

NAR-ANON meetings starting soon

Due to the input received at our community meth meetings, we feel the need to start a NAR-ANON group for family members and friends of addicts.

The community meetings have truly opened our eyes to the ever-growing epidemic of meth use in our community. The addicts are not the only ones suffering from their drug use. The ones who truly suffer are the ones who deal with the addict, their loved ones, on a daily basis. We feel the need for an outlet of some kind for the families and friends. We hope you will join us. We will have more information on the NAR-ANON meetings at our next community meeting on June 29, 2005.

METH Meeting #6

“Methamphetamines in our Community”

Wednesday
June 29, 2005

at Aztec City Commission Room
201 W. Chaco, Aztec • 5:30 - 7:00 pm

Please join the discussion in whatever capacity this issue has affected you.

Speakers:

- Sherrie will speak on the NAR-ANON support group for family members and friends of addicts starting soon in Aztec.
- Ken Christesen with Region II Narcotics will follow up on the *Meth Monster* DVD, speak generally on meth, and have a question/answer session.

Have questions you would like to see addressed? Ideas for speakers or solutions? Call 334-1039 • 330-8483

Meth “Let’s Talk About It” by Erick J. Aune

The fifth monthly installment of the Meth Community Coalition saw a large increase in participants. With standing room only in the Commission room, the public caught one of the first viewings of the local documentary “The Meth Monster” by Justin Hunt and coordinated by members of the Leadership San Juan program. The documentary is a powerful tool for raising awareness of the impacts of meth in our community. A copy was presented to the Aztec Library for check out. Thanks to the library for setting up a meth resource shelf in response to the growing need for more information.

Paul Ehrlich and Kristine Carlson from Presbyterian Medical Services were joined by Brad Ulrich from Drug Court to make a panel presentation entitled “Recovery is Possible.” For more information contact:

Juvenile and Adult Drug Court

103 South Oliver Drive, Aztec, NM 87410
505-334-6151

The mission of the Eleventh Judicial District Juvenile Drug Court, San Juan County, is to work in cooperation with the appropriate community and governmental agencies in order to reduce recidivism and substance use/abuse and improve academic and/or employment status among adjudicated non-violent youth.

The mission of the Eleventh Judicial District Drug Court Program is to take drug addicts that have gone through the District Court and have them become productive, sober, law abiding citizens. This will be accomplished through an intensive program of counseling and urinalysis, with appropriate sanctions in place for non-compliance.

Presbyterian Medical Services

Total Behavioral Health Authority
1615 Ojo Court, Farmington NM 87401
Phone: (505) 564-4804

- Primary Focus: Mental health and substance abuse services
- Substance abuse treatment
- Outpatient Care
- Special Programs/Groups: Persons with co-occurring mental and substance abuse disorders
- Payment Assistance
- Special Language Services: Navajo, Spanish

Reena Szczepanski, Director of the Drug Policy Alliance in New Mexico provided an outline of their program and how to get involved particularly with policy initiatives.

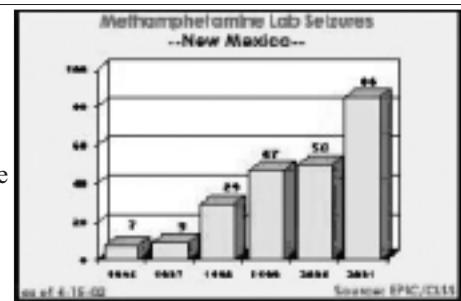
New Mexico Drug Policy Project

1227 Paseo de Peralta, Santa Fe, NM 87501
(505) 983-3277 • nm@drugpolicy.org

Drug Policy Alliance is the leading organization working to broaden the public debate on drug policy and to promote realistic alternatives to the war on drugs based on science, compassion, health and human rights. The Alliance was formerly known as The Lindesmith Center - Drug Policy Foundation. The Lindesmith Center, created in 1994, was the leading independent drug policy reform institute in the United States. The Drug Policy Foundation, founded in 1987, represented over 25,000 supporters and was the principal membership-based organization advocating for more sensible and humane drug policies. The two organizations merged on July 1, 2000, with the objective of building a national drug policy reform movement.

Volunteers Wanted - Call for Artists

The Meth Community Coalition is working toward pulling together a juried art show by working with local artists groups to assist with a “call to artists” to interpret “The Impacts of Meth” and encouraging those impacted to submit work of all kinds that represent the power of this drug in their own visual or written style. An opening targeted for this fall combined with a press conference will be part of the event for the purpose of raising awareness locally, regionally and state wide. The possibility of utilizing end products to lobby for smart policy would help to illustrate the power of grassroots efforts and the need for cooperative strategies to help address this problem. If you are interested, contact Erick Aune at 330-8483.



Garricks RV has expanded!

We are now Garricks RV Repair & RV Rentals. I wanted to let the community know we now rent fully self-contained travel trailers, 5th wheels, oilfield trailers, and pop-ups.

The repair business had been great and I want to personally thank all my loyal customers and welcome new folks in need of repairs. I do repairs of all kinds, install hitches, brake controls, wiring, etc. I can order parts for your RVs, including steps and awnings. I do refrigerator and furnace repairs, plumbing problems etc., all in your driveway. I have tried to keep my labor rates low, especially while the gas crunch is on in order to help out in the community. Even though I'm swamped with repairs this time of year with everybody ready to go on vacation, I am a mobile unit and can come to you even if you're in a campground or roadside.

I get so many calls from people who want RVs for family gatherings, vacations, hunting etc., that I thought why not? I bought out another rental business and here I am just two short years later in the RV rental business, as well as my repairs. I'm already booking through the 4th of July and hunting season.

Everyone in the area has welcomed my new business so graciously, that I wanted to say thank you everyone. I can deliver a travel trailer to your location, whether it's Navajo Dam, Vallecito, or your own back yard for your incoming company. I will set it up, show you how to use everything. They are fully stocked with the essentials, all you add is your personals and your grub. I pick it up when you're done. I have some that you can hitch to your own vehicle and take on your trip and then I have some that make great oilfield location sleeping quarters.

All of the trailers in our fleet are 1995 and newer models and can be seen before renting. We offer satellite TV as an option. We can also help with local accommodations for your RV. We also offer to the oilfield 1000 gallon water tank rentals for a fresh water supply for the trailers. So, yes Four Corners, I'm a small business doing Big things in the community. Look for the little red truck logo and remember, I'll come to you.

Thanks, Garrick Dooley, 505-334-1800



Next Community Meth Meeting: Wednesday, June 29, Aztec City Hall 5:30 pm. 330-8483 or 334-1039 for info.

New Mexico “Family” Preparedness By Thomas A. Welts

In January 2004, the New Mexico Surety Task Force came out with a booklet on what, where, when, why and how to prepare your own “Emergency Preparedness Guide.”

Why is it so important? Well, we know of what happened on 9/11; however, many other reasons are probably more important than that date to a majority of us in the U.S. and New Mexico. We have seen in recent years natural disasters such as fires, tornadoes, flooding, severe storms, earthquakes, dam failures, and landslides happen around the U.S. While we may never see these effects in our lifetime, we may experience the consequences of those actions in the services we take for granted. We may have to go without water for hours or days, we could lose the heat required to warm our home, any preparedness is certainly a good idea. The underlining point of this guide is to “Prepare because YOU care.”

This plan is important and you should not forget your plan. You should re-look at your plan, make sure all people in your home are aware of the entire plan at least twice a year.

You need to take four steps to disaster planning.

First, find out what type of disasters could happen to you. Are you in a flood plain, is there fire services available nearby, do you have enough food and water in your home in case the part of town that provides food (stores) are inaccessible. You need to learn about your community's warning signals, if any. What are you going to do for animal care after a disaster; find out how to help elderly or disabled persons if needed, and figure out what to do if a disaster hits while your kids are in school.

Second, create a disaster plan. Meet with your family and discuss why you need to prepare for a disaster. Plan to share responsibilities and work together as a team. Discuss the types of disaster you may see and explain what to do in each case. Discuss what to do in an evacuation. Plan to take care of your pets. Ask an out-of-area friend or relative to be your “family contact.” It's often easier to call long distance following a disaster. Pick two places to meet – 1) right outside your home in a designated area in case of fire, 2) outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

Third, put your plan into action. Post emergency

telephone numbers by phones; teach children how and when to call 911 or your local emergency medical services number for emergency help. Show each family member of an appropriate age, how and when to turn off the water, gas and electricity at the main switches.

Check for adequate insurance coverage. Install a class ABC general purpose dry chemical type household fire extinguisher classified and approved by the National Fire Protection Association. Install smoke detectors on each level of your home – especially near bedrooms. Conduct a home hazard hunt (see below). Stock emergency supplies, take a first aid and CPR class and determine the best escape routes from your home.

Hazard Hunt

Is your water heater at least one foot off the ground? Eliminate top heavy free standing furniture in the home or garage. Are there heavy or breakable objects that could fall on you? Are hanging plants where they could fall or hurt you (like in the dark)? How well secured are heavy mirrors and pictures on the wall? Are there unsecured cupboard doors? Are poisons, toxics and solvents, fuels stored in appropriate canisters and properly labeled? Does the house have cracks on its foundation and if you have a chimney or roof overhangs, are they secure? Do utilities have shut off valves, flexible gas connections, electrical wiring properly contained?

If you identify any hazards, do something to correct them.

Fourth, keep your plan current. Review your plans every six months so everyone remembers what to do. Conduct fire and emergency evacuation drills. Test and recharge any fire extinguishers according to manufacturer's instructions. Test your smoke detectors frequently and change the batteries every six months. Clean dust from the detector each time you change batteries. Replace stored water and food every six months. Take photos of or videotape your belongings and your home. Keep your plan where you can easily find it.

Next time: “What do you have in your disaster supplies kit.”

Nothing in this column is intended to represent the position or views of the New Mexico Environment Dept.

