

2022

# JULY NEWSLETTER

City of Carlsbad ♦ North Mesa Senior Recrea- ♦ 1112 North Mesa Street ♦ 575-885-6487



**AARP Board** will not meet until September.

No Meetings in July and August!

**Next Meeting 9-13-22**

**AARP Member** will not meet until September.

No Meetings in July or August!

**Next Meeting 9-19-22**



Health checks of Blood Pressure & Pulse every Tuesday in the Library 10:00—11:00



Hear on Earth is at the center on the 1st Tuesdays of each month from 9:00 to 11:00 a.m. You can find Howard in the Puzzle room for help with all of your hearing aid needs.

## Inside this issue:

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The City of Carlsbad has been celebrating the 4th of July with a spectacular fireworks display since the 1940's. The fireworks reflecting on the Pecos River are a sight to see!



**THE NEXT NMSRC ADVISORY BOARD MEETING WILL BE HELD ON: Thursday, July 13th 2022 at 3:00pm**

\* All agendas and minutes are available for the public to review. See our front desk if you'd like to review one.

HAVE A SAFE & **HAPPY 4TH OF JULY**

## What's Going On Around Town

Be sure to check out Carlsbad's 4th of July celebrations  
happening July 3rd and 4th



### SUNDAY, JULY 3, 2022 AT THE BEACH BANDSHELL

12:45 to 2:15 pm **DJ G Money**

2:15 to 3:45 pm **DJ Malory Anaya**

4:15 to 5:15 pm **Mariachi Unido**

5:45 to 6:45 pm **The River Bed**

7:15 to 9 pm **Sonny Throckmorton & the Orange Beach Band**

After Dark: **Boat Parade along the Pecos River**

### MONDAY, JULY 4, 2022

8 am **Parade Lineup Begins**

*(former St. Edward School)*

9 am **Parade Departure**

*(Church Street to Canyon Street, ends at the Eddy County Courthouse)*

10 am **World War II & Korean War Veterans Ceremony**

### MUSIC AT THE BEACH BANDSHELL

11:30 to 12:45 pm **DJ Trey Gonzalez**

12:45 to 2:15 pm **DJ Ornelas**

2:45 to 3:45 pm **The Proof**

4:15 to 5:15 pm **Grupo Maldad**

5:45 to 6:45 pm **Last Child**

7:15 to 9 pm **Grupo Veneno**

After Dark: **Fireworks Show Begins!**



# What's Going On Around Town



July 21st, 2022 at the American Legion Post 7 at 4pm

**NM Dept. of Veteran Service Cemetery**

Department will be coming to Carlsbad.

Presentation to cover

- Potential Layout
- Requisites for internment
- Job opportunities
- Info on when to expect ground breaking



2022 Fair Dates—July 25th—30th

Fairgrounds Location:

3402 S. 13th Street , Artesia NM

Check out [www.eddycountyfair.com](http://www.eddycountyfair.com) for the full schedule of events!!



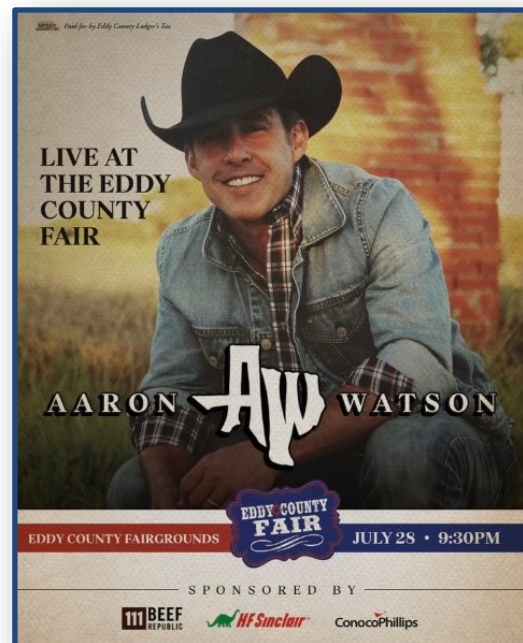
Wednesday July 27th—10am-4pm

Thursday July 28th—8am—10am

**LARGEST SUNFLOWER CONTEST**

To be grown in 2022 by entrant. An amateur gardener residing in Eddy County, any Master Gardner, or Garden Club member. 1st place winner gets a \$50 gift certificate.

Enter at the Eddy County Fair Flower Show at the Eddy County Fairgrounds



Friday, July 29th at 9:30 pm @ Eddy County Fair Grounds

**Aaron Watson Concert**

Tickets are \$15 and can be purchased online at

[www.eddycountyfair.com](http://www.eddycountyfair.com)

# WELCOME New Members

Debbie Bailey	Kelly Folsom	Greg McArthur
Brian Becker	Terry Fuson	Valerie McArthur
Sheralyn Buerkle	Frank Gallegos	Airriell Medrano
Jeff Davis	Marta Gallegos	Cynthia O'Leary
Israel Diaz	Leslie Hair	Dennis O'Leary
Tony Dominguez	Johnny E. Hicks	Elva Ruiz
Gail Ellet	Dick Isaboke	Fernando Santana
Flora Esquibel	Elizabeth LaBrecque	Lilia Santana
Kina Florez	Rene Lopez	Wendy Young
Karen Folsom	Richard May	



## BOOK NOOK



**Have you checked out our library?**

The NMSRC Library has a great selection of books, large print books, DVD movies and audio books! Stop by to browse and check one out today!





*Have you checked out our AARP Defensive Driving course? There is a insurance discount offered with the completion of the course. Be sure to check our calendar for the next available class instructed by our volunteer Barbara Brown.*

## How to Make Driving Safely Your Top Priority

Professional tips for staying accident-free on the road

by Selene Yeager, AARP, February 27, 2019

Let's face it: Driving can be dangerous, and your risk of being in an accident increases with age. With slower reflexes, along with other changes — including rapidly evolving car technology and more vehicles, bikes and even scooters on the road — it can't hurt to refresh your thinking on how to drive safely.

One way to stay out of trouble is defensive driving, or avoiding potential hazards by being acutely aware of other drivers' behaviors and knowing what maneuvers are the riskiest. A few examples of defensive-driving approaches to tricky situations:

**Making a left turn across oncoming traffic.** Unless you have a green left-turn arrow, it may be safer (and less nerve-wracking) to go further up the road and make three right turns, so you're ultimately turning right into where you want to go, rather than having to judge the speed of oncoming traffic and find the safe gap for a left-hand turn, says Bill Van Tassel, AAA manager of Driver Training Programs.

**Merging into high-speed traffic.** This is a maneuver that leads to accidents because of the differences in speed between your car and the cars on the highway. "The biggest mistake drivers make is approaching too slowly," Van Tassel says. "That can make it impossible to enter the highway, so you actually come to a stop, making the situation worse." Use the on ramp to rev up to the speed of traffic, then slot into a gap in the flow of traffic.

**Using right-turn-only lanes.** Sometimes after the turn these lanes continue, but often they merge into an existing traffic lane, with other cars coming at you from the left. This is a common accident zone, requiring careful observation of traffic patterns — especially when using a right-turn-only lane from one highway to another (see previous tip). Keep your speed, but check to see if your lane is ending and you need to merge into a gap.

**Navigating traffic circles.** The increasing use of roundabouts over traditional four-way intersections can be vexing to drivers who aren't familiar with them. "Treat them like a right turn on red," says Van Tassel. "When it's clear to the left, you can scoot into the roundabout." And stay relaxed. Worst case, you may have to go around more than once because you've missed your exit, but ultimately they're safer, because if there is a crash, it's not at high speed.

**Exiting your car after parking on the side of the road.** In an urban environment, where there are often bike lanes and parallel parking, you want to avoid opening your door and stepping into the path of an oncoming car, bicycle or scooter. In Dutch countries where so many people use bikes, drivers use what's known as the "Dutch Reach," a method now taught by driving-safety instructors in the U.S.: Simply reach across your body with the hand furthest from the door to open it with that hand. That way, your head is already turned and looking out the window, so you can't help but see any oncoming traffic.

**Making a left turn into traffic.** Sitting perpendicular to a busy road and crossing traffic to make a left is risky, because now you have to judge speed from cars on the right and the left. "Instead, turn right and go up the road to where you can safely make a U-turn," says Van Tassel. "It may take a few more minutes, but it's safer."

# HAPPY BIRTHDAY

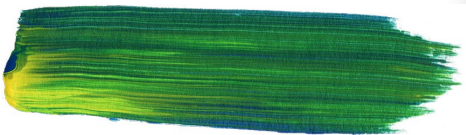
- |   |   |  |  |
|---|---|--|--|
| 1) Karen Bock<br>Connie Molinar<br>Mike Lancaster<br>Dennis Wathke<br>Brenda Suggs<br>Roberto Lara  | 10) Janice Stroble<br>Marilyn Moore<br>Diana Davis<br>Glenell Peterson<br>Felicita Martinez<br>Rufino Teope                                 | 17) Frank Noland<br>Greg Bland<br>Denise Madrid Boyea<br>Angela Spark<br>Carmen Smith<br>Angela Chrestman<br>Clara Vandyne   | 23) Kathryn VanSoest<br>Kelly Folsom   |
| 3) Bobby Nance<br>Dick Isaboke  | 11) Susan Porter<br>Pat Laird<br>Erin Zubia   | 18) Mindy Taylor<br>Judy Jones<br>Mary Howell<br>Kevin Miller<br>David Herrell   | 24) Felicia Ray<br>Lewis Reeves<br>Mike Aguilar<br>Carmen Berdoza  |
| 4) Ron Cade<br>Gloria Rodriguez<br>Barbara Snow<br>Bill Midgley<br>Patricia Gilbert<br>Pattie Pistole<br>Lisa Self<br>Daniel Mullins  | 12) Susan Clement<br>Danielle Wilson<br>Holly Gallegos<br>Sherri Chandler<br>Diane Vardy<br>Lillian Rueda                                   | 19) Trina Lee<br>Marlene Mink<br>Laverne Patterson<br>Janie Coats<br>Melinda Hamilton<br>Gerri Villalpanda   | 25) Sherry Eby<br>Roy Cooper<br>Gerri Lawson<br>Pat Beason<br>Sandi Krause<br>Roy Cooper<br>Teresa Lampros<br>Michael Carrasco |
| 5) Lubia Hernandez<br>Pat Boulden<br>Debbra London<br>Rebecca Irvine  | 13) Paul Frier<br>Olah Francz<br>Frank Ybaben<br>Ruby Snow<br>Don Scarbrough<br>Sulema Navarrete<br>Gina Carrasco<br>Rebecca Glore          | 20) Cordell Guillotte<br>Jimmie Crumley<br>Joy Turner<br>Paris Hardy<br>Dina Navarrette<br>Barbara J. Brown<br>Malinda Hendley<br>Zosia Schlueter<br>John Elston<br>Katherine Allmon | 26) Joann Kelley<br>Ana Hernandez<br>Kathleen Clifton<br>Charles Duff  |
| 6) Marilyn Lewis<br>Connie Aranda   | 14) Leemann Smith<br>Molly Navarrette<br>Charlene Anderson<br>Signe Henderson<br>Deanna Taylor  | 21) Linda Lopez<br>Paris Hardy<br>Amanda Henry<br>Mark Seidler<br>Jessica Granger<br>Jada Young<br>Pearl Carrasco  | 27) Charles Wright<br>Arleen Standiford<br>Melissa Theragood<br>Kay Youngman<br>Jane Sanchez                                   |
| 7) Margie Hughes<br>Gretchen Hoffman<br>Deanna Kelley<br>Eddie Rodriguez<br>Mary Pat Jackson<br>Patrick L. Matthews<br>Kareen Pattison<br>Shelly Hernandez<br>Cipriano Nunez<br>Blaine Hayes<br>Kina Florez | 15) Susan F. McGary<br>Felix Ibe<br>Anna Florez<br>Angie Barrios-Testa<br>Jeanette Bowers<br>Joyce Lewis<br>Gloria Fierro<br>Debbie Murillo | 22) Eddy Martinez<br>Andy Graham<br>Anita Kartchner<br>Blaine Barnes<br>Vicki Snow<br>Cynthia Granger  | 28) Marty Fineran<br>Ernie Endes<br>Teresa Sparks<br>Anne Strait   |
| 8) Jose Aguilar<br>Kay Gessel<br>Teresa Navarrette<br>Janice Wright   | 16) Janice Ray<br>Chris Owens<br>Frank Buffington<br>Edward Garcia<br>Vickie Rich   |  | 29) Denton McCullough<br>Emily Hepler<br>Greg Pate<br>Patty Klaus<br>Ofelia Huerta<br>Patsy Eagle<br>Darlene Smith             |
| 9) Barbara Robertson<br>Chris Moore<br>Patty Fugate<br>Judi Waters<br>Barry Brown   |   |  | 30) Trudy Gililland<br>Richard May   |
|   |   |  | 31) Fredrick Ted Mize<br>Ron Ward<br>Regina Ramirez<br>Sonja Hall  |

# "Picture This"

Juanita Jojola's Star Wreath class—  
just in time for the 4th of July!



Sherry Princen's Cloud and Water / Mountain and Trees Painting  
Class! Beautiful work!



# We Need Your Help!

We are wanting to collect photos from all our members who have served our country in military service and are veterans. If you had a photo from the past you'd be willing to share and let us make a copy of we'd love to start a collection and showcase our veteran members.

Stop by our front desk with your photo or to just let us know you have past military service.

As we get closer to Veterans Day we would like to be able to showcase and honor our members who have served our country.

Thank you for your service and for helping us honor your commitment to our country.

With appreciation,

The North Mesa Senior Rec Staff



## Did you participate in our herb kit take home project?



If so we would LOVE to see any progress photos you have or if you've made any additions to your herb collection. E-mail us at [northmesa@cityofcarlsbadnm.com](mailto:northmesa@cityofcarlsbadnm.com) with your photo or stop by the front desk to show us in person!



# WANTED



## **Bridge Players**

No experience necessary! Lessons can be accommodated to meet your schedule. Please call 575-200-8446

## **Pinochle Players**

Let us know if you are interested in playing Pinochle on Tue. & Thurs. 6-8:45pm



Join the North Mesa

**City Voices Choir**

**Everyone welcome!**

**PRACTICE every Tuesday & Friday 2pm**

*See Staff or call*

*575-885-6487*

*for details*



## **Ukelele Students**

Learn to play this fun easy instrument! If you need a Uke we can help! Inquire at the front desk.



## **Photography Enthusiasts**

We are looking for a photography instructor—also please let us know if you are interested in attending a photography class!

## **Are you interested in learning Chess?**

See staff on club meeting and instruction times.



## **Ping Pong Players**

No experience necessary! This friendly group of players would love to teach you how to play this great game. Games are Wednesday 6-8:45 and Friday from 10-Noon.

If interested please see staff at the front desk.

# Find Your Fitness

## Pickle Ball



### Pickle Ball—The Basics

1. A fun sport that combines many elements of tennis, badminton and ping-pong.
2. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
3. Played with a paddle and a plastic ball with holes.
4. Played as doubles or singles.
5. Can be enjoyed by all ages and skill levels.

### Some History

Pickleball was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, Washington. Three dads – Joel Pritchard, Bill Bell, and Barney McCallum — whose kids were bored with their usual summertime activities — are credited for creating game.

Pickleball has evolved from original handmade equipment and simple rules into a popular sport throughout the US and Canada. The game is growing internationally as well, with many European and Asian countries adding courts.

# Find Your Fitness

## Pickle Ball



The sport is booming across the US and stadium courts can be found in many major cities!



They are being added to existing parks and recreation facilities in vacation destination spots like this one Poipu Beach Athletic Club in Koloa Hawaii.



Your local pickle ball courts look like this and are located across from the tennis courts on Park Dr.



Located right down the street from the Waterpark!)



## HIGH-SPEED INTERNET RATES CUT FOR POOR



America's leading communications companies will make high-speed internet available to low-income households, effectively for free.

The White House announced that commitment in May as part of the Affordable Connectivity Program, passed by Congress in the 2021 infrastructure bill.

The \$14.2 billion program already has about 11.5 million enrollees who will be able to get a high-speed connection from Verizon (Fios), Comcast, Cox Communications and a number of other companies.

As part of the program, low-income Americans can receive \$30 a month to reduce their bills. And companies agreed to make plans available for \$30—meaning the net cost to eligible participants would be zero.

The program is available to Americans whose income is no more than twice the federal poverty level of \$13,590 for an individual.

*AARP Bulletin, June 2022, page 4*

## Beat the heat!

**Carlsbad High School Natatorium  
Summer Pool Hours (Cost: \$4 a person/  
Monthly Pass \$40)**

### Lap Swim

5:00am—8:30am Monday-Friday

12:00pm—2:00pm Tuesday and  
Thursday

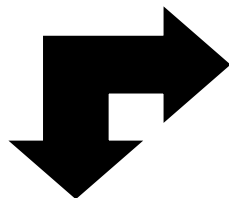
7:00pm—8:30pm Monday -Friday

12:00pm—4:00pm Saturday and  
Sunday

### Open Public Swim

2:00pm—5:00pm Monday,  
Wednesday and Friday

12:00pm—4:00pm Saturday and  
Sunday



**Sherry Princen and Juanita Jojola will be on a break for the month of July!**

See you in August for collaboration classes.

**August 11th**—Painting flower pots (with Sherry Princen)

**August 18th**—Macramé hanger for the painted flower pots (with Juanita Jojola)

**\$5 donations always appreciated!**

## JULY PAPER CRAFTING CLASSES

Instructed by volunteer Delores Hutcheson. All supplies will be provided! There will be 3 classes to complete this Accordion Album.

**1st class July 6— 2nd class July 20— 3rd class August 3**



**\$5 Donation for each class is appreciated!**

**Sign up in lobby!**



**YOUR BODY: GET MOVING.** People who exercise regularly have a lower risk of heart attacks, type 2 diabetes and some cancers. Exercise helps lower your risk for falls and improves your recovery time from periods of hospitalization or bed rest. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

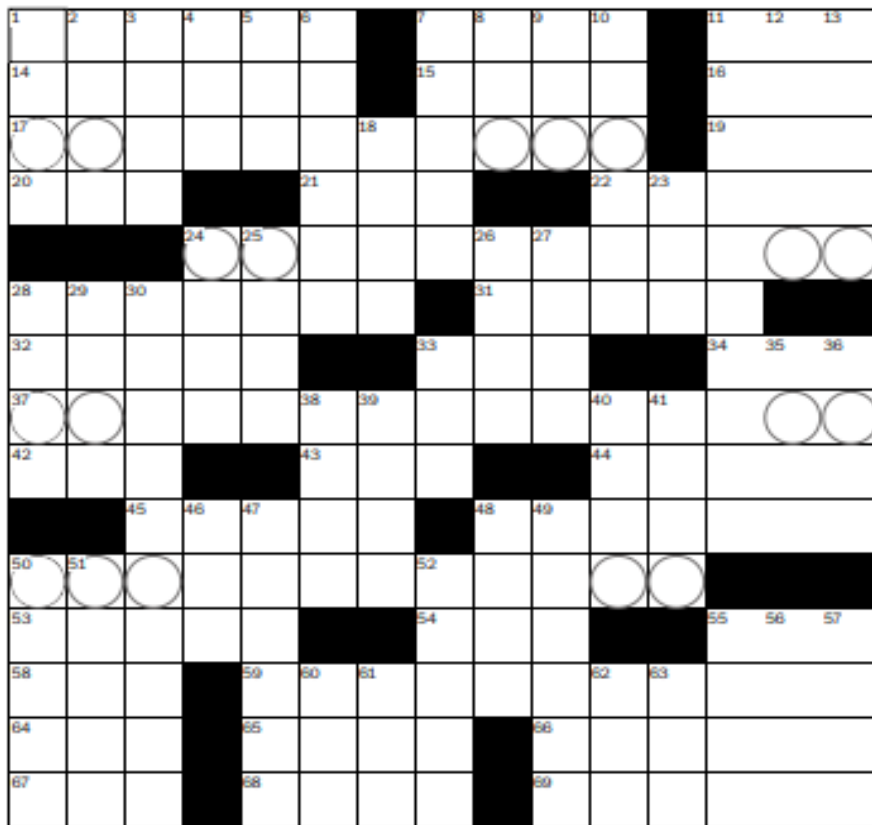
**ACROSS**

- 1 High standards
- 7 All-in-one product's selling points
- 11 Open page on a web browser
- 14 Weasel-like pet
- 15 Spot for pore strips
- 16 "Don't Bring Me Down" band
- 17 \*Locavore movement
- 19 Also
- 20 Mos. and mos.
- 21 Diary
- 22 Identity \_\_
- 24 \*Insulating layer around a nerve
- 28 Bounce back
- 31 Phone notification
- 32 Former Disney president Michael
- 33 Aromatherapy locale
- 34 Snakelike fish
- 37 \*Accept a difficult role
- 42 Alex and \_\_: jewelry company known for bracelets
- 43 Have debts
- 44 Witherspoon of "The Morning Show"

- 45 Invisible urban pollution
- 48 Fake names
- 50 \*Use a randomizer to decide, say
- 53 Refers to
- 54 Harley-Davidson's stock symbol
- 55 Friend
- 58 Maker of Good Grips kitchen tools
- 59 What an investigative journalist might do, and what the answers to the starred clues literally do
- 64 Tear
- 65 One of Eve's sons
- 66 Dressing with anchovies
- 67 Super Mario Bros. console
- 68 Sup
- 69 Florence's role in "Black Widow" and "Hawkeye"

**DOWN**

- 1 Dubious
- 2 Letter opener
- 3 Texts the wrong person, say
- 4 Branch
- 5 Word before "It Go" and "It Be," in song titles



- 6 Pinched
- 7 34-Across, to a sushi chef
- 8 Cry noisily
- 9 Night sch. class
- 10 Quietly fume
- 11 Private discussions
- 12 In the air
- 13 Diner option
- 18 Snitched
- 23 The first "H" of HRH
- 24 Sunbeam floater
- 25 Citrus hybrid used in Japanese cuisine
- 26 Kitten-lifting spot
- 27 Shut noisily
- 28 Duty roster
- 29 \_\_ Rachel Wood of "Westworld"
- 30 Some halters
- 33 That woman
- 35 Alternatively
- 36 Vintner's dregs
- 38 Fancy-schmancy
- 39 \_\_ pop: Belle and Sebastian genre
- 40 Singer India.\_\_
- 41 "Snow Crash" novelist Stephenson
- 46 Number of World Series wins for the Nationals
- 47 "No way to sugarcoat this"
- 48 "I see now"
- 49 Mid-size Subaru
- 50 Obvious disdain
- 51 Folklore trickster
- 52 Pod member
- 55 Selfie stance
- 56 Galway Bay's \_\_ Islands
- 57 Harp constellation
- 60 Squeeze bunt stat
- 61 Poetic twilight
- 62 RSVP convenience
- 63 \_\_ Aviv

## FRAUD VICTIMS MAY REAP REFUNDS

If you lost money to a scammer whom you paid using Western Union between Jan. 1, 2004, and Jan. 19, 2017, you have until July 1 to file a claim for a refund under a settlement between the payment service and the federal government.

The agreement grew out of a joint investigation by the Justice Department (DOJ), the Federal Trade Commission (FTC) and the U.S. Postal Service (USPS) that found Western Union aided scammers who were committing wire fraud by looking the other way at suspicious transactions.

The result was a 2017 settlement in which Western Union agreed to repay fraud victims \$586 million, after admitting the company did not do enough to prevent criminals from using its services to commit scams.

More than \$365 million from the forfeiture fund was paid to about 148,000 victims as of mid-2021, says the DOJ, which reviews and authorizes refund claims.

Payback is available to people who sent a money transfer via Western Union between Jan. 1 2017, as a result of a scam. If you believe you are eligible for a refund, call 855-786-1048 to learn more.

*AARP Bulletin, June 2022, page 4*

*We have been blessed and we*

*Thank  
You*

**Barbara Jo Carver**

**Ann Fine**

**Helen Furr**

**Gina Duran**

**Laura Hudnell**

**Elva Lujan**

**Angie Mendoza**

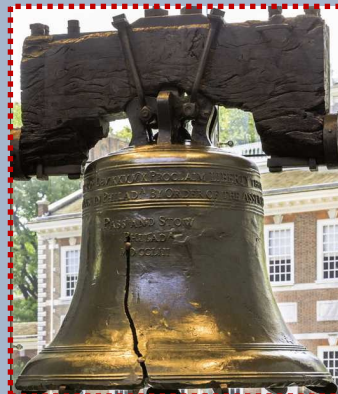
**Gail Wickstrom**

**Chip Wentworth**

## Things you can do to help avoid scams

1. Encourage family members to stay connected in their community and with loved ones, and talk to a family member or trusted friend before taking action.
2. Keep an eye on your accounts for unusual purchases, transfers, or unauthorized payments.
3. Watch out for signs of potential financial exploitation by caregivers or relatives.
4. Remind your friends and family to avoid any requests to send gift cards, money, or personal information to anyone they don't know.
5. Share these tips with your family and loved ones.

## DID YOU KNOW?



The Liberty Bell rings 13 times every Independence Day to honor the 13 original states!

# Summer Safety

# stay safe

**ER visits** peak in the summer months.

**Avoid** these five common summer-related **accidents** and illnesses.



## 1 sunburn

Use a sunscreen with an SPF of 30+ and reapply every two hours

## 2 dehydration

Drink plenty of water and avoid sugary, caffeinated and alcoholic drinks

## 3 burns

Use caution when dealing with flammable liquids, open flames, campfires and even barbecues

## 4 outdoor injuries

Wear appropriate attire and safety gear during activities like bike riding and hiking; water recreation should be monitored by an adult who knows CPR

## 5 food poisoning

Don't eat food left out of refrigeration for more than one hour when the temperature is above 90° F

## The Friends of North Mesa Senior Recreation Center

accepts donations to help with items for our center that are not in our budget. Memorials or honorarium gifts to the Friends of North Mesa Senior Recreation Center pay a lasting tribute to those who are important to us. Donations are tax deductible and are utilized to improve the center for our members! Donations can be made at the Carlsbad Foundation:

114 S. Canyon Street

Carlsbad, NM

575-887-1131

**Make Checks payable to:**

**The Friends of North Mesa Senior Recreation**

## Remembering those we've lost



### Franceal Lucia

#### NMSR Hours

Monday - Friday

7:00am - 9:00pm

Saturday & Sunday Closed

## On the lighter side...



"One night a state cop saw a car going only 22 miles per hour. He pulled the car over. When he approached the driver's side, he noticed five old ladies were seated in the car and all them looked to be in shock. They were all very pale.

The old lady driver greeted him, "Officer, Why did you pull me over? I was going the speed limit exactly. What is the issue?"

"Ma'am you weren't going over the speed limit, however driving under the limit is just as dangerous."

"But I was going 22 mph, the exact speed limit."

"No, ma'am, 22 is not the speed limit, it's the route number," he laughed.

Feeling embarrassed the older woman thanked him.

"Before I let you go, is everyone ok? The other ladies seem a bit unsettled."

"Oh, they'll be fine in a minute. We were just on route 119."

### NMSRC ADVISORY BOARD

**Chairperson,** Jean Loafman

Jay Redman

Ysidro Molinar (Moe)

Juanita Jojola

**Vice-Chairperson,** Beth Fredrick

Regina Ballard

Margaret McClure

### NMSRC STAFF

Manager—Dina Navarrette

Assistant Manager—Andie Britt

Morning Attendant—Avelina Childress

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez