



## Calendar

April 22: 22<sup>nd</sup> Annual Earth Fest

May 17: Growers' Market  
Begins 3:00-6:30 at  
Morningside Park

May 20: Architecture Walk

June 9,10: Backyard Coop Tour

June 30: PrideFest Parade

July 21: Summerfest

July 28: Summer Barbecue

Sept 27: Board Elections &  
Annual Meeting

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# NOB HILL NEIGHBORHOOD ASSOCIATION

## SPRING 2012 NEWSLETTER

# We Are Nob Hill

By Stanley Allen

My name is Stanley Allen and I have the honor of serving as President of the Nob Hill Neighborhood Association (NHNA).

Presently the NHNA Board of Directors consists of the following individuals: Chris Lucas, Vice President; Greg Weirs, Secretary; and Marty Ennis, Treasurer. My other board colleagues are Dominique Dupont, Susan Michie, Marshal Mourar, Erin Quinn, Tymn Waters and Dennis Weber.

As the neighborhood continues to change and grow, each of your board members has given many hours of their time and energy to enhance and improve the quality of life for all Nob Hill. For that, I thank them.

Spring is always an exciting time. We've moved our clocks one hour forward, the flowers and trees have begun to bud and we seem to have a reinvigorated spring in our step. We will see increased weekend garage sales, neighborhood walks, festivals and community garden plantings. The Coal & Lead Improvements Project will soon be

complete and the Nob Hill Grower's Market will once again grace Morningside Park.

This is an exciting time to be involved in your neighborhood. Befriend and welcome your new neighbors. Explore our retail treasures, live the nightlife or walk your child to school. Learn about our history; nurture your body, mind and spirit.

The NHNA wants to encourage you to work with us to become involved in neighborhood issues. Our website (<http://nobhill-nm.com>) allows neighbors, longtime and new, to learn about the neighborhood, stay up to date, and get involved in the issues that matter to you.

Our association holds a business meeting, open to the public, on the 2nd Thursday of the month. Occasionally we will hold a second meeting, often on the 4th Thursday of the month, which is an outreach or forum event. If you are interested in learning more about our work or joining please email us at [theboard@nobhill-nm.com](mailto:theboard@nobhill-nm.com).

Join us. We Are Nob Hill!!



NHNA Board Members from Left to Right standing; Susan Michie, Tymn Waters, Marshal Mourar, Dennis Weber, Erin Quinn and Greg Weirs, seated; Marty Ennis, Chris Lucas, Stanley Allen and Dominique Dupont.

## One Newcomer's Perspective on Our Neighborhood

by Patty Ruppelt

Having just arrived in Albuquerque, I am lucky to have landed in the Nob Hill neighborhood. I now realize that this is the most pedestrian-friendly neighborhood in the city. It is great to have the Co-op nearby and many good restaurants. But for me the crown jewel of the neighborhood is the Guild Theatre. Film theaters that aren't cineplexes playing blockbusters are few and far between these days. Albuquerque is blessed to have the Guild that accurately bills itself as eclectic cinema. Looking at the schedule, there is something for everyone--including many independent films and documentaries that would never be screened in Albuquerque if not for the Guild. Located next door to Il Vicino, it makes walking to dinner and a movie a regular event for our household.

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## SPRING ARCHITECTURE WALK IS COMING

by Gary Eyster

On Sunday, May 20, reDiscover Nob Hill will offer its Spring architecture tour led by noted architectural historian David Kammer. Walkers will learn to read architectural characteristics of houses, how to research the history of their house, and how to maintain or remodel their house with sensitivity to its historic character. We will be pausing along the route to visit with some of the early residents of Nob Hill.

We will meet at 1 pm on the front steps of Immanuel Presbyterian Church, 114 Carlisle SE. Space is limited and reservations are necessary. Make reservations for the walk at [www.reDiscoverNobHill.com](http://www.reDiscoverNobHill.com).

If you have a house in the area that retains much of its historic character and would be willing to provide your yard for a reception at the end of this or a future walk please let us know at [reDiscoverNobHill.com](http://reDiscoverNobHill.com) or 991-1388.

# Take a few minutes to help with Crime Prevention

by Spencer Nelson

We have a neighborhood that is much safer than most in the city from the crime standpoint. But it could be even better if everyone in our neighborhood took a few minutes each day to work on this issue.

Get to know your neighbors. Stand around for a moment in front and in back of your house or apartment and take note of any activity that seems out of place. You are the best one to notice unusual activity like a car cruising by multiple times or things being carried out of your neighbor's house by a stranger. Report these to the police. Just being obviously outside looking around can help discourage burglars.

Attend one of our monthly short meetings to review crime statistics with police personnel and ask questions. We have been meeting

at Monte Vista Christian Church on the last Tuesday of each month at 6:00 PM.

Keep reporting all crimes, no matter how minor.

Call 911 for any emergency and to report crimes in progress.

Call 242-COPS, 242-2677, to report burglaries, thefts, and suspicious activity.

Call Steve Sink, City of Albuquerque, 924-3600, to get help in starting a Neighborhood Watch.

The UNM Police dispatch number is 277-2241. Call them about problems related to the campus.

Call Laura Kuehn or Sandy Pino of APD at 256-2050 to get help re-establishing your Neighborhood

Watch. Laura can also examine your property (business or residential) and make suggestions about changes in landscaping, fences, and building accessories that can help discourage crime. She can discuss suspicious activity reporting with your group.



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# REDISTRICTING UPDATE FROM CITY COUNCILOR REY GARDUÑO

by Julian Moya

At the February 22nd meeting, the City Council approved the City's Redistricting Plan for the next 10 years. By a 5-4 vote, the Council approved proposed Map L. Map L keeps District 6 fairly consistent with the current district boundaries. The difference is the western boundary, as it will be moved to Buena Vista. District 6 will now include the University of New Mexico south to Mesa del Sol. I voted against the Map L, because it dilutes the voice and voting power of low income communities of color and historic neighborhoods, as District 3, which is currently the downtown and University neighborhoods district, will be moved to the Southwest Mesa. While, I understand the Southwest Mesa needs their own district, by moving District 3, District 2 will now cover the entire valley and downtown area which includes every federally recognized pocket of poverty, many communities of interest, and the vast majority of Redevelopment Areas. The map now goes to the Mayor to sign or veto it. You can view the Map on the City Council's webpage; [cabq.gov/council/](http://cabq.gov/council/).

Do you have more than one house, a guesthouse or apartment on your property? If so, do you know that it might be illegal? You need to make sure all the homes on your property are allowed to remain. For example, in residential zones where only one house is allowed and two or more exist (a duplex on an R-1 zoned property) this residential property will need to comply with new regulations by March 27, 2012.

If you think you own a property that fits this description please contact Juanita Garcia; 505-924-3823, [juanitagarcia@cabq.gov](mailto:juanitagarcia@cabq.gov), to discuss this issue. You may need to submit an application for a "Status Established Building Review Procedure." This procedure will allow you to submit evidence to determine if your property's current use can remain. This process can take 60 to 90 days to complete, please act quickly. The Council may vote on an extension of this deadline, but it is not certain. I would suggest submitting your application as soon as possible.

The City's Metropolitan Redevelopment Section has entered into a development agreement with developer Rob Dickson and De Anza Courtyard Homes LP to redevelop the De Anza property into 50 market rate apartment units, a renovated café, and a new Route 66 Museum and Visitor Center. Construction should begin in the late spring / early summer of 2012. I am excited to move this redevelopment project forward on this historic property. My office is also working with the Department of Municipal Development and Rob Dickson to construct pedestrian and street improvements around the property that will enhance the entire area.

**Please contact me with any questions or concerns;**  
**505-768-3152,**  
**[reygarduno@cabq.gov](mailto:reygarduno@cabq.gov).**  
**Thank you.**

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# Restaurant Reviews



## P'tit Louis Bistro Nob Hill: A Paris Bistro in the Desert

by Chris Lucas

The waiter floated to our table ready to mention the nightly specials, cradling a 3-year-old boy in his arms, "What is your favorite dish?" he asked the boy. "Poule au Pot!" the boy yelled, like he was singing along with Barney. When the waiter set the boy down, he ran to his mother standing by the bar and buried his head into her skirt.

"That's my son--P'tit Louis!" the waiter/owner said. Then he described the dinner special, Poule au Pot, a 400 year old Basque recipe very much like an American Chicken Pot Pie, "But there is no pie," he said. "No crust. And it is served on top of pomme frites." He finished relaying the specials and disappeared into the kitchen.

Our waiter, French restaurant-trained Christophe Descarpentries, one of the three owners of P'tit Louis Bistro Nob Hill, worked the room, greeting and seating people, describing the specials and menu items, and flew in and out of the kitchen with entrees. He was assisted by the bartender Alex, who poured the beer and wines and helped clear and set the tables. With only ten or so tables in this small bistro-style restaurant, the atmosphere was both intimate and busy

By 5:45 the room was packed, and folks without a reservation waited patiently by the door for a spot. Making a reservation is the best--and often only--way to get into one of Nob Hill's newest restaurants, at 3218 Silver Ave SE, between Bryn Mawr and Wellesley. For drinks, my companion insisted on the House Wine, Chateau La Pompe Blanc or Rouge, served in ¼ and ½ carafes. He had been to the P'tit Louis Bistro's downtown location, and said the house selection was great, which proved to be true.

To start out, we sampled a selection from the Assiette de Fromages menu. We chose three different cheeses—from soft, hard, firm and blue styles, and from sheep, cow and goat—a few cheese varieties were a combo of all three. The cheeses were mostly from France, but also England, Germany, Greece, Italy, Spain, and even from the U.S., which featured a fresh, soft goat cheese. Served with small cut fruit, the appetizer enlivened the pallet for the courses to come.

Next we split a generous Betteraves & Chevre salade--roasted beets and goat cheese topped with a sherry vinaigrette. For the main entree, my companion had the

400 year old recipe Poule au Pot special and finished it before I was barely able to have a taste. It was the best chicken stew I had ever had. I had a fantastic salmon special—uniquely breaded in light crumbs and served over lentils.

P'tit Louis specializes in Moules—Mussels—cooked in curry, or roguefort cheese, or muy piquante with chili peppers, or steamed in a creamy Pernod sauce. The Bluetip Mussels are flown in fresh every Thursday and Friday from Maine. John Phinizy, another of the owners, explained to me later that, coming from Texas, he was at first skeptical about fresh seafood in the desert. But after visiting the Seattle Fish Company and seeing their operation, he was hooked on the mostly seafood menu at the Bistro. There were plenty of other delectable items we could have tried which will wait until the next time: we had to save room for the traditional vanilla Crème Brulee, which was a perfect sweet end to the meal.

Phinizy, who with local restaurateur Tom White and Descarpentries, opened the Nob Hill bistro in September, 2011, said they like to source local ingredients and distributors when possible. The bread comes from the French Riviera Bakery, their espresso from Red Rock Roasters, and most of the wine list hails from Sutcliffe Winery near Cortez, Colorado, while the rest of the wine and champagne comes from France, of course, along with numerous other ingredients

What's next for P'tit Louis?—and I don't mean the owner's 3-year-old son. Phinizy told me that they were hoping to open a P'tit Louis Nob Hill Bakery. The more people request it, he said, the more likely they will go ahead. A French bakery in Nob Hill sounds like a wonderful addition to the delicious opportunities we have in our area of town. And I think the P'tit Louis folks are the perfect group to make it happen.



# Allergy / Pollen

by Abinash Achrekar

I have a stuffy head, a clogged nose and itchy eyes – all collateral damage in the war being waged inside my body, which (at least, this terrible allergy season), I feel I may lose. But this is nothing new. This battle began many years ago, the first encounter of which was little more than skirmish.

When I was young, the juniper trees were pollinating with a fervor only a rabbit could keep pace with. The juniper pollen invaded my upper respiratory tract and had a brief encounter (with long-lasting effects) with my white blood cells – the very same cells on the front line of fighting off infections.

Pollen from trees, dander from pets and particles from dust mites are known as environmental antigens, or allergens. The body's white blood cells recognize the environmental antigens as foreign and synthesize specific proteins called antibodies. These antibodies circulate in the blood stream and adhere to other fighter cells, known as mast cells, to await the next encounter. This process is akin to plastering of "most wanted" signs for the pollen throughout the body. My first interaction with juniper pollen caused no symptoms.

Unfortunately, subsequent juniper pollen encounters proved to be not so benign. The pollen was now known to my body as a dangerous criminal, and the mast cells lay in wait to detect and kill the environmental antigens. When the pollen and mast cells met, the cells released histamine and other

inflammatory proteins that wreak havoc on the sinuses, nose, and eyes.

Like most wars, neither party remembers what they are fighting about. The body already had prepared a defense response and carries through with it, even if pollen is harmless. So why does the body have such an exaggerated response to pollen and other environmental antigens? It turns out that this immunological system evolved over millions of years to efficiently detect and kill parasites. Yes, your debilitating seasonal allergies are the result of your body confusing tree pollen with a tape worm.

Obviously, I am not the only one being assaulted by the pollen. Forty million Americans suffer from seasonal allergies. For most residing in the Duke City who seem to be plagued with the ailment, this season seems to be especially harsh. The warm bright days, dry climate and gusting winds that are well-known in the Land of Enchantment seem to be the pollen trifecta. Erratic winters such as the past one, result in earlier tree pollination and an earlier start to the allergy season with extremely high pollen counts of 1,000 being reached regularly, the pollen season has just begun; elm, cottonwood, ash and many more trees and plants are gearing up for a reproductive frenzy that will result in surges in the price of Kleenex stock.

What can you do to have a fighting chance against pollen? Stay indoors during

the times of heaviest pollen counts – between 5a and 10a – and on windy days. Keep windows closed. Take a shower after being outside to lessen pollen exposure indoors.

As a progressive physician, I routinely try to minimize medication use in my patients. However, the misery that I go through every spring is not something I would wish on anyone. Consider asking your doctor about nasal steroids, non-sedating antihistamines, and mast cell stabilizers. These efficacious medications are well studied and safe.

Unfortunately, allergy shots may be necessary for people who experience moderate to severe symptoms for four months or more out of the year and for whom avoidance and appropriately prescribed medications do not provide relief. Allergy shots (immunotherapy) fight like with like. Increasing doses of allergen extracts are administered subcutaneously, nasally or under the tongue to desensitize patients to the seasonal onslaught of allergens. Immunotherapy has also been well studied and found to be effective and safe when prepared and administered properly.

I have taken a barrage of medications seasonally to battle the juniper pollen, and before surrendering to the reproductive seed of the tree I am seriously considering allergy shots. That way, maybe next year I will have the advantage.

## New Restaurants and Pubs in Nob Hill





# Our nob hill Community Garden and pocket park

by Spencer Nelson

The Nob Hill Community Garden and Pocket Park is a project of Nob Hill Main Street and all the neighborhood volunteers who can find a moment to participate. On December 4th, 2011 volunteers planted fruit trees along two sides of the lot and ran irrigation pipe along some trenches. Each week the trees are watered by a volunteer. The week before, irrigation valves were installed. The next step is to build some raised beds using stones that were recovered from the foundation of the house that was recently demolished at the corner of Cornell and Silver. With volunteer help, we'll continue on the irrigation system. Our goal is to complete this phase by the end of March.

The land for the garden has been donated by Rob Strell, the owner of Strell Design. Working with the Nob Hill Main Street Design committee and in response to interest expressed by the neighborhood, we developed a community garden demonstration project. The idea was to develop the garden on unused land that would yield sustainable skills, healthy food and opportunity for the community to work

together and offer the fruits of their labor for the greater good. With this goal in mind Rob Strell donated the use of his vacant property for a period of 4 years. His office also donated services and designed the garden incorporating the preferred landscape elements resulting from input from the design committee and interested neighborhood members. We organized the project around the objectives of providing hands-on instruction in the planning, preparation, and installation of the grading and drainage, irrigation system, building of raised beds, planting, and cultivation of plants and trees. Skilled professionals offered to teach and work with community members. Local businesses and the City of Albuquerque donated labor and materials.

Our city councilor, Rey Garduño, worked to get the support of the City of Albuquerque and the Water Authority. The chairman of the Main Street Design Committee, Robert Munro was able to get various plumbing and landscape companies to donate labor and materials to give us a start.

Please visit this web site for the announcement of the

December work and a list of generous sponsors:  
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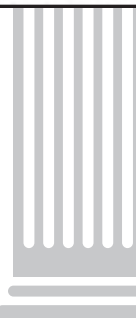
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# DE ANZA MOTEL RECONSTRUCTION COULD START IN JUNE

by Spencer Nelson

There is a project underway to redevelop the De Anza Motor Lodge at the corner of Central and Washington. It may become a residential complex with 38 apartments, a cafe, a cultural site with existing Zuni murals and a Route 66 historical museum.

The City of Albuquerque and Rob Dickson, De Anza Developer, LLC, signed a Development Agreement in January, very similar to the one for The Lofts at Albuquerque High.

There are many risky steps yet to overcome in this project. Mr. Dickson says the first step has been to get their design and engineering team under Integrated Design & Architecture and their construction team under Pavilion Construction, to take the Conceptual Plan & Budget for rental apartments and a cafe, and suggest a Revised Plan & Budget based upon what's actually out there and the most efficacious approach to doing it. They should have this information near the end of February.

If they are within the budget & financing parameters, they will begin Schematic Design followed by Final Design. The budget and approach will be refined all along the way.

They will file for Historic Approvals and Building Code Approvals in March/April. Then the financing sources will be pulled together - both debt and equity sources.

If all goes well, construction will start on 6/1/12, and open in April 2013. Right now it looks like 38 apartments (25 one bedroom and 13 two bedroom), a small breakfast & lunch cafe (no tenant yet), a small Route 66 Visitors Center & Museum, and a small Zuni Arts & Jewelry outlet.

Mr. Dickson says, "I can tell you this - if we pull this off, the De Anza Motor Lodge will shine in all its former glory. In fact, I don't think it will ever have looked as good as our 2013 version."

The city currently owns the site, but it will eventually be turned over to the new owner with the city maintaining control over the museum uses. Zuni Pueblo may control the historic murals which were done by a member of their community. The city, through the work of our Councilor Rey Garduño, will spend about \$150,000 to improve the streetscape around the building. The city has also committed about \$300,000 toward the architectural and engineering work needed for restoration of the historic buildings.

Reporter's note: We all ought to support this project. It will remove one of the big black holes in our neighborhood. Other redevelopment efforts have been tried here in the past, but without success.



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3. Love those flowers. That tells me you have taste. And taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
5. If it snows while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom and your jewelry. It's not a bad idea to put motion detectors up there too.
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door-understandable. But understand this: I don't take a day off because of bad weather.
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
11. Here's a helpful hint: I almost never go into kids' rooms.
12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.
13. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television.
14. Sometimes, I carry a clipboard. Sometimes, I dress like a lawn guy and carry a rake. I do my best to never, ever look like a crook.
15. The two things I hate most: loud dogs and nosy neighbors.
16. I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.
17. I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?
18. I love looking in your windows. I'm looking for signs that you're home, and for flat screen TVs or gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.
19. Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address.
20. To you, leaving that window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.
21. If you don't answer when I knock, I try the door. Occasionally, I hit the jackpot and walk right in.

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# Lead & Coal Improvements Project to be Completed In Spring 2012

by Patty Watson

As you read this article, construction on the City of Albuquerque Lead & Coal Improvements Project is nearing completion. "The project will be finished soon despite a challenging, wet December and a very complex scope of work that literally involved reconstruction of everything from storm drainage to sidewalks, landscapes, curbs, traffic signals, and the roadway from one side of the street to the other on both Lead and Coal between I-25 and Washington," explained Diane Sholtis, P.E., Project Manager for the City of Albuquerque.

She added, "We thank all of the residents and businesses for their ongoing cooperation and patience. We recognize that this project has had a major impact on everyone who lives on, works in or travels this corridor, and appreciate their support, encouragement and flexibility."

After the major portion of construction is completed on Lead, crews will begin to get traffic used to again traveling in one direction on Coal (eastward) and on Lead (westward). One lane of traffic will be opened on each street so that crews can put down the

top layer of asphalt and re-stripe each road for two lanes of traffic in one direction. The newly designed roadways will also have bike lanes. As one lane of each roadway is completed, traffic will be "flopped" to the other lane while the finishing touches are installed.

"We want to acknowledge the hard work of everyone on the construction team, including the general contractor, AUI, as well as the subcontractors, including Highway Supply, Guzman Construction Solutions, McDade Woodcock Inc., Heads Up Landscaping and Enchantment Fence. We also appreciate the extraordinary job that Wilson & Company has done in designing and serving as engineer on this project. Everyone worked very hard to make an ambitious plan become an amazing reality," Sholtis said.

The end goal of the Project is to make both Lead and Coal safer for pedestrians, cyclists, residents, businesses and motorists through:

- new, larger storm drainage pipelines and storm drainage inlets to prevent flooding during heavy rainstorms;

- wider sidewalks and bulb outs (planter type areas that extend out from the sidewalk) to calm traffic;
- ADA-(Americans with Disabilities Act compliant sidewalks and ramps;
- new landscaping including low-water-use trees and plants with built-in irrigation;
- new traffic signal equipment;
- new benches, trash containers and corner light kiosks;
- Intelligent Traffic System (ITS) improvements that in the future will tie all traffic signals together and allow rapid changes to accommodate changing traffic conditions.

"As soon as Lead and Coal are fully open and safe for all types of traffic, we encourage everyone to get outside, travel both roadways and see the improvements for themselves. We think you'll agree that this is truly an improvement not only for local area residents, but also for our community as a whole," Sholtis said.

For more information on the Lead & Coal Improvements Project, persons can visit [www.leadandcoal.com](http://www.leadandcoal.com) or call 505-245-3134.



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# Ask the Bugman

by Richard Fagerlund



We asked the "Bugman" how to control ants and roaches without harming bees. Here are his suggestions.

There are several things you can do to prevent ants from entering your home. The first step is exclusion. Go around the outside of your home and inspect it very carefully from an ant's point of view. Ants can sense cool air and aromatic odors emanating from your home and will try to gain access. Check around the house at ground level and look for cracks in the foundation, voids around pipes, areas under stucco, peepholes in bricks and similar areas that ants can use to gain entrance. All these areas need to be sealed, caulked, screened or otherwise altered to prevent ants from using them to get into your home.

Check around your windows and doors to make sure they close tightly. If the doors aren't tight, you may have to install door sweeps on them. Check your bushes, shrubs and trees to make sure you don't have any branches touching the roof. Don't stack firewood, bricks or anything else next to your house or ants and other insects may find a good place to nest. If you have bushes or shrubs next to your house, periodically inspect them for aphids, scales and similar bugs as ants are attracted to the honeydew they produce. The ants will get on the plants and eventually find their way into your home. Don't put flagstone or flat boards on the ground too close to your home or some species of ants will nest under them.

On the other hand, mound-making ants will generally stay outside. They rarely leave their complicated and efficient home in the mound to enter homes. If you don't want the ants making mounds in your yard, you can flood the nests with club soda or with white vinegar or food-grade diatomaceous earth (DE). If you use the DE, mix 4 tablespoons per gallon of water. You can also use 1 gallon of orange juice diluted with 2 gallons of water and a dash of soap. If you prefer, you can also spread dry instant grits on the mound. The ants will eat it and not be able to digest it and die.

You can repel ants with a wide variety of products, including cinnamon, baking soda, Comet Cleanser, cedar oil, medicated baby powder, Tide, talcum powder, chalk, coffee grounds, borax, garlic, broken egg shells, bone meal, black or red pepper, peppermint, paprika, chili powder and mint leaves. If

you have ants going into your hummingbird feeder, you can put duct tape, sticky side out, on the wire holding the feeder, to deter them.

The best way to control them when they get in your home is with baits. Different species have different food preferences. Some species will take a wide variety of baits, while others are more fussy. You can use a bait containing half baking soda and half powdered sugar and place it where you see foraging ants. You can also use instant grits, which they can't digest or use 2 packets of Equal or NutraSweet, which contains aspartame, wherever you see the ants.

If the ants have a preferred food in your home, such as apple sauce, peanut butter, canned cat food, Karo Syrup, jelly or similar products, you can mix in small amounts of boric acid or borax or aspartame. Mix about 2% of any of these products in the food. Make sure you keep these baits away from children and pets. If the ants are dying near the baits, you are making it too strong and need to make a fresh batch with less boric acid or borax.

If you smoke, always wear plastic gloves when making ant baits or they will sense the tobacco smoke on the baits and not go to it. Ants do not like cigarette or cigar smoke.

You can help prevent cockroaches from coming into your home by inspecting all incoming food products, all boxes, and any used furniture or appliances for the presence of cockroaches or their egg capsules. Do not store paper bags anywhere in the kitchen. Seal any holes or crevices around plumbing under sinks and behind toilets. Regularly vacuum and clean floors under the kitchen appliances. Keep all of your drains closed at night to prevent them from coming up from the sewer system. If you don't have a drain cover, you can fill a sandwich size Ziploc bag with water and place it on the drain. Also, get your attic and crawlspace, if you have one, dusted with food-grade diatomaceous earth.

There are a number of good baits available for controlling cockroaches. You can put equal amounts of baking soda and sugar out in flat containers and they will take it. Make a roach dough by combining ½ c. powdered sugar and ¼ c. shortening or bacon drippings. Add ½ c. onions, ½ c. flour

and 8 oz. baking soda. Add enough water to make a dough-like consistency. Make balls of bait and put them wherever you see roaches. However, there is a very good roach bait available commercially. It is Niban Bait and it is made from boric acid. It would probably be easier to get this product and use it if you are in an area where roaches are very common. You can't buy Niban in stores, but it is available online. One good supplier is [www.pestcontrolsupplies.com](http://www.pestcontrolsupplies.com). When using Niban, put it under and behind appliances, around hot water heaters, inside lower cabinets, in the garage and other places roaches will hide.

If you have a crawl space under your home, it would be good to get it dusted with diatomaceous earth. That will deter any insects from living under there. I can do that for you if you like. Also, the information above is from my newest booklet. If you are interested in a copy, contact me and I will tell you how to get a copy.

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# Hiland complex is a great neighbor of Nob Hill

by Spencer Nelson

You have probably seen the construction fence around the front of the Hiland Theater at the corner of Central and Monroe.

Following many months of work, the fence should be down by the publication of this Newsletter. You may not have known that the East side of the facility has been remodeled into first-class studios and the rear entrance has been open for months. Go take a look.

NDI New Mexico is currently holding after school classes in the Hiland Theater complex and hopes to expand their offerings soon. There are now about 38 classes over the Monday to Saturday period. These include ballet, tap, jazz, voice and acting for ages three to eighteen. See the schedule online at [www.hilandtheater.com](http://www.hilandtheater.com) or stop by the office at the Hiland, on the south side near Quincy. If you'd like a quick tour of the facility contact Gretchen Williams, 505-872-1800 x104 or [gretchen@ndi-nm.org](mailto:gretchen@ndi-nm.org).

Bernalillo County granted NDI New Mexico a 60-year lease. The renovation includes studios, office space and a fully-equipped, 600-seat performing arts



theater. The remodeled theater is super with a roll-back section of seats and a large stage area that can quickly be separated into two additional studios. A benefit grand unveiling of the theater will be held May 19, 2012. For more information about this call 505-340-0205 or see [www.ndi-nm.org](http://www.ndi-nm.org).

This year, NDI New Mexico is serving over 1,700 children at 17 Albuquerque area public elementary schools and during the after-school hours. NDI New Mexico serves about 40 schools in New Mexico,

travelling throughout the state to provide short programs in smaller communities. Many children arrive at the Hiland for the late afternoon classes in vans from their community center after school programs.

In response to the Sydney & Andrew Davis Foundation's challenge to raise \$250,000 and to have 1,000 new people giving to NDI New Mexico over the next year, NDI launched the "1000 Helping Hands Challenge". For every gift of \$10 or more, people get a "helping hand" on the wall in the Hiland.



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