

EL AVISO

May 2006

Welcome to

Susan Dunn, Denise Fallwell and Paige Gerling as a part of the Las Clinicas del Norte clinic system.

With this additional staffing in our clinics, Las Clinicas del Norte is extending its services to 50-hour weeks at our three clinics in order to serve you better. All clinics will be open starting May 1st from 8 am to 6 pm, Monday through Friday.



Susan Dunn, FNP

Susan Dunn has been assigned by the US Public Health Service to the Las Clinicas del Norte health system. She will be working out of El Rito and serve as Chief Medical Officer.

Educated at the University of Minnesota

and more recently at the University of Washington in a Family Nurse Practitioner Program (2003), Susan has spend 19 years working for Indian Health Service and just completed a two year rotation at Crownpoint, New Mexico.

With her interests in preventive and wellness issues and in women's health, Susan feels that her role at Las Clinicas' as the Chief Medical Office and as a Family Nurse Practitioner will combine her personal and professional strengths, creating a challenging and rewarding job for her.

Moving to New Mexico 2 years ago with her husband, she has four grown children and two grandchildren. She maintains homes both in Santa Fe and in El Rito.



Denise Fallwell, FNP

is now in the Ojo Caliente clinic full time. With an MA in Community Health at Texas Women's University, Denise then returned to the University of Texas, graduating in 1994 with a FNP degree. Denise

has worked at Los Alamos Medical Center and is interested in pediatric care and in adult chronic diseases.

One of Denise's hobbies is creating stained glass and she hopes to be able to do this soon at the new house that she is busy building on #554 between Abiquiu and El Rito.

Paige Gerling, MD

will be in Abiquiu on Thursdays.

Dr. Gerling graduated from the University of Massachusetts Medical School in 1995, studied premed at Harvard and has an MA from Wellesley College. She did her



residency in Family Practice at the University of New Mexico in 1995-1998. From 2001-2005 she was the Medical Director at La Clinica del Pueblo in Tierra Amarilla and since then worked with the Taos-Picuris Indian Health Service. Her professional interests include chronic disease management, women's health, adolescents, public health and cross-cultural issues in medicine. She lives in Tierra Amarilla with her husband and 2 small children and has quite a history of Chinese and Mandarin studies.

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas and Vallecitos and Youngsville

Wildfire Prevention Tips

While most wildfires are caused by dry lightning in western states, an alarming number of fires were ignited by careless human acts this year. And with fire conditions so extreme on public lands, visitors are urged to take precautions and be aware of restrictions and closures.

Here are some helpful tips to follow when visiting public lands or other areas where wildland fires can ignite.

What is the safest way to build, maintain, and extinguish a campfire?

- Clear campfire sight down to bare soil
- Circle the pit with rocks.
- Build campfires away from overhanging branches, steep slopes, dry grass, and leaves.
- Keep a bucket of water and a shovel nearby.
- Never leave a campfire unattended.
- When putting out a campfire, drown the fire, stir it, and drown it again.
- Always have an adult around to supervise outdoor cooking.
- Be careful with gas lanterns, barbeques, gas stoves, and anything that can be a source of ignition for a wildfire.

Where can I use fireworks on public lands?

The use of fireworks is strictly prohibited on ALL Federal and State public lands.

Here are some safety tips for the use of fireworks on PRIVATE LAND.

- Always read directions.
- Always have adult supervision.
- Never use fireworks near dry grass or other flammable materials.
- Have a bucket of water and a hose nearby.
- Never attempt to re-light or "fix" fireworks.
- Fireworks are not toys.

Use only State Fire Marshal approved fireworks.

What is the safest way to burn trash?

- Read and follow the instructions on your burn permit.
- Burn trash in a safe incinerator that includes: Heavy mesh screen with holes not much longer than 1/4 inch, and a metal barrel in good condition
- Clear the ground of flammable material around the incinerator at least 10 feet.

How can I prevent a wildfire if I smoke?

- Never throw a lighted cigarette from the window of a vehicle.
- Never walk off and leave a burning cigarette.
- Be aware of smoking restrictions when recreating on Federal and State public lands.
- Use ash trays.
- Follow all local restrictions and guidelines about smoking.

What are the dangers of using motorized equipment on Federal and State public lands?

- Sparks from chainsaws, welding torches, and other equipment can cause wild fires.
- Please check local restrictions before using such equipment.

How do I safely operate a on or off-road vehicle on public lands when fire potential is high?

- Never park your vehicle on dry grass.
- Never throw a lighted cigarette out the window of a vehicle.
- Grease trailer wheels, check tires, and ensure safety chains are not touching the ground.
- Avoid driving through tall grass.
- Internal combustion engines on off-road vehicles require a spark arrester.
- Check and clean the spark arrester.
- Carry a shovel and fire extinguisher in your vehicle or OHV/ATV.

As a homeowner in the wildland/urban interface, how can I protect my property from wildfires? The best resource for information on protecting your home is through the FireWise.org web site.

Announcements and News Briefs

Departing Las Clinicas is **Dr. Tamara Singleton**, whose last day was April 11, 2006. Her position was not renewed due to budget cuts in our federal grant. We thank her for her devoted services to our patients and our community.

May Diabetic Classes

May 23 - El Rito clinic - 10 am-12:30

**Topic: Nutrition, with Roberta Rios,
County Extension Agent**

Bring a dish for the Potluck. And bring your diabetic recipes for the LCDN Cookbook.

Abiquiu - Promotora Elaine Valdez, 685-4479

Ojo Caliente - Promotora Aggie Olsen, 583-2191

El Rito - Promotora Lucille Chacon, 581-4728

May 7 - Community Pride Clean-Up Day

Please come participate in our **Ojo Caliente Community Pride Clean Up Day on May 7th**. Students who participate will be eligible to win door prizes including stereo systems and MP3 players. BBQ will take place after clean up at the Ojo Caliente Mineral Springs, sponsored by the PAC. Please call Monica Lucero, PAC President, at 583-9122 for more information.

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-553-5820 / 581-4728 x255 / email: joan@lcdn.org

Las Clinicas 24 hr After Hours Number - 1-888-678-6160
El Rito

Las Clinicas del Norte Board Meeting - every 3rd Monday,
6 pm, El Rito clinic Community Room

El Rito Library - Tues, Wed, Thurs, 11 am – 6 pm, and Sat,
11 am – 3 pm.

El Rito Library Board Mtgs. - every 2nd Wed, 6:30 pm
at Library

Al-Anon Meetings - new time/location: Wednesday, 6-7 pm,
Archive Rm. next to NNMCC Library in the Cafeteria
Bldg, contact # 581-4430

AA Meetings El Rito - Tues, & Thurs, 6-7 pm, at Catholic
Parish Hall and Sun, 5-6 pm, at El Rito Library.
Open discussion. Contact Ed S. 581-4559

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the
El Rito Fire Station, open to the public

Tutoring - El Rito Save the Children Ctr, contact # 581-4516

Recycling - Last Saturday of each month, pick-up behind
Martin's Store. Sabra Moore 685-4842

Abiquiu

Abiquiu Fire Dept. Mtg. - every 2nd Thursday, 7 pm, Fire Dept.

AA Meetings Abiquiu - Saturday, 12 Noon, Abiquiu Library

Abiquiu Library - Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm
and Sunday, 9 am - 12 noon, located on the Plaza

World Peace Meditation - 1st Sunday of the month, 10-11am, at
River Spirit Yoga Center. For location, call 685-4549

Recycling - Last Sunday each month, pick up at the Abiquiu
clinic. Contact Sabra Moore 685-4842

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7 pm,
Ojo Caliente Fire Dept.

Northern New Mexico College

May Calendar—El Rito Campus May

4 Espanola Valley High School will be on campus for a tour
8-12 Finals Week

13 Graduation Ceremony at Espanola Campus (10:00 am)

15-19 Traditional Woodcarving with J. Valdez

22-25 Intro to Weaving with C. Gardella

22-26 Basics of Adobe Construction with K. Higbee

22-26 Spanish I with A. Lopez

24--26 Intro to Knitting with K. Blanchard

31 Summer Registration

We would like to commend our graduates and all our students for a job well done this year. Thanks to our faculty and staff for having a successful fall and spring semester. Look at our exciting summer schedule, some very unique classes will take place here at our El Rito campus.

We also will be having many groups stay here over the summer months. Come see our newly painted and renovated cafeteria. Coming soon will be cappuccino machine so stop on by for cup or two. We will also will keep everyone posted on a summer movie schedule if we get the response we had this spring.

For more information feel free to contact Donald Martinez, Student Activities Coordinator, at 581-4120.

Announcing the Opening of the Boys and Girls Club of Abiquiu (A branch of the Chimayo Boys and Girls Club)

Spring-After-School-Program -

Housed: At the Abiquiu Elementary School

Starts: Monday, April 3, 2006

Days: April 3 - May 28

**Monday, Tuesday,
Wednesday, and Thursday**

Time: 3:15 p.m. - 5:30 p.m.

Coordinator: Mr. Corley - Certified Teacher

Tutor: Ms. Tye - Certified Teacher

Assistance: Ashley Serrano- Junior Staff

All children are welcome from ages

5 to 12.

Monthly Club fee is \$30.00 per person, per month; \$5.00 for each additional sibling.

(This can be less than \$2.00 a day per family).

Summer Program will also be available.

Sponsored by Luciente Inc.

Election Results for the El Rito Regional Water Board

Elected were one representative from each of the three water systems and one at-large.

Area Representatives are for:

Placitas - Lucas Trujillo

Mainstreet/La Plaza - Pauline Varoz

Canon - Randy Archuleta

At-large - Juan Garcia

One representative will be added from the college, which they will select.

Many thanks to our volunteer election judges, Mary Jaramillo, Liz Lucero and Sam Archuleta, to my fellow election committee members Kathleen Vanderbrook and Nelson Gonzales, and to Rudy Maestas and Lynn Nequin, who also helped out to run an election that I believe was smooth and fair. Thanks also to Margaret Storey for hosting a coffee hour to meet the candidates, and to Drew Mendez and the college for duplication services and use of room and equipment.

Finally, thanks to all the candidates.

Whether you won or lost, please stay involved with this water project. And thanks to all the voters.

Should there be any question about our counts, we have retained all the ballots and will facilitate a recount if one is requested.

John Caster, Election Committee

EL RITO LIBRARY

We are Celebrating our 20th Year!

581-4608

COMMUNITY BOARD MEETING

We would like to thank the community members and staff who attended our annual Board of Director's Community Meeting. While the attendance was small, we did have some good discussions. We are happy with the progress we are making, not only on the renovations in several rooms, but also the progress of setting up events for the summer. As always, we appreciate any comments or suggestions you may have to better serve you.

5th ANNUAL COMMUNITY CLEAN-UP

Yes - it is that time again! Get ready for our

**5th Annual
Community Clean-up Day
on Saturday, May 13, 2006.**

We will meet at 9:00 a.m. at the El Rito Library for trash bags (bring gloves) and then we will have the annual picnic for participants at 12:00 noon at the library grounds.

Please get involved - make a difference in your community, even if it is only for one day. Let's set an example to our children by showing we care about our environment. If you can't come to the Library and participate, pick up trash in front of your own private land by the road. WE CAN MAKE A DIFFERENCE!

20th ANNIVERSARY CELEBRATION

On **Saturday, June 3, 2006**
we will be having our
20th Birthday Party Celebration
of being a public library.

The library was first opened back in 1986 under the governance of Las Clinicas del Norte.

We will be having entertainment, games for the kids, and so much more. Keep an eye out for our flier in mid-May.

Que viva la Biblioteca!

SUMMER READING PROGRAM

Hey kids, get ready for the Summer Reading Program at the Library. We will be starting up in June (date to be announced at next month's El Aviso) and we are planning many exiting things to do during our summer reading program. We are ordering new books for reading and we will have some art projects to go along with the reading aspect of the program.

SUMMER ARTS PROGRAM FOR CHILDREN

Thanks to a grant from the New Mexico Children's Foundation and the El Rito Studio Tour, we will again be offering **free** art workshops for the kids. We are working out all the details and will have a final list of workshops being offered before school is out. Again, look out for the flier in mid-May.

EL RITO QUILTER'S GUILD

We would like to give a big **THANK YOU** to the El Rito Quilter's Guild. They have donated several beautiful quilts for the Library to raise money. They have again quilted a beautiful quilt for our Library's 20th year celebration. Thank you ladies for all your hard work! If you would like to join the El Rito Quilter's Guild, call Viki Edwards or Sally McDaniel. They meet every Thursday at the El Rito Library,

DONATIONS

Don't forget that the El Rito Library is always in need of donations to keep the doors open. Send your donations to: El Rito Library, P.O. Box 5, El Rito, NM 87530. Thank you.

LIBRARY'S WEBSITE

Keep informed of events, new arrivals, community events, El Rito Studio Tour information, and much more. To access our website just go to **www.elritolibrary.org**.

El Rito Library Summer Hours
Tuesday, Wednesday, Thursday
11 am - 6 pm
Extended Saturday 11 am - 5 pm

Abiquiu Public Library

685-4884

Great News!

El Pueblo de Abiquiu Library and Cultural Center will be open effective immediately -

**Monday through Thursday -
Sundays - 1:00 PM to 6:00 PM**

Jennifer Harding and Jackie Herrera are the new librarians. Jennifer will run the circulation desk on *Sundays, Mondays and Tuesdays* and Jackie on *Wednesdays and Thursdays*.

Our patrons and supportive neighbors made this all possible. Our place is in the *Center of the Heart of the village of Abiquiu* and open to the enhancement of expertise from the village. We need planning for our surrounding neighborhoods through shared knowledge and incentives.

Now is the time to become involved in what we want to see happen in the village. Through our combining efforts there will be teaching opportunities that will affect our social and spiritual relationships.

Our first project will occur on

Sunday-May 7th - 2-4 pm

GARDEN PANELISTS: **Glenna Dean**, State Archaeologist and Archeobotanist; **Augustine Garcia**, long-time Abiquiu resident; and **Kathy Yurista**, farmer and potter. GARDENS is the first in a series of FIRST SUNDAY panels on issues of land use and culture. *El Pueblo de Abiquiu Library and Community Cultural Center is in the Pueblo Plaza across from St. Thomas Parish.*

You are all
Welcome to come.

**Don't forget Saturday 13th - 7 pm to 9 pm
Annual benefit evening for
El Pueblo de Abiquiu Library and
Community Cultural Center**

This event will include a **book signing** for *Witches of Abiquiu* by **Malcolm Ebright** and **stories by local history** speakers. During refreshments there will be a **Silent Auction** of donated items. **All proceeds will benefit our Library entirely!**

A purchase of the limited copy available of *Witches of Abiquiu* will sell for \$35 and will include the book signing, discussion and celebration dance. Tickets for the event are otherwise \$20 a couple prior to the date or \$25 at the door. Music presentation by Chimayo Boyz will be in the Joe Ferran Gym.

LITERACY is our main approach to a better world together. Let our place be your place to improve yourself. This is a community library serving as an aid to the education system. This also means that what services we offer to help your struggles come from a joint sacrifice.

At the present, an advisory board is being established to form a directional plan in leadership for northern New Mexico. RAIL (Rio Arriba Independent Libraries) which include Abiquiu, El Rito, Embudo and Truchas is striving to coordinate services to meet your needs. NM Literacy Coalition has focused support in the past two years on the libraries and continues to pursue this project. Interest must be displayed by the people. Communication network initiatives is one answer. Join our Library Boards in whatever way you can to create communication lines for positive mentorship to the next generations.

! New Library Hours !

Open Monday through Thursday

1 pm - 6 pm

Open Sunday 1 pm - 6 pm

Las Clinicas del Norte

EL RITO CLINIC

PO Box 237, El Rito 87530

Phone: 581-4728

1-800-869-7624

OJO CALIENTE CLINIC

PO Box 307, Ojo Caliente 87549

Phone: 583-2191

1-866-665-6832

ABIQUIU CLINIC

PO Box 757, Abiquiu 87510

Phone: 685-4479

1-866-578-1662

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Hours vary, call to schedule

COUNSELING: 581-4728, # 232

Hours vary, all to schedule

COUNSELING: 581-4728, # 232

Hour vary, call to schedule

DENTAL SERVICES - same

NO DENTAL SERVICES

NO DENTAL SERVICES

LCDN BOARD OF DIRECTORS

President George Flores, Vice-President Gary Salazar, Treasurer J. Curt Hoffman, Secretary Lillian Gallegos, Members: Tony Chacon, Trudy Drake, Peter Hanson, Erma Crim, Pauline Varoz, Gilbert Ferran, Marcos Garcia, Honorary Member: Jeremias Archuleta

DONATIONS – will be listed for one year

Las Clinicas would like to thank the following 2006 contributors

\$ 300 - Andy R. Lopez, El Rito(3/06)

\$ 500 - Elizabeth G. Paddon and Reta L.Ireland, La Madera(1/06)

Listing for 2005 ran through March of 2006. Now we will continue with the 2006 contributions.

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

Bulk Rate Permit

No .1

PO Box 237

El Rito, NM 87530

BOXHOLDER

A UNITED WAY AGENCY

Funded in part by the

NM DEPT. of HEALTH,

PUBLIC HEALTH DIVISION