

EL AVISO

July 2007

Summer Blahs or Summer Stress?

How bored or busy people feel during the summer depends on how old they are. Survey-takers in their early teens were more likely to be bored — with 40% saying they'll be bored compared with only 10% who think they'll be overscheduled. For high school juniors and seniors, this number is split more evenly. A quarter of survey-takers 16 and older say they'll probably be bored and a quarter say they'll be too busy. Older teens don't worry as much about boredom for several reasons. In a practical sense, they have more freedoms. Rosa told us one of the things she's looking forward to is "being able to drive myself wherever I want." Older teens are also more likely to have paid jobs to take up some of their time.

In addition to more freedom, older teens have had several summers of figuring stuff out on their own, without their parents planning everything for them. They've had a chance to learn what they like to do and make the transition to planning their own lives. You don't have to be older to have this figured out, though. Mara, who is 13, told us, "Summer vacation is my time to unwind and exercise my independence."

Family Ties and Other Worries

Of course, becoming more independent means that it can sometimes be challenging to spend more time with the family. Kacy told us she will be "going on family trips that I dread" and that she's not looking forward to "sibling rivalry around the house." In cases like these, it may be worth giving Kia's advice a try and signing up for lessons in something you enjoy because "You may make new friends."

Many of you mentioned that pets make great summer companions. Elizabeth said, "I spend most of my time with my horses, they've now become my best friends!" Horses and dogs are a great way to get active and outdoors too.

If you'll be spending time alone, here are some ideas from our survey-takers: Brittany: "When you get bored, read a book or write one!" Heba: "Make an album with all your childhood pictures." Melissa: "Have a small project or something to do in between bigger things you're doing, like maybe building something, sewing, drawing, etc."

Katie told us she is spending most of her summer with family, but that she'd prefer a little 'friend'

time. "I want to spend it with my buds and my family. But I don't want to hurt anyone's feelings." For some people, this will be their last summer at home — and they're feeling a little nostalgic. Rebecca offered this advice, "Find time for your parents. For me this may be my last summer hanging with my folks. They might embarrass you, but they're the only parents you got."

Unfortunately, for some people, thinking of the last year of school can stretch into stress. They may feel like things are happening too quickly and they worry about what the future will hold. Courtney told us, "The fact that next year is my last year of high school scares me." Dani said, "I'm not looking forward to summer because I will be needing to work more. Also, I'm sort of nervous about being a senior next year." Douglas told us he is stressed out by "looking for a job, and getting worried that I'm not good enough. I have been to so many places already!"

Summer is a time for chilling out, not stressing out. If you're one of those feeling stressed out, summer is a great time to take part in one stress-busting activity: exercise.

Beat the Blahs By Staying Fit

Exercise is a great mood lifter. It's also a fantastic way to stay busy if you have time on your hands. This may be one reason why our 13- and 14-year-old survey-takers were most likely to mention they'll get lots of exercise this summer. Older teens, no matter how busy or pressed for time, could learn from the example set by these younger teens. Jayne-Leanne says, "If you get bored, EXERCISE. Don't eat when you are bored!" "I would just say, sign up for something like a tennis, volleyball, baseball, etc., class," advises Kia. "Or just work toward something like getting a better mile time."

Overcome Boredom

Most of our readers recommend getting together with friends as the No. 1 way to beat boredom. John said, "Spend as much time as possible being social. Leave alone time for yourself, but not too much." One reader told us she has been ill and missed almost the whole school year. "I've felt really isolated," she said. So she's looking forward to a couple of camps that she's been going to for years — along with a camp for teens with brain tumors. "I can't wait to meet up with my old friends," she told us. "Nothing is better than hanging out with friends or making some new ones!"

(Taken from the Internet, http://kidshealth.org/teen/your_mind/mental_health/summer_blahs.html)

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

**Las Clinicas del Norte's
Counseling and
Community Services Department
is offering the following
group sessions**



Chronic Pain Support Group

**For those suffering from
depression, anxiety or other
emotional issues related to the
effects of chronic pain**

**LCDN Ojo Caliente Clinic
Wednesday, 3:00 to 4:30 pm**

**Sessions will begin on July 11
Fee is \$5.00 per session**

**For more information contact
Roy H. Scott
1-505-583-2191 (Ojo Caliente)**

**Professional History:
Roy H. Scott, LPCC, Senior Clinician
B.A. Psychology; M.S. Clinical Psychology,
Radford University, Radford, VA
LPCC, License #0093301, NM**

Roy has over 23 years experience working in community mental health. He has a broad range of experience including: providing services in individuals with substance abuse, developmental disabilities, forensic assessments, competencies to stand trial and mental status at the time of the offense, crisis intervention/emergency services, working with adolescents and head start program consultant. Additionally, he has provided testing in intelligence, achievement, personality and neuro-psychology. He is also trained in Red Cross mental health emergency response and has provided training in adventure based programs such as ropes courses, and solution-focused brief therapies.

Emotional Trauma Support Group

**For adults who have experienced
abuse, violence or other traumatic
life events**

**LCDN El Rito Clinic
Thursday, 10:00 to 11:30 am**

**Sessions will begin July 12
Fee is \$5.00 per session**

**For more information contact:
Roy H. Scott or Leann Archuleta
1-505-581-4728 (El Rito)**

**Professional History:
Roy H. Scott — see previous column
Professional History:
Leann Archuleta, LMSW
Therapist
BSW; MSW, New Mexico highlands University,
Las Vegas, NM
LMSW (Provisional in Process), New Mexico**

Leann is a graduate from a Bi-Lingual/Bi-Cultural Program, and has approximately 5 years experience working in the field. She began her work in social work with the NM Children, Youth and Families Department, with treatment intervention for families working on the reunification process. She has also worked as a youth care worker at St. Francis Academy, providing case management and psycho-education classes to at-risk teens. She provided group therapy to children ages 3 to 5, and supportive services to their families. Currently she works with children, adolescents and families through the LCDN clinics School Based Health Centers. She also provides individual, group and family therapy to clinic patients with Co-occurring Disorders.

Hi Hijita Mi Hijito

Our program promotes health families in Northern New Mexico by encouraging positive interactions within families and the community. Parent will have an opportunity to help plan and oversee the theme/ activities for the group. Parents will also have an opportunity to receive information on various topics during the group.

LCDN El Rito Clinic

Tuesday, 10:30 to 11:30 am

Play group sessions will begin June 26

FREE — no fees

**For information contact:
Doreen Tso-Campbell
581-4728 (El Rito)**



The Power of Potential

A creative resource group for adults wanting to break out of a life of mediocrity

LCDN Abiquiu Clinic

Tuesday, 3:00 to 4:30 pm

**First session will begin July 10
Fee is \$5.00 per session**

**For more information contact
Roy H. Scott
1-505-685-4479 (Abiquiu)**

Professional History: (See page 2)

Individuals Embracing Recovery

LCDN Ojo Caliente Clinic

Monday, 11:00 am to 12:30 pm

**Sessions will begin July 9
Fee is \$5.00 per session**



Acceptance of Alternative Lifestyles

LCDN El Rito Clinic

Wednesday, 10:30 am to 12:00 pm

**Sessions will begin July 11
Fee is \$5.00 per session**

**For more information on both groups
contact: Kathy Albrecht
581-4728 (El Rito)**

Professional History:

**Kathy Albrecht, LISW, LCSW,
Clinical Director**

BSW, University of Nevada at Las Vegas, Las Vega, NV; MSW, New Mexico Highlands University, Las Vegas, NM

**LISW, License #1-06180, NM
LCSW, License#5022-C NV**

Kathy has 25 years experience. She began working in the grass roots domestic violence and rape crisis movements of the 1980's, allowing her the opportunity to develop solid crisis intervention skills. She has over 15 years experience working with individuals and families with Co-occurring Disorders including inpatient, outpatient and outreach to the homeless community. She developed two program for Santa Fe County: The Adolescent Residential Center which is a community reintegration program for violent adolescent offenders and the Day Reporting Program, an alternative to incarceration intensive outpatient program. Both programs are one-of-a-kind developed on the Stages of Change model. In her current position she and her team provide services to the population of Rio Arriba County, which has one of the highest rate of death related to heroin addiction and overdose in the country.

Announcements and News

Welcome to Leann Archuleta, LMSW.

Leann is the newest addition to the Counseling therapy team. Leann started with LCDN last year as an MSW intern. She will be working in Mesa Vista and Pojoaque Valley Schools.

⊗ **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, 10 am – 6 pm, Sat, 11 am – 5 pm

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

AA Meetings El Rito - 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, 7:30 pm, Fire Dept.

AA Meeting - Saturday, 12 Noon, Abiquiu Library

Al-Anon Mtg. - Every Mon. 5:30-6:30, Abiquiu Clinic rear bldg. For info 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 July

- 1- CPR/First Aid with James Hoffman- One full day 9-6 PM
- 2-6 Cafeteria will be closed
- 9-13 Quilting with Juanita Kennedy
- 9-13 Basic Spanish Colonial Furniture Making with Rik Gonzales
- 18-20 Natural Dye Class with Liesel Orend
- 16-20- Spanish I with Jonathan Harrell (class is filled)
- 23-27- 4 Harness Weaving with Liesel Orend
- 23-27- Writing a Autobiography with Roberta Orona

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

Mesa Vista School Bond and 2 Mil-Levy Election Succeeds

Las Clinicas del Norte is grateful to all the voters in the Mesa Vista School District that supported the passage of the \$ 2.2 million bond and 2 mil-levy questions. The vote was a resounding victory. The community of El Rito soundly voted at a 5 to 1 ratio in favor of both questions.

The funds generated through this election will be matched by the State of New Mexico at a four to one ratio. These funds will be used to build a new elementary school in El Rito. Total cost of the project is estimated at \$ 7.2 million dollars. The State will contribute approximately \$ 5.0 million towards this project.

The El Rito elementary school is ranked 28th in the entire State of New schools needing replacement. The existing school facilities are 40 years old and have outlived their useful life. There are serious health and safety issues at this campus that threaten the security of the students and staff.

The next step for the Mesa Vista school district will be to find a suitable facility to house the elementary students at El Rito until the new school is completed. It is estimated that the new school will take a year and half to complete.

The Mesa Vista schools approached the President and Board of Regents of Northern New Mexico College to allow them to rent Jaramillo Hall at the El Rito campus of this institution for the next school year. The Board of Regents voted against allowing the Mesa Vista schools to rent the school facilities, yet the buildings and facilities at El Rito are never fully utilized by the college. All but three vocational programs that existed at El Rito have been moved to Espanola, none are housed in Jaramillo Hall.

This decision can be reversed if sufficient pressure is applied by the Mesa Vista School communities to the President, Jose Griego and the following Board of Regents members; Michael Branch, Dennis Salazar, Teresa Martinez, Chayo Garcia and Dennis Cournoyer. Please call these individuals at the following numbers:

President Jose Griego	747-2140
Michael Branch, Chair	920-7775
Dennis Salazar	753-9889 AM and 753-2757 PM
Teresa Martinez	753-8027
Chayo Garcia	753-3102
Nelson Cournoyer	753-7141

If the facilities at Northern cannot be rented by the Mesa Vista Schools it is estimated that an additional \$ 1.1 million will be needed to acquire portable buildings that will be set up at the El Rito campus. These portable buildings will require a substantial investment to hook them up to the existing infrastructure; water, sewer, electricity and propane.

It does not make any financial or practical sense to have the Mesa Vista schools acquire portable buildings to house the elementary school students during construction of new school when they can easily be accommodated at the Jaramillo Hall at Northern New Mexico College.

EL RITO LIBRARY

Board of Directors' Pancake Breakfast

On June 16, 2007 our Board of Directors cooked up a great pancake breakfast to benefit the Library. Thank you to all of those who came to participate in this event and opened up your checkbooks. The Library now has enough general operating funds for June and July. Thank you board members: Mickey, Steven, Terry and Janice for doing the event. Special thanks to **Sharon Burkard** for her donation of food, time, commitment, contributions, and hard work keeping everything going during the whole event.

Summer Arts Program

The summer arts program is now running. Most of our workshops will be in the evenings and weekends. Last year we didn't have many children come to our workshops because they were committed to the El Rito Elementary summer program and is the case again this year. Please come by the Library to sign up your child or contact Julie Wagner at 581-4780 for more information.

Summer Reading Program

It is not too late to get your children involved in this year's "Summer Reading Program". Bring your child to the Library and sign up to participate and have the kids read some great books. Books can take you anywhere and everywhere, if you let your imagination go there. There will be party with prizes at the end of the program which is late July – early August.

Notary Services

We are pleased to announce that the Library is again offering free notary public service for our community members. If you need to have papers notarized, our Librarian, Barbara Heming, is normally here on Tuesdays and Wednesdays. Call before you come to find out what documents you need to bring. Please come and use this free notary public service. We do it for **YOU!**

New El Rito Library Hours

581-4608

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

Luciente, Inc., is pleased to announce their sponsorship of the

Abiquiu Summer Farm Festival, July 21-22, 2007, from 10 am to 5 pm.

Three farms that continue the area's rural traditions invite you to visit.

Las Parras de Abiquiu, a vineyard bed and breakfast, will feature tours, wine tastings, Northern New Mexico cuisine, organic homo-baked bread, empanaditas and biscochitos, and a Mariachi band. 21341 Highway 84.
Hosts: Arin & Stan Bader, 685.4200.

Purple Adobe Lavender Farm will present tours and distillation demonstrations, country gourmet food, Native American flute and Spanish guitar. Highway 84 between mile markers 210 & 211 on private road 1622, gate 31. Hosts: Elizabeth & Roger Inman, 685.0082.

Rancho Viejo, the home of Los Caballos Contentos, will offer hayrides, popsicles, pastries, fresh fruit and sodas, activities for the kids, New Mexican Folk Music, cowboy poetry and Native American blessings. County Road 142, house 1147, ¼ mile east of 554.
Hosts: Sharon Burkard and Mickey Simmons, 685-4247.

Vendors include local artists and artisans.

Music will be performed by talented individuals and bands.

Food will be provided by our favorite caterers and cooks.

Community organizations will have booths at each farm.

Admission buttons (\$5 grants access to all three sites), maps and daily schedules will be available at each farm as well as local businesses.

For details, please contact Luciente, Inc., at 685.0550.

The Abiquiu Summer Farm Festival is partially funded by the Rio Arriba County Lodgers' Tax.

Abiquiu Public 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

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

MEDICAL:

MON thru FRI 8 am- 6 pm

Confidential Family Planning Title X Services available

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

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

\$ 500 - Elizabeth G. Paddon and Reta L. Ireland, La Madera

\$1000 - Sam R. & Isabel E. Jewell, Abiquiu

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte

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