Residents of Aztec, Bloomfield and Farmington have declared their candidacy for municipal elections, which will occur on March 4, 2014.

In Aztec, three seats – District 2, 4 and 5 – are up for election. Mayor Sally Burbidge, who is the representative for District 2, has announced she will seek another term. She is being challenged by former City of Aztec employee Joe Hubbard.

District 4 Commissioner Eugene Current announced he will not seek re-election, and art promoter Kate McClure has announced her intent to run for that seat.

District 5 Commissioner Jim Crowley also will not seek another term. Sheri Roark was elected in 2012 to replace retiring Councilor Lynne Raner.

There will be a contested race for Bloomfield Municipal Judge between Mayor Tommy Roberts and District 4 Councilor Jason Sandel announced he would not seek re-election.

In Farmington, there are four contested municipal races. Incumbent Mayor Pat Lucey, who has served on the council, decided not to seek re-election. Mayor Scott Eckstein is running unopposed.

There will be a contested race for Bloomfield Municipal Judge between Mayor Tommy Roberts and District 4 Councilor Jason Sandel announced he would not seek re-election.

Two Farmington residents Nate Duckett and Debra Mayeux are vying for the seat.

In District 3, Incumbent Councilor Gayla McCulloch is seeking a second term in an unopposed race.

Two Farmington residents Nate Duckett and Debra Mayeux are vying for the seat.

In District 4, Commissioner James Rowland is being challenged by former Farmington Mayor Bill Standley.

The elections are March 4.
Dear TALON readers,

Even though the opportunity to participate locally in an easily, practically effortless, single-stream recycling bin right here in Aztec is lower than the Reserve RV Park, I'd like to thank TALON Well Service/Runnerson and Waste Management for the short time during which they gave us this gift.

After taking advantage for a month or more of the large green WM single-stream recycling bin located on the south end of Road Runner Fuels, I drove up on Thursday to find it missing. After several phone calls to both Waste Management, which I'm told to and Waste Management, who neither one seemed to know where the bin had gone, I went into Reserve to see if my own learning and learning that the bin had been removed because people were putting trash through it. Well, thanks a lot - not! There is a large blue Waste Control bin right there, too, for trash, and the green WM receptacle was clearly marked Recycling. Yes, there is other limited recycling available in Aztec, if you want to separate the few items accepted there, only go during limited hours, and often get dealt with a rather grumpy attendant.

So, until we citizens of Aztec can either read better or care more, down the road we go to the far west side of Farmington where it is readily available.

Linda Harris

Letter to the Editor

It’s always a good time to think about how we store our prescription medications.

The use of these medications by someone other than the patient for whom they were prescribed is an emerging issue in our country. It is becoming more frequent that people are gaining access to these medications and using them to get high. This is very dangerous and can have serious and long-lasting consequences.

Please keep your medications in a secure location and monitor their use. Old or unused medications may be taken to a pharmacy for safe and proper disposal.

Drop boxes are located at Aztec, Bloomfield, and Farmington Police Department Office locations.

Please talk to your children about the dangers of prescription drug misuse.

Sincerely,

Pamela Drake, Executive Director
San Juan County Partnership, 566-5867

San Juan County Spelling Bee
January 14, 2014 (Thursday)
6:00 p.m. (Spellers should be there at 5:45)
Park Ave, cafeteria
San Juan County Spelling Bee
January 10, 2014 (Thursday)
6:00 p.m. (Spellers should be there at 5:45)
Kooger Middle School Gym

Aspen’s Riddle

I don’t have lungs or a chest but I need air. I’m not alive but I grow. I don’t have a mouth and don’t like water.

What am I?

Answer on page 18

Aztec Local News

The Aztec Local News is published semi-monthly, on the 1st and middle of each month. As a community-input newspaper, serving the Aztec, Bloomfield, San Juan, Farmington, Water Valley, East Water Valley, West Water Valley, Navajo Dam, and Blanco areas, we welcome stories, news, events, poetry, letters, and obituaries. 6,200 copies of The Aztec Local News are delivered to over 500 locations in the area, and mailed to and picked up by those who prefer the convenience of a subscription.

Editor & Publisher: Cindy Crizzell; 334-1039; Fax: 334-1551
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Mike Heald, Chief’s Corner
Book Nook, Library Staff                   334-7659
Superintendent’s Corner, Kirk Carpenter

City of Aztec
Commissioner Candidate Forum

Join us Tuesday, February 4, 2014
from 7:00 – 9:00 p.m.
at the Aztec Community/Senior Center.

The Aztec Chamber of Commerce will be hosting a forum for the Aztec City Commissioner Candidates. Everyone is encouraged to attend this free public event. Moderated by Scott Michlin, candidates will answer questions submitted by the community and Leadership San Juan County.

January 16 - 31 • 2014

The Aztec Local News is a compilation of articles, poetry, stories, obituaries, etc. written by area residents. The opinions expressed in these articles are those of the individual authors, and do not necessarily reflect those of The Aztec Local News. If information is presented as fact and it is relevant, it should be noted in the submitted text. The accuracy, correctness, and content of this paper are not the responsibility of The Aztec Local News.

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The Aztec Local News is an independent publication.

TALON
The Aztec Local News

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San Juan County Spelling Bee
January 16, 2014 (Thursday)
Park Ave, cafeteria

Aspen’s Riddle

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What am I?

Answer on page 18
Anti-bullying message shared at Teen Center

Aztec Boys & Girls Club Keystone Club is a youth-led community service organization that focuses on academic success, career preparation, and community service for high school students. This year’s members have been busy helping the community and Aztec youth. Based out of the Teen Center, Keystone Club has taken on the role of Club Program Leaders. Club President Chanel Rodarte, and other club members, decided to focus their efforts during 2014 on the issue of bullying.

Inspired to help all those who suffer from the negative effects of bullying, Keystone members Chanel Rodarte, Kaysta Slink, Kayla Colatrud Carina Gomez planned and implemented an anti-bullying session at the Aztec Boys & Girls Club Teen Center with local middle schoolers. The Keystone members not only addressed the staggering national statistics, but also discussed techniques on stopping bullying in its tracks. It was an informative and inspiring experience, and all involved left empowered.

Keystone members are excited to help out their community and to continue making a positive impact on social issues affecting Aztec. If you’re interested in joining or are a community member that has a project that you would like Keystone to help out with, let us know! Keystone Club meets at the Aztec Teen Center on 107 Simmonds on Mondays at 6:30 pm. For more information or potential volunteer opportunities, please call the Teen Center at 334-1448.

Thank you!!

The Aztec Community Christmas Dinner was blessed with our most successful year yet, as we served approximately 300 meals. We saw an increase of about twenty percent over past years. We had many new volunteers, and many who just show up every year and know where to go and what needs to be done. It is a real community effort.

Our kitchen manager, Gene, was unable to join us this year. We want to thank him for several years of service. In his absence a few people stepped up to fill in. Cindy from the Senior Center cooked all the turkeys and really got everything pulled together.

And then there are the generous businesses and people that make it all possible by donating food, supplies, and money. Thank you so much, Wink of Aztec Excavation, John Faverino, Kathy’s Party Store, Subway, Big O Tires, Aztec Restaurant, Carl’s Repair, Step Back Inn, Kare Drug, Golden Corral, Spare Rib, Los Barelas, Main Street Bistro, Rubios, A and W, Dons Boots, Farmers Market, and the ladies at Citizens Bank. The City of Aztec is providing our insurance and space, which frees us up to fix a better quality meal, thank you very much. We also want to thank Candy at TALON, who always takes care of getting the word out. Thank you to all who participated in the Aztec Community Christmas Dinner, we wish you a blessed New Year.

Sincerely, Susan Rarick

Martin Luther King Day designated as Fee Free at Aztec Ruins

Mark your calendars! Aztec Ruins, along with all NPS units, will offer free admission in honor of Martin Luther King, Jr.’s birthday. The date is Monday, January 20, and park hours are 8:00 am to 5:00 pm. Get out and enjoy your National Parks!

Cooking class...

Come and learn how to cook!

All are invited, kids too! Learn how to make biscuits, pie crust, tortillas and cinnamon rolls. Learn to stretch your grocery budget. Swap recipes and have fun! Sundays in February (2, 9, 16, & 23) from 4 to 6pm at the Seventh-Day-Adventist Church in Aztec. Turn north on Oliver from 516, left on Sierra, then right. Bring a mixing bowl, measuring spoons, a large spoon and a rolling pin. Free of charge.

See you there! FML call 505-516-9995.

A Huge THANK YOU to the Aztec Soreheads from Aztec Cub Scout Pack 325

The Aztec Soreheads were kind enough to donate the money they collected to the local Cub Scouts! And we will use those funds to buy awards for the achievements the boys complete. We are a very active group of 30 registered scouts, aging from 7 to 11. We participate in service projects, sports, camping, hiking, and just join together to have fun and learn new skills.

If you would like more information about scouting, you can reach us at 334-0634.

Problem - need more business...

Solution - ADVERTISE in TALON (very reasonable rates)!

Call 334-1039 to put YOUR business ad HERE!
Thanks to everyone for Nick’s Coloring Book Drive success!

Thank you Avon Store for participating in the 6th Annual Coloring Book Drive and for your donations!!

Thank you Bloomfield Auto and Paint for helping in the Coloring Book Drive

Thank you to the girls at Citizen's Bank for allowing us to put a donation box in the bank and for all the donations.

Nick, his little brother Sammy, and the nurses with some of the donations from this year’s coloring book drive.

Aztec Restaurant has been participating since the 1st Annual Nicholas Garcia Coloring Book Drive. They have made it a success every year. Thank you for the continuous support and helping with donations.

Gabriel Munoz at 505 Barbers Shop, helping with a donation box displayed in his shop for Nick’s Coloring Book Drive.

Don’t be steered by the insurance companies
Tell them, “I want the best, take it to RIVAS in Aztec!”

From November 1, 2013 thru February 28, 2014 RIVAS AUTO BODY will enter each customer who is involved in an animal hit, in a drawing to win a custom beef processed by San Juan Meats. There will be two winners, each winning 1/2 beef. Drawing will be March 14, 2014.

To be eligible for the drawing the customer must have vehicle repaired by RIVAS AUTO BODY a Division of K2 Automotive, LLC in Aztec, New Mexico from November 1, 2013 thru February 28, 2014. Fleet and company vehicles are eligible. Verification by ownership or management as to the driver, company or charity that will receive the prize.
A winter gift

Dec. 20, 2013 – The Winter Solstice – the longest hours of darkness of the year for some but – the bright- est hours of the year for others. For, on this day, Wyatt James Miller was born; all 7 lbs., 13 ozs & 20 1/2 inch- es of beautiful, gorgeous, baby with a great head of dark hair (like his daddy, Jay) and inquisitive eyes, blue eyes (like his mommy, Celena), and awaited (not so patiently) by both these long suffering parents (dads suffer too! Ask Jay!) Wyatt’s grand entrance into this different world was enjoyed by grandparents Tim & Tami Cottrell and Sherry & Mike Miller. Wyatt was born at Durango Hospital, Colorado.

The longest anticipation period was by Great Grandma Anne Cottrell, who waited 83 1/2 years before it came to fruition. On Dec. 25, 2013, G.G. Anne got to sit in a rocker and hold that precious bundle of joyful happiness and memorize all his activities – facial expressions, graceful movements of his long fingers and hands, squirmy arms and legs (even in his sleep). He smiles when he sleeps but mostly he has those dark blue eyes looking around and noticing what’s around him and moving his head this way and that (showing off all that dark hair, I’d bet). How can I describe the emotions felt – to be given this great gift, a blessing from our Heavenly Father – on this wondrous day when He pre- sented the world with a Special Baby, His Son Jesus

Secretary of State announces online voter registration

SANTA FE—Secretary of State Dianna Duran announced that beginning January 13 New Mexico voters can register to vote online through Motor Vehicle Division (MVD) offices throughout the state. Voters who conduct a transaction at MVD will now be offered the opportunity to register to vote online. The information will be transmitted to New Mexico county clerks electronically, eliminating delays and improving the efficiency of the voter registration process.

“We are excited to be able to provide this service to New Mexico voters,” said Secretary of State Dianna Duran, “this is yet another part of our modernization program, and our continued efforts to make the entire voting and elections process more convenient for New Mexicans.”

In addition, Duran went on to say that in compliance with legislation passed by the legislature last year, all voters will be able to update their voter registration information online, from their personal computers, by mid-summer of next year.

How to ensure success with your New Year's resolutions

During 2014, did you vow that you would:

- Wear your “skinny” jeans or your summer swimsuit?
- Improve your posture?
- Experience less fatigue or pain when climbing stairs or other physical activities?
- Feel more confident about your balance and worry less about falls?
- Eat a more nutritious diet and less junk food?

When can you get started? The beginning of a new year is an ideal time to make life-style changes. Change is always hard. Making changes by yourself is sometimes impossible!

Who can help you get started? Use a fitness trainer to provide support and motivation to enable you to achieve your goals. Lawrence Guillen is a Physical Therapy Assistant Technician, with certification in fitness training through the National Council on Strength and Fitness (NCSF). Not only does he have the credentials to guide your program, he also has more than eight years hands-on experience working with seniors to increase core strength, range of motion, and balance; to assist clients recovering from knee and hip replacement surgery and aiding through water aerobics and wheelchair exercises; to consult individuals who have a poor relationship with food and weight management; and to encourage and motivate individuals who have started and failed to stick to a regimen of reg- ular physical activity.

Where can you get started? Lawrence Guillen works out of Premier Fitness in Aztec New Mexico, owned by the Jimmy Magee family who are well known in the community. The Premier Fitness facility provides a safe, clean and pleasant environment, with well maintained equipment, and friendly and courteous clientele. Based on your goals and Lawrence’s assessment of your needs, an affordable personalized program can be established with sessions scheduled at your convenience.

How can you sign up for personal and fitness training? Call Lawrence Guillen at 505- 160-5250 for consultation to jump-start 2014! Have a great (and productive!) New Year.

Dale Anderson, owner of Aztec Media in Aztec, NM, has been training under Lawrence for four years because he says this is the cheapest health insurance available. Instead of tak- ing medications, he opts to exercise to prevent diabetes, strokes, heart attacks, and other health ailments.
Letter to the Editor

Although the 2013 holidays are now behind us, 2014 will also bring celebration opportunities where we are tempted to give our youth a little leeway and sometimes host parties for them and their friends. It serves well at this time to remind ourselves that it is a fourth degree felony to provide alcohol to minors, other than our own children in our own homes. This felony also applies to purchasing alcohol and giving it to minors to drink in other locations.

Underage drinking can have very serious consequences that may impact our young people’s lives in the short term and sometimes in the long term. Think about the effects of alcohol poisoning from binge drinking and driving, both of which can be fatal. In addition, underage drinking parties lend themselves to fighting, unprotected and/or unwanted sex, property damage, and bullying to name a few.

Our laws serve to protect youth and the legal drinking age is 21 for good reason. The development of the brain is affected by drinking and our young people are still learning about risky behavior and good choices. Please help them make good decisions by following the law and keeping their best interests at heart.

Let’s hope that our communities are smart this new year and keep our youth safe and healthy!

Pamela Drake, Executive Director
San Juan County Partnership
3535 E 30th, Ste. 239, Farmington, 566-5667

If you’re looking to sell -
Call for your free market analysis
• If you’re looking to buy -
now’s the time!
Call us today for your personalized list of homes for sale or rent that fit your needs.

334-6187

Help us help Jennifer

My little sister, Jennifer Doyle, was recently diagnosed with Stage One Ovarian Cancer at the age of 27. In September 2013 she began chemo and hormone treatment in hopes that she can become a survivor. She currently does not have health insurance and is paying for her treatment out of pocket. We are doing all we can to raise money to help with her treatment costs, as her battle is our family’s battle until she wins this fight!

We are putting together a dinner and dance on January 18th at the Farmington Elk’s Lodge for her. We will be having a raffle and items to bid on. Anything you can offer is greatly appreciated and we will forever be grateful for each and every thought and prayer that comes her way.

God Bless and Thank You,
Stacy Archibeque, 505-360-0207

If you have any questions, please call me at 505-360-0207.

SJ Regional Medical Center hosts, Age of Champions, a Senior Olympics Documentary Screening January 18

San Juan Regional Medical Center will host the feature documentary, Age of Champions, a Senior Olympics Documentary Screening January 18, 2014 at 1:00 p.m. with a special appearance by film director, Chris Rufo. All ages are encouraged and invited to attend the film which shares the importance of celebrating life at any age. Those in attendance are also invited to sign up for the 2014 Goosebump Race (Saturday, February 22).

Age of Champions is the inspirational story of a group of athletes—a 100-year-old tennis champion, 86-year-old pole-vaulter, team of basketball grandmothers, and a pair of swimming brothers—all chasing gold at the National Senior Olympics. The film captures the triumphant spirit of these competitors as they tackle the challenges of old age with grace, humor, and optimism.

Age of Champions made its world premiere at the 2011 Silverdocs Film Festival and was heralded by the Washington Post as “infectiously inspiring.”

Athletes featured in the film have received wide attention from the national media, including NBC Evening News, CNN, The Regis & Kelly Show, ABC News, NPR, and a cover story in Washington Post magazine.

“Age of Champions shares an important story that life should be celebrated at any age,” says Film Producer, Keith Ochwat. “We are honored to partner with San Juan Regional Medical Center as we share the film with communities across the country.”

Immediately following the Age of Champions premiere, Film Director, Chris Rufo, will participate in a question and answer session with the audience and will be available for interview. Visit ageofchampions.org for more information and to view the trailer.

What: Age of Champions showing sponsored by San Juan Regional Medical Center
When: Saturday, January 18, 2014 / 1:00 p.m.
Where: Totah Theater
315 West Main Street, Farmington
All ages are welcome and invited to attend.
Available at no charge. No ticket needed.
Be inspired, excite your inner champion, and sign up for the 2014 Goosebump Race scheduled for Saturday, February 22.
A new year, new beginnings, new ways to live. What do we do? Here is a list of things that happy people do. How many do you do? How many are you willing to incorporate into your life?

1. Let go of grudges. Bad feelings only injure you and your immune system. It lowers the voltage in your cells, enabling dis-ease to enter.
2. Treat everything with kindness, isn’t that what you want for yourself? Kindness will take you much farther in life.
3. Speak well of others. Whatever you say of others is probably being said about you. When you speak well of others, this will come back to you many times over.
4. Avoid making excuses. You either will or you choose not to. To make excuses only makes you weaker.
5. Live in the present. The past is over. The future is not here. There is only now. Enjoy it, for it is the only time you really have.
6. Wake up at the same time every morning. Eighty percent of people die in bed. Get up and get going. Life is an adventure. Rising at the same time every morning energizes you and Sundays keeps your body more harmonic and balanced.
7. Don’t compare yourself to others. You are you and the best you can be at this time.
8. Surround yourself with positive people. Who do you want to look like to others? Just look at the people you surround yourself with. Birds of a feather do flock together. When those positive people will you notice that they are also healthier. The voltage in your cells is higher with every positive thought.
9. Go to the grocery store for them, visit with them or even spend the night with them.
10. Establish personal control. Do you want to be a truly powerful person? This is your key. Control your thoughts, your emotions, your energy. True power does not come from controlling others, but knowing yourself and controlling yourself.
11. Accept what cannot be changed. Learn to change other ways your life and this comes from doing the other 21 things to create your own happiness.
Part of living a sustainable life is maintaining, as much as possible, good mental and physical well being. Along with diet and exercise, our mental condition affects our bodies. Feeling positive is crucial for optimum and sustainable health.

Many health practitioners point out that what impacts our health is how and what we think – negatively or joyfully. One line of thought is the influence of the ego in our attitude. Some philosophers believe that whenever you are feeling disgruntled, stressed and negative, this is the ego asserting itself. Never being satisfied, the ego will fight you to keep its position.

But this is not who we are. Dr. Wayne Dwyer and Gina Lake speak of our true self being peace, love, joy, compassion, all the positive sensations. So whenever negative feelings arise, one can say, this is not me and return to thoughts that produce joyous feelings.

Many philosophers suggest connecting to our true self, by being still and quieting the endless chatter of the mind. Deep, slow breathing and relaxing the body also slows down the mind, to allow in the sensations of peace and joy. And through prayer or meditation, we can also unite with inner peace, joy and understanding.

Gina Lake promotes the concept of being in the now, which helps keep us from falling into conditioned negative thinking. And finally, it is said to feel uplifted, you need to practice the art of seeing the good and beauty in every moment. This could be a real task at times.

However one goes about it, to assist in maintaining sustainable health it is important to be in a joyful and peaceful state whenever we can, even when it is a real challenge. So here’s to remembering our true nature is peace and joy. Here’s to sustainable health for all in our beautiful Middle San Juan River Watershed of Northwest New Mexico.

Four Corners Equine Rescue (FCER) Volunteer Orientation

On January 18th, FCER will hold our first Volunteer Orientation for 2014. As part of the retooling of our volunteer program, this orientation will focus on training volunteers to work with unhandled horses. We are very excited to announce that this orientation will include a demonstration on horse handling by professional trainer DeLaws Lindsay at 2 pm at FCER - 22 Road 3334, Aztec. DeLaws has been working with several of our “untouchables,” and we need to keep these horses moving in a positive direction once they return to FCER from training.

If you are interested in attending this demonstration, please contact Debbie at 505-334-7220. It is open to all current volunteers and supporters as well as new volunteers.

Living Local in San Juan County
Elisa Bird - Resource Specialist
ebirddesign@yahoo.com

Sustainable health and being joyful

“Happy, Happy, Joy, Joy” - a great way to maintain sustainable health
**New Mexico Sing-A-Long**

The Farmington Convention & Visitors Bureau is proud to announce its participation in the New Mexico Tourism Department's Sing-A-Long. In November 2013, the NMTD released the official video for the song “Feels Like Home” which they have used in conjunction with the New Mexico True campaign.

After creating the original video, the NMTD worked with 43 communities throughout NM, over a nine month period, to showcase the diversity of the state in the Sing-A-Long. Who better to explain why New Mexico “Feels Like Home” than the people who live here? Farmington can be found at 1 minute 18 seconds into the video.

The Farmington Convention & Visitors Bureau wanted to feature something identifiable to the area and worked with the local Caliente Community Chorus and the Farmington Strike Zone Cardinals to perform in front of the newly remodelled entryway of Ricketts Park.

“Feels Like Home” performed by Larry Boitano of Farmington, Richmond. It is composed of Albuquerque natives, Nate Boitano and Heath Warren. The video can be viewed on YouTube at www.youtube.com/watch?v=ihOHDHcdHdS&feature=yo utbe.

**FMG Turner**

**Ask the San Juan County Extension Service**

**What in the world is a “Master Gardener”?**

by Bonnie Hopkins, Agriculture Agent, NMSU Cooperative Extension Service

The first Master Gardener program began in 1973 near Seattle, Washington and was developed by the Washington State University Cooperative Extension Service. Extension professionals created the program to meet the ever-growing demand for urban horticulture (gardening) education. Through the program, over 95,000 knowledgeable Master Gardeners across the United States provide valuable, research-based gardening education to individuals and organizations. Master Gardener participants are trained by university and other agency specialists in topics such as: plant pathology, soil health, entomology, permaculture, wildlife, and like Snowdown Durango on Facebook, follow #snowdown2014 and check out snowdowndurango on Instagram.

**Harley’s Humor:**

One day a man is walking down the street when he sees an old man with a nice looking dog. He goes over to the man and asks: “does your dog bite?”

The old man says, “no never.”

When the man bends down to stroke the dog, it immediately takes a snap at his hand. The man says ‘I thought you said your dog didn’t bite!’

“The old man replies, ‘No never.’

One day a man is walking down the street when he sees an old man with a nice looking dog. He goes over tostroke the dog, it immediately takes a snap at his hand. The man says ‘I thought you said your dog didn’t bite!’

The old man replies, ‘No never.’

**Fort Lewis College honors Dr. Martin Luther King Jr. Day, with unity activities**

DURANGO - The annual Fort Lewis College tradition of celebrating Dr. King’s legacy will be held on Monday, January 20. The community is invited to join in the day’s free activities.

The traditions of peace and unity march will begin the celebration at 12:20 p.m. Those wishing to participate should gather at the Center of Southwest Studies. The march will wind through campus, ending at the Student Union where an open mic and choir performance will take place.

For more information, please contact the NMSU Creative Arts and Media department.

**NM Poison Center**

- **800-222-1222**

**DURANGO, Colorado –** Going on its 36th continuous year, Snowdown Durango persists in promoting fun, commerce and tourism, in that order, for tens of thousands of participants. This year Snowdown boasts a record-setting number of 146 events which will all take place as a part of the Original Cabin Fever Reveler. The theme, Snowdown Safari So Good, will surely entice safari enthusiasts with a variety of adventures and traditions. For one annual Snowdown Light Parade attracts over 10,000 spectators to the streets of downtown Durango to tame the cold and take part in the fun. The light parade features amazing, theme-oriented light floats, performance art and costumes. Whether it’s the old fashioned carnival, the Durango Jokedown, and Outlaw Josie Pete’s Golf Tournament; or, some of the rated “F” for family fun events such as the Feline and Canine Fashion Show, the Snowdown Kid’s Follies or The Snowdown Hot Air Balloon Rally, everyone will want to be sure to join in the monkey business!

New Mexico State University and the United States Department of Agriculture cooperating.

New Mexico State University is an equal opportunity employer and program provider.

Information is available in alternate languages and formats through our call center at 1-800-222-1222.

If you are interested in joining the program, and have questions, please contact Bonnie Hopkins at 505-334-9496 or hophkins@nmsu.edu. Applications can be found in the Aztec Extension office at 1400 Main Street, phone 505-334-9496 or visit the San Juan County website extension.sanjuan.nmsu.edu/sanjuntexons extension.sanjuan.nmsu.edu/agandhort.html

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If you are interested in joining the program, and have questions, please contact Bonnie Hopkins at 505-334-9496 or hophkins@nmsu.edu. Applications can be found in the Aztec Extension office at 1400 Main Street, phone 505-334-9496 or visit the San Juan County website extension.sanjuan.nmsu.edu/sanjuntexons extension.sanjuan.nmsu.edu/agandhort.html

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Is it safe? Bacteria pollution in our rivers

By Melissa May, San Juan Soil & Water Conservation District

It is easy to get confused (and nervous!) when the news is reporting the presence of E.coli and other bacteria in the Animas and San Juan rivers. The San Juan Soil & Water Conservation District has gotten many questions from people wondering about the risks associated with this type of pollution. This article will hopefully answer some of those questions.

How bad is the bacteria problem in the river?

The first year of our bacteria study found increasing levels of E.coli as you move downstream in both the Animas and San Juan Rivers. Since E.coli comes from the fecal material of humans and warm-blooded animals, this means we have higher levels of fecal pollution in our rivers than we should. Hence the question from our last article – “Who pooped in the river?”

Can swimming and playing in the rivers get me or my family sick?

Because fecal indicator bacteria were found to be present in the water, there is an increased chance that illness-causing microbes such as giardia, cryptosporidium, and harmful E.coli strains could also be present. According to The Water Project.org writer Lori Lewis, "Diseases acquired from contact with contaminated water can cause gastrointestinal illness, skin, ear, respiratory, eye, neurologic, and wound infections. The most commonly reported symptoms are stomach cramps, diarrhea, nausea, vomiting, and low-grade fever."

There is no guarantee you will get sick if you enter the river, but just think of this example: If you have close contact with a high number of people who have the flu, your risk of contracting it is increased – especially if you already have a weak immune system. Similarly, the higher the bacteria levels in the river and the closer your contact, the higher your risk of coming down with a waterborne illness.

Will bacteria in the rivers get into my drinking water?

Because of the Safe Drinking Water Act, the threshold for bacteria that is allowed in drinking water is much lower than for river water. Municipal water is always treated to remove bacteria before it reaches your tap. If you get your water from a well, it should be bacteria-free as long as it is a safe distance from your septic system.

River recreation is important to me and my family. How can I reduce our risk?

The most common pathway for contracting illness from contaminated water is by ingesting it. You should ALW AYS avoid swallowing river water when swimming or boating. Exposing open wounds to river water can also increase your chance of infection.

Average bacteria concentrations during the 2013 monsoon season were 2 to 10 times higher than the recommended limit for safe recreation. While this pattern may vary from year to year, staying out of the river and after rain storms will reduce your exposure to bacteria carried in stormwater. If the river looks muddy, it’s probably not a good day to go swimming!
Bloomfield pool climbing wall dedication

The Bloomfield Family Aquatic Center has a new water feature—a rock climbing wall. The “Friends of the Pool” submitted a grant application last summer to BHP Billiton and was granted an award of $10,000 to finance the rock climbing wall project. The wall crates arrived and the pool staff assembled and installed the wall. The “Friends of the Pool” are hosting a celebration on Saturday, January 25, at 12:00 noon. The wall will be unveiled and a demonstration of the safety rules will be presented, before the public will be invited to attempt a climb. Refreshments will be served. For those who are successful in reaching the top of the wall, a bell has been provided to signal that success. The bell was donated by Long John Silver’s.

Other donors have been Gasco Propane, Riley Industrial Services, Davis Plumbing and Mechanical, and Kerney Taylor State Farm.

Before people are allowed to attempt a climb, they will have to swim a lap in the pool to demonstrate their ability to swim. The pool management and the “Friends” hope that families will come to enjoy the pool, learn to swim, and achieve success in climbing to the top of the wall and ringing the bell.

Left to right with the wall: Steve Gromack, pool manager; Marty Hickman, life guard; Daisy Latta, life guard; and Erin Eagle, assistant pool manager.

Check out these amazing band members reading TALON during their Christmas Concert!!

Holding TALON is Kelsie Shelby (left) & Lasly Dowell at the December 17th concert. They are Koogler Middle School advanced band members. This particular portion of the concert consisted of both advanced and intermediate band members.

Chicken Speak by Rosalie Lawson Current

Check if I cut in?

Aztec’s Jessica Kresl (10) tries deflecting away a pass intended for Bayfield, Colorado’s Aspen Smith (23) during Day 3 action at the Lady Tigers’ 2014 Webb Toyota “Rumble in the Jungle” tournament, held inside Lillywhite Gymnasium January 2-4. AHS faced, but fell, 41-33 to the 3A Lady Wolverines in the consolation-stage finals after dropping a 42-36 shocker to Tohatchi on Day 1, but bounced back with a 59-45 defeat of Wingate. BHS became Aztec’s last opponent when it was decided that the Lady Tigers would not face off against their own JV—which had beaten Bayfield on Day 2.

Foster homes needed!

Please stop by any of the Durango Joe’s locations and take a close look at your coffee sleeve!

Durango Joe’s and Citizens Bank have partnered with Childhaven to help find loving foster families for the children in our community.

If you would like more information on how you can provide a safe, loving home for a child in need, please visit our website at www.childhavennm.org or contact Susan Mullin, (505) 325-5358.

This fishing report has been generated from the best information available from area officers and anglers. Conditions encountered after the report is compiled may differ, as stream, lake and weather conditions alter fish and angler activities.

Animas River: Water flow near Aztec on Monday morning was 243 cfs. Trout fishing was fair to good using olive wooly buggers, San Juan worms and salmon eggs.

Lake Farmington: Fishing was fair to good using Power Bait, small Daredevles, salmon eggs and homemade dough bait.

Navajo Lake: Fishing was slow for all species. Fishing pressure was very light.

San Juan River: Water flow below Navajo Dam on Monday was 243 cfs and stained. Fishing through the Quality Waters was fair to good using black and olive wooly buggers, red larva, red annelids and black bunny leeches. Fishing through the bait waters was fair using olive wooly buggers, Power Bait and salmon eggs

Provided by Bill Dunn and the Department of Game and Fish.
No deaths from vitamins. No evidence of deaths from vitamins has been conclusively demonstrated. However, the safety record of vitamin supplements is generally very good; no deaths whatsoever from vitamin A, niacin, vitamin B-6, folic acid, and cobalamin (B-12) as the remaining B-vitamins. It was claimed that one person died from vitamin supplement use in the year 2012, according to AAACP's interpretation. AAACP's interpretation of the 2012 data is that the individual died from vitamin poisoning. It was reported at the time that the individual was taking a large number of vitamins, and that the cause of death was attributed to the vitamins. However, there is no scientific evidence to support these claims. Additionally, the number of deaths from vitamin supplements is generally very low, and the rate of reported deaths is declining. There have been no deaths from multiple vitamins, and there were no deaths at all from vitamins. And, there were no deaths due to vitamin poisoning. Furthermore, the American Association of Poison Control Centers shows zero deaths from multiple vitamins. And, there were no deaths from vitamins. The American Association of Poison Control Centers shows no deaths from multiple vitamins. And, there were no deaths due to vitamin poisoning. Furthermore, the American Association of Poison Control Centers shows zero deaths from multiple vitamins.
Aztec Cemetery Website

Searching for the gravesite of a relative? Doing genealogical research? Want to make a donation to assist with the upkeep of a grave?

The Aztec Cemetery website is now operational. The site, www.azteccemetery.org, was built in cooperation with Aztec Media, and enables visitors to get information on a variety of subjects.

Those visiting the site can learn something of the history, the organization, the rules and regulations, the costs, and the location of graves. Questions regarding the cemetery can also be posted.

Happy New Year!!

Patty Clements, owner

Stop by our Aztec location at 104 W. Aztec Blvd.

Harley Raffle News Flash!

Aztec Boys & Girls Club fundraiser ticket sales have reached 1400, only 600 more to sell before we reach 2000 sold, and after 2,000 tickets are sold, we will be drawing for a gorgeous 2014 Harley-Davidson Dyna Switchback!!

Back on Nov. 1st when we started this raffle, we sold more than 250 tickets in two hours so don’t miss out on a chance to win our 2nd Early Bird Harley.

All 2000 tickets, including the winner of the 1st Early Bird Bike, a Dyna Fat Bob, and the winner of 2nd Early Bird Bike, a Dyna Switchback, will go back into the drawing on March 22, 2014!!

After we sell 3000 tickets, we will have a 3rd drawing and all 3000 tickets, including the winners of the Dyna Street Bob and the Dyna Switchback, will be in a drawing for a 2014 Street Glide Special.

AND all of those tickets, including all three of the winners will go back into the drawing on March 22, 2014!!

On March 22, 2014 we will be giving away a 2014 Softail Breakout, a 2014 Night Rod Special, a 2014 Road King and a 2014 Heritage Softail Classic. Maximum number of tickets sold will be 3500.

Tickets are $100 each or 3 for $250. Need Not Be Present To Win.

Check out our website to see pictures of all of the bikes we will be giving away. Visit us at https://www.aztecbg-club.com or call 800-461-1238. If we do not answer, kindly leave a message and we will return your call as soon as possible.

Thank you for your support of the Aztec Boys & Girls Club and Teen Center and Best of Luck to you all.

Please tell all of your family and friends. You are our best source of advertising and the reason we have had such a successful organization helping children with our Harley Raffles for the past 15 years.

Springs into action:

Laila Mitchell (10) leaps for a rebound during the Aztec JV’s game against Bayfield, Colo., on Day 2 of the Lady Tigers’ 2014 Webb Toyota “Rumble in ’The Jungle’” tournament, held inside Lillywhite Gymnasium January 2-4. AHS’ junior varsity was entered in the varsity-level bracket, and after losing to Gallup Miyamura on Day 1, proceeded to stun--check the expression of BHS’ Haley Clarke (4) at left--the 3A Lady Wolverines 50 to 46. After a decision to not have Aztec’s varsity facing its own JV in the consolation-stage finals, the JV was moved down to the seventh-place game where it fell 59-46 to Wingate.

Photo by Joel Priest/Pine River Times

Aztec Municipal Court

“Have a Heart”

The Aztec Municipal Court will again be doing the “Have a Heart Campaign” for the month of February. Anyone with an outstanding bench warrant with the Aztec Municipal Court will have the contempt fees waived and the warrant quashed if the defendant contacts the court and pays outstanding fines and fees.

Carlton Gray

Municipal Judge

City of Aztec

TALON is Read in Far Out Places by Far Out People!

The Statue of Liberty reads TALON over the shoulder of Karen Lynch on her trip to New York City.

Laila Mitchell (10) leaps for a rebound during the Aztec JV’s game against Bayfield, Colo., on Day 2 of the Lady Tigers’ 2014 Webb Toyota “Rumble in ’The Jungle’” tournament, held inside Lillywhite Gymnasium January 2-4. AHS’ junior varsity was entered in the varsity-level bracket, and after losing to Gallup Miyamura on Day 1, proceeded to stun--check the expression of BHS’ Haley Clarke (4) at left--the 3A Lady Wolverines 50 to 46. After a decision to not have Aztec’s varsity facing its own JV in the consolation-stage finals, the JV was moved down to the seventh-place game where it fell 59-46 to Wingate.

Photo by Chris Duthie
Premier Mixed Media

by Jessica Anderson

January 21st, computer classes will be held at the Bloomfield Senior Center, through the Encore program sponsored by San Juan College. Encore classes are aimed at students 50+, but are open to all ages, 18 and older. Bring your laptop, if you want. To Class enrollment is limited to 10. You can sign up at San Juan College U. in Aztec, the Bloomfield Senior Center or the San Juan College main campus in Farmington. The telephone number for the Encore office on the main campus is (505) 566-3214. Cost of each class varies depending on level and costs. Resident 65+ = $19.75. Non-resident 65+ = $30.75. Resident under 65 = $55.75. Non-resident under 65 = $130.75.

Computer classes at the Bloomfield Senior Center

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The price of his wheat is set by and large on the commodity market, influenced by factors such as supply, demand, and other economic indicators. However, we have seen instances where the price of oil is manipulated to the enormous benefit of oil interests. This manipulation is carried out through various strategies, such as the trading of oil derivatives, which can significantly alter the price of oil and affect commodity prices in general.

Moneyed means to manipulate the trading of oil and oil derivatives, leaving the determination of the price of oil no longer set by supply and demand, but rather the trading interests. The assembled wealth is enormous, with the ability to move markets unquestioned but un-investigated. One can reasonably assume it was this gathering of wealth that the nominees of the U.S. Interior Department, the Treasury, and the Federal Reserve Board, have been studying the issue ever since.

The Beat has been going on a long time. Back in 2010 the Commodity Futures Trading Commission (CFTC) was deputized by Congress to establish trading limits on the size of oil futures contracts being held by commodity traders. The CFTC gets an ‘A’ for student work. They have been studying the issue ever since, with no resolution nor meaningful program in sight. Perhaps there are the beginnings of serious change. But we will have to see.

In any case, it is well past time that President Obama’s admonition of April 2011 were taken seriously. Perhaps there are the beginnings of serious change. But we will have to see.
A nation without secure borders could be a nation in trouble. Israel learned this several years ago, and put together programs to keep its people safe.

San Juan County Sheriff Ken Christesen traveled to our ally in the Middle East to observe their border issues and discover ways to solve the problem of dangerous individuals easily moving in and out of an insecure country.

He was selected as one of 15 sheriffs across the United States to go on this diplomatic journey as part of the 2013 Law Enforcement Educational Seminar from April 28 to May 4, where participants shared ideas and learned about the Israel’s practices in border security and intelligence analysis and sharing. The trip was sponsored by the American Israel Education Foundation and the American Israeli Public Affairs Council, which has a mission to “strengthen, protect and promote the U.S.-Israel relationship in ways that enhance the security and well-being of the United States,” according to the council’s website, aipac.org.

“I was pretty blessed to be chosen,” Christesen said to members of the 9-12 Tea Party, during a 7 meeting at the Totah Theater in Farmington.

The Israelis have border issues similar to those in the United States, Christesen explained, adding that Israel is surrounded by countries with citizens that want to kill its people. The Southwestern United States and the border with Mexico has people trying to cross illegally to bring in drugs and often to commit crimes.

“We can’t have the things we want in this country until we secure our borders,” Christesen said.

The trip consisted of sheriffs from across the U.S., including Arizona, California, New York, Florida, Texas, Michigan and three from New Mexico.

Christesen was included in the mix, because he is the chairman of the New Mexico Sheriff’s Association.

“We exchanged ideas. They wanted to show us their problems and how they handle them. They shared about intelligence and what they are doing and why. Much of that Christesen could not comment on, because it is highly sensitive information. “Every night, every day, every hour was filled with briefings and informational meetings."

The sheriffs met with such diplomats as Brig.-Gen. Zohar Dyar, head of the Israel National Police Logistics Department; Col. Danny Tirza, general manager of Dan Tirza Yozmrit, a consulting and management firm; Israel Police Media Expert Amos Harel; Inspector General Yohanan Danino, commissioner of the Israel National Police; and the Honorable Mickey Levy, deputy minister of finance.

The sheriff toured Jerusalem, Tel Aviv and all of the borders, including those with Jordan, Lebanon, Syria, Egypt, and the volatile Gaza Strip. “We traveled to every border,” he said. “We can learn a truckload from the Israelis in border security.”

He also met with the police chief of Israel and toured a police station. The Israeli police have thousands of camera feeds from all over Jerusalem. These feeds are monitored by 20 people, 24 hours a day, looking for the possibility of terrorist attacks or violence and unrest in the city.

“It’s a different world than we live in,” Christesen said. The Israelis are “pleading for our help,” but they say the U.S. is not doing a real good job of stopping up for our friends and allies.

Israel has learned to protect itself through constant terrorist detonates the bomb, killing only himself in the concrete room.

“The Israelis have reduced the number of deaths and bombings — not by accident, but because they have taken strong steps to protect their borders,” Christesen said.

His trip was not only about security, the sheriff also had an opportunity to experience the birthplace of Christianity in a spiritual and moving way. He visited the Western Wall, the Jordan River, the Sea of Galilee, and the Church of the Holy Sepulchre, which houses the stone that Jesus’s body was laid upon when he died.

“I was able to put my hand on that stone,” he said. “I can’t tell you how moving it was.” He also walked the trail that Jesus walked carrying the cross before being crucified.

“It’s just powerful. Israel is the birthplace of Christianity. Shouldn’t we be trying to help them protect it, instead of allowing terrorists to try and destroy it?”

Diplomatic mission
Sheriff Ken Christesen visits with Israeli security forces

San Juan County Sheriff Ken Christesen steps to meet with a member of the Israeli military, while touring the Israeli-Lebanon border.

Sheriffs from across the U.S. participated in the trip, which consisted of this visit to the Israel Police Headquarters.

Meet Archie the Grey
by Patricia Bailey

You might have already seen him around Aztec or you might already be familiar with him. Archie is a high content wolf hybrid. He has become well known over the month of December in our quaint little town of Aztec. He has made friends with many who feed him, give him treats, enjoy his visits and he walks with them. Yes, he is tame and a sweetheart. Just ask Laura, Archie’s favorite human.

Archie came into my life when a friend needed to find him a home with someone who could be around him more and help him with his fear of humans. He was almost 5 months old at that time. I traveled to southeastern Oklahoma to get him.

We had made great progress over the short time he was here, but not enough. Over the course of several months he had escaped once but came home on his own. The second time someone had damaged my fencing. I let the dog out. They decided to tour Aztec. My long time hybrid Archie came to my right away, but Archie would not. I’m an outdoors woman. I talk him into returning. He had found freedom and liked it.

In fear for his well being, I contacted the Aztec Animal Shelter. They had been so wonderful with Archie and ensuring his safe capture, going through great extremes to get him. Days turned into weeks.

Everyone who was interacting with him was also wonderful in not only feeding him but also trying to corner him or trying to get him into their fence for me. Even traps failed. Archie was just too smart and determined to be living up to his name sake, but I was so wrong. Archie has brought so many people together over the month. He has brought smiles, joy and even laughter. He has taught patience. And he has shown me hope in humanity for I have seen so many wonderful people rallying around a free hearted wolf dog and sharing the love and compassion of this same dog.

All of this in one special month, through one special wolf dog, in one special little town of Aztec, New Mexico. Who would have ever guessed.

In conclusion of this story, it was a hard decision to make but after talking with the owners of Wolfwood Refuge I have decided Archie would be safer and happier with them. Who knows where Archie’s path will go from there. The sky is the limit. One special month can make a mark on so many people, I feel certain his story will continue on for some time. Every time I visit Archie I think of all the people he touched.

What a great legacy.

Aztec Animal Shelter: 825 Sabena St, Aztec, NM 87410
(505) 334-6819 Donations welcomed.

The animals they rescue.

WolfWorld Refuge Donations are welcomed www.wolfworldrefuge.org

Please visit their website to see the work they do to save so many.

Again a huge thanks to all those who befriended Archie. Thank you all for being his friend and aiding in his well being.
Hello Friends:

Wow, another year has come and gone; the older I get, the faster the years go by. I hope you took the time to reflect what you were able to accomplish last year and set some goals for next year. Please take the time to write down your goals and put them in a place that you look at daily, you are much more likely to meet those goals.

For this article I wanted to emphasize the need to guard your personal identity information. There are many people out there trying to steal your identity and use it for their own personal gain. If you have a question on something that seems too good to be true but are unsure, please call and we may be able to help you out and save you many thousands of dollars and even more trouble.

As always, if I can help you in any way or answer any questions, please call me Monday – Thursday/5pm - 6:00pm at 334-7620, or e-mail me at mheal@aztecnm.gov. Until next time, stay safe & God bless you and God bless America!

Aztec Cemetery Website

Searching for the gravesite of a relative? Doing genealogical research? Want to make a donation to assist with the upkeep of a grave? The Aztec Cemetery website is now operational. The site, www.aztec-cemetery.org, was built in cooperation with the Aztec Police Dept. and the Aztec Cemetery board. The website contains information on a variety of subjects. Those visiting the site can learn something of the history, the organization, the rules and regulations, the current status, and the location of graves. Questions regarding the cemetery can also be posted. The site is easily accessible at any time, so check it out.

I got my new knees and my old life back!

Sandy Kennedy was suffering from chronic knee and joint pain. “I couldn’t function normally from day to day, recalls Sandy “That’s when I said to myself, okay, you can’t walk. That was the turning point. I called the Total Joint Care Center at San Juan Regional Medical Center.”

Most people who need joint replacement have severe pain that makes it difficult to walk, climb stairs, get up from a chair, or carry on with other normal activities. Knee and hip replacements can significantly relieve pain and increase mobility in about 90% of people who get them. Joint replacement is a life-changing procedure for the right patients. Weeks after her surgery and with physical therapy, Sandy is back to her old self — rather her new self. She’s able to move comfortably around her kitchen, vacuum her home, and even go for walks in the countryside with her husband. If you suffer from debilitating pain in your hips, knees or other joints, call today, 505.609.6846. And get your life back.

Sub-par performances do happen from time to time. Add to that, two of your top leaders gone, and it can lead to a “somewhat” embarrassing weekend. Wrestling is a two headed animal; one head is an individual sport with personnel goals, drive and pride at stake; the other, a team sport with team, school and community pride at stake. Aztec Wrestling is a small school, and when you only have two of your top performers on any given day, you may like we had on Saturday, you have to question yourself and check just what is going on. Wrestling is extremely tough on an individual; physically and psychologically, but mostly it can be very taxing over the course of a long season. Many of the young people have a tough time understanding what it takes to perform at a “top level” everyday, with the consistent pressure. Wrestling is a two headed animal; one head is an individual sport with personnel goals, drive and pride at stake; the other, a team sport with team, school and community pride at stake.

Aztec Wrestling 2013-14 Newsletter #5, 1/13/2014

Main Street Association would help Aztec by Katee McIver

Main Street organization started.

There are wonderful opportunities out there on the state, national and local level if a Main Street District exists. A Main Street District is formed in a community. Resources abound, not only financially, but also in the areas of organization, design, marketing and revitalization of old buildings. A vibrant community organization is their byproduct. They have the opportunity to enlist the expertise of professionals in all phases of their revitalization plans, from historic preservation of buildings to creating exciting incentives to attract visitors from all over the area.

According to the New Mexico MainStreet website:

The New Mexico MainStreet Program is a grassroots community development program that assists communities in revitalizing their traditional commercial neighborhoods. A program of the New Mexico Economic Development Department, New Mexico MainStreet is designed to help communities throughout the state to help affiliated organizations create an economically viable business environment while preserving local cultural and historic resources. A Main Street is a consensus-building program that fosters community pride and encourages the growth of small businesses, consequently enhancing local economic positioning. New Mexico MainStreet also promotes town design, promotion and publicity, organization, and economic positioning. New Mexico MainStreet also promotes town design, promotion and publicity, organization, and economic positioning. New Mexico MainStreet also promotes town design, promotion and publicity, organization, and economic positioning.

There is no 'main street' in Aztec, however Katee McClure suggested it takes 6-8 weeks to pick a site, get approval from the City of Aztec Utilities and Aztec Blvd. to try and outdo each other with their proposed plan. If funds to do so will come from where? According to the New Mexico MainStreet website:

• Economic Positioning
• Organization
• Design, marketing and revitalization of old buildings
• Getting a MainStreet District

The necessary criteria made this great idea a far-fetched idea to those in attendance. As worth as it will be this in the long run, it takes time. Katee McClure stated in the stickin point. Who comes up with the money and who has the time? Hiring an executive director to steer the ship is a start but the funds to do so will come from where? Katee agreed to approach the City commissioners with the proposed plan. If advertised properly this could have a huge impact. Katee stated “I think that there is a financial incentive (from the City of Aztec utilities) for participants to attract visitors from all over, similar to what Fantasy of Lights did.”

Two projects chosen.

One would be a town version of the “Fantasy of Lights” in December. A competition of sorts of all the businesses on Main and Aztec Blvd. and Aztec Utilities to try and outdo each other with their holiday light displays. Katee McClure stated that there is a financial incentive (from the City of Aztec utilities) for participants to attract visitors from all over, similar to what Fantasy of Lights did. Since all of this had been decided at the meeting realized this process of forming a MainStreet organization wouldn’t happen this year, they came up with ideas of their own in what that might look like. San Juan Regional Medical Center.

San Juan Regional Medical Center.

Main Street District to create an appealing environment.

• Promotion (creating and marketing a positive image based on the unique attributes of the Main Street district)

The necessary criteria made this great idea a far-fetched idea to those in attendance. As worth as it will be this in the long run, it takes time. Katee McClure stated in the stickin point. Who comes up with the money and who has the time? Hiring an executive director to steer the ship is a start but the funds to do so will come from where? Katee agreed to approach the City commissioners with the proposed plan. If advertised properly this could have a huge impact. Katee stated “I think that there is a financial incentive (from the City of Aztec utilities) for participants to attract visitors from all over, similar to what Fantasy of Lights did.”

Two projects chosen.

One would be a town version of the “Fantasy of Lights” in December. A competition of sorts of all the businesses on Main and Aztec Blvd. and Aztec Utilities to try and outdo each other with their holiday light displays. Katee McClure stated that there is a financial incentive (from the City of Aztec utilities) for participants to attract visitors from all over, similar to what Fantasy of Lights did. Since all of this had been decided at the meeting realized this process of forming a MainStreet organization wouldn’t happen this year, they came up with ideas of their own in what that might look like. San Juan Regional Medical Center.

San Juan Regional Medical Center.

Main Street District to create an appealing environment.

• Promotion (creating and marketing a positive image based on the unique attributes of the Main Street district)
TALON Classifieds


Wanted by private collector: WWII items. Not to be resold. 334-0901.

Handyman & Odd jobs: Winter jobs from your “honey do” list, hopefully all indoors, but not a definite requirement. Call Brian, 632-1858.


Yard work - have trailer, will haul. Also do concrete work; house work. 505-486-0342. Ask for Leon.

Elementary teacher (retired this year) seeks employment, part or full time. Part or full time. Will tutor or informally test (k-3) in home. 334-5121.

FOR SALE: 10 acre wooded homesite with mountain views in Hart Canyon, adjacent power line. $30,000. John Cain, 970-261-7868 or john.cain@bresnan.net.


Site-built home in Flora Vista for sale: 2700 sqft on 2.56 irrigated acres horse property, 2 car garage, 3 bdrm, 2 bath, huge rooms and den with rock wall, 3 sources of heat, water softener. 505-860-5556.

In home caregiver for hire. Elderly or children. Many references available. Also math and algebra tutoring. 505-360-9571.

Help wanted: men to load moving van in Aztec on Feb. 12th. Additional day possible, Feb. 8th. Lunch and beverage provided. Pay DOE. Call Pat 360-3039.

Help wanted: to deliver mail in Aztec on Feb. 12th. Additional day possible, Feb. 8th. Lunch and beverage provided. Pay DOE. Call Pat 360-3039.

For sale: hospital bed in good condition and a lift chair, $500 for pair. 505-320-5797.

Wanted by private collector: WWII items. Not to be resold. 334-0901.

Help wanted: technician, electric mechanical repair, must be skilled in restaurant equipment and HVAC/R repair. Get on the ground level of a local, growing business with plans to become employee owned. One Source Service, LLC. 505-516-3311.

For sale: Interior fountain. Pouring Spanish pots with wrought iron stand, 41” h x 21” d, $75. 324-0776.

For sale: fairly new, hardly used treadmill, $250. Call 793-1895, ask for Kim or leave message.

For sale: Adjustable height crutches, $25; 505-324-0776.

For sale: matching pair wing-back arm chairs, $250. Call 793-1895, ask for Kim or leave message.

For sale: everlast boxing stand with 2 stations, heavy and light bags and gloves. Like new, $100. 505-324-0776.

For sale: adjustable steel shelving units; 7 feet high x 4 feet wide, 1.5 feet deep with 6 shelves. $50. 505-324-0776.

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Recyclable materials
• Newspaper (Anything that comes in your newspaper)
• Corrugated Cardboard / Brown Paper Bags (Clean, flattened, corrugated, 3 layered cardboard)
• White Office Paper (whitebond office paper, white, green-bar and blue-bar computer paper)
• #1 and #2 Plastics (#1 PETE soda bottles, #2 HDPE milk jugs, container plastic and detergent bottles)
• Aluminum Cans and Foil (beer, pop cans, aluminum foil)
• Tin and Steel Cans (Food and soup cans, pet food cans)

FOR SALE: 432 acres, Hart Canyon. Homestead with spring water, power, phone, 30’ x 60’ metal barn. $699,000. John Cain, 970-261-7868 or john.cain@bresnan.net.

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The Aztec Local News, PO Box 275, Aztec, NM 87410, or drop in the drop box at Zip and Ship.
Meeting parties are welcome to come and speak. The candidates of all 4th and candidates in the primary elections in June will be Friday, February 7th, at 11:30 a.m. at a meeting. Donors are invited.

This is a forum meeting where all present can bring up topics of interest for discussion. Anyone interested is encouraged to eat a healthy meal and drink plenty of water prior to donating blood. ***DONORS please have identification at time of donation***

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**Project/Tea Party Patriots**

The NJC 9-12 Project/Tea Party Patriots General Meeting will be Tuesday, February 4th, at 7pm at the TOTAH Theater. This meeting will be for local area candidates seeking election in the city elections on March 4th and candidates in the primary elections in June. This is an opportunity for voters to hear the candidates explain why they should be elected. Candidates of all parties are welcome to come and speak.

The NJC 9-12 Project/Tea Party Patriots lunch meeting will be Friday, February 7th, at 11:30 a.m. at Los Hermitos East restaurant, back meeting room. This is a forum meeting where all present can bring up topics of interest for discussion. Anyone interested is invited.

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**United Blood Services hours**

*Farmington Office 475 E. 20th St. Suite A, Farmington, 325-1505*

**Weekly Draw Hours:**
- Monday 6:00 AM – 4:00 PM, Tuesday and Wednesday 11:00 AM – 6:00 PM, Thursday 12:30 – 4:30 PM, and Saturday 9:00 AM – 1:00 PM.

Donors may also give blood at mobile drives that are hosted by organizations throughout Farmington and surrounding communities. To make an appointment you can call or a mobile drive, call 1-877-UBS-HERO (1-877-827-4726) or visit www.unitedbloodservices.org. Donors must be at least 17 years old (16 with parental consent), in good health, present photo ID and are encouraged to eat a healthy meal and drink plenty of water prior to donating blood. ***DONORS please have identification at time of donation***

**Drug Free San Juan County** invites you to come to our educational meetings the 2nd Thursday of every month at the Farmington Civic Center at 7:00 PM. We also sponsor Project Graduation, a Meth Impact Panel and a DWI Victim Impact Panel. For more information call Nila Hamblin at 325-7022 or 486-7929.

**Roll up your sleeve, please!**

By Kris Pinto, MSN, RN-BC, RAC-CT

Good Samaritan Society Clinical Nurse Consultant

Have you made plans to get your annual flu vaccine? Fall is a good time to get the vaccine. It’s usually available in September through the winter months. Flu is unpredictable, but the peak of the season is usually in January or February. Here are some common myths and facts that may influence your decision to get the vaccine.

**Myth:** The flu vaccine can give you the flu.

Fact: Some people may get a little soreness or redness in the area where the shot was given, but this usually goes away in a day or two. Complications from the flu shot are very rare.

**Myth:** The flu shot does not work.

Fact: Most of the time, the flu shot will prevent the flu. Studies have shown the effectiveness of flu vaccines ranges from 70 percent to 90 percent. Getting the vaccine is your best protection against the disease.

**Myth:** Stomach flu is the same as influenza.

Fact: A lot of people think of the flu as just a bad cold, but it’s much worse than that. You will feel terrible! You will probably have congestion, cough, body aches and fever. You may be unable to work. People are hospitalized, and many people have died from influenza. The actual number of flu-related deaths in the past 30 years has ranged from about 3,300 per year to a high of about 49,000, according to a 2010 report from the U.S. Centers for Disease Control and Prevention.

**Myth:** The flu shot is annoying, but harmless.

Fact: There are several side effects of getting the flu shot. You may experience local reactions such as soreness or redness at the site where the vaccine was given. These reactions are usually mild and typically go away in a day or two. Complications from the flu shot are very rare.

**Myth:** Healthy people don’t need to get vaccinated.

Fact: Getting the flu vaccine is recommended for everyone age six months and older. The flu vaccine is your best protection against the disease.

**Myth:** Healthy people don’t need to get vaccinated.

Fact: Although young, healthy individuals probably will bounce back from the flu quickly, why would you suffer through it? Another reason to get the flu vaccine is to protect others. If you get sick, your family and friends are more likely to get sick. Please roll up your sleeve for the flu vaccine!

**Priscilla A. Shannon**

Attorney at Law

**Divorce, Child Custody**

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**If you want to drink that’s your business.**

**If you want to STOP that’s ours!**

*ALCOHOLICS ANONYMOUS*

505-327-0731

www.Four Corners AA.org

Alcoholics Anonymous/Aztec Group has added two more 6:15AM Attitude Adjustment Meetings to our schedule. There are now Tuesday and Thursday morning meetings, along with the Monday, Wednesday and Friday morning 6:15AM meetings.

**Narcotics Anonymous**

Hotline number (505-324-1807)

For an updated schedule of area meetings, check out www.riograndena.org.
One of Aztec’s very own!!!
by Beth McGuire
This is the very story that makes Aztec proud. Ryan Garcia, native of Aztec, was a student right here in our community, graduating Aztec High School as an Honor Graduate in 2007 and then stepping right over to San Juan College, receiving an Associates Degree in 2009.
Well, the story certainly doesn’t stop there. He then went on to NM State University in Las Cruces and among 1000 students achieved the Outstanding Award with a degree in ‘College of Health and Social Services.’ So, out of 1000 students, he was in the top 10 of his class.
In 2013, Ryan was quite motivated and involved in the Public Health Dairy Worker Health research project with outreach groups, translating survey tools to Spanish. Above and beyond his classes, he devoted his time to Eta Sigma Gamma Honors Society and serving as President of the Public Health Student Organization. While in this position of leader, Ryan planned and participated in community service events on and off campus. Ryan also volunteers benefiting other organizations including United Blood Services, Hope Centers, La Casa Women’s Shelter, American Cancer Society, and NMSU Suicide Prevention. His volunteer work is not limited to the United States! In 2011, Ryan worked as an international volunteer at an orphanage in Peru, teaching children proper hygiene habits and street safety, all the while serving as the interpreter for staff at the boy’s orphanage group. Can any one of us say that we are as community active as this young man?
Not only can our community be very proud, but his parents, Sue and Lucio Garcia, and Ryan’s five (that’s right FIVE!) sisters are also very proud. Many of you probably know or have dealt with Sue Garcia as she is a LONG time Aztec City employee, 20 years to be exact.
So just when you thought this story had a conclusion...think again. With all that Ryan has accomplished, he is on to his next venture. His plans will take him to UNM (Albuquerque) for his Masters in Community Health. All this to say, there ARE aspiring students who excel within the New Mexico education system.
Ryan, stand up and take your deserved bow, (and Sue, Lucio and all Ryan’s sisters, take a bow/courtsy as well).

Steps to avoid GMOs

• Buy Organic—Certified organic products cannot intentionally include any GMO ingredients.
• Look for “Non-GMO Project” verified seals
• Avoid at-risk ingredients including soybeans, canola, cottonseed, corn, and sugar from sugarbeets
The Non-GMO Shopping Guide is a cooperative effort of The Institute for Responsible Technology & The Non-GMO Project.