

# — EL AVISO —

April 2016

## Nutrition

**Savor the Flavor of Eating Right.** This campaign encourages everyone to take time to enjoy food and traditions and appreciate the pleasures of great flavors and the social experiences food can add to our lives. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

**Where should you start?** Make a family decision by taking the “Just one more for healthy living” pledge at [www.eatjustonemore.com](http://www.eatjustonemore.com). The concept is dedicated to encouraging families to incorporate an additional serving of fruits and vegetables daily and lean protein weekly.

**There are creative ways to accomplish this:**

Cut down on fat intake, serve healthy snacks and have smaller meals. Don't use food as a punishment or reward. Keep a chart on the refrigerator so the kids can record each color of fruit or vegetable they have each day. Get moving, turn off the TV, video games and computer.

The Academy of Nutrition and Dietetics has published 16 tips for dedicating you and your family to adopting a healthy lifestyle in 2016:

1. **Eat Breakfast**, start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.
2. **Make half your plate** fruits and vegetables.
3. **Watch portion sizes**, get out the measuring cups and see how close your portions are to the recommended serving sizes.
4. **Be active.** Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week.
5. Fix healthy snacks.
6. **Get to know food labels.** By reading the Nutrition Facts panel can help you shop and eat or drink smarter.
7. **Consult** a Registered Dietician Nutritionist.
8. **Follow Food Safety Guidelines.** Reduce your chances of getting sick by practicing food safety; regular hand washing, separating raw protein foods from ready-to-eat-foods, and cooking foods to the appropriate temperature by using a food thermometer, and refrigerating food quickly to slow bacteria growth.
9. **Get cooking.** Preparing foods at home can be healthy, rewarding and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook fresh vegetables.

10. **Dine out without ditching your goals.** There's no reason not to dine out, just plan ahead, ask questions and choose foods carefully. If available compare nutritional information and look for healthier portions that are grilled, baked, broiled or steamed.

11. **Enact a family meal time.** Plan to eat as a family at least a few times each week. Set a regular mealtime and turn off the TV, phones and other electronic devices to encourage mealtime talk. Get the kids involved in meal planning and cooking and use this time to teach them about good nutrition.

12. **Do you suffer from Brown Bag Boredom?** If you do, now's your chance to try new healthy lunch ideas. Experiment with a whole-wheat pita pocket with vegetables and hummus or a low sodium vegetable soup. The internet is full of nontraditional recipes for lunch time.

13. **Drink more water.** By quenching your thirst with water instead of sugary drinks you will cut down on hidden calories. Keep hydrated by drinking plenty of water especially if you are active, live or work in hot conditions or are an older adult.

14. **Explore new foods and flavors.** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family. Try different versions of familiar foods like purple asparagus, honey crisp apples, or broccoflower (broccoli and cauliflower) .

15. **Eat seafood twice a week.** Fish and shellfish contain a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are high in omega3.

16. **Cut back on added sugars.** Foods and drinks with added sugars can contribute to empty calories and little or no nutrition. Reviewing ingredients on the food label can help identify sources of added sugar.

There's no time like today to start eating a healthy diet. There are many benefits to adopting a healthy diet and lifestyle, here are just a few: Controlling your weight, improving your mood, combating certain diseases, boosting your energy and improving your longevity.

The Promotoras and Providers at Las Clinicas del Norte are trained in helping you select a healthy diet and lifestyle. Don't delay, make an appointment today.

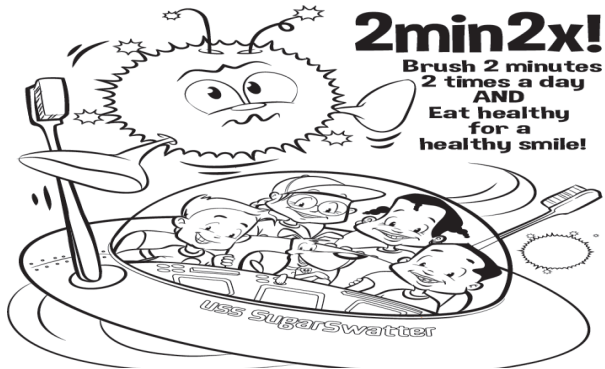
References: [www.foodreference.com](http://www.foodreference.com) / [www.eatright.org](http://www.eatright.org)  
[www.Nationalnutritionmonth.org](http://www.Nationalnutritionmonth.org) / [www.choosemyplate.gov](http://www.choosemyplate.gov)  
The Academy of Nutrition and Dietetics

**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

## Dental Health

This is a continuation of an article on **children's dental health** that appeared last month which covered dental care



Your child's adult teeth come in between the ages of 6 and 12 years of age. The first permanent or adult teeth to come in are the molars. A balanced diet helps keep your child's teeth and gums healthy. A diet high in natural or added sugars may place your child at extra risk for tooth decay. Shop smart and stock up with nutritious snacks like whole grains, fruits and vegetables. If your child chews gum, choose a sugar-free brand. Remember cavities are not just for small children. Good oral hygiene is especially important if your child is wearing braces. If your child is active in sports mouth guards are essential to keep the permanent teeth safe.

Between the ages of 17 and 21 years of age the wisdom teeth appear. Not all children or adults have wisdom teeth. Sometimes called the third molar, wisdom teeth may cause for crowding in the mouth. Please consult your dentist for recommendations for your wisdom teeth.

Starting your child off with good oral care can help protect their teeth for life. The Las Clinicas del Norte Dental Services provides state of the art dental care to all ages. Call today to make an appointment and to keep your child's smile bright.

References: American Dental Association Website: [www.ADA.org](http://www.ADA.org)

## Northern Youth Project Teen Program for 2016

### The Love of Land Project

Help create and exhibit a Sculpture! Beginning this spring, teens participating in the Love of Land project will go on foraging adventures to three local acequias to turn "trash" into art. Using what they salvage, teens will work with artists to create an environmentally focused sculpture to be displayed at the Hunter Ford Agricultural Center in Española. The Love of Land project is an opportunity to better understand

the acequia systems and their essential roles in our community. As part of our Art as Activism focus, it encourages youth to speak up in their communities.

### The Northern Youth Project Garden

Nestled up against the hillside below Abiquiu pueblo, shaded by trees, and cared for by loving hands, our garden interns will nurture the garden from seed to table. During our weekly meetings, our work will be informed by the cycles of the season, and teens learn how to prepare and maintain the soil, as well as how to care for the plants. As the plants bear fruit the interns will harvest, prepare and share the bounty with the community in our summer Teen Cooking Classes and Harvest Dinner in the fall.

This paid internship allows the students to learn by doing, to continue the positive traditions of our ancestors by cultivating the land and feeding our communities. Applications for internships are available.

We welcome teens and parents!

### SAVE THE DATE: Community Seed Exchange and Plant Sale—Sunday, May 15th

For more information call 505 685 9474 or email [northernyouthproject@gmail.com](mailto:northernyouthproject@gmail.com)

### ⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: [joan@lcdn.org](mailto: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/Fri - 12 n to 5 pm. Thurs - 12 n to 7 pm, Sat - 9am to 2 pm **Library Board Mtgs.** - every 2<sup>nd</sup> Thurs, 5:30 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**, 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. Alex at 505-901-7701.

**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

**Fall Hours** — Tues/Wed/Fri - 12 n to 5 pm  
 Open late Thurs - 12 n to 7 pm  
 PHONE: 575-581-4608 Sat - 9am to 2 pm  
 Sunday and Monday: Closed

Email: [elritopubliclibrary@yahoo.com](mailto:elritopubliclibrary@yahoo.com) Website: [www.elritolibrary.org](http://www.elritolibrary.org)

### Hispanic Folklorist and Author at Library Saturday

**April 2nd** — Dr. Nsario Garcia will speak at 3 PM at the library about his boyhood growing up near Chaco Canyon and his lifelong efforts to record the rich oral traditions of rural New Mexico. Among his many books are: *The Talking Lizard: New Mexico's Magic and Mystery*; *Hoe, Heaven, and Hell: My Boyhood in Rural New Mexico*; and *The Ghost that Walked on Water and Other Stories of Northern New Mexico*. Dr. Garcia will sign books following the presentation and refreshments will be available. This program is the fourth in our series of presentations celebrating Hispanic culture in northern New Mexico. Funding has been made available for this series from the American Library Association with support from the National Endowment for the Humanities.

**Free Family Passes Still Available**-- Do you have visitors with you from out of town for the spring break? Or maybe your family is just itching for a day away. Come to the library and check out a Family Pass from the New Mexico Office of Cultural Affairs. With this pass you can visit a long list of museums and Historic Sites around the state, all for free for up to six members of your group.

**The Library Needs Good Clean Dirt**— We're trying to improve the look of the library's front yard. Especially needed is some good, preferably organic, fill dirt so that we can carry out some minimal landscaping with native plants. Call 575-581-4608 if you have some to donate. No rubble, rocky or contaminated soil please.

### STEM classes continue through May into Summer 2016

Educator Mary Shoemaker is running a lively pre-literacy class at the library for children 2-5 years old and their caregivers. Last week they were studying food webs and were amazed to be visited by a majestic barn owl and a small sleek kestrel. Join our group on any Wednesday at 10 AM. It's free and snacks are offered. We're in the process of trying to raise money to continue this program as part of our Summer Reading classes.

### Stay Tuned for Details on our Summer Reading classes

Staff are currently looking at ways we can offer a Summer Reading program, after missing out on this vital library activity last summer. We'll hopefully be able to begin in June and are looking at sponsoring two classes, each meeting twice weekly (for 2-5 year olds and also for 6-12 year olds). Let us know if you might have children who would be interested. This year's theme will be *Plant a Seed: Grow a World*.

## 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 through Thursday

### 2016 Summer Reading Program:

*On Your Mark Get Set Read.*

The Summer Reading program will be starting on June 7 through June 28, Tuesday and Thursday from 3 pm to 5 pm. The theme this year is *On Your Mark Get Set Read*.

Sign up for the SRP will begin on May 3rd and continue through June. We will be signing up children ages 5 to 12 on Tuesdays and Thursdays between 3 and 5 pm here at the Pueblo de Abiquiu Library and Culture Center

Encourage your children to read this summer and they will receive prizes for turning in their reading time log. Part of the Program has children reading their desired number of books to get prizes after they bring in their accomplished readings.

Reading and coming to the Program are good ways to keep the children busy for the summer. Every time we meet there are activities that match books. We are planning to make a bug house and learn about bugs, make a game called Snakes and Ladders, and make jump ropes out of recycled materials. Every summer we create a garden, which the children help us plant and water. This summer we will be planting broccoli, carrots, cabbage, spinach and lettuce.

On June 30th we are invited to visit the Georgia O'Keefe Museum in Santa Fe to create an art project and tour the museum. We will also have several fun presenters and a chance to go to the Opera.

### Free Classes to Caregivers

The Alzheimer's Association will present an eight hour bilingual class for caregivers. title 'Cuidando con Respeto' on April 6 and April 13 from 11 to 3 pm at Pueblo de Abiquiu Library and Cultural Center. This program has been deigned for Spanish speaking families and caregivers caring for family members with Alzheimer's disease<sup>3</sup>. To register or for more information call Tina De La Luz at 505-473-1297.

### Thank You

Thank you to Susan Nalder for her fine donation of books and seven new DVD's including *Streets of Laredo*, *March of the Penguins* and other movies. You can stop by the librarian's desk to check out the DVDs.

### Read-a-thon/ Draw-a-thon

We appreciate all the readers and artists who participated in or March 20<sup>th</sup> Read-a-thon and to all the library friends who sponsored readers. Your donations help the library continue its programs. We now have several artists' books from earlier Read-a-thon/ Draw-a-thons on display at the library. Visitors are welcome to look at the books in the library and enjoy the drawings and paintings made by various participants while listening to an all-day reading of an interesting book.

# 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 and TUESDAY 8:00 am– 6:30 pm  
WEDNESDAY THRU SATURDAY 7:30  
am 5:00 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;

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

**MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)**  
**NEW MEXICO NURSE ADVICE—24 Hour Toll Free Nuber—1-877-725-2552**

**LCDN BOARD OF DIRECTORS** — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim,  
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**DONATIONS - (listed for one year) - Las Clinicas would like to thank the following donors**

\$ 100 -Tony Chacon (6-15)  
\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (1-16)  
\$ 1000 - Kathleen E. Maley (1-16)  
\$ 1000 - Sam R. & Isabel Jewell (2-16)  
\$ 2000 - Andy R. Lopez (1-16)

## Las Clinicas del Norte, Inc.

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