

# — EL AVISO —

December 2014



## LAS CLINICAS DEL NORTE WANT TO WISH YOU THE BEST OF HOLIDAY GREETINGS

*On matter which year-end set of holidays you celebrate (or none at all), the fact that most people take some time off during this last couple of weeks of December slows the pace (at least once Christmas is done), and creates an opportunity to reflect on your life.*

*In support of your relaxation and enjoyment of the people and pursuits you love most, here are some wonderful quotes from a wide variety of folks about this holiday season.*

*“Blessed is the season which engages the whole world in a conspiracy of love.”* *Hamilton Wright Mabie*

*“Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you. Thinking of you this holiday season!”*  
*T. A. Barron*

*As we struggle with shopping lists and invitations, compounded by December’s bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same.”*  
*Donald E. Westlake*

*Sharing the holiday with other people, and feeling that you’re giving of yourself, gets you past all the commercialism.”*  
*Caroline Kennedy*

*“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness.”*

*Helen Keller*

*“May your walls know joy, may every room hold laughter, and every window open to great possibility.”*

*Mary Anne Radmacher*

*“New Year’s Day is every man’s (and woman’s) birthday.”*

*Charles Lamb*

*“It is tenderness for the past, courage for the present, hope for the future. It is a fervent wish that every cup may overflow with blessings rich and eternal, and that every path may lead to peace.”*

*Agnes M. Pharo*



## **Concerns about Autism**

***A controversy has been raging for some time over preservative in some vaccines, especially one ingredient, can cause autism.***

As the country's leading public health agency, the Centers for Disease Control and Prevention (CDC) is committed to protecting the health of all Americans—including infants, children, and adolescents.

2014 estimates released from CDC's Autism Developmental Disabilities Monitoring Network found that about 1 in 68 children born in 2002 have ASD. This is higher than estimates from the early 1990s. Over the years, some people have been concerned that autism might be linked to the vaccines children receive. Concerns have related to different aspects of vaccines, including vaccine ingredients. **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 ⇨ Concerns about Autism**

One vaccine ingredient that has been questioned and studied specifically is thimerosal, previously used as a preservative in many recommended childhood vaccines.

**Question: Why was thimerosal added to vaccines in the first place?**

Thimerosal has been used for over 70 years as a preservative to inhibit the growth of bacteria and fungi in vaccines. Many vaccines are stored most efficiently in large multi-dose vials from which health workers draw individual doses, leaving the vaccine vulnerable to contamination every time the rubber top is punctured by a new syringe. Several deadly incidents of contaminated vaccines in the 1920's prompted vaccine manufacturers to begin adding preservatives to all multi-dose vials of vaccines.

Thimerosal used to be one of the most widely used preservatives. Now that most vaccines in the U.S. no longer contain thimerosal, they are stored in individual dose vials or pre-filled syringes—a system that's more expensive for vaccine manufactures.

*Baby Center.htm*

CDC recognizes that autism is an urgent health concern and supports comprehensive research as our best hope for understanding the causes of autism and other developmental disorders. Through collaborations with partners in government, research centers, and the public, CDC is focusing on three areas:

- Understanding the frequency and trends of autism spectrum disorders.
- Advancing research in the search for causes and effective treatments.
- Improving early detection and diagnosis so affected children are treated as soon as possible.

*www.CDC.gov.vaccinesafety*

**ANNOUNCEMENTS**

**Welcome - Sally (Sarah) Hauser** will join Las Clinicas del Norte sometime in December as Director of Medical Programs. **Peggy Nicholson** CFNP will join us in January and work at Mesa Vista Schools.

**Worried about a loved one's drinking?**

**Come to the  
Al-Anon Meeting at EL RITO CLINIC  
Every Wednesday  
at 6 pm  
Meeting Group Name is OVERCOMERS**

⊗ **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 2<sup>nd</sup> Wednesday, 6:00 pm

**El Rito Fire Dept. Mtgs.** - every 2<sup>nd</sup> 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.

**EL RITO PUBLIC LIBRARY**

575-581-4608

Hours: Tuesday thru Saturday 12-5pm

**Live/Silent Auction**

Our theme this year is "Framing our Community" and the auction will be here at the El Rito Library **Saturday, December 6, from 1:30 to 3:30 pm.** As always, we would like to thank everyone from the donors to the buyers who make this fundraiser our most successful one of the year.

**El Rito Calendars for Sale**

Thanks to Board Member, **Ted Harsha**, who has taken some beautiful pictures of the El Rito landscape and made them into an El Rito calendar for 2015. If you are interested in buying one, please come by the library. All proceeds benefit the El Rito Library.

**Library Director Position Still Open**

The El Rito Public Library Board continues to seek candidates for a new Library Director. Christine Trujillo will be retiring soon and will train the new director before she leaves. Minimum qualifications - Preferred: 1) Bachelor's Degree or higher in area related to Library Science. An unrelated Bachelor's Degree or higher will be heavily weighted; 2) experience in grant writing; 3) able to get along with different types of people (good communication skills); 4) organized; 5) supervisory experience; and 6) budget experience. We will consider: 1) associate's degree; and 2) aptitude for grant writing.

If you are interested in the Director position, check out our website at [www.elritolibrary.org](http://www.elritolibrary.org) for more detailed duties for this position. Please contact Board President, Judith Uhrich, at 575-581-0011, or by email at [juhrich.nm@gmail.com](mailto:juhrich.nm@gmail.com), or send your resume to P.O. Box 181, El Rito, NM 87530.

**100 People Donating \$100**

Thank you to those who have already donated to our current Fall fundraiser. This is our only direct solicitation we do once a year to get some much needed operational money into the library. If you haven't donated yet, please send in your check or donate online. If you donate \$100, an El Rito calendar is on it's way to you.

**Obituaries and Memorial Cards Still Needed**

You can still bring in your obituaries and memorial cards to the library to photocopy them for our book. This book is all about the El Rito people who were born or lived here. We do not want to leave anyone out, so please participate in this project. The Obituary Book will be here at the library so anyone can come see it and make copies of pages that you might want. This project is ongoing and we will continue to accept them any day.

**PUEBLO DE ABIQUIU LIBRARY***And Cultural Center*

505-685-4884

POB 838, Abiquiu, NM 87510

[abiquiupl@gmail.com](mailto:abiquiupl@gmail.com)[www.abiquiulibrary.wordpress.com](http://www.abiquiulibrary.wordpress.com)

Library Hours: 1 pm to 6 pm, Sunday - Thursday

**Holiday Party DECEMBER 13TH:**

Come celebrate another year with your friends at Pueblo de Abiquiu Library & Cultural Season with our annual Holiday Party on Saturday **December 13th from 5:30-7:30 pm** at the Parish Hall across from the Library.

Enjoy our home cooked meal @ \$15 per person or \$25 per couple; kids eat for \$5 each. You can listen to music from the renowned musicologist Cipriano Vigil, look through our special selection of books suitable for holiday giving or select an ornament for your wreath or tree. Most ornaments are \$10 each; prices vary for books. Special thanks to Dave Fant, Iren Schio and others for a beautiful selection of tiny wooden chairs suitable as ornaments or doll house furniture. Your participation helps the programming of our Library! Call [\(505\) 685-4884](tel:5056854884) for advance tickets or drop by to get a head start on viewing ornaments.

**Thank you:** Thank you to Lucy R. Lippard for her fine donation of **Down Country: The Tano of the Galisteo Basin, 1250-1782**. This thoughtful study of the Galisteo Basin is both a history and art book in conjunction with the photographs of Edward Ranney. Now that our heat is back on, you can sit in the main Library room and enjoy looking at this volume in our reference section.

**Art Books:** We have a good selection of world art books in our reference section. We are in the process of reorganizing our art section so our visitors can more easily find the many big format art books to enjoy at the Library. We also have an extensive selection of reference books on Georgia O'Keefe.

**Stem-to-Read:** Thanks to Isabel Lopez for her fine work in teaching young pre-school children in our **Stem-to-Read** program. We had wonderful participation including a collaboration with Canones Pre-School students. This entire fall program has been made possible through funding from Untied Way.

# Las Clinicas del Norte

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

**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 to all clinic visits**

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

**LCDN BOARD OF DIRECTORS** — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members:* Gary Salazar, Sophie Garcia, Rex Davidson, Terry Boyle, Jasmine Serrano.  
Honorary Members: Mary F. Lovato, Jeremias Archuleta, Willie Picaro and Susie Verkamp.

**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)

\$ 500 - Pamela Harris (12-13)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (12-13)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-13)

\$ 1,000 - Kathleen E. Maley (12-13),

\$ 1,000—Terence P. & Susan C. Boyle

\$ 1,500 - Andy R. Lopez (01-14)

## Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte  
PO Box 237  
El Rito, NM 87530

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