

- EL AVISO -

April 2005

Dangers in Increased Populations of Rodents

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This article addressed the rising concern by Health Care providers who view the current wettest winter in recorded history for New Mexico as a double-edged sword. As a Nurse Practitioner who also works in the Medical Intensive Care Unit MICU at the University of New Mexico Hospital in Albuquerque, I became particularly interested in an article published in the Albuquerque Journal on March 13.

Besides bringing much needed moisture to our drought-stricken area, the heavy rain and snow falls have brought also the increased danger of increased populations in rodents and others pests. Of these, the deer mouse is of particularly importance. This rodent has been identified as the vector for hantavirus and what has been named Hantavirus Pulmonary Syndrome (HPS); a potentially fatal condition. Following the outbreak of the disease in 1993 (which came in the footsteps of another wet winter) much has been done at the University of New Mexico Hospital to promptly identify and aggressively treat hantavirus. Early recognition is essential, as is prompt transfer to a facility that can provide the aggressive measures needed to combat the disease.

How is Hantavirus transmitted:

According to the Center for Disease Control (CDC) anyone who comes into contact with rodents that carry hantavirus is at risk of

HPS. Rodent infestation in and around the home **remains the primary risk for hantavirus exposure**. Even healthy individuals are at risk for HPS infection if exposed to the virus. In the Southwest deer mice are the known rodent carriers of hantavirus causing HPS. A common method of transmission is by aerosolized urine, feces, saliva or nesting materials. Transmission can also occur when the virus enters the body via broken skin, the nose or the mouth. You cannot get the virus from another person and there are no reports that the disease can be transmitted from other animals.

So what do they mean by “aerosolized”:

Aerosolization is the process by which particles become stirred-up into the air. Many if not all of the patients that I have witnessed in the MICU with the diagnosis of hantavirus became infected by doing routine “spring-cleaning”. Your typical individual who decides to perform his or her domestic duties and cleans a shed, a garage a barn or a cabin and who unknowingly “lifts-up” the particles while dusting, sweeping and rearranging contaminated areas.

What are the signs and symptoms:

The signs of infection can appear anywhere between 5 and 33 days following exposure. Signs and symptoms include fever, deep muscle aches, severe shortness of breath, headaches, nausea, vomiting and diarrhea. Formal medical evaluation will show elevated numbers of white blood cells and low number of clotting-assisting agents present in the blood ►

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

► known as platelets. In addition to clotting disturbances, those people who become severely ill do so by the development of something called pulmonary edema or more commonly understood as fluid in the lungs.

What can you do to prevent Hantavirus transmission:

Seal up rodent entry holes or gaps with steel wool, lath metal, or caulk. Trap rats and mice by using an appropriate snap trap. Clean up rodent food sources and nesting sites and take precautions when cleaning rodent-infested areas. These precautions include:

- Put on rubber, latex, vinyl or nitrile gloves.
- Do not stir up dust by vacuuming, sweeping, or any other means.
- Thoroughly wet contaminated areas with a bleach solution or household disinfectant. Hypochlorite (bleach) solution: Mix 1 and ½ cups of household bleach in 1 gallon of water.
- Once everything is wet, take up contaminated materials with damp towel and then mop or sponge the area with bleach solution or household disinfectant.
- Spray dead rodents with disinfectant and then double-bag along with all cleaning materials. Bury, burn, or throw out rodent in appropriate waste disposal system.
- (Contact your local or state health department concerning other appropriate disposal methods.)
- Disinfect gloves with disinfectant or soap and water before taking them off.
- After taking off the clean gloves, thoroughly wash hands with soap and warm water.

Although the CDC does not mention any recommendations regarding the use of face masks, the New Mexico Department of Health does have special recommendations for the individuals entering heavily infested structures. This include the use of a respirator with N-100 filter, which can be obtained at the local hardware store.

What should you do if you think you have been exposed:

If you developed a fever (101-104 degrees) accompanied by nausea, vomiting, abdominal pain, diarrhea and deep muscle aches, seek medical attention immediately. Be sure to mention to the health care provider evaluating you of you prior exposure.

For additional information the New Mexico Department of Health has listed the following numbers: 505-827-0006 and the Hantavirus Hotline 1-800-879-3421. Additionally, if you know of Spanish-speaking-only individuals who could benefit from education in this matter, such as ranch or farm workers who may become exposed, please encourage them to call us at Las Clinicas del Norte in Ojo Caliente, where we plan to set up an education session in Spanish in the following weeks. Our phone number is 505-583-2191, ask for Janet Lucero, Lucille LaRue, or Rolando Flores.

Healthy Lifeways Group Treatment

Bryan Stuppy, LMSW, LADAC

I have started substance abuse group treatment sessions at Las Clinicas del Norte. These groups are focused on skills-building to help clients learn new life skills which will move them away from substance.

These groups are based on practice treatment and intervention approaches of *Motivational Interviewing*, *Stages of Change*, and the *Community Reinforcement Approach*.

The following interventions are being used:

1. Determination of current stage of change of client
2. Drink and drug refusal skills
3. Problem solving skills
4. Job seeking skills
5. Strategies for cravings
6. Relapse prevention
7. Chronic pain management.

The current schedule at the three clinics is:

Monday: El Rito clinic – 6-7 pm

Tuesday: Abiquiu clinic – 6-7 pm

Wednesday: Ojo Caliente clinic – 6-7 pm

Thursday: El Rito – 6-7 pm

For more information contact Bryan Stuppy in El Rito at 581-4728.

ANNOUNCEMENTS & NEWS BRIEFS

Welcome to **Kelly Madrid** in her new position with LCDN as Medical Assistant. Her enthusiasm, motivation, willingness and gentle personality is a wonderful addition to the nursing staff.

Regretfully, in March we said good-by to **Corine Herrera**, Medical Assistant and long time employee and also **Pauline Chacon**, Dental Assistant and **Sandra Lucero**, Dental Sterilization Tech. Thank you all, for the many years of good work at LCDN and good luck in the future.

Mary Lovato, a long time Board member, decided to resign her position to deal with family illness. Thank you Mary, for your many years of service to our organization.

⊗ Community Events ⊗

Contact Person, Joan Tollefson, Editor, 581-9103 or 581-4728

Las Clinicas 24-hour Emergency 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

AA Meetings El Rito – Tues, & Thurs, 7:30pm – 8:30pm, at Catholic Parish Hall, open discussion. Contact Ed S. 581-4559

New-AA mtg. – Sun, 5pm, El Rito Library

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, call for info. 581-4516

Recycling El Rito – every 4th Saturday, 9 am – 2 pm, behind Martins Store Gas Station

Abiquiu

Recycling Abiquiu – 4th Sunday every month, 9 am-2 pm, Abiquiu Las Clinicas clinic parking lot

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

Al-Anon Meetings Abiquiu – Monday, 5:30-6:30 pm, Abiquiu clinic, contact numbers, 581-4471 or 685-4503

Alcoholics Anonymous Meetings Abiquiu – Saturday, 12 Noon, Abiquiu Public 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 each month, Jan 2, 10-11am, at River Spirit Yoga Center. For location, call 685-4549

Ojo Caliente

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

Northern New Mexico Community College – El Rito

April 6- Meeting with our new President Dr. Jose Griego (Staff and Faculty, at 3:00PM)-(Community, Cutting Hall, 6:00PM)

11- Pre-registration Summer/Fall Begins

14- El Rito Watershed Meeting- Old gym 6:30 PM

19- Taos High School on a Campus Tour

21- Board of Regents Meeting

29- Last Day to withdraw from a full term course

Plan to attend our 3rd **Annual Adobe Conference** on **May 20-21-22**, and bring a friend! Contact persons: Jim Harford 505-685-4633 / info@adobeasw.com or Quentin Wilson 505-581-4156 / qwilson@mail.nnmcc.edu

Also – Plan your new summer and fall schedule today. For more information on school activities, please feel free to contact Donald Martinez at 581-4120.

EL RITO LIBRARY

Ph. 581-4608

SUMMER HOURS are back: **Tuesday 10-6, Wednesday 10-6, Thursday 10-6 and Saturday 11-3**

REMINDER: THE APRIL 13th BOARD MEETING IS A COMMUNITY MEETING

At the April 13th meeting of the Board, we are inviting all of our friends and supporters to attend. We will report on our activities over the last year and our future plans. We will also answer questions and take suggestions from the floor.

The future prospects for our library are very bright. We are well on the road to becoming one of the finest small libraries in the State. However, we are also facing serious challenges which must be overcome if we are to survive. We are going to require the support of all of our friends in El Norte if we are to succeed. Please come and support us.

Remember, we are also seeking outside nominations for new Board Members. If you would like to nominate yourself or anyone else for a position on the Board, please send your written nomination to Christine Trujillo, Library Director, P.O. Box 5, El Rito, NM 87530. Nominations will also be accepted from the floor the night of the meeting, but obviously these can only be considered if the nominee is present.

The Community Meeting will be on the usual day, **April 13, 2005** (the second Wednesday of the month) but the starting time has been moved to 7:00 p.m.

John H. Caster,
President, Board of Directors ▶

► **EL RITO PUBLIC LIBRARY – cont'd**

FLEA MARKET & SWAP MEET- April 23

Start cleaning your closets, garages, attics, etc. and come sell your unwanted items at the Flea Market/Swap Meet. Bring your treasures that **clutter**, your **car parts**, your **art supplies**, your **outgrown clothes**. Everyone welcome to buy/sell/swap at the El Rito Library's parking lot on **April 23, 2005 starting at 9:00 a.m. to 2:00 p.m.** Bring your own tables and money box. If you have any questions regarding this event, please call Tracy at 581-4587; Nick at 581-4733; or the Library at 581-4608.

4th ANNUAL COMMUNITY CLEANUP- May 7

It's time again for our annual community cleanup. On **May 7, 2005 starting at 9:00 a.m. to 1:00 p.m.** we will be picking up trash on the main roads all over El Rito. We will be meeting at the El Rito Library to distribute trash bags. Please bring your own gloves. We will have a picnic at the NNM Community College's campus for all of our volunteers. Be part of your community, get involved and make a difference. Hope to see you there!

NEW ARRIVALS

Books: A Salty Piece of Land/ Jimmy Buffett; Life Expectancy/ Dean Koontz; Survivor in Death/ J.D. Robb (Nora Roberts); Bad Business/ Robert Parker; The Buried Pyramid/ Jane Lindskold; The Lair of Bones/ David Farland; The Yearling/ Rawlings, MK (youth classic); The Good Terrorist/ Doris Lessing; Blood Meridian/ Cormac McCarthy; Deception Point/ Dan Brown; The Living End/ Lisa Samson; I'll Take You There/ Joyce Carol Oates; The Last Juror/ John Grisham; Dark Matter: Reading the Bones/ fiction from the African Diaspora ; (Bio) Dry / Burroughs; (Bio) I Know Why the Caged Bird Sings/ Angelou; Fair Land, Fair Land/ A.B. Guthrie, Jr.; Are You Normal?/ Bernice Kanner; The Misunderstood Child: Understanding and Coping With Your Child's Learning Disabilities/ Silver; The First Year: Type 2 Diabetes/ Becker;

Butterflies of North America/ Brock; The Sibley Guide to Birds/ Sibley; Biology of Plants/ Raven, Evert, & Eichhorn; The Undaunted Garden: Planting for Weather-Resilient Beauty/ Springer; Your Old Wiring, Shapiro; Build With Adobe/Southwick; New Compact House Designs, Metz; Adobe Houses for Today/Sanchez; Adobe Details, Witynski & Carr; The Easy Guide to Solar Electric/ Pieper; The Easy Guide to Solar Electric, Part II Installation Manual/ Pieper; How to Survive and Prosper as an Artist/ Michels; Las Comidas de los Abuelos/ Ana Pacheno; Glorious Gourd Decorating/ M. Baskett; The Zen Works of Stonehouse: Poems and Talks of a Fourteenth-Century Chinese Hermit/ Red Pine; Graffiti World /Ganz; Visions & Voices: Native American Painting/ Wyckoff; Built By Hand/ Steen; SYNC Hoe order emerges from Chaos in the universe, nature, and daily life/ Strogatz; The Discovery of Global Warming/ Weart; The Elegant Universe / Greene; A Cook's Book of Mushrooms/ Czarnecki; The Best Soup Cookbook / Crowley & Mackie; The Lakes of New Mexico SW / Sandersier; Spirit of the American Southwest SW / Prisciantelli; New Mexico Blue Book 2003-2004 (REF); Sailor Moon #1 A Scout is Born/ Takeuchi (YB); Sailor Moon #2 The Power of Love/ Takeuchi (YB); Cardcaptor Sakura #2 Master of the Clow (YB); Eragon/ Paolini (YB); Notes from a Liar and Her Dog/ Choldenko (YB).

Audios: Death Marks Time In Trampas/ T.T. Flynn; A Series of Unfortunate Events #6 The Ersatz Elevator/ Snicket, Lemony; A Series of Unfortunate Events #7 The Vile Village/ Snicket, Lemony.

Videos: Tu Camino y El Mio/ Vicente Fernandez; El Hijo Del Pueblo/ Vicente Fernandez.

COME IN OFTEN AND USE YOUR LIBRARY!

Your Local Resource for Books-Videos-Computers-Books on Tape- Literacy for all ages

ABIQUIU PUBLIC LIBRARY

685-4884

The annual **SPRING FLING** is here once again, **April 23rd**, which is considered to be the Abiquiu Public Library's grandest opportunity to raise funds, to assure that our doors will be open yet another year. It is our calling to you for your dedicated support that allows for our many, many resources to be made available to everyone of every age in this rural community.

Donations for raffles and silent auctions are greatly needed immediately. Please have them in by April 14th! We are moving at a very fast rate, trying to keep up with the demand of this growing community while keeping a connection with tradition and its special collection of historical wealth. This year's reception, prior to the dance, is also a great time to **get to know your neighbors**. We will have special, ongoing activities for your enjoyment, such as "Living Legends" who will be honored from the selection of written nominations that were solicited.

The **development of an Endowment** is also underway which we hope to initialize very soon. We are intensely appreciative to those of you who so generously responded already. The future outlook for this effort is in order to openly invite bequests and estate planning to include and keep the library in mind. This endowment is a beginning for perpetual support of knowledge sharing to benefit children and adults alike.

We now are up-to-date with the New York Times Best Seller List of the TOP 10 books for adults and teenagers. Come in and see the new titles!

We've already started having Spanish on Mondays and English as a second language on Tuesdays and Wednesdays; Basic Computer Confidence, Excel, Word and Troubleshooting on Thursdays. Classes begin at 6:00 to 8:00 PM. All this is available thanks to Northern NM Community College Outreach Classes and Victory Noll Sponsorships.

After school homework help for junior high students in Algebra and English has been made available by John Hodell and Stan Bader in the Library from 5:00 to 6:00 on Mondays and Wednesdays. If you'd like to join up and/or assist, please feel welcomed to attend at any time.

The Abiquiu Land Grant Cooperative and its membership have already voted to show their support to the Library and the future generations of our children in this community by donating \$1,000 toward a scholarship fund for one area local youth. We will work together to create the criteria for this granting process. This is only one of many hopeful prospects for creating more scholarships.

Come in and see a video on The Contemporary Significance of the Treaty of Guadalupe Hidalgo on Land and Grazing Issues in Northern New Mexico w/ Michael Meyer, Ph.D and the Northern NM Stockmen's Association.

The McCune Charitable Foundation has granted summer youth program funding in order to assist us in the employment of youth during the school break. Those under the age of 16 will have to get their parents to sign a work permit. We would like to offer cultural art, as a step toward creating self-sustaining ideas. There would be a stipend available to instructors. The students would work in an environment open to visitors who may wish to purchase completed projects. Also, YOUTH interested in leading historical tours during the week days should come into the Library soon. They need to register for a short course that will inform them about procedures and narratives to be relayed to the general public. Planning is presently being discussed and anyone who is interested in how this could work should talk with us soon. It will be required that tour guides will have had this special training. This training will only occur prior to May 31st. All this is being conducted through a grant from the LANL Foundation.

Summer will be here before we all know it. Please keep the children of this community in mind. How can YOU share some time with them? Even just one day could be forever memorable to them. Find it in your heart to come up with a special project. The Abiquiu Studio Tour has allowed some supply monies to go toward these projects. We can help advertise, gather and set up location needs.

***Community – Working Together to
Accomplish Grand Achievements for the
Future Benefits of ALL!***