

EL AVISO

July 2004

NOTICE

Upgrade of Fire Restrictions in Carson National Forest to Stage II Level

We have reached a very high need for restrictions in our surrounding area, the Carson National Forest. Higher temperatures and winds have created a 'very high' fire danger level and these restrictions did begun on June 21st.

Everyone is very aware of the danger. I believe however, along side the forest restrictions, people need to be particularly conscious of the risks closer to home as well. Most of us live in rural settings surrounded by bushes and trees. We get used to living our own way and doing our chores at home in our yards and fields as we always have done them.

No matter how well we think we are prepared, in these days some of our daily common actions could easily start a fire in our own yard, doing things such as a flicked cigarette, preparing barbeques, or cleaning with a flammable product. For now it is very important to rethink all actions carefully and to conduct ourselves with extreme care during the fire season.

Fire Restrictions

The following acts are prohibited in all National Forest System lands within the Carson National Forest.

Prohibited

1. Building and maintaining, attending or using a fire, campfire, charcoal broiler, or a coal or wood stove fire.
2. Smoking, except within an *enclosed* vehicle or building.
3. Possessing, discharging or using any kind of firework or other pyrotechnic device.
4. Using an explosive.
5. Operating a chainsaw or other equipment powered by an internal combustion engine.
6. Operating or using any internal or external combustion engine without a spark arresting device properly installed, maintained in effective working order, and meeting either Department of Agriculture or ASA Engineers standards.
7. Welding or operating acetylene or another torch with open flame. →

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

-
8. Possessing or using a motor vehicle off National Forest System roads. Exception is when parking in an area devoid of vegetation within 10 feet of the roadway or parking overnight in developed campgrounds or trailheads.
 9. Violating New Mexico state law concerning burning and fires.

The exception to these restrictions is the Jicarilla Ranger District and the Cumbres & Toltec Scenic Railroad. Fireworks are always prohibited on all National Forest system lands.

Violation of these regulations is punishable as a Class B misdemeanor, by a fine or not more than \$5000 for an individual or \$10,000 for an organization, or imprisonment for not more than six (6) months or both.

For questions, contact Benjamin Romero, (505) 758-6211 in the Taos office or the El Rito Ranger Station, (505) 581-4554.

Heat Exhaustion and Heat Stroke

Remember to take extra cautions with yourselves and your family during these summer months.

Heat exhaustion occurs when a person cannot sweat enough to cool the body. Symptoms of heat exhaustion include fatigue, weakness, headache, dizziness, or nausea, and skin that is cool, moist, pale or flushed.

Mild cases of heat exhaustion can be treated at home but also can sometimes lead to heat stroke, which is life threatening and requires emergency treatment.

Heat stroke occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 105 degrees or higher.

A person with heat stroke may stop sweating. Symptoms of heat stroke include confusion, delirium or unconsciousness and skin that is red, hot and dry, even under the armpits.

Classic heat stroke may develop over several days. ***Babies and older adults are most at risk, as well as people with chronic health problems.***

Dehydration

Dehydration occurs when your body loses too much fluid. This might happen through sweating, diarrhea, vomiting, or strenuous exercise. Muscles begin to get tired and you may have leg cramps or feel faint. In severe dehydration there is no longer enough fluid in the body to get blood to the organs, and you can go into shock, a life threatening condition. Symptoms of dehydration are a dry mouth with sticky mucus membrane, decreased urine output, sunken eyes, fatigue, dizziness, confusion, coma, low blood pressure, severe thirst, wrinkled skin lacking normal elasticity and slow to return when pinched into a fold, increased heat-rate and breathing.

If you or anyone you observe experience any of these symptoms, immediate steps should be taken to re-hydrate and seek medical attention.

Dehydration is very dangerous for babies, small children and older adults.

Las Clinicas del Norte Wireless Healthcare Network Update:

Our program is up and running but we are still looking for more motivated youth to join us in our "ComputerBucks" program. Hey Kids - Want to learn how to work on computers?

We need the help of young people who aren't afraid to learn something new and who are willing to spend some of their own time in a "Work to Own" plan with computers.

We have been able to get the program started with two newcomers, **Kelly Madrid**, who is working with us through *Siete del Norte*, and **Gracie Haws**, who has previously worked as an LCDN Promotora. →

→ So far we have had four workshops in the El Rito area with kids involved in building computers, learning about healthcare resources on the internet, tracing their family roots and building family trees, and using laptop based geographical positioning system (GPS) to do mapping in their own community.

Children who participate in these workshops and other community service will be earning "ComputerBucks" to use as payment for their own computer. We are able as a non-profit 501-C(3) to provide tax deductions for computers donated to this program.

We would like to invite all children and youth in this area to participate. If you are interested in joining the fun, contact Gracie Haws or Kelly Madrid at Las Clinicas del Norte or leave a message call 581-4728, Ext. 444 or e-mail wireless@lcdn.org.

Announcements & News Briefs

Welcome to **Raymond Munholland,**

Nurse Practitioner, who will be joining Las Clinicas del Norte on July 26th.

We also have has summer workers, one is a Pre-Med student, **Meghan Martinez**, out of the University of New Mexico medical program, helping the nurses in El Rito and **Kelly Madrid** (see the Wireless Healthcare Network article).

⊗ 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 3rd 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 2st Wed, 6:30 pm at
Library

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

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, call for info. 581-4516

Recycling El Rito – every 4th Saturday, 9 am – 2 pm, behind the
Martins Store Gas Station

Abiquiu

Recycling Abiquiu – 4th Sunday every month, 9 am-2 pm,
Abiquiu Las Clinicas clinic parking lot

Abiquiu Fire Dept. Mtg. – every 2nd Thursday, 7 pm at Fire
Department.

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 1st Wednesday, 7 pm,
Ojo Caliente Fire Dept.

Medanales

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

Northern New Mexico Community College Northern News

Groups on Campus in July

July 11-14 CESDP (Center for Education &
Study of Diverse Populations)

July 21-23 ENLACE

July 25-30 Little River Poetics

All these groups revolve around education for adults and youth. We are also excited to have two El Rito residents offer the Little River Poetics program this summer. These two individuals are John Brandi and Renee Georgerio. We hope to have this as an annual program here in El Rito and have nationally and international students attend.

Northern would like to communicate to our Rio Arriba County residents that, if their interested in attending college for the **first** time & have an agricultural background, the **NNMCC 'CAMP' Program** can help you get started in college classes or program of your interest. The program advantages are:

Tuition, books, fees provided

Room & Board provided

\$230/month stipend

Academic Advisement

Career Advisement

Individual Tutoring

Health Insurance

Cultural/Social Events

Deadline: June 30th, 2004 - your contact person is
Ray David Martinez @ 581-4144.

Give us a call - we want to help you reach your
DREAMS. →

→ For more information on college classes and events feel free to contact Donald Martinez @ 581-4120.

Have a cool summer and be extra careful during our summer holidays.

EL RITO LIBRARY

Ph. 581-4608

Our hours are:

Tuesday, Wednesday, Thursday 11:00 a.m. to 6:00 p.m.
and Saturday 11:00 a.m. to 3:00 p.m.

HEY KIDS!!!!

We are really buzzing at the El Rito Library. There are many, many things for you to do this summer.

First of all, the **Summer Reading Program** is going strong and around 12-14 kids have signed up to read at least a book at week for a total of 12 weeks. We will have a party on July 31, 2004 and give out prizes for all participants in the program. Great job kids and keep on "READiscovering New Mexico"!

The **Story Hour Reading** is still going on every Saturday from 10:00 to 11:00 a.m. Several members of our community have volunteered to read on Saturdays. During this hour, we have had Jason Grenier, Cilla Mays, and others volunteer to do arts and crafts before adjourning at 11:00. If you haven't had a chance to come to the Story Hour Reading, please drop by on Saturdays. There is plenty of room for everyone!

Summer Arts Program started in June. If you haven't signed up for the arts program, it's not too late. Just come by the Library and sign up or call the Library at 581-4608. Or you can call

Julie Wagner, the coordinator of the Summer Arts Program, at 581-4780.

Here is what is available:

Tuesdays and Fridays

Aikido at the NNMCC's Old Gym
Starts on July 9th

Ages 9-13: 2:00 to 3:00 p.m.

Wednesdays

Book-Making at the El Rito Library
Started June 23rd

Ages 5-8: 10:30 a.m. to Noon

Ages 9-13: 1:30 to 3:00 p.m.

Saturdays

Drawing & Painting at the El Rito Library

Started June 19th

Ages 9-13: 11:30 a.m. to 12:00 Noon

Started June 26th

Retablo-Making at the El Rito Library

Ages 8-15: 1:00 to 3:00 p.m.

MORE TO COME!

Automation at the El Rito Library

We will soon be automating the way we do business at the Library. We are buying software that will automate our wonderful collection, scan the books and your library card. By automating our system, you will be able to look through our inventory yourself and see if we have the book, video, book on tape, or audio you are looking for. We are definitely moving on up!

Don't forget you can make a donation to the El Rito Library. Your donation is 100% tax deductible. Help us keep the library doors open. Every donation is greatly appreciated.

ABIQUIU PUBLIC LIBRARY

Ph: 685-4884

Summer is here and going strong, and the children are also going strong in the **2004 Summer Reading Program**, having a great time reading and learning about the beautiful state. This year's theme is READiscover New Mexico, so we are reading and learning all about this wonderful state. The children have made their own chile ristras (out of red and green paper of course). The BIG question of the day was; "What is your favorite flavor, RED or GREEN? We will be learning how to make biscochitos the way Dexter makes them (Did you know that the STATE COOKIE is the BISCOCHITO?). We will also be having a visit from the Wild Life Center from Espanola and the PHELPS DODGE "Zoo to You" Van from the Rio Grande Zoo. Contact the Library if you are interested in joining the program or if you have an idea for our program.

We here at the library are making an open invitation to anyone interested in becoming a **Library Board Member**. The next board meeting is Wednesday, August 18th at 6:00 pm here in the library. This is a great way to show your support to the library and its community. Board meetings are only once a month.

Our library staff and volunteers are working hard on weeding out the children's collection, separating and re-organizing to make a teen section. We would like to see more teens in the library checking out books. We are always happy to get any ideas of items that they would like to see or read. We already have magazines that some teens have asked for, like: YM, Seventeen, Slam and Sports Illustrated. Come in and see what we have to offer.

The Library will be close from July 2 through July 4, 2004 in observances of the Independence Day Holiday. We will re-open on July 5, 2004.

O'KEEFFE ART and LEADERSHIP PROGRAM for ABIQUIU AREA GIRLS:

This award winning O'Keeffe Art and Leadership Program for girls provides adolescent girls with opportunities for independent thinking, skill-building, problem-solving, and the development of their artistic talent.

Areas of concentration in the program include topics on identity, creativity, and self-esteem. Creating a support system for girls, the interactive program uses art-making and artist role models, particularly Georgia O'Keeffe, to promote girls' creative abilities. This program is FREE of charge and a great opportunity for girls ages 13-16.

Program starts: Tuesday, July 6 through Thursday, July 8; 10:00 am – 5:00 pm at the St. Thomas the Apostle Parish Hall, Abiquiu. Registration deadline: July 1, 2004.

For further information ask for a program brochure at the Abiquiu Public Library; and for questions: contact Jackie M, Director of Education and Public Programs, Georgia O'Keeffe Museum, 505-946-1006.

Enrollment is limited: Don't miss the opportunity to participate!

We are asking the community to hold off on bringing in book donations for a little while. We are trying to "Clean House" with the items we have now and need the space to re-organize our library to better suit the community. If you needed to bring us your donated items, we would please, ask that you call before hand, so that we can have someone take those items to storage straight away.

We in need of help and ideas on Air Conditioning our building before it gets too hot this summer. If you have ideas or can help contact Stan Bader or call the library.

Abiquiu Library Hours

**OPEN: Sunday – 9:00 am – Noon
Monday thru Thursday 12:30 pm – 6:00 pm**