day To Remember - The Least Anticipated Album Tour \$55-\$85 6:30-9:30 pm Rio Rancho Events Center 3001 Civic Center Cir NE, Rio Rancho

WEDNESDAY, JULY 10

Community

Women in Leadership Luncheon 11:30 am-1:30 pm Rio Rancho Regional Chamber of Commerce 4201 Crestview Dr. SE, Rio Rancho

Food

Corrales Growers’ Market 9:30 am-12 pm Corrales Parks & Recreation 500 Jones Rd., Corrales

Games

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

Music

Kaktus Kats Jazz Jam 6-9 pm Kaktus Brewing Co. 471 South Hill, Bernalillo

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"I HAVE TWO WORDS FOR LONG COVID: THE WORST!"

Albuquerque resident Eric T had been suffering from the lingering effects of Long Covid symptoms. That was until he met Albuquerque's Dr. Andrea Brogdon of Albuquerque Acupuncture & Integrative Medicine and got his life back!

While the initial alarm of the Covid-19 outbreak has subsided, the fallout from the pandemic is ongoing. Many continue to feel long term impacts from their infection. In fact, nearly 23 million Americans (and 100 million people globally) have learned that regardless of the severity of their initial infection, they may continue to experience debilitating symptoms for weeks, months or even years. In a number of these cases, symptoms worsen with time, even turning deadly.

"I got Covid early last year and it was pretty bad," shares Eric. "I was hospitalized for 9 days and there was a point where I wasn't sure I was going to make it. I'm still here so I guess God had other plans but months passed and I was still gasping for air. I couldn't do everyday tasks like cut the grass or work in the yard, much less enjoy a quick bike ride. And then there was what my doctor called, 'brain fog'. I'd lose my train of thought mid-sentence or forget words for stupid things like plates and toilet paper. It felt like I'd had a stroke more than it did a virus."

Officially dubbed Long Covid, the aftermath of the original virus has taken on a life of its own. Dozens of symptoms have been reported and include everything from shortness of breath and cognitive issues to a sudden onset of diabetes and cardiothoracic conditions. These symptoms are so well-documented and common that those suffering now qualify for disability assistance.

Unfortunately for Eric and so many others, the treatment options thus far have been limited. "I started with my primary care doctor and saw specialist after specialist. A pulmonologist finally told me, 'This is the best we can do for you, it's time you start thinking about how you're going to live with Long Covid.' Apparently, their best was letting me live what felt like half a life."

Eric wasn't satisfied with that and decided to do his own research, which is how he ended up at AAIM Albuquerque Acupuncture & Integrative Medicine in Albuquerque.

"I fully believe the human body has the ability to heal itself, but sometimes it needs a little push. I've used acupuncture in the past to help me through a bout of sciatica and just knew if anyone could help me with this Long Covid business, it was going to be Dr. Brogdon."

You might think that a novel virus needs a novel solution, but if so, you'd only be half right. While the staff at AAIM Acupuncture does use innovative solutions like ATP Resonance BioTherapy® to combat Long Covid, because it aids in the healing and repair of specific cells and tissues, it's a much more time-tested science that's getting patients back to living their lives.

"Our O3 ReBoot Therapy® has all-encompassing and powerful healing capabilities," shares Dr. Brogdon. "Ozone therapy has been used since the 1800's and was actually a popular tool for Doctors during the first world war because of its antibacterial, antiviral, and anti-inflammatory properties. We use it today to inactivate any residual Covid virus, stimulate oxygen metabolism, and activate the immune system. The whole treatment takes about 15 minutes and is completely noninvasive."

As with AAIM's other services, O3 ReBoot Therapy® requires consistent and repeated treatment to achieve measurable and long-lasting results.

"I'm in my second month of treatment and back to riding my bike and breathing better than before I even had Covid. Everyone [at AAIM] has been amazing! I really feel taken care of every time I walk in the door." says Eric.

Dr. Andrea Brogdon, AAIM's founder and leading practitioner, has been successfully treating chronic pain and complicated conditions for over two decades. She has pioneered effective protocols to treat seemingly hopeless conditions like peripheral neuropathy, fibromyalgia, and postherpetic neuralgia. When Covid-19 emerged three years ago, she and her team got right to work researching and developing therapies that would effectively address that complex virus. Based on the testimony of patients like Eric, it seems their efforts have been a smashing success.

For more information, visit AAIM-abq.com. 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.



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