

- EL AVISO -

JUNE 2005

SUMMERTIME IS FOR FUN, NOT INJURIES

Since school is just about to get out and families and kids are doing more things outdoors, it is a good time to point out a few ways to keep summer fun and safe.

What do you and kids you know think about when you think of summer?

BBQ's? Riding bikes, ATVs and motorcycles? Camping? Fireworks? Traveling and Driving?

Health care professionals think of all of these things and more. Nurses, doctors, nurse practitioners and others have outdoor fun in the summer. But they also see patients with injuries that could have been prevented.

Injuries Leading Cause of Death

Injuries are the leading cause of death in New Mexico for anyone under 45 years of age; most of these deaths and thousands of non-deadly injuries CAN be prevented. Accidents usually don't "just happen." Something goes wrong along the way. Perhaps a child plays on a trampoline without adult supervision, or someone drives a car after drinking. Maybe a teen uses a 4 wheeler with a couple riders so he can't easily swerve to avoid a dog, or someone is injured from a fire that got started from a tossed cigarette. ALL of these injuries and more have happened to people in Northern New Mexico. You may be one of the ones who went to the emergency room. If you aren't, you probably know someone who did.

You CAN Reduce the Chance of Injury to Yourself and Others

Avoiding injury is something all of us do every day. We try not to walk in front of moving cars. We try not to drive 14 hours straight without a break. And we walk carefully near a growling dog.

Sometimes what is common sense to us isn't so common to a friend or family member. And vice versa. Offer some other ideas to a family member who may hurt themselves and others. They may be angry for a while that you want to drive right now, but at least they're not dead. Or the kids may be upset that you want them to wait till later so you can watch them, but they will get over it faster than they will get out of a cast.

Bikes, Booze, Belts, Bullets, and Booms and FIRE

Fires Not Wanted

At the time of this writing we are lucky to have had some wet weather, but we are also being warned that the weeds are in great supply this year and burning is to be done very carefully. National forests could soon be on high alert again. Already there is a fire in the Coyote area.

Flames will still cause injury. Ways to get hurt or hurt others include tossing lighter fluid on BBQ's at home, or throwing a cigarette out a car window.

Bike and 4 wheeler (ATV) safety

Over ½ million people in the US go to the emergency room each year after bike accidents. The greatest risk of death and long term disability is from head injury, *and nearly 200,000 of the emergency room visits are bicycle* ►

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

► *accident caused head injuries. Bike helmets cut the risk of head injury by 80-90%.*

Serious 4 wheeler accidents happen less often, *but they are more dangerous than bike crashes.* Again, head injury is the biggest problem. And again, if you wear a helmet, your chances of head injury go way down. *But it must be a helmet for use on 4 wheelers, not one for bicycles.* These are much more rugged and cost around \$100 and up (much less than a trip to the hospital). Is your life worth saving up for?

Booze kills in many ways

In New Mexico, more than half of all car accidents involve alcohol. It is too often AFTER the partying high school kids are dead or in the hospital that a parent or friend says "If only I hadn't let them drive home." Again, this is another case of needing to help each other out. The person who is at risk for a drinking accident probably won't stop themselves, but maybe a friend can. Most violent arguments that end with fists or knives also start with alcohol.

Belts (seat) and safe driving

About 60 teens die each year in New Mexico in car crashes, many of them with alcohol involved. Hundreds more are hospitalized. Teens have more injuries and deaths in cars than adults because they have less experience driving, take more risks, and are less likely to wear seat belts. Seat belts won't save them all, but will help many. They work. They save lives. Safe driving, seat belts, and the right size of car seats for babies and toddlers are the best insurance for your family. It is good sense. It is also the law, and tickets are being issued.

Bullets

Summertime is the season when children are more likely to have time on their own in the house to play, and to get into things they shouldn't. While gun accidents don't happen very often, when they do, the results can be fatal. Thousands are injured and more than a thousand die each year from gun accidents. Shooting guns during the 4th of July just isn't a good idea. Stray bullets or even those fired straight up in the air have been known to hit houses, animals, and people.

Booms

At the time this is being written, it is not known if and where fireworks will be permitted. But in past seasons almost 1/2 of the 13,000 fireworks related emergency room visits were from kids under age 15. So, wherever fireworks are allowed, safe use and adult supervision is important.

Have a safe and fun summer!

ANNOUNCEMENTS & NEWS BRIEFS

Leaving LCDN is **Patti Macomber, LISW**, a social worker in El Rito. Good luck, Patti.

June 11 - A Community Conference "SAVING THE SUSTAINED YIELD UNIT"

Being held on June 11 in Cutting Hall on the campus of El Rito NNMCC, the conference is in preparation for summer activities in the El Rito District of the National Forest and in the Vallecitos, El Rito, Ojo Caliente and Tusas Watersheds. The conference will begin at 8:30 with presentations until noon. Lunch will be served and then workshops on environmental monitoring and the use of forest products will be held in the afternoon.

Preservation of the Vallecitos Federal Sustained Yield Unit is of vital cultural and political importance to community residents. The Forest Service created the Vallecitos Federal Sustained in 1948 to set aside 74,000 acres to "provide the maximum feasible, permanent support to the Vallecitos community and nearby areas". Unfortunately, disruptions in forest product availability due to environmental lawsuits that blocked access to forest resources have left these towns with very few ongoing enterprises to provide lasting work for the people of the area. If there continues to be little economic activity and community involvement in the Sustained Yield Unit, its continued existence is threatened.

The environmental assessment process is now completed for much of the VFSYU and Las Comunidades is preparing to help revive the local economy by developing local small businesses based upon the use of forest resources generated through forest restoration activities. Small grants from the Kit Carson National Forest are funding the involvement of youth this summer in GPS mapping of acequias in the watershed and in the marketing of forest products.

The conference is designed to inform the public about the importance of area's acequias and the Sustained Yield Unit, their history and role in the community, and to involve interested individuals in on-going projects. The conference is free and everyone in the community is invited.

See you there!

⊗ 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 – Sunday , June 5, 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

June Schedule

- 1-3 - Summer Registration
- 6 - **Summer Classes Begin**
- 3-6 - Spanish Immersion Class Begins
- 7 - Beginning Woodworking Class Begins
- 8-9 - Georgia O'Keeffe Art and Leadership Program Staff
Mtg. (Overnight Stay)
- 10-12 - Micaceous Clay Class Begins
- 13-17 - Intro to Weaving Class Begins
- 17 - **Last Day to Withdraw without a grade or obtain
a refund**
- 20-25 - Painting in the Mystic Place with Patricia Meyers
- 20-24 - Tinsmithing Class Begins
- 25-26 - Acequia Ecology Class Begins
- 27-July 1 - Grant Writing Class Begins

Congratulations to all high school seniors. If you have questions about Northern's classes, feel free to contact Donald Martinez at 581-4120 or the Advisement office in Espanola at 747-2153. For more information on our new summer short term classes, contact Dorothy Duran at 581-4115. And be on the look out for our new web page at www.nnmc.edu.

Note: There is a new coffeehouse and cybercafé on Northern's El Rito campus. The plan is to start by opening to the community on Saturdays from noon until 10 pm, beginning June 18. Located behind and west of Cutting Hall/Cafeteria - watch for flyers.

El Rito Fire Department

4th of July

Fire Works

NNMCC Softball Field

Starting around 9 pm

El Rito Studio Tour Meeting

Deadline for Application

June 13 – El Rito Library 7 pm

Participants:

- bring slide or digital file for publicity.
- bring last years signs, or return to the Sextons.

Studio Tour Notice to the Public

Artists in El Rito without a studio or who live out of town may want to exhibit at the El Rito Library Community Room. There is space available for four artists; restrictions will include that items be handmade and crafted by the artist. Contact Joan Tollefson (581-9103) or Lynn Nequin (581-4646) for information on entry. Artists are encouraged to pay the \$50 entry fee for the Tour in order to be listed on the map/brochure (deadline 6/13); or they can pay \$20 and not have their name listed (the same fee as the Mercado).

The Mercado at the elementary school will be open access, anything may be sold; and there will be no residency restrictions. The Mercado is meant to welcome all, to encourage participation from the larger community. The fee is \$20 for participation, which goes to help the school's arts activities.

Examples of items that might be sold other than art work include produce, student fund-raisers, crafts, and t-shirts. Carmen Campos will accept applications until the day before the Tour. Contact her at 581-4422 or carmen_campos7@yahoo.com.

For other information about the El Rito Studio Tour call 581-4430.

EL RITO LIBRARY

581-4608

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

**Our summer hours are: Tuesday 11-6,
Wednesday 11-6, Thursday 11-6 and
Saturday 11-3**

June 13 - SUMMER ARTS PROGRAM

Thanks to a grant again this year from the New Mexico Children's Foundation, we will be starting our Summer Arts Program on June 13, 2005.

KIDS, if you are interested in attending, please call **Julie Wagner at 581-4780**. This is a list of scheduled workshops; however, more might be added at a later date.

- Theatre by Ketevan Ussery
- Cooking Traditional Foods by Robin Manzanares
- Retablo Painting by Marbella Martinez
- Radio by Deborah Begal
- Bicycle Maintenance and Repair by Michael Hennerty
- Crafts by Robin Manzanares
- Book Making by Julie Wagner
- Drawing and Design by Amy Reidel

June 18 - ANNUAL BOARD OF DIRECTORS' PANCAKE BREAKFAST

It's that time again! Come join us here at the El Rito Library for a pancake breakfast on **Saturday, June 18 - 10:00 am to 2:00 pm**. All proceeds will go to the Library; suggested donation is \$4 to 5 dollars. So come on by for those mouthwatering pancakes. Hope to see you there!

P.S. A wonderful addition last year was the Antique Car Show in the parking area. So, **bring your vintage or custom vehicle and get a free pancake breakfast**. For further information call car show coordinator Joe Lopez at 581-4464.

OUR WEBSITE

For those of you who aren't aware of this, the El Rito Library has had a website for a few years now "www.elritolibrary.org" and is getting updated at least once a month. Here you will find information about our Library which includes: our upcoming events; our new arrivals; and starting soon, minutes of our last Board of Directors meeting.

VOLUNTEERS NEEDED

The El Rito Library needs you, the volunteer, to help with our cataloging system. Volunteers are needed to either learn how to catalog books or to put barcode labels on the books. This is a huge project that will take several months to complete, however, with volunteers like you; we will continue to move forward with this project. Again, thank you **Manya Snyder** for your dedication and hard work in being the Project Leader for this automation.

DONATIONS

The El Rito Library strives to enhance education and foster a lifetime of learning for people of all ages, to enhance library services and offer the latest in technology advances. All this is accomplished by generous grant donations. However, operating costs are not available through these grants and we continually struggle to keep the building open, lighted and staffed. The library itself pays for salaries, utilities and computer services. It must maintain the building, keeping it clean and repaired. The Library's search for these operating funds is ongoing.

Your gift, whatever its size, will ensure continuity of library operations, so important especially to our children during the summer months. Your donation is fully tax deductible.

THANK YOU!

ABIQUIU PUBLIC LIBRARY

685-4884

Abiquiu Library Endowment

Thanks to all of you who have mailed in your donations. We must ask you to write checks as such: Santa Fe Community Foundation (SFCF) for the Abiquiu Library Endowment. This is very important in order to clearly state where it is to be credited by the management

Living Legends

Juan de Dios Lopez, Andronico Lopez, Criselda Dominguez and Cordelia Coronado's were celebrated for their accomplishments and their stories will be in the Rio Grande Sun sometime soon. Keep an eye out for them! Masses were also in their honor on May 22nd for Cordelia, and May 29th for Juan de Dios, June 5th for Andronico, and June 12th for Criselda.

New Books

In support of the upcoming 4-H activities throughout the summer, we now have the following titles for checkout. Guides to raising and showing:

Your Rabbit
 Raising Rabbits (Breeds, Care, Facilities)
 Build Rabbit Housing
 Your Calf
 Your Chickens
 Your Goats
 Your Sheep
 Your Pony, Your Horse Care and Management
 Raising Turkeys
 Trap Building – Modern and Primitive
 Backyard Livestock
 Earth Ponds (Building, Maintenance, Restoration)
 Extraordinary Pigeons
 Extraordinary Pheasants
 Peacocks Past & Present
 Pea Fowl Breeding & Management
 Ostrich & Emu (Reproduction, Nutrition & Health)
 Successful Duck & Goose Raising

We should have air conditioning throughout our Library the next time you visit. Thanks to a special fundraiser, donations and valuable time that was shared by Frank Sandoval of Carrier in Santa Fe and his crew members.

Programs

We had a special visit from our English as a second language grantor representative from the Coalition of Adult Literacy who was very pleased with our initial program and glad to see us working together with the El Rito Library staff. It is a good possibility that we will soon offer pre-GED support and family literacy.

Summer Reading Program

This year's theme of "Talking Books" from the State Library will support our program which will begin on Wednesday, June 8th at 2:00 PM and run until August 10th. It is FREE to the public with support from the Santa Fe Children's Foundation and the Santa Fe Community Foundation. All ages are invited. Parents and Grandparents are especially encouraged to attend with their children for hands-on participation. We'd like to invite anyone interested in placing an effort to help our students become better readers through the summer months by not only reading to them but also in letting them read to you.

Pueblo Arts Program

If you are interested in FREE workshops at the Parish Hall this summer mid-June to late August for your children's entertainment and learning with Andrea Garcia for Introductory Weaving Mondays, Tuesdays and Thursdays approximately 10 AM to 2:00 PM or with Leo Garcia in Carving for ages 10 and up or Painting Relief Retablos for all ages at the Parish Hall on Tuesdays and Thursdays, give a call into the Library and get on the limited list. This has been made possible by the McCune Foundation and the Abiquiu Studio Tour.

Does anyone out there have any harness looms that are not in use or need mild restoration either to donate or sell to the above mentioned project? We are in need of at least two 30" or less. If so, please call 685-4884.

Also, Wednesdays are still not occupied and we extend the invitation for those of you who would like to share your talents with children once again just one day a week.