

# - EL AVISO -

JULY 2005

## **Act NOW to preserve community rights to Forest and Water Resources!**

There will be a public meeting sponsored by the El Rito District of the US Forest Service to discuss the mission and future of the Vallecitos Federal Sustained Yield Unit on **August 18<sup>th</sup> at 6:30 PM** at the **Vallecitos Volunteer Fire Department building**. The continued existence of the unit depends upon the participation and involvement of the local citizens and it is important that as many residents of the area attend as possible.

The purpose of Vallecitos Federal Sustained Yield Unit (VFSYU) is to provide forest resources to create jobs and support the people of Vallecitos, Petaca, and Canon Plaza, as well as the surrounding communities of La Madera, Las Tablas, El Rito, Ojo Caliente, Tres Piedras and Canjillion. Designated in 1948, it has never been fully successful for a number of reasons.

**Now powerful forces within the US Forest Service are questioning whether the Sustained Yield Unit is worth maintaining.** The time has never been better for local citizens to become involved and redefine the policies and practices of the Unit so it can serve as the basis for local economic development based upon the restoration of forest health and sustainable use of forest resources.

Situated in the heart of the El Rito District of the Carson National Forest, the VFSYU is 73,000 acres in size, approximately 100 square miles, or the size of Los Alamos County. If this area were equally divided among the approximately 1500 families living in the communities around it, it would amount to almost 50 acres per family. Approximately 20% of the area is old growth forest that will be protected and preserved. About half the area is timbered and it could sustainably produce between 5 to 7 million

board feet of lumber every year to keep up with the growth rate within the area. Logging and thinning are important means of reducing the volume of hazardous fuels that can lead to catastrophic wildfires, such as the Cerro Grande fire. Even the Forest Guardians, who have filed environmental lawsuits, say they would like to see local residents benefit from forest restoration activities.

The policy for the Unit requires local processing of lumber, otherwise the timber would be sold to the highest bidder. History has shown that corporate logging has focused only on short term profits at the expense of the environment, with benefits going to multinational companies rather than to local communities and businesses. The ranger for the El Rito district grew up in our area and would like the Unit to be successful in fulfilling the promise that the VFSYU has for the area.

There is enormous potential benefit to the community if the Unit is continued. The sawmill in Vallecitos is now owned by Las Comunidades, a local non-profit organization, whose mission is to provide jobs and to improve the local economy. It is now processing and marketing the decomposed sawdust and bark chips left from decades of mill operation for use as compost and soil amendments. Fifteen youth have working this summer on projects focused on local acequias and forest products. They are learning about the importance of preserving local control of resources and using them to create positive futures. The youths involved will be presenting some of what they have done on August 20<sup>th</sup> at the Northern NM College campus in El Rito.

**Please make it a point to support the Sustained Yield Unit at the meeting on August 18<sup>th</sup>!**

*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

## Quitting Smoking The Toughest Job You'll Ever Love

If you've ever tried to quit smoking, you know how tough it can be. But people are doing it. Smoking prevalence rates among adults aged 18 years and older decreased from 42.4 % in 1965 to 24.7 percent in 1997. An estimated 1.6 million deaths were postponed because of gains against cigarette smoking.

By 1993 half of all U.S. adults alive who had ever smoked had quit. Thirty-two million American smokers, or 70% of all adult smokers, report that they want to quit smoking completely.

### So You Want To Quit

The important thing to remember is that you can do it. Every day, thousands of people succeed. Don't be discouraged. It took time to learn how to smoke; it's going to take time to learn how to stop.

And once you stop, you'll find your body responds with some immediate changes. Your heart rate and blood pressure begin to return to normal. Breathing becomes easier. Food actually starts to taste good again. And you lower your risk of getting heart attacks and other serious smoking related illnesses.

### Getting Through the First Few Weeks

#### Why Quitting Is Hard

Quitting is difficult for two major reasons, physical addiction and psychological addiction or "habit". Dependency on cigarettes is due to both of these factors. In fact they interweave to make quitting much more difficult than just a bad habit or some other physical addictions. The combination of the two is what makes cigarettes one of the most addictive drugs used today. In order to quit smoking it is necessary to break both the "habit" and the nicotine addiction.

Some people have more of a problem with one side of smoking than the other side. It may be that you smoke more for the nicotine than for the pleasure of holding a cigarette. It is important to think about why you smoke each time you have a cigarette. This will let you identify your triggers, things you do that always make you light up. Once you have identified your reasons for smoking and your triggers you can go about breaking them.

Smoking is deeply ingrained in almost all smokers. Quitting takes time and effort; most smokers who quit on their own don't succeed for good until the seventh or eighth time (even though they may claim it was on their first try!). Don't get discouraged if something happens – the key to quitting is not letting little setbacks become big failures in your mind. Remember that a slip is just a slip and it doesn't mean you can't stay quit!

## Quick Tips

### Do's and Don't for Quitting Smoking

- Do make a clean start. Throw away all your cigarettes, hide your ashtrays, clean the house, and clean the car if it smells like smoke – anything to help make a break for the past!
- Do drink a lot of fluids – it helps flush the nicotine from your system and at the same time helps ward off some of the withdrawal symptoms.
- Don't drink as much coffee. The caffeine in coffee becomes more potent when you stop smoking. This can lead to nervousness and the jitters. Cut back some or start mixing in decaf.
- Do keep mouth toys around, like carrot or cinnamon sticks, hard candy or straws. They can give you something to do when you really crave a cigarette.
- Do try to exercise. Not only will it make controlling your weight easier, but it will also give you more energy and keep your mind off smoking. Walking, running, even bowling are all very helpful.
- Do get support from your friends and family. Let them know that you are quitting and that you want their help.

### Manage Your Triggers and Cues

#### Avoid the situation

If you smoke with your coffee then don't drink coffee; have a soda or something different.

If you smoke in the car then don't drive if possible – ask for support from friends in driving you.

#### Change the situation

Drink your coffee standing up and with your other hand. Try drinking it with a straw if that works. Sit in the non smoking section at the restaurant or café.

#### Substitute for the cigarette

Keep something in your free hand when you're on the phone: a pen, a small toy, a photo.

Chew gum or hand candy, or try carrot sticks.

**ANNOUNCEMENTS & NEWS BRIEFS*****Welcome to New Employees***

Las Clinicas has a new physician on staff.

**Patrick Martin, MD** joined Las Clinicas in August. He is trained in Family Medicine and recently worked for Health Centers of Northern New Mexico. Dr. Martin lives in Santa Fe with his wife and children. Look for more information on Dr. Martin in a future issue of the newsletter.

**Natasha Sanchez** has been hired as a dental assistant in El Rito. She is a very friendly lady, who has lived in Chama for six years with her husband and loves it in northern New Mexico.

Congratulations to **Annette Trujillo** in Ojo Caliente and **Charlene Trujillo** in El Rito. Each is now serving as the Pharmacy Technician at their clinics. Both studied hard, took the tests and recently became certified as Pharmacy Technicians.

**⊗ 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 3<sup>rd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 4<sup>th</sup> Saturday, 9 am – 2 pm, behind Martins Store Gas Station

**Abiquiu**

**Recycling Abiquiu** – 4<sup>th</sup> Sunday every month, 9 am-2 pm, Abiquiu Las Clinicas clinic parking lot

**Abiquiu Fire Dept. Mtg.** – every 2<sup>nd</sup> 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

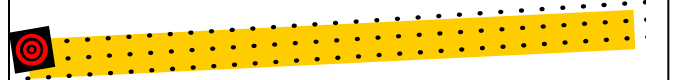
**Abiquiu Library** – Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm and Sunday, 9 am – 12 noon, located on the Plaza

**World Peace Meditation** – 1<sup>st</sup> Sunday of August, 10-11am, at River Spirit Yoga Center. For location, call 685-4549

**Ojo Caliente**

**Ojo Caliente Fire Dept. Mtg.** – every 1<sup>st</sup> Wednesday, 7 pm, Ojo Caliente Fire Dept.

Northern New Mexico Community College – El Rito



**Northern El Rito Heritage Retreat Center**

# West African Drumming

\*At the El Rito Campus

1 credit hour

CRN# 10722 Mus 147 101

8/29-9/2-05

Drumming with Mr. Ayanniya



**Northern El Rito Heritage Retreat Center**

PO Box 160

El Rito, NM 87530

Phone: 505-581-4115

Fax: 505-581-4130

Email: dduran@nmcc.edu

# 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**

## THANK YOU EL RITO!

**And thank you, too, to our  
friends in our neighboring  
communities.**

Our enchilada dinner fundraiser was the most successful such event in memory. Together with a matching grant from Wal-Mart, and a grant from the Christopher Reynolds Foundation, this will insure that we can meet our payroll and pay our bills for July and keep going well into August.

Special thanks must go to the Great Lopez Clan, especially **Marbella Martinez, Dorian Maestas** and our Director, **Christine Trujillo**, who spearheaded this project and produced a great meal. Also, thanks to **Robin Manzanares** for bringing in some dishes and the many persons who brought in dessert. In addition, we wish to thank **Nick Herrera** and **Kathleen Vanderbrook** for donating art pieces which we can sell to benefit the library.

We are asking the Rio Arriba County Government to increase its contribution to the four independent libraries in the County to \$10,000 each this fiscal year. This is less than one fifth of our total annual program and operating budget. If you run into our Commissioner, Felipe Martinez, please let him know you support this increase. It just may help us survive the financial dry spell that all of our libraries experience every summer.

Thanks again.  
John Caster, Board President

## SUMMER ARTS PROGRAM

Here are some great pictures from several of our summer art workshops. Hope you enjoy them!



## ADULT WORKSHOPS

We are considering having adult workshops in the fall after many library patrons showed an interest in some of the children's' workshops. If there is enough interest, we could have the following workshops soon and always add more in the near future (hopefully after the Studio Tour): Traditional Cooking by Robin Manzanares; Book/Journal Making by Julie Wagner; Retablo Making by Marbella Martinez; Drawing and Designing by Amy Reidel; and Tin Working. If you are interested, please sign up at the front counter at the Library. The cost would be around \$25.00 per person and would include material cost.

## ABIQUIU PUBLIC LIBRARY

685-4884

### Special Summer Programs

The parish hall has housed a pictorial history tour of Abiquiu Pueblo for a couple of weeks now and we want to be sure you know you're welcomed to visit Monday through Thursday 10 AM to 2 PM. This will only run until about the middle of August. Alongside this we hold free carving classes and relief retablo painting for children with Leo Garcia and weaving classes with Andrea Garcia. The results are wonderful! This has been made possible with support from the McCune and LANL Foundations.

Below is one exhibit exclusive to Abiquiu Pueblo.



This is just a small part of **Jacob Trujillo's collection** which he shares with thoughtful pride.

If you have a special collection to display in the Library cabinets, we invite you to talk with us.

### Computer Classes

We, again, need a show of hands for everyone interested in Excel, Key-boarding, Word and a new exciting graphics (design, editing and web-page). Please call 685-4884 and get on a list!

### Summer Reading Program

August 10<sup>th</sup> is the last day for the summer reading program in the Library. We'd like to thank Pam Smith, Sabra Moore, Laura Renee Lofflin, Alice Garcia, the Ghost Ranch volunteers and anyone else that helped make this program a success.

### Teens!

Keep an eye open for flyers and pass the word whenever you know about an event like dances, game nights or movies being shown in Abiquiu by

the youth group advocates of the Chimayo Youth Corps.

### English as a Second Language

The newly developed ESL Program (English as a Second Language) funded by the NM Coalition for Literacy is on break through the summer. Full fall schedule will resume in September. This program could not have happened without the tutors who gave of themselves so freely and very generously volunteered their time to support this endeavor. Literacy Tutors- Hilda Joy, Jim Benson, Will Benson, Jerry Frank (Abiquiu) Margaret Louderback (Santa Fe) and Shorba from Alcade. Many Thanks and Every Blessing!

### Books

Added to our special collection this month:

#### **New Mexico Magazine**

(entire bounded collection)

#### **Abiquiu and Don Cacahuete**

by Gilberto Benito Cordova

#### **Manuscript Collection Inventory**

for Reies Lopez Tijerina

#### **Agua Mansa quarterly reports of the San Bernardino Museum.**

In 1842, Lorenzo Trujillo of Abiquiu, founded La Placitas de los Trujillos which later moved to higher grounds because of floods, now Agua Mansa in Riverside, California.

### Volunteers Needed

Anyone with experience in cataloging or wanting to learn to catalog is asked to talk with the librarian needing assistance in updating our collection to automation. This will be very helpful and beneficial in the very near future to everyone!

### Special Reminder!

Please keep our Library in mind if you plan to work on your estate planning and don't forget to add your intent for contribution in bequest or otherwise to: The Santa Fe Community Foundation for the Abiquiu Public Library.

**IT WILL GRACIOUSLY BE  
PERPETUALLY APPRECIATED**