

The Heritage East Herald

“Preserving and enhancing the beauty, safety, and enjoyment of our neighborhood”

Vol. XXXII No. I | Spring 2022

President's Message



Greetings Neighbors! My name is Daniel Martinez and I am your newly elected HEAR President. I'm an Albuquerque native through and through, a graduate of both La Cueva High School and UNM. Professionally, I am a specialist in residential real estate and have been facilitating real estate

transactions for buyers and sellers in the Albuquerque Metro for the last 6 years.

From the moment my wife and I decided to deepen our roots in Albuquerque, we resolved to find ways to support our community. My wife, Shona, has joined the APS Education Foundation Board, while I have dedicated myself to our local community as a member of the HEAR Board. We are both passionate about helping in any way we can.

For decades, Heritage East Association of Residents has been the largest neighborhood association in the Albuquerque Metro Area. The financial support we have received from the neighborhood helps to keep our homes, roads, and parks looking beautiful, and allows us to assist residents with painting, gardening, and so much more.

As the President of HEAR, my hope is to represent and lead our community in addressing the matters that are most important to us all. This year, we want to focus on strengthening ties throughout our beloved community. It is important to not only have pride in our neighborhood, but also to get to know one another and establish new relationships.

We are reaching out to you for your involvement and welcome any ideas that can continue to make our community one of the best places to live in Albuquerque! Let us know how we can be of assistance, we are HEAR to help!

Daniel Martinez, HEAR President

April General Membership Meeting

All Heritage East residents are invited to attend the General Membership Meeting on April 21, 2022. With the reduction in COVID cases, we are finally able to resume our in-person meetings at the North Domingo Baca Multi-Generational Center. Information on the meeting follows. Please join us!

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Event: General Membership Meeting

Time: Thursday April 21, 2022 at 7:00 PM

Location: North Domingo Baca Multi-Generational Center

Address: 7521 Caramel Dr NE, Albuquerque NM 87113

A Note from Jeff

October 2021 marked the conclusion of my 3-year term as HEAR President. I'd like to thank the entire neighborhood for their support over the last few years. The achievements of 2021 speak to the commitment of our neighborhood to continuously improve:

- » Installation of a Little Free Library
- » Adoption of additional Ventura medians
- » Record turnout at National Night Out
- » Beautification of the Georgetown entrance
- » Freedom Way Traffic Calming Study

Please give new HEAR president Daniel Martinez the same support you gave me, and bring your ideas and suggestions to the new Board. We'll see you around the neighborhood.

Jeff Figiel, Outgoing HEAR President

Easter Egg Hunt at Rotary Park

Join us for the Heritage East Easter Egg Hunt on Saturday, April 16th at 1:30PM! This family event is free for all and includes egg hunts for the kids, with divisions by age group. Visit the event page of the HEAR website (hear-online.org/events) for additional information and updates. Don't forget your egg basket!

Event: Heritage East Easter Egg Hunt

Time: Saturday April 16, 2022 at 1:30 PM

Location: Rotary Park

Address: 7725 Quintana Dr NE, Albuquerque, NM 87109



Newsletter Updates

Eagle-eyed readers of the HEAR newsletter may have noticed a new logo for the Heritage East Herald on the front page. Credit for this sophisticated new look goes to Tim Stevens, Designer and Heritage East resident. Thank you, Tim, for donating your time and talents. Residents can check out more of Tim's work at stevensanimation.com.

Another new development in this issue is the introduction of the "Spotlight On" column, where we will highlight complex issues impacting our community and turn to a Heritage East resident for education and advice. If you have a perspective in mind to help make Heritage East a safer, healthier, or kinder community, please email us at hear.newsletter@gmail.com with the phrase "Spotlight On" in the Subject line.

Elena Allen, Newsletter Coordinator

HEAR Aluminum Recycling Update

HEAR Aluminum Recycling takes place on the first Saturday of every month from 8:30 to 11 AM in the parking lot of Rotary Park. Look for the pick-up truck with a magnetic sign advertising HEAR Recycling. All recycling proceeds directly support HEAR projects.

The recycling total for 2021 was 1,414 pounds, at an

average price of \$0.46 per pound, for a total of \$589.88! This is our largest annual poundage in the fifteen years I've been involved with HEAR's recycling program. Way to go everyone, we appreciate your support!

The large hauls have continued into the first quarter of 2022, as shown in the table below. In February we had so many bags of cans that we had to tie down the bed of the truck and stuff bags in the cab!

HEAR's next aluminum recycling event takes place on Saturday, April 2nd, from 8:30 to 11 AM in Rotary Park. We'll see you there!

Susan Tackman, Recycling Coordinator

| Month | Aluminum | Price/lb | Total |
|----------|----------|----------|---------|
| January | 70 lbs | \$0.45 | \$31.50 |
| February | 157 lbs | \$0.51 | \$80.07 |
| March | 121 lbs | \$0.61 | \$73.20 |

Speeding on Ventura

As many have noticed, the additional commercial construction on Paseo Del Norte has transformed Ventura into a very busy through-street. In the past few years HEAR has taken part in a Traffic Calming study of Freedom Way, confirming what residents already knew: many pass-through drivers are traveling at 10-15 miles over the posted speed limit.

In the coming months, with assistance from our APD Commander Greg Weber, the Office of Neighborhood Coordination and the City of Albuquerque, we are planning similar Traffic Calming procedures on Ventura to reduce speeding and create a safer experience for motorists and residents alike.

Please be on the lookout for a number of "Slow Down Albuquerque" signs and electronic radar signs to keep speeders at bay. We have stressed the importance of this matter to APD and Commander Weber. They have assured us that HEAR's efforts plus targeted enforcement should make the impact that we are all hoping to see.

If you have any input or questions concerning traffic patterns on Ventura, please reach out to a HEAR board member or join us at April's General Membership Meeting.

Master Gardeners Hotline

Do you have questions about gardening, trees, or plants? There is a free source for answers: the Master Gardeners Hotline! Master Gardeners are volunteers who have received extensive education and use their experience and the resources of New Mexico State University (NMSU) to answer your questions.

From March 1 through the end of October you can call the Master Gardener Hotline at (505) 292-7144 (11AM - 2PM) or (505) 243-1386 (9AM-12PM and 12:30-3:30PM) on weekdays, to speak to a Master Gardener. You can also meet in person with Master Gardeners on weekdays at the NMSU-Bernalillo County Cooperative Extension Service office at 1510 Menaul Blvd Ext NW Albuquerque, NM 87107.

Master Gardeners can help you understand the science of the various soils in our area and tell you what grows best here. We can help with those pesky entomology (i.e., bug), problems. We have up-to-date information about plant botany, plant diseases, growing fruits and vegetables, caring for your lawn, and growing roses. Are you interested in xeriscaping? We have information about that as well. We are here to help you develop gardens that will thrive and be beautiful in our arid landscape. Find out more at abqmastergardeners.org.

*Jane Voelkel, Publicity Director
Albuquerque Area Extension Master Gardeners*

Feet on the Ground

As a Heritage East resident, you may have already enjoyed and explored many of the amazing neighborhoods, paths and parks available in our area.

With Spring right around the corner, more people will be heading outside to enjoy the sunshine. We'd like your help to keep our community a clean and safe experience for all.

Next time you head out for an adventure, please feel free to take an extra bag to pick up any litter that may be left behind by others. If you like, keep an eye out for those that are not properly disposing of their pet's litter -- unfortunately, this seems to be an increasingly common occurrence. In addition, look for venues that might make a great home for additional Little Free Libraries we are hoping to add to the neighborhood.

Your efforts will not only keep our beautiful community clean and enjoyable, but will also help to keep us all aware of any developing issues.

Daniel Martinez, HEAR President

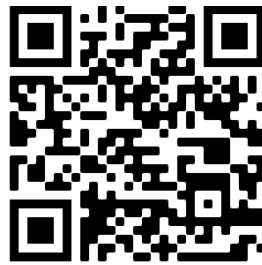
Calling All Local Business Owners

One of the best things about living in a community is the availability of resources and the array of amazing talents at our doorsteps. If you live in Heritage East and own a local business, we want to hear from you!

HEAR is establishing a business directory of resident-owned local businesses. The directory will provide benefits to business owners, such as promotion through Welcome Baskets delivered to our new neighbors, as well as benefits to all Heritage East residents, who will have the opportunity to

strengthen our community through patronage.

If you own a landscaping company, a tax accounting firm, an auto repair shop, a salon, a dental practice, a photography studio, a bakery, or any other local business, please complete our new business directory form. Just follow the QR code at left or visit hear-online.org/business-directory-form. We look forward to connecting with you!



Green Chile Sauce Recipe

Are you looking for a crowd-pleasing sauce to zest up your hamburgers, breakfast burritos and just about anything else? Look no further.

Ingredients:

- » 1 small onion chopped
- » 3 cloves of chopped garlic
- » 2 cups of chicken broth
- » 8-16 oz of roasted and peeled green chile
- » 2 tablespoons of cornstarch
- » 1 medium tomato, diced
- » 3 tablespoons of cooking oil

Directions:

- » In a medium saucepan, heat cooking oil on medium to high heat. Add chopped onion and garlic. Cook until translucent.
- » Add 1 1/2 cups of chicken broth and bring to a simmer. Add chopped green chile and diced tomato.
- » Mix the remaining 1/2 cup of room-temperature chicken broth with the cornstarch and add to the simmering sauce to thicken.
- » Salt to taste.
- » Smother on your favorite dishes and enjoy!



Heritage Hills Park Improvements

A frequent visitor to the Heritage Hills Park, Jonathan Bertinelli, took it upon himself to help minimize the discarded cigarette butts that were littered near the east side of the parking lot by contributing two cigarette butt cans.

A smoker himself, Jonathan was originally a contributor to the litter, but has since taken an interest in improving the area. He volunteered to purchase the clay pots, conduit, paint, and concrete necessary to secure the butt cans. We thank Jonathon for his generosity and commitment to keeping the park safe, clean and maintained.

Paul Jessen, HEAR Secretary & Park Steward



Heritage East Real Estate Forecast

Albuquerque's real estate market is expected to stay RED HOT over the next few months. There are only a total of 315 houses for sale in Albuquerque and 1,027 pending closure as of March 20, 2022. This means that Albuquerque has less than one third of a month's worth of inventory!

Within the Heritage East neighborhood, there is currently only a single home for sale, with a listing of \$450k. Eight properties are under contract and pending closure, with prices ranging from \$390k-680k. Homes are currently averaging two days on the market, with an average list price of \$527,875 and \$200.37/sqft. This marks an increase from the last three months, where the eleven homes sold were listed at \$199.02/sqft, but actually sold for \$203.60/sqft. The ongoing struggle with housing inventory will continue to drive up prices. We may see the final sale prices for homes now on the market reach an average of \$205.00/sqft or more!

Mortgage rates have begun to rise a bit, but are still very low from a historical perspective. There remains a large number of qualified buyers searching for a great deal in a barren market.

For those considering selling their home in the next 3-6 months, you can still expect to get top dollar. Our housing market needs the inventory and buyers are willing to pay. With

the ongoing improvements on Paseo Del Norte and current market conditions, Heritage East continues to be a great investment and wonderful place to live for all generations.

David Martinez, Residential Real Estate Agent

Little Free Library Update

Last Fall, a Little Free Library was installed at the entrance of the Jay Yogeshwar walking/riding path at the south end of Heritage East. The first five months of Little Free Library use have been very successful, with a large turnaround of books. If anyone would like to drop off a large donation to the library, books can be placed on the front porch at 7106 Greenmont Ct NE. I'll make sure they get into circulation as space allows. We hope you and your families take advantage of this resource.

Mary Figiel, Little Free Library Steward

HEAR Membership

Right now is the perfect time to renew or sign up for your HEAR membership. Simply complete the membership form enclosed in this newsletter or visit hear-online.org/online-membership-form to sign up. The modest membership dues of \$25/year contribute to neighborhood beautification projects, social events, Welcome Baskets, the Fall and Spring newsletter, and more!

Recycling E-Waste

Electronic waste, or E-waste as it is more commonly known, refers to electronic products that can be reused, refurbished, or recycled. E-waste is an inevitable byproduct of modern life, where we find ourselves surrounded by an increasing number of faster, fancier gadgets. Many electronic devices contain toxic substances, including lead, mercury, cadmium, beryllium, polyvinyl chloride, and chromium. When E-waste ends up in landfills, these chemicals leach into the soil, polluting the land, ground water, and air.

Equally important is the value of raw materials that can be harvested from old electronics. Proper recycling of E-waste saves energy and resources, as fewer raw materials need to be drawn from nature to create new devices.



As responsible community members, where can we take our E-waste to reduce pollution and preserve natural resources? Luckily, Albuquerque offers several convenient options. E-waste can be recycled at the Eagle Rock Convenience Center for a reasonable disposal fee of \$5.25 per load. Eagle Rock is a stone's throw from Heritage East at 6301 Eagle Rock NE, and is open 8 AM to 4:30 PM, 7 days a week.

If you're looking for a free option, consider Goodwill Industries of New Mexico. Goodwill has partnered with Albuquerque Computer and Electronics Recycling Company to provide a free recycling program where consumers can responsibly recycle unwanted electronics in any condition. Donors can drop their electronics at any Goodwill Donation Center, the closest being at 7120 Holly Ave NE.

Both Eagle Rock and Goodwill accept a nearly comprehensive list of electronics, including:

- » Computers, Laptops, and Peripherals
- » CRT and LCD Monitors
- » Cell Phones
- » DVD and VHS Players
- » Printers, Copiers and Scanners
- » Modems and Routers
- » Hard Drives, iPods, and Storage Devices
- » Cables and Cords

Larger electronic devices, such as TVs and microwaves, can be safely recycled by calling 311 for a pickup by the city. Learn more about E-waste by visiting cabq.gov/solidwaste/recycling/electronic-waste-e-waste and goodwillnm.org/e-waste-recycling.html.

Spotlight On: Fentanyl in Our Community

In this inaugural issue of "Spotlight On", we turn to Brandon Warrick, MD for his first-hand look at fentanyl addiction and treatment in Albuquerque. Brandon is an Addiction Medicine Physician at the University of New Mexico and is also board-certified in Medical Toxicology and Emergency Medicine.

The perspectives expressed in the Spotlight On column belong solely to the author and do not necessarily reflect the views of the author's employer or other affiliated organizations.

According to the CDC, deaths attributed to drug overdoses in 2020 surged by nearly 30% year-over-year, to reach a distressing record of over 100,000 deaths. The CDC data for March of 2022 continues to look bleak. The current surge in overdoses is primarily driven by fentanyl, and according to the Department of Health, New Mexico and Albuquerque have been hit particularly hard. As a parent and an expert in addiction medicine, what concerns me most is the pervasiveness of fentanyl in our schools and neighborhoods

and the tactics employed to get people hooked.

Fentanyl is a synthetic opioid roughly 100x more potent than morphine. Fentanyl is used medically in the operating room and emergency department for severe pain. Drug traffickers often mix fentanyl into other drugs because it is cheap to manufacture and has such high potency. Fentanyl is commonly being found in counterfeit pills resembling pharmaceuticals like oxycodone (OxyContin) and alprazolam (Xanax). Individuals are ingesting, snorting, or smoking these pills. The straightforward routes of administration facilitate initiation to drug use, especially among teens. Additionally, there are reports of fentanyl being mixed with marijuana, methamphetamine, and other drugs.



Drug sales typically occur between friends and acquaintances, as opposed to through interactions with a stranger. In a common scenario, a friend initially provides one or more pills for free, purportedly to help others with physical or emotional pain. Over time, the friend begins asking for money for additional pills. Pills are sold for about \$20 each, and it is common for individuals to use five or more pills daily by the time they seek treatment. Facing a daily drug cost of \$100, individuals are highly motivated to find new users to support their own habit. Sadly, teenage brains are particularly sensitive, making them more vulnerable to addiction, and a prime target for those looking to fund their drug use.

Currently, I see teens on a weekly basis who present with overdoses or are asking for help to stop using. Their stories are painfully similar. Nobody intends to become addicted or to overdose. There is a sense of helplessness and loss of control over one's life that often strains relationships with friends and family. Half or more of the teens I see explain that they did not use to get high, but used the drugs to treat physical or emotional pain, and are surprised when they cannot stop or cut down.

The good news is that there are steps we can all take both with regard to addiction prevention and treatment. Talk openly with children, especially teens, about the particular danger of fentanyl and its presence in counterfeit pills and

mixed substances. Prepare others for the potential subversive introduction to drugs from friends, family, and acquaintances. Help your loved ones to discuss the emotional or physical pain they are facing, and support them in seeking professional help to address their challenges. When having these discussions, be positive and supportive and avoid negative or shaming statements. A supportive approach is much more likely to result in meaningful engagement in the discussion itself and in seeking help.

In terms of addiction treatment, New Mexico is forward-thinking and is taking steps to help teens and adults with drug problems. Medical treatments for opioid addiction, such as buprenorphine and methadone treatment, are staggeringly effective, with a **survival benefit of over 60%**. (This effect is greater than that observed for the use of antibiotics to treat pneumonia, or performing surgery to treat appendicitis). At the community level, implementation of treatment programs has been shown to decrease criminal activity and increase gainful employment, creating a strong incentive for all residents to support medical treatment programs.

UNM and Presbyterian Hospitals have established programs and protocols to immediately initiate treatment for consenting patients, as well as to refer patients to external treatment programs. In other words, if now is the time you, a friend, or family member are ready for help, just show-up at the Emergency Department to get the ball rolling. Your community wants to help.

For more information on opioid addiction or treatment, visit doseofreality.com, nmcrisisline.com, or nmbbridge.org.

Brandon Warrick, MD

Tips to Save at the Pump

It would be hard not to notice the recent spike in gas prices, brought on by a confluence of rising post-pandemic demand, seasonal price increases and Russia's invasion of Ukraine. While oil prices have come down from the record-setting peak in early March, continued uncertainty surrounding the global oil supply is likely to keep gas prices elevated for the foreseeable future. For those of us still relying on Ye Olde combustible engines to get around, here are a few tips to reduce gas usage, and maybe help the environment too.

- » Inflate and rotate your tires
- » Perform routine auto maintenance
- » Avoid rapid acceleration and braking
- » Avoid excessive idling (anything > 2 minutes)
- » Travel light and remove excess weight from your car
- » Combine multiple trips into one
- » Carpool with friends or co-workers
- » Ride a bike, take a walk, or dust off those roller skates

In addition to reducing gas consumption, we can all save a little money by seeking out stations with the best prices. Several well-rated sites and apps, for both Android and iOS, can assist you with this task.

- » geico.com/save/local-gas-prices
- » autoblog.com/cheap-gas-prices/
- » GasBuddy.com
- » GasGuru mobile app
- » Waze mobile app

Elena Allen, Newsletter Coordinator



Weed Ordinance

Springtime in New Mexico guarantees three things: weeds, wind, and more weeds. Weeds are particularly vexing right after the spring rains, but can be an issue any time of the year if they are not managed. Heritage East residents are reminded to comply with the city ordinance on weed removal, which can be found in full at cabq.gov/planning/code-enforcement-zoning/nuisance-weed-removal. When our properties are maintained, the entire neighborhood looks beautiful and our property values remain high: we all win. Excerpts from the ordinance are included below.

The Weed, Litter and Snow Removal Ordinance (§ 9-8-1) is intended to promote general health, safety and welfare for Albuquerque by prohibiting the maintenance or accumulation of plants determined to be of major allergenic significance, those which constitute a fire hazard when wind collected, or those which otherwise present a hazard or nuisance to inhabitants of the city. The ordinance is intended to promote the growth of native and other grasses/plants whose root structures tend to aid in stabilizing the soil and reducing dust.

Because this ordinance is law with enforcement that can include court appearances, fines and even jail time, it's vital that you do not ignore any notices of violation that you may receive. If you do receive a violation notice and need more time to tend to the violation or there are circumstances you need to discuss, please call the Code Enforcement Inspector listed at the bottom of the notice. The inspector needs to speak with you in order to make accommodations for your request. If you feel you have received a violation notice in error, please call and the situation can be discussed with the inspector.

The ordinance specifies the removal of any weeds with a height or width of more than 4 inches from the following areas:

- » The front, rear or side yard of your property
 - » From the property line all the way to the curb, including the sidewalk.
 - » If you don't have a curb adjacent to your property, then the area 10 ft outside of your property line
 - » From your property line to the middle of the alley adjacent to your property
-

The following plants are considered weeds per the ordinance. (For inspiring botanists or ardent weeders, a full-color "Weed Handbook" is available at documents.cabq.gov/planning/code-enforcement/CE-WeedHandbook2012.pdf).

- » Pigweed
- » Russian Thistle
- » Ragweed
- » Lambsquarter
- » Kochia
- » London Rocket
- » Flix Weed
- » Tansy Mustard
- » Spurge
- » Silverleaf Nightshade
- » Puncture Vine (aka "Goathead")
- » Field Bind Weed
- » Purslane
- » Hoary Cress
- » Foxtail

The Code Enforcement Division can only enforce upon overgrowth of the weeds listed specifically in the ordinance. Other plants are not considered weeds, and hence property owners cannot be compelled to trim or remove them.

The approved methods of removal per the ordinance are:

- » Mowing
- » Cutting
- » Digging/pulling
- » Other methods designed to remove the weeds but not disturb other vegetation or unnecessarily disturb the soil or create fugitive dust

Keeping Up With HEAR Happenings

To receive updates between HEAR newsletters please include your email address when you fill out the form to join or renew your membership. If your email address changes or you would like to be added to our email list, please contact our newsletter coordinator at hear.newsletter@gmail.com. You can also connect with HEAR through our other channels:

- » HEAR Website - hear-online.org
- » Twitter - twitter.com/hear_online
- » Facebook - facebook.com/HearOnline
- » Next Door - nextdoor.com

HEAR Officers and Volunteers

| Office | Name | Contact |
|-----------------|------------------|--|
| President | Daniel Martinez | hear.president@gmail.com |
| Vice President | Vacant | |
| Secretary | Paul Jessen | |
| Co-Treasurer | Craig Simons | hear.treasurer@gmail.com |
| Co-Treasurer | Robert Allison | |
| Board Member | Phyllis Martinez | |
| Board Member | David Allen | |
| Recycling | Susan Tackman | (505) 822-8761 |
| Welcome Baskets | Joe Jenkins | |
| Newsletter | Elena Allen | hear.newsletter@gmail.com |

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**"A true community is not just about being geographically close to someone or part of the same social web network. It's about feeling connected and responsible for what happens. Humanity is our ultimate community, and everyone plays a crucial role."
- Yehuda Berg -**

Heritage East Association of Residents
PO Box 92465
Albuquerque, NM 87199-2465

PRST STD
U.S. Postage Paid
Permit 1893
Albuq. NM

Time-Sensitive Material. Deliver Promptly
Postmaster: Please Deliver by Monday April 4, 2022

— —
✂

Heritage East Association of Residents (HEAR) Membership Form

If you have already sent in your dues for 2022, **Thank You!**

You may use this form to renew your membership or join us for the first time.

You can also sign-up and pay online at <http://hear-online.org/online-membership-form>



Last Name(s) _____

First Name(s) _____

HEAR Street Address _____

Physical address in the neighborhood

Email Address _____

For delivery of email updates. Please differentiate between similar letters/numbers - e.g. between 1/l and 0/0

Phone Number: Home _____ **Other** _____

Notes or Comments _____

Membership dues are \$25 /calendar year per household. Please make your check or money order out to HEAR and mail it, along with this form to: **HEAR, PO Box 92465, Albuquerque, NM 87199-2465**