

EL AVISO

May 2007

The Summer Break

As schools break for summer, most teens look forward to staying up late, sleeping in, and having their first jobs, while their parents may worry about common summer health risks. In fact, a survey supported by the National Parent Teacher Association (PTA) reveals that one in four parents of young teens are very concerned about their young teen's health during the summer months. Notably, heat exhaustion is the top health concern for 35 percent of parents and 75 percent will insist that their young teens wear sunscreen to ensure their child has a safe and healthy summer. In addition, almost 30 percent of parents believe it is extremely or very important to take their adolescents to the doctor for a summer health visit and almost two out of three believe it is extremely important for their young teens to get vaccinated against infectious diseases.

"PTA is dedicated to ensuring that children stay healthy and productive not only in school, but also over summer break," said Anna Weselak, President, National PTA. "It's clear from the survey results that parents are aware that certain health and lifestyle risks may pose a threat to their young teens. We encourage parents across the nation to take an active role in preparing their children for the great summer they deserve."

In fact, safety is a top summer safety concern for parents of young adolescents and 41 percent are extremely or very concerned about proper decision-making in an unsafe situation. In addition, the survey revealed that one-third of parents agree that it is important for their young adolescents to have a summer job, to learn work ethic and responsibility.

From a health perspective, 95 percent of parents want their young teens to be active and fit and 81 percent plan to provide their child with healthy food choices this summer. Despite the increase in the incidence of infectious diseases in teens in the United States, only one in five parents are extremely or very concerned that their young teens will be exposed to an infectious disease over the summer.

In fact, only 12 percent of parents are extremely or very concerned about their young teens contracting pertussis (commonly known as whooping cough) over the summer.

Pertussis is the only vaccine-preventable disease on the rise among teens in the U.S.

About Pertussis

A highly contagious bacterial infection of the respiratory system, pertussis can cause spasms of severe coughing. Young teens often do not display the classic signs and symptoms of pertussis and may go undiagnosed. They are often the source of infection for family members and others.

Pertussis should be of particular concern for parents of young teens, as childhood immunization against pertussis begins to wear off five to 10 years after the last routine vaccination shot, typically administered when children are between four and six years old. Because of this waning level of protection, many teens are vulnerable to this serious disease. In 2005, the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP) recommended a booster vaccination for teens, Tdap [Tetanus Toxoid, Reduced Diphtheria Toxoid and Acellular Pertussis Vaccine, Ad-sorbed].

Once made aware of the dangers of pertussis outbreaks, 92 percent of parents surveyed agree that young teens should receive a pertussis booster vaccination. The good news is that in 2005 the U.S. Food and Drug Administration (FDA) approved booster vaccines for diphtheria, tetanus and pertussis for use in adolescents.

"I am pleased that parents see the importance of taking their child to the doctor for a pre-summer check-up to help ensure a healthy summer," said Weselak. "The Summer Break – What's at Stake?' campaign will help parents learn more about serious conditions, like whooping cough, so that we keep our children healthy and avoid outbreaks over the summer."

The School-Based Health Clinic staff will be at Mesa Vista during the summer, available for physicals, immunizations and any behavioral health problems.

Call Ojo Caliente Clinic for hours or to schedule an appointment, 581-2191. Questions?: Call Andrea, SBHC Coordinator, at the Ojo Caliente clinic.

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

Announcements and News

Welcome Back to one of Las Clinicas' former employees. **Lisa Lopez** is returning as a Dental Assistant at the end of the month.

Leaving are **Natasha Sanchez** in the Dental Department and **Noella Montano** in Accounts Payable. Thank you for your services in LCDN.

⊗ Community Events ⊗

Contact: Joan Tollefson 1-505-323-1519/ 581-4728 x255/ email: joan@lcdn.org

For Health Advise when we are closed, call Nurse Advise New Mexico 877-725-2552 open 24 hours.

El Rito

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

El Rito Library - Tues, Wed, Thurs, 11 am – 6 pm, Sat, 11 am – 5 pm

El Rito Library Board Mtgs. - every 2nd Wednesday, 6:30 pm at Library

Al-Anon Meetings - new time: 1st & 2nd Wednesday of the month only, 5:30-6:30 pm, Archive Rm. next to NNMC Library in the Cafeteria Bldg, contact # 581-4430.

AA Meetings El Rito - new time: Tues & Thurs, 6:30-7:30 pm, Sun, 5:00-6:00 pm, both at El Rito Library. Open discussion.

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, contact # 581-4516

Recycling - Last Saturday of each month behind Martin's Store. Pick-up trunk very irregular, info. from Joseph Lewanski of North Central Solid Waste 747-8459. Recycling at Esp. Wal Mart daily.

Abiquiu

Abiquiu Fire Dept. Mtg. - every 2nd Thursday, 7 pm, Fire Dept.

AA Meeting - Saturday, 12 Noon, Abiquiu Library

Al-Anon Mtg. - 3rd & 4th Mon. of mo. 5:30-6:30, Abiquiu Clinic For info on unscheduled meetings in Abq. & E.R. call Jean 685-4490

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

Recycling - Last Sunday each month, pick up at Abiquiu clinic. Pick-up trunk very irregular, info from Joseph Lewanski of North Central Solid Waste 747-8459. Recycling at Esp. Wal Mart daily.

Ojo Caliente

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

Northern New Mexico College—El Rito Campus

May

3-5 Synthetic Dyes Part III

7-11 Retablo Making Class

7-11 Spanish II Class

7-11 Final Exams

12 **El Rito Clean Up Day** - Please come out and help show pride in our community. El Rito is a good place to live.

12 Graduation Ceremonies (Española Campus)

18-20 AASW Conference (Events continue through 23rd)

24 New student orientation for summer students/Española Campus.

25 Pre-Registration Ends

30-31 Open Registration

Plan to attend our Adobe Conference! We will offer lots of innovative ideas in adobe construction from people across the world. A trade show will also be on campus. **Scholarships for Rio Arriba County youth will be offered.** Lots of fun activities, plus educational hands-on demonstrations will also be available. For more information see information below or please feel free to contact Quentin Wilson and Jim Hartford at (505) 581-4156.

Also from all NNMC El Rito staff and faculty we would like to wish a speedy recovery to Lynn Nequin and John Caster. Get well soon!

Check our web-site www.nnmc.edu for new updates.
Student Activities Coordinator, NNMC El Rito Campus
PO Box 160 Phone (505) 581-4120
El Rito, NM 87530 Fax (505) 581-4130

Adobe Association of the Southwest Adobe USA 2007

Fourth International Conference in New Mexico May 18 – 20 at NNMC-El Rito

Volunteer and sponsorship opportunities are still available, as well as exhibitor booths. For more information please contact us through our online [pre-registration](http://www.adobeasw.com) form www.adobeasw.com or www.adobeusa.org or call 1-505-581-4156.

PRESENTATIONS

May 18- 20, [Earth architecture specialists](http://www.adobeasw.com) from many international settings will offer presentations on earth architecture at the conference of the Adobe Association of the Southwest on the campus of [Northern New Mexico College](http://www.adobeasw.com) in El Rito, New Mexico. Distinguished guests will travel from Asia, Africa, Europe and from South America. Sponsored by the Adobe Association of the Southwest, this conference is the only one of its kind in the United States and grew out of the [Adobe Construction Building Program](http://www.adobeasw.com) at [Northern New Mexico College](http://www.adobeasw.com) in El Rito. A committed and growing international community of architects, builders, conservationists, historians, geologists, environmentalists and scholars will share their experiences. Presentations will cover the cultural, historical and technical aspects of the global adobe building tradition, and focus on important contemporary trends in design, solar power, and earthquake durability.

WORKSHOPS

May 14-17, The workshops Building with Adobe, Improvised Materials, Domes and Tools and Rammed Earth Methods and Tools will be offered by the college in the week before the conference.

TRADE FAIR AND EXHIBITS

May 18-20, The Association will host New Mexico's first adobe Trade Fair and Exhibition for suppliers, builders, designers and publishers free to the public, with exhibits of Northern New Mexico's campus programs, including Spanish Colonial Woodworking and Weaving as well as historical exhibits of local buildings.

ADOBE MUSTERS

May 18-19, We will have an on-site adobe making yard to benefit the local community of El Rito and to fulfill a plan for open air classrooms of handmade structures on the campus. Parents and students from the areas high schools are invited to tour the exhibits, the college campus' cultural programs, participate in the adobe brick making and attend a number of select conference presentations.

TOURS

May 21-23, Two tours are being offered after the conference; "Adobe Building In Taos" and "Adobe Building in Chaco"

EL RITO LIBRARY

The Sixth Annual Community Cleanup

The cleanup date has been changed
to the *second weekend of May*

Therefore, **Cleanup Day is May 12th, 2007** starting at 9:00 am at the Library. Lunch will be provided for participants at the Library with a barbeque and homemade cookies from two of our best bakers. Posters will be put up the first week of May. Be part of your community and make a difference, even if it is only for one day. You will be amazed how much trash we collect in just three hours. Trash bags will be available at the Library starting at 9 am, and don't forget your gloves.

Summer Arts Program

We are happy to announce that we will again be able to provide a "Summer Arts Program: for our children by the Santa Fe Rotary Foundation for the Arts, NM Children's Foundation, and the El Rito Studio Tour. We are looking for Artists or Teachers who would like to share their talents with our young community members. If you are interested, please contact Julie Wagner at 581-4780.

New Librarian

We are happy to announce that our new Saturday Librarian is Janice Snellman. Janice moved to El Rito with her husband almost a year ago. Janice has been involved with the Library by becoming a volunteer and then by joining the Board of Directors. She and Grandma Rena have been reading books to our children at the elementary schools in El Rito and Ojo Caliente and also at the El Rito Headstart. Janice also reads for "Story Hour" at the Library on Saturday mornings between 11 am and 12 noon. Come by and welcome Janice to our team.

New Hours

We have extended our hours of operation to three more hours a week.

New El Rito Library Hours

581-4608

Tuesday, Wednesday, Thursday
10 am - 6 pm,
Saturday 11 am - 5 pm

Abiquiu Public Library

Read-A-Thon

Come see the official Read-A-Thon compilation of drawings, beautifully hand-bound by President, Sabra Moore, to be on continuous display to show gratitude for such a successful event. We are only about \$500 away from the SF Community Foundation challenge!

US Corps of Engineers Panel to be held on Sunday, May 13th from 2 to 4 PM on Dam release procedures and public information along the Chama River.

Memorial Weekend will offer Pueblo History Tours with **Dexter Trujillo, Ceremonial Leader**. Watch for flyers with information on days and times!

High School Year End Gathering

Calling a High School Year End Gathering for early June. This gathering will show many ways you can be successful in making a living here in rural NM. Youth are invited to take advantage of listening to experiences of others who have done well. Those who attend will be chosen to follow guides and incentives to local income opportunities!

Abiquiu Public Library

Abiquiu Library Hours

685-4884

Monday through Thursday and Sunday -
1 pm—6 pm

Las Clinicas del Norte

EL RITO CLINIC

PO Box 237, El Rito 87530

Phone: 581-4728

1-800-869-7624

OJO CALIENTE CLINIC

PO Box 307, Ojo Caliente 87549

Phone: 583-2191

1-866-665-6832

ABIQUIU CLINIC

PO Box 757, Abiquiu 87510

Phone: 685-4479

1-866-578-1662

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

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MON thru FRI 8 am- 6 pm

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COUNSELING: 581-4728, # 232

Call to schedule, Monday thru Friday

Spanish speaking on Friday

COUNSELING: 583-2191

Call to schedule, Monday thru Thursday

Spanish speaking on Tuesday thru Thursday

COUNSELING: 685-4479

Call to schedule, Wednesday & Friday

DENTAL SERVICES: Same Hrs.

NO DENTAL SERVICES

NO DENTAL SERVICES

LCDN BOARD OF DIRECTORS

President George Flores, Vice-President Gary Salazar, Treasurer J. Curt Hoffman, Secretary Lillian Gallegos, Members: Tony Chacon, Trudy Drake, Peter Hansen, Erma Crim, Pauline Varoz, Gilbert Ferran, Marcos Garcia, Honorary Member: Jeremias Archuleta

DONATIONS – will be listed for one year

Las Clinicas would like to thank the following 2006 contributors

\$ 100 and under—In memory of Steven Patrick: Richard and Beth Patrick of Livermore, CA; William and Sally Sutcliffe; Bettie and Harold Ryan; Josephine V. Stout

\$ 300 - Andy R. Lopez, El Rito (3/06)

\$ 400 - The New York Community Trust, James Talcott Fund

\$ 500 - Elizabeth G. Paddon and Reta L. Ireland, La Madera (1/06)

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu (1/06)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

PO Box 237

El Rito, NM 87530

Bulk Rate Permit

No .1

PO Box 237

El Rito, NM 87530

BOXHOLDER



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