

— EL AVISO —

July 2014

Food that's good for your Heart

From asparagus to sweet potatoes—every bite of heart-healthy foods delivers a powerful dose of phyto-nutrients that prevent and repair damage to cells. *That is the essence of preventing heart disease.*

With help from experts from the Cleveland Clinic and the American Dietetic Association WebMD has put together a list of the “best of the best heart-healthy foods.

The foods listed here are all top-performers in protecting your heart and blood vessels. We also have some menu ideas—so you can easily bring heart-health foods into your daily breakfast, lunch and dinner. (Some of terminology is explained at end of article).

Salmon - Grill salmon with a yummy rub or marinade. Save a chunk to chop for a pasta or salad later on. Contains Omega-3 fatty acids.

Flaxseed (ground) - Ground flaxseed hides easily in all sorts of foods—yogurt parfaits, morning cereal, homemade muffins or cookies. Contains Omega-3 fatty acids, fiber, phyto-estrogens.

Oatmeal - Top hot oatmeal with fresh berries. Oatmeal and raisin cookies are a hearty treat. Contains Omega-3 fatty acids, magnesium, potassium, folate, niacin, calcium, soluble fiber.

Black or Kidney Beans - Give soup or salad a nutrient boost by stirring in some beans. Contains B-complex vitamins, niacin, folate, magnesium, omega-3 fatty acids, calcium, soluble fiber.

Almonds - Mix a few almonds (and berries) into low-fat yogurt, trail mix or fruit salads. Contains plant omega-3 fatty acids, vitamin E, magnesium, fiber, heart favorable mono- and polyunsaturated fats, phyto-steroids.

Walnuts - Walnuts add flavorful crunch to salads, pastas, cookies, muffins and even pancakes.

Red Wine - Toast your good health. A glass of red wine could improve ‘good’ HDL cholesterol. Contains catechins and resveratrol (flavonoids).

Tuna - Here’s lunch—salad greens, fresh fruit, canned tuna, Keep ‘salad spritzer’ (a light dressing) in the fridge. Contains omega-3 fatty acids, folate, niacin.

Tofu - Tasty tofu is easy. Thinly slice ‘firm’ tofu, marinate several hours, grill or stir fry. Contains niacin, folate, calcium, magnesium, potassium.

Brown Rice - Microwavable brown rice makes a quick side dish. Stir in a few chopped veggies (broccoli, carrots, spinach). Contains B-complex vitamins, fiber, niacin, magnesium, fiber.

Soy Milk - Soy milk is great over oatmeal or whole-grain cereal. Or make a smoothie with soy milk. Contains isoflavones, B-complex vitamins, niacin, folate, calcium, magnesium, potassium, phyto-estrogens.

Blueberries - Cranberries, strawberries, raspberries are potent too—in trail mix, muffins, salads, and yogurt. Contains beta-carotene and lutein (carotenoids), anthocyanin, ellagic acid (a polyphenol), vitamin C, folate, calcium.

Carrots - Baby carrots are sweet for lunch. Sneak shredded carrots into many things, like spaghetti sauce or muffin batter. Contains alpha-carotene, fiber.

Spinach - Pick spinach, not lettuce, for nutrient packed salads and sandwiches. (You can sauté or steam spinach too). Contains lutein (a carotenoid), B-complex vitamins, folate, magnesium, potassium, calcium, fiber.

Broccoli - Chop fresh broccoli into store bought soup. Eat raw and/or dip into hummus (chickpeas) for a veggie dip. Contains beta-carotene (a carotenoid), vitamins C and E, potassium, folate, calcium, fiber.

Cont'd ⇨

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, Vallecitos, Youngsville

Cont'd ⇒ Foods good for the Heart

Sweet Potato - Microwave in a zip-lock baggie. Eat *au natural* or with *pineapple bits*. Contains beta-carotene, vitamins A, C and E, fiber.

Red Bell Peppers - Rub with olive oil, grill or oven roast until tender. Enjoy in wraps, salads, sandwiches. Contains beta-carotene, lutein, B-complex vitamins, folate, potassium, fiber.

Asparagus - Grill or steam slightly, then dress with olive oil and lemon. It's a petty side dish. Contains beta-carotene and lutein, B-complex vitamins, folate, fiber.

Oranges - A sectioned orange stands alone or in many kinds of salads. Got orange juice? Check out the new nutrient packed blends. Contains beta-cryptoxanthin, beta- and alpha-carotene, lutein and flavones, vitamin C, potassium, folate.

Tomatoes - For a favor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas. Contains beta and alpha-carotene, lycopene, lutein, vitamin C, potassium, folate, fiber.

Acorn squash - Baked squash is comfort food on a chilly day. Serve with sautéed spinach, pine nuts, raisins. Contains beta-carotene, lutein, B-complex and C vitamins, folate, calcium magnesium, potassium, fiber.

Cantaloupe - A fragrant ripe cantaloupe is perfect for breakfast, lunch, potluck dinners. Simply cut and enjoy. Contains alpha and beta-carotene, lutein, B-complex and C ;vitamins, folate, potassium, fiber.

Papaya - Serve papaya salsa with salmon: mix papaya, pineapple, scallions, garlic, fresh lime juice, salt and black pepper. Contains beta-carotene, beta-cryptoxanthin lutein, vitamins C and E, folate, calcium, magnesium, potassium.

TERM EXPLANATIONS

Phyto-estrogens are substances in plants (like flaxseed) that have a weak estrogen-like action in the body. Studies suggest that flaxseed lowers the risk of blood clots, stroke, and cardiac arrhythmias. It may also help lower total and LDL "bad" cholesterol and triglycerides, and even blood pressure.

Omega-3 fatty acids (found in fatty fish like salmon) and alpha-linolenic fatty acids (found in plant foods like walnuts) help boost the immune system, reduce blood clots, and protect against heart attacks. They also increase good HDL levels, lower triglyceride levels, protect arteries from plaque buildup, are anti-inflammatory, and lower blood pressure.

Phyto-sterols are plant sterols that chemically resemble cholesterol and seem to reduce blood cholesterol. All

nuts and seeds, including wheat germ, have phyto-sterols.

Carotenoids are heart-protective antioxidants in many colorful fruits and veggies. Alpha-carotene, beta-carotene, lutein, and lycopene are carotenoids.

Polyphenols are another set of antioxidants that protect blood vessels, lower blood pressure, reduce LDL "bad" cholesterol. Flavonoid polyphenols include catechins, flavonones, flavonols, isoflavones, resveratrol, and anthocyanins. Non-flavonoid polyphenols include ellagic acid (found in all types of berries).

Look for further resources on this subject on WebMD.

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: joan@lcdn.org

For Health Advise when clinics are closed, call Nurse Advise New Mexico (NANM) 877-725-2552 open 24 hrs.

El Rito

Las Clinicas del Norte Board Meeting - every 4th Monday, 6 pm, El Rito clinic Community Room.

El Rito Library- Tues, Wed, Thurs, Fri, Sat, 12 am – 5 pm
Library Board Mtgs. - every 2nd Wednesday, 6:00 pm

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

El Prado Convenience Station at Rural Events Ctr. Open 5 days Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

Abiquiu

Abiquiu Library - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm, located on the Plaza.

Abiquiu Fire Dept. - **DAY CHANGED** to 2nd **Sunday - 6 pm** at the Abiquiu Fire Dept. Station at the REC on Hwy 554.

Abiquiu Area Emergency Services Project Mtg. - second Wed. at 6:00 pm at the Rural Events Center.

Abiquiu AA Meetings - Wednesday, 5:30-6:30 pm, Abiquiu clinic, & Saturday, 10:00 am, Abiquiu Library. **New Contact:** Alex at 505-901-7701.

Abiquiu Al-Alon - will return in late-spring.

Recycling - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El Prado Convenience Station at the Rural Events Ctr. For information call North Central Solid Waste, 747-8459.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7:00 pm Ojo Caliente Fire Dept.

Recycling Station - Tues-Sat, 9am-5pm, Bldg #35631 Hwy 285/84.

Vallecitos

**Get-together for all friends
of Vallecitos**

Saturday July 12 noon onward

at Vallecitos Community Center and
Library, across from the old Sala.

Food, live music, bingo, crafts, juggling.

Bring a dish to share. For details or
to help set up, call 582-4224.

OPEN ENROLLMENT IN NORTHERN YOUTH PROJECT SUMMER PROGRAMS

NYP invites parents and teens to join us for FREE classes and special events all summer long!

Mondays: ART & ENTREPRENEURSHIP: Hands-on projects with mentors in mural painting, photography, drawing, poetry, and micaceous pottery alternate with a teen-run business selling produce, coffee, and water at the Espanola Farmer's Market.

Wednesdays: COOKING & GARDEN SCIENCE: *Make new friends!* On most days, Teens will be joined by the Ghost Ranch Youth Service Corps—a group of kids from throughout the country—to work side-by-side on special projects!

Thursdays Special Classes: HIP HOP DANCE & BEAT-MAKING @ Abiquiu Elementary School, Boys & Girls Club Room, 6–7 PM. *No carpooling available for this class.*

Friday: FIELD TRIP EXPERIENCES: Off site trips to local farms, gardens, museums, galleries and other teen centers, as well as recreational activities like swimming, hiking, and other fun stuff.

SAVE THE DATE: GARDEN OPEN HOUSE / SATURDAY, AUGUST 23rd. **Live Music! Cooking from the Garden by NYP Youth!**
Meet your friends and neighbors at the garden to celebrate our cultural heritage!

Carpooling available for kids who need transportation. For information concerning all NYP programs please visit northernyouthproject.org or contact Program Director Leona Hillary at northernyouthproject@gmail.com or 505 685 9474.

PUEBLO DE ABIQUIU LIBRARY And Cultural Center

505-685-4884 POB 838, Abiquiu, NM 87510
abiquiupl@gmail.com www.abiquiulibrary.wordpress.com
Library Hours: 1 pm to 6 pm, Sunday - Thursday

Archaeological Dig

Thanks to the fine archaeology crew that spent three weeks here next to our library locating the old stone foundations of a former adobe room that adjoins our building and uncovering parts of the well inside the plazuela area. We hosted a fine complement of graduate students and visiting archaeologists under the guidance of Berkeley University archaeologist Dr. Jun Sunseri, archaeologists Dr. Charlotte Sunseri and Dr. Heather Atherton and students Annie Davis, Shelby Medina, Alexandra McCleary, and Danielle Marie Huerta. Many distinguished scholars visited and participated, including Dr. Davina Two Bears, Dr. James Brooks and former state archaeologist Dr. Glenna Dean.

We also had visits from many local residents including David Lopez, Augustin and Ermelinda Garcia, Seledon and Alice Garcia, Bernie Archuleta, Virgil and Dexter Trujillo, Dr. Charlie Carrillo and others sharing their stories and ideas.

It was exciting to visit often and see the pristine stepped rectangles and hear the updates of the findings. Pottery and tool shards from Picuris, Zia, Taos and elsewhere attested to the complex network of relationships of this old village. We look forward to the analysis of the bone fragments that will reveal what people were cooking inside this room.

And of course, we also look forward to making a historical restoration of this room and a much needed expansion of our library.

Students:

Thanks to a grant from United Way, twelve local teenagers also participated in weekly groups of four. Come visit the Fiesta de Santa Rosa de Lima in August. These same students will be making a creative presentation about life in Old Abiquiu based on what they learned in the dig. Artists Sabra Moore and Iren Schio and educators Isabel Trujillo and Isabel Lopez will be conducting workshops with the students during the summer to prepare for this event.

Documentation:

The archaeology crew posted daily digital data which will be accessible through our Genizaro Archive. Dennis Chavez from New Mexico Video Services did periodic filming of the dig and the presentation/discussion that was held in the gallery of the Abiquiu Inn on June 18, 2014. We will post information about how to access these visual materials on our website or via an email notification. If you want to be placed on our email list, please contact Tara at the library (505) 685-4842.

Hosts:

Thank You to Diane Coe and the Abiquiu Inn for housing this amazing crew from Berkeley.

Computer Classes

El Pueblo de Abiquiu Library and Cultural Center will be offering Basic Computer Classes in September. Anyone interested or wanting to sign up, call the library for information @ 685-4884.

Summer Reading Program

Our program got off to a great start with a visit by the renowned Smokey the Bear, Robert Quintana and the crew from Espanola Forest Service. We really enjoyed your presentation and we hope to have you over again.

New Books

We have had two fine donations of books on art and local history. Thank you Georgia O'Keeffe Museum for donating art books, many related to Georgia O'Keeffe. & thanks also to University of New Mexico Press for two amazing boxes of newly released books.

Las Clinicas del Norte

EL RITO CLINIC
PO Box 237, El Rito 87530
Phone: (575) 581-4728
1-800-869-7624

OJO CALIENTE CLINIC
PO Box 307, Ojo Caliente 87549
Phone: (505) 583-2191
1-866-665-6832

ABIQUIU CLINIC
PO Box 757, Abiquiu 87510
Phone: (505) 685-4479
1-866-578-1662

MEDICAL:

MON thru FRI 8:00 am– 5:00 pm
1st and 3rd SAT of month 8:00 am 4:00 pm
Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Mondays and Wednesdays only.
Please call for an appointment.

DENTAL SERVICES: 581-0028

MON thru FRI 8:00 am– 6:00 pm;
SAT 8:00 am-4:00 pm

REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD for all clinic visits

MEDICAL:

TUES thru FRI 8:00 am- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 583-2191

Tuesday and Friday
Call to schedule

NO DENTAL SERVICES

**SCHOOL BASE HEALTH SITES: Mon-Fri - Pojoaque: 505-455-4026
- Mesa Vista: 505-583-2401**

MEDICAL:

MON thru FRI 8:00 am- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 685-4479

Monday through Friday
Call to schedule

NO DENTAL SERVICES

MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)

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Honorary Member: Mary F. Lovato.

Donations - listed for one year - Las Clinicas would like to thank the following donors

\$ 100 - Annabelle X. Gutierrez Sisneros (4-13)

\$ 175 Each—Dr. Anthony Garcia, Dr. Aine Malone, Dr. Ed Trujillo (02-14)

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