

# - EL AVISO -

October 2004

## DOMESTIC VIOLENCE AND ITS EFFECTS ON CHILDREN

Millions of children witness domestic violence every day. The impact of this traumatic experience can have serious and lasting effects. Children in families with domestic violence are 15 times more likely to be abused themselves. Sometimes they are caught in the "crossfire" and while trying to protect the victim, they are injured themselves. In violent homes, children learn that aggression and dominance are acceptable solutions to problems. Many of these children, especially the boys, grow up to become abusers themselves. Quite often the girls grow up to become victims again. Thus the violence is perpetuated from one generation to another.

Children who witness violence at home have recognizable symptoms. The most common symptoms include two or more of the following: concentration problems, learning disabilities, violent and aggressive behaviors, depression, anxiety and stress-related medical complaints. There may also be frequent nightmares, bedwetting, incontinence, headaches, stomachaches or separation anxiety. Children who witness severe violence may suffer from PTSD (post-traumatic stress syndrome). This diagnosis is becoming more and more common in children, although it was first used to describe the affects of war on

soldiers. Living with violence in the home is like living in a war zone full of fear and anxiety, where children desperately want to feel safe, but do not. They worry about the safety of their parent who is the victim, their siblings and for themselves. They also worry about the abuser who often threatens to kill himself if they leave him or report his behavior.

Children who witness violence can recover if they receive counseling. When children are traumatized by violence the earlier they receive treatment the better. Too often these children do not get help and suffer greatly for years, even entire childhoods. **They are 50 times more likely to abuse alcohol and drugs. They are six times more likely to commit suicide.**

In 1994 the Violence Against Women Act was passed by the US Congress. The purpose of this legislation was to reduce the incidence and re-occurrence of domestic violence in American homes. Funding was provided for training police, court officials and human service agencies on ways to **stop domestic violence** and to **protect victims and children**. Community response to domestic violence varies in different towns and cities. Some police forces arrest abusers immediately, file and enforce orders of protection and collect adequate evidence to prosecute the abuser. Once prosecuted, the abuser is mandated to attend and ►

*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

► complete counseling before returning to the home. Counseling may consist of substance abuse treatment and anger management. The abuse of alcohol and drugs greatly increases the likelihood of violence. In addition, counseling services are provided to empower and to begin the healing and recovery process for the victims and their children. Safe shelters are available. Every effort is made to protect the children and victims and to treat the violent offender. In these communities with adequately trained and educated police and judges, the families get the help they need and recover.

Unfortunately however, many communities do not adequately meet the needs of victims and children. More training is needed for communities to better understand the psychological components of domestic violence. The victim is often blamed for not following through with filing orders of protection or keeping the violent family member out of the home. In these cases the victims can benefit from the support and assistance of a counselor or a domestic violence advocate. With this help, the victim is able to take better care of herself and her children. In order to overcome the natural and appropriate fear of retaliation, these families need the support and understanding of their communities, law enforcement and judicial systems.

If the offender is not arrested or is released from jail the next day by untrained court officials, the risk of retaliation and increased violence is heightened. In this all too common scenario, children learn that no one cares or can stop their suffering. Counselors and DV advocates can provide the supports and help that are necessary to move forward from despair to hope.

Fortunately, there are people in our communities working to stop the destructive cycle of domestic violence. Like all victims of violent crimes, families deserve protection

and safety in their homes and communities. Domestic violence is not a **private matter**. On the contrary, it is a **crime** and thus the responsibility of our communities to protect our children from it. Much more awareness is needed to stop this dangerous cycle of violence. October is National Domestic Violence Awareness Month.

If you or someone you know is a victim, there is help available. Recovery can begin with one phone call and end with emotionally healthy and safe children in our communities. The ultimate goal is help for the victims, children **and** for the offenders, who were often victims themselves as children. **There is hope.**

**For help and more information:**

-- **Call Deborah Hurt, Domestic Violence Specialist at 756-4107 or at 756-2327 (ask for domestic violence help). Deborah is available 7 days a week, 24 hours a day.**  
 -- **Also available 7 days a week / 24 hours a day: Crisis Hotline: 753-1656. For immediate assistance in a violent situation call 911.**

**\*\* For counseling for adults and children affected by domestic violence: Call the Counseling Dept. @ Las Clinicas del Norte at 581-4728, ext. 232 or 230 or 229.**

*Announcements & News Briefs*

*Welcome to* Joyce Jacquez, who has been hired as the Medicaid Eligibility Outreach Worker through the Counseling and Community Services Department. Joyce lives in Gallina.

Las Clinicas will be welcoming a new dentist in November. **Dr. Kathalyn Malone, DDS**, will be joining us full-time.

**Notice: Las Clinicas Medical Department is now accepting all new Medicaid and Medicare patients at Abiquiu, El Rito and Ojo Caliente.**

## ⊗ 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,  
6 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 2<sup>nd</sup> 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

**New-AA mtg.** – Sun, 5pm, El Rito Library

**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

**Idea Party** – Nov.6, 6-7pm, El Rito Library Comm. Rm. Bring a  
wish or idea you want to solve and one obstacle blocking you for  
getting that wish. Group will brainstorm to help find solutions.  
Come meet neighbors, bring potluck and enjoy. Info. at 581-0190.

**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  
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

**World Peace Meditation** – 1<sup>st</sup> Sunday every month, next Oct. 3<sup>rd</sup>,  
10-11am at River Spirit Yoga Center. For location, call 685-4549

**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 News October 2004

**11-12 Mid Terms**

**18-19 Fall Break (no classes)**

For more information on classes, please feel free to call the El  
Rito campus at 581-4100m, for information on continuing  
education classes call 581-4151.

**The ComputerBucks program** is continuing this fall.  
Workshops are being held in conjunction with the MESA  
after school program at the Mesa Vista middle and High  
Schools. Events are also being planned for involvement  
of elementary school students. Keep you eyes open for  
performance events coming up at Cutting Hall on the El  
Rito NNMCC campus!

Some youth have already earned enough  
ComputerBucks to purchase refurbished computers! We  
are waiting for our [Microsoft Authorized Refurbisher  
Program](#) certification so we can load fresh operating

systems as well as Open Office on these computers  
before distributing them.

We are looking for donations for more computers  
for this program, especially monitors and printers. The  
clinic as a 501(c)3 non-profit can accept the equipment  
as an in-kind tax-deductible contribution. Community  
support of this program is really appreciated. Call John  
Ussery with donations - 581-4728. Thanks!

## New Community Center

A signing ceremony took place on Sept. 23<sup>rd</sup> at  
NNMCC to celebrate the future construction of a  
Community Center on the south campus of Northern  
New Mexico Community College in El Rito. The  
proposed center will serve all the communities within  
the Mesa Vista School District as well as the students of  
NNMCC. This center will be available to youth, in  
hopes of making more and better activities for the  
children of the valley, as well as many other services.

The joint powers agreement was signed by Rio  
Arriba County, Northern New Mexico Community  
College, El Rito Acequias Association and The El Rito  
Regional Domestic Water Association. The agreement  
now goes to the State of New Mexico's Board of  
Education and the Finance Authority for signatures that  
will then allow Rio Arriba County to begin construction  
of this building.

Felipe Martinez, Project Director, stated that this  
community center building will be modeled on the  
Alcalde Community Center building design, with  
modifications to include a visitor information center and  
office space for the El Rito Acequias and Regional  
Domestic Water Associations. Within the visitor center  
will be history of the area, artifacts displayed, local art,  
and information to distribute.

Attended by state and local officials, including Rio  
Arriba County Commissioners, NNMCC Board of  
Regents and President, Mesa Vista School Board  
members and Superintendent, the El Rito Public Library  
President, and individuals in the communities, many of  
whom went to school at Northern, goodwill and thanks  
was given for the collective thinking that came together  
to create this community center project and for the  
support of so many. There was a special thanks to  
Moises Morales, who had this idea and got it moving  
more than three years ago and to the McCune  
Foundation for their generous funding, along with Rio  
Arriba County.

**NOTICE:** The El Rito Domestic Water Association  
continues to move forward with plans for the new water  
system. Look for a map showing the engineering  
company's plans for the first phase of the project, to be  
displayed in public places in the community soon.

# EL RITO LIBRARY

Ph. 581-4608

Your Local Resource for Books-Videos-  
Computers-Books on Tape- Literacy for all ages  
**Our hours are: Tuesday 11-6, Wednesday 11-6, Thursday 11-6 and Saturday 11-3**

## 18th Annual El Rito Studio Tour

The El Rito Library will again be participating in the Annual Studio Tour. Our theme this year is "Death by Chocolate" and will be held at the community room. We will be selling delicious chocolate desserts. So come by the Library and indulge yourself.

Also, during the Studio Tour, children will be showing off and selling some of their retablos, homemade books, and other arts and crafts that they made during the Summers Arts Program.

**Marbella Martinez**, who taught the retablo classes, is very proud of the work the children did during her classes. Please come out to the Library and support our kids!

## October 23 – El Rito Library Coffeehouse Series

### **Poetry Reading - Music of Zevk Ensemble** **Saturday Oct. 23<sup>rd</sup> at 3 pm**

**David Meltzer**, Bay Area Beat Poet, and our own **John Brandi**, reading from their works.

A Free Event with Coffee, Tea and Baked Goodies. Come join us at the Library.

## New Arrivals

Books: The Joy of Home Wine Making/Terry Garey;  
The New High Altitude Cookbook/Anderson & Hamilton;  
The Greens Cookbook/Deborah Madison;  
A more Abundant Life: New Deal Artists and Public Art in New Mexico;  
The Quick/Dan Vining;  
The Sunset Western Garden Book;  
Reader's Digest New Illustrated Guide to Gardening;  
The Five People you Meet in Heaven/Mitch Albom;  
Drinking Coffee Elsewhere: Stories/ ZZPacker;

Goosebumps/ R.L. Stine: Night of the Living Dummy; The Campfire Collection; One Day at Horrorland; The Nightmare Room; Full Moon Halloween.

Audios: 5th Business/Robertson Davies

Videos: Matrix Revolutions

## Adult Literacy Program

We are asking anyone interested in volunteering to tutor adults in English (reading, writing, etc.) for one hour a week to please contact the Library at 581-4608. If we get enough interested people we can organize a training session for the volunteers to get certified as tutors. The certification is for English as a Second Language (ESL). Once we have a group of trained volunteers, we can put them together with adults who require some assistance in this area. PLEASE VOLUNTEER and help someone learn to read or write. Thank you.

## NEED LITERACY ASSISTANCE? ----

If you or someone you know needs help with literacy, please contact the library and leave a name and number where you can be reached. We are in jeopardy of losing the grant we gave been awarded for this purpose if the Library does not get enough people interested in this program. We need adults who want assistance with reading and writing English to step forward. All tutoring will be done at the community room at the Library. All it takes is one hour a week.

## Overdue Books, Videos and Audios

**Please everyone** who has overdue books, videos and/or audios, return them to the El Rito Library as soon as possible. We do not charge for overdues, just return them and no questions asked. THANK YOU.

**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. And don't forget, if you want to get involved in helping your library with fundraising events, volunteering and publicizing the library, join the "Friends of the Library". Contact Joan Tollefson at 581-9103 for more information.

## ABIQUIU PUBLIC LIBRARY

Ph: 685-4884

**The After School Tutoring Program** for the 2004-2005-school session is now underway.

This program has been one of the strongest points for our Library, helping the children of our community. We have now started the 7<sup>th</sup> school session of tutoring and hope to make it the best one yet.

Our program hires teenagers to be tutors, along with some adult volunteers who come in and help the children with their homework and/or any subject with which they may need help. The school bus will drop off the children at the library after school for tutoring on Tuesdays and Thursdays and the parents will pick them up by 5:30pm. In this program we hire teenagers from the age of 14 years old and up. To qualify for this you must be currently in school and hold a grade point average of 2.0 or better. This job is for 3 hrs per week and starts at \$5.50 per hour. If you are interested please call the Library during business hours (505) 685-4884.

If you would like to help in the program by being an adult volunteer 3-4 hrs a week, you can contact Loretta at the library for more information. Don't forget high school seniors, if you have to do your senior community hours, this is the perfect place for you to do it. (Start early-get done early!)

### Tutoring:

**September 28, 2004 – April 28, 2005  
Tuesdays and Thursdays - 3:00-5:30 pm.**

Because we've received LANL support for the upcoming year, we'd also like to encourage junior and mid-high students to take advantage of our new program to help understand Algebra and English

assignments. We offer \$6/hour to come in and get help with your homework! We also offer \$8/hour if you have an exceptional background with related courses and commit to assisting. See Isabel.

**TEENS** – we want to form a junior board that will let us know you wish to take place from our Library. This can mean social events, comics, scholarships, job and college search aid, etc., Come into our next meeting on October 6<sup>th</sup> so that we can plan for Halloween!

The Coalition for Literacy has been granted for the development of adult literacy in our Library. Therefore, English as a second language, Let's Read and GED programs will possibly be forming soon. Sign up ASAP!

**Adult Basic Computer classes** have begun on Thursday's from 6:00 to 8:00 PM in our library lab and through NNMCC-community outreach and Victory Noll tuition support, which allows for a sliding scale. The instructor, **Marie War** is also willing to incorporate Excel and/or Word upon registered interest. She invites the public to stop by if there is any question regarding networking, troubleshooting or any computer technology questions.

We want to express a huge Thank You to **Candida Berry** who has been so helpful in her sharing time with our staff to show us our way around Quick books. She has been extremely giving and is the sister of one of our most important friends, **Denise Hoffman** who still finds time to work with us.

**Dolores Roybal** of the SF Community Foundation was our special guest this month and had many supportive ideas for our stability. We are so grateful.