

# EL AVISO

April 2004

## ***FREE CHILDREN'S HEALTH FAIR***

**Friday, April 23, 2004**

**9:00 am – 3:00 pm**

**Northern New Mexico Community College  
El Rito Campus**

***Early Intervention***

**Free Comprehensive  
Health Screening  
for children birth to age five**

**Headstart Pre-registration and  
Health Screening**

**Vision, Hearing, Growth and Development,  
Speech and Language, Coordination and  
Movement, Social and Emotional Evaluations,  
Sand Play Therapy, Physical Exams with  
hematocrit and urinalysis**

**Medicaid Enrollment**

**Information or Appointments, call 753-3142 or  
581-4671. Walk-in's Welcome.**

This Child Health Fair is sponsored by many community agencies working with young children and their families, Las Cumbres, Children's Medical Service (CMS), Las Clinicas, Mesa Vista Schools and YDI-Headstart.

The shared belief and commitment that all these agencies have in common is to meet the developmental needs of children between the ages of birth to 5 years, the goal being 'Early Intervention', meaning at the earliest time possible.

A few of the many questions parents ask about their child's developments are:

- Is my daughter walking well for her age?
- When should my toddler be able to speak clear sentences?
- Are my children's teeth okay?
- My son has trouble throwing a ball – is this normal?

When problems are obvious, parents will usually ask their health care provider for help. But some developmental problems aren't so clear, and may not be caught for years. For example, a speech problem unnoticeable at age one could be identified when the child reaches age three. This is one big reason more frequent check-ups are needed for young children. Health experts recommend no less than six visits in the first year and three in the second year!

Early Intervention is a way of meeting the needs of children who either show developmental delays or are at risk for delays because of medical or environmental factors that arise in the first months and years of their lives.

Children in their first three years do a tremendous amount of growing throughout their bodies. Some parents ask why so much attention is paid to screenings *before* school. After all, a child changes so much and so fast, why not just wait and see if they will grow out of a problem? Many families and even specialists have a "they'll grow out of it" or "don't rush them" attitude.

The reason to not wait is that, *because* children grow so fast, the earlier the corrective intervention is done the more effective ⇒

**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

⇒ it will be. In these first three years of life, we experience overall the fastest growth rate of our lives. It isn't just height, it is everything – how to move, walk, lift, throw, talk, listen, recognize people and places, play games, and so forth. The list is endless. But *poor* speech, movement, eating, and other patterns can be learned just as quickly as *good* ones. And these in turn can have a bad effect on other things the child does, like playing with other children or learning to read. The earlier a child receives services, the earlier the body can be helped to counter problematic patterns of development and the child will be better able to participate in the mainstream of society. Early Intervention works!

Furthermore, parents learn new skills so that they can better meet an individual child's needs. Solutions might include changing foods eaten, more reading to the child, or playing games to learn how to move arms and legs in a certain way. Hopefully having read this far, you are eager to bring your birth to 5 year olds to the.....

### Health Fair in El Rito on April 23<sup>rd</sup>.

**NOTE:** If you would like to apply for Medicaid at the fair, please bring a baptismal or birth certificate, the child's social security card, proof of income by bringing a copy of your last four weeks check stubs, and rent or utility receipts.

## Announcements & News Briefs

**WELCOME** to all our newest employees.



**Dr. Gilbert Trujillo, DDS**, has joined our Las Clinicas Dental staff as a full-time dental provider. Having lived in the Denver, Colorado area most of his life, Dr. Trujillo received his dental degree from the University of Iowa in 1987, and also studied

at the University of Colorado in Denver.

Coming to New Mexico by way of the state of Washington, where four of his five children and all three grandchildren now live and where he practiced at Seamar Migrant Health Clinics for four and one-half years. Dr. Trujillo says he is now here to stay. He first came to Las Vegas, N.M. two years ago at the invitation of an old friend from dental school in Iowa. Now living in Espanola, Dr. Trujillo continues his interest in a

very "addictive hobby", collecting and restoring automobiles and riding his motorcycles to rally's.

His mother and father were born in Mora, New Mexico and he loves the New Mexico sunshine and the people, saying that "the cultural diversity is more unique than anywhere else I have lived, and I especially enjoy the Native American culture that exists in New Mexico". Also essential to Dr. Trujillo is being outdoors, camping, hunting and fishing, whenever possible.

Having met a number of Las Clinicas' staff that he liked Dr. Trujillo stated "that helped me to make the decision to join the LCDN dental staff". Stating that he "enjoys fulfilling a need and interacting with people as you do in dentistry", Dr. Trujillo is now accepting new patients and is continuing to serve his former patients from 613 Bond Street in Espanola in completing their dental treatment at El Rito. He will be available Monday through Thursday, 8:00 am to 6:00 pm. Call 505-581-0028.

**Emily Rall**, a Physician's Assistant student, is interning with Las Clinicas, our latest from Pacific University in Portland, OR. Emily is our third student from this program and will be with us until the first of May.

Joining our staff are two Medical Assistants, **Eliza Rael-Leyba**, originally from Vallecitos and currently living in Hernandez. Eliza's parents are Cloveo and Olivia Rael and she is married to Alexander Leyba, and have 2 children, Nichole and Christopher. **Yolanda Martinez** is from El Rito, where she lives with her husband Arthur and 2 daughters, Heather and Amber. Also welcome to **A. Joel Otega**, our new Maintenance Coordinator. And congratulations to **Lucille LaRue**, who after starting last fall as a Medical Assistant, has since passed the exams to renew her LPN license in December 2003.

### El Rito Studio Tour Organizational Meeting

Please attend this important meeting for the 2004 El Rito Studio Tour (Oct. 16 & 17).

**Wednesday, April 21 - 6:30 pm**  
at Barbara Campbell's house  
(#1187 on Hwy 554)

Everyone is welcome! For information  
call 581-4430 or 581-4780.

## ⊗ Community Events ⊗

**Contact Person, Joan Tollefson, Editor, 581-9103 or 581-4728**

**Las Clinicas 24-hour Emergency Number** – 1-888-678-6160

### El Rito

**Las Clinicas del Norte Board Meeting** – every 3<sup>rd</sup> Monday,  
7 pm, El Rito clinic Community Room

**El Rito Library** – Tues, Wed, Thurs, 11 am – 6 pm, and  
Sat, 11 am – 3 pm.

**El Rito Library Board Mtgs.** – every 1<sup>st</sup> Wed, 6 pm at Library

**AA Meetings El Rito** – Tues, & Thurs, 7:30 –8:30pm, at Catholic  
Church Parish Hall, open discussion. Contact Ed S. 581-4559

**El Rito Fire Dept. Mtgs.** – every 2<sup>nd</sup> Wednesday, 7 pm, at the El  
Rito Fire Station, open to the public

**Tutoring** –El Rito Save the Children Ctr, call for info. 581-4516

**Recycling El Rito** – every 4<sup>th</sup> Saturday, 9 am – 2 pm, behind the  
Martins Store Gas Station

**NA (Narcotics Anonymous)** - Sunday at 7:30-8:30 pm.  
Call 581-4728 Ext.232 for meeting location.

### Abiquiu

**Recycling Abiquiu** – 4<sup>th</sup> Sunday every month, 9 am-2 pm,  
Abiquiu Las Clinicas clinic parking lot

**Abiquiu Fire Dept. Mtg.** – every 2<sup>nd</sup> Thursday, 7 pm at Fire Dept.

**Al-Anon Meetings Abiquiu** – Monday, 5:30-6:30 pm, Abiquiu  
clinic, contact numbers, 581-4471 or 685-4503

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

### Ojo Caliente

**Ojo Caliente Fire Dept. Mtg.** – every 1<sup>st</sup> Wednesday, 7 pm , Ojo  
Caliente Fire Dept.

### Medanales

**Medanales, Rio Chama, Tierra Azul Community Mtg.** – every  
1<sup>st</sup> Mon, 7 pm, Medanales Comm. Ctr., ph.# 685-9416

## Northern New Mexico Community College El Rito Campus

### April

**12-** Pre-registration for Summer/Fall begins

**15-** Board of Regents Meeting 1:00 PM -Espanola  
Campus

**23-** Last day to withdraw from a full term course

**28-** Student Senate spring cookout for staff,  
students and faculty 12:00(noon)

### May

**1-** 3rd Annual Community Clean-up Day - *Come  
join the fun in cleaning up our beautiful community*

**21- 22- 23- Adobe Association of the Southwest**

We would like to invite community folks to our

**Second Annual Conference of the Adobe**

**Association of the Southwest, May 21, 22, 23.**

For conference information, registration cost and/or  
to submit abstracts, contact Quentin Wilson at 581-  
4146 or wilson@mail.nmcc.edu. Topics of special  
interest are: Affordable adobe construction; thermal  
properties of earthen materials; historical buildings

and builders of note in the US; architects/designers  
of note; developers/planners of note. There will be  
subjects in new projects, adobe education, and the  
manufacture and supply of construction materials.  
This will be a lot of fun and a time to meet some  
very interesting people.

For more information on campus activities  
feel free to contact Donald Martinez at 581-4120  
or Dorothy Duran at 581-4115.

## ATTENTION !!! ALL Residents

Obtain your Associate Degree in one of 66  
different Associate and Certificate programs. Also  
coming soon, a four-year BA Teacher Certification.

CAMP Program is taking applications for the  
2004-2005 school year. Apply Now! (35 positions  
available for first year college students). Early slots  
are filling up fast! In-Roads Internships available to  
Hispanic Students enrolled with CAMP Program  
interested in working with Corporate Companies  
throughout the country.

*"Education is something no one can take away,  
open the doors to your future"*

For applications or further info call: Ray David  
Martinez @ NNMCC- 581-4144.

## ORGANIC PRODUCE COOP FORMING IN EL RITO

Organic produce tastes delicious and is  
free of pesticides, herbicides and chemical  
fertilizer residues. Organic farmers protect the  
environment by not using chemicals on their soil  
and plants. Although most conventional produce  
is considered to contain these chemicals in "safe"  
amounts, they can build up in our bodies and  
become toxic and they have been linked to many  
diseases including various cancers and even  
depression.

Organic food is never produced with  
genetically engineered seeds. Organic foods are  
never irradiated, waxed, artificially ripened or  
treated with preservatives. Many people believe  
that organic foods are more expensive than  
conventional foods. This is untrue. In recent  
years the increase in organic farming has made  
prices for organic produce competitive and  
sometimes even less expensive than conventional  
produce. All this and delicious too!

If you are interested in making fresh organic  
produce and other organic foods available in our  
local community please join the newly forming  
organic produce coop in El Rito. For more  
information please write to El Rito Organic  
Produce Coop, PO Box 385, El Rito, NM 87530 or  
call Patricia at 581-4728 X 232.

## EL RITO LIBRARY

Ph. 581-4608

**HOURS:** Tuesday - Wednesday - Thursday,  
11am – 6pm,  
Saturday, 11am – 3pm.

Your Local Resource for • Books • Computers  
• Videos • Books on Tape • Literacy for all ages

### NEW ARRIVALS!

If you haven't been to the library lately, we have ordered and received several new books, videos and book on tapes. We order every month, so if you don't see a book, video or book on tape that you would like the library to have, just bring in your suggestions that might also include children's books or videos and we will be happy to order them. We would love to encourage our kids to come into the library and see what they might be interested in checking out.

New Books: Collected Poems and Plays of Rabindranath Tagore, Speak to Me Words (Indian Poetry), Navajo Beadwork, Blanket Weaving in the Southwest, Hispanic New Mexican Pottery, Portfolio of Spanish Colonial Design in New Mexico, Modernists in Taos, Desert Dreams: The Art and Life of Maynard Dixon, The Artist's Complete Guide to Figure Drawing, Seeds of Struggle: the History of the Catholic Church in New Mexico, Blood and Voice: Navajo Women Ceremonial Practitioners, Deception on all Accounts, The Drowning Room, Alias Grace and Lemony Snicket's a Series of Unfortunate Events.

New Audios: Don Quixote, The Adventures of Tom Sawyer, Treasure Island, Charlotte's Web, and The Bad Beginning.

New Videos: The Ice Storm, The Right Stuff, La Bamba, Casablanca, Sunset Boulevard, and Modern Times.

Donations and fundraisers are what keep your Library open. If you would like to make a **tax deductible donation**, please drop off your donation at the library or mail it to: El Rito Library, P.O. Box 5, El Rito, NM 87530.

### APRIL IS POETRY MONTH

To celebrate, the El Rito Library will host "*Homage to Neruda*", a centennial celebration of the poetry of *Pablo Neruda*,

featuring poets **John Brandi**,  
**Renee Gregorio**, and **Leo Romero**  
With music by **Cipriano Vigil**

on

**Sunday, April 25, 2004**

**4:00 – 6:00 p.m.**

Delicious homemade desserts, coffee, punch and tea will be served. Your support is appreciated! Look for a flyer that will be posted soon.

### May 1 - CLEANUP DAY

It is time for our *Third Annual Community Cleanup Day*. This year it is scheduled for **Saturday, May 1, 2004**. We will start at 9:00 a.m. at the El Rito Library and continue onto other areas of the community. We will try to have enough gloves for everyone, however, if you have gloves, **please** bring them with you. For the second year in a row, the Ojo Caliente District of the Highway Department will also be assisting us and providing the trash bags. Also, there will be a picnic at 1:00 p.m. at the NNMCC for all our volunteers. We encourage anyone who is interested, but cannot participate with the group, to pick up trash at your own property line. Hope to see you then! Come be part of the community by participating and working together into making El Rito beautiful and the best place to live!

### May 15 - FLEA MARKET/SWAP MEET

There will be a flea market/swap meet at The El Rito Library grounds on **Saturday, May 15, 2004** starting at 9:00 a.m. If you have already started your spring cleaning and want to get rid of unneeded items and make some money, please come and participate in this event. Just call the Library at 581-4608 and reserve your spot. First Come - First Serve.