

FREE

April 2019.
Volume 7, Issue 5 .

Donna Hernandez-Mathieus
Librarian/Editor

Inside this Issue

2 Senior Center News
Word of the Month
Library News

3 April Calendar

4 Sturdy Tomato Cages
New Youth Website

5 Joke of the Month
Book Review

6 Highway 304 Clean-Up
Future Events

7 Keep Your Trees Happy
Natural Health Tips

8 Classified Ads

Rio Abajo Community Library
28 S. Calle de Centro
La Joya, NM 87028
(505) 861-8289

Website: www.RACLlibrary.info
Email: RACLlibrary@hotmail.com
Facebook:
www.Facebook/RACLlibrary

A 501(c)(3) nonprofit registered in New Mexico – owned and operated by volunteers and with donations

April Hours:

Tuesday, Wednesday, Thursday
11:00 a.m. – 6 p.m.

Fridays 9:00 a.m.-1:00 p.m.

DONATE TO OUR BUILDING FUND!
www.GoFundMe.com/RACLlibrary



RAC
Library Leaves



Veguita Health Care Center



It's Happening!

Socorro County News

By Commissioner Martha Salas, Dist. 1



The Veguita Health Care Center (1 Salomon Griego Drive, Veguita) will be having its Ribbon Cutting Ceremony and Official Open House on April 11th at 10 a.m.

Everyone in the community is invited to attend and help celebrate the completion of almost 15 years of work. There will be some refreshments and cake after the Ceremony.

The Clinic will be managed by Presbyterian Medical Services (PMS), which is NOT associated with Presbyterian Hospital. PMS takes all insurances and starting in August, will have personnel available to help with paperwork and Medicaid applications if needed.

PMS specializes in the management of clinics for rural areas (i.e., Magdalena). Our Clinic will have the normal waiting and examination rooms, will conduct bloodwork, will have a Casting Room (to address broken body parts) and a small pharmacy. The pharmacy will keep an inventory of the average medical needs and prescriptions.

The Clinic will be officially open for business the week following the Ribbon Cutting Ceremony (Monday, April 15th). Initially they will be open two days per week, but will increase its hours as demand requires.

Robert Chavez of Advanced Environmental Solutions, Inc. (AES) was the contractor that built our Clinic. For those not familiar with AES, Mr. Chavez is from our neighborhood and primarily hires people from our community. His company handles any type of construction, remodeling and commercial clean-up. Mr. Chavez is certainly a person you want to

meet (if you don't already know him!).

Last bit of info: The helicopter pads that had been requested have been deferred to our volunteer fire departments in Veguita and Abeyta. Veguita already had a site picked out, which has been tested, but neither site has built Helipads at this time. The Fire Chiefs have the discretion from their fire funds when to build their Helipad.

More updates on this as we get more news! ✨

Northern Socorro Senior Center



By Patricia White-Johnson, Director

Our Seniors-Only Easter Egg Hunt has been planned, plotted and prepared. It will all happen on Wednesday, April 17th. We plan on started the Hunt about 10:00 a.m. Come prepared! We have some great prizes for our most successful searchers.

Our Center will be closed on April 19th in observance of Good Friday

Our dances this month will be on April 5th and 26th (both Fridays) from 10:00-12:00. Nothing special is planned this month – just the normal toe-tapping, smile producing music that everyone loves.

This month's Pool Tournament will be here in Veguita at the North Socorro County Senior Center on Thursday, April 18th (10:00 until a winner is announced).

The Rio Abajo Community Library will have their Senior

Book Mobiles on April 10th and 24th (the second and fourth Wednesday). Don't forget to return any books or movies – or better yet, check out what new items they have!

Great eating tips and recipes will be provided by Lupita, also on Wednesday, April 17th, from 10 am-12 pm. Lupita leads our nutrition program.

Instead of going to Socorro, this month our shopping trip will be to Belen on Tuesday, April 9th. All Seniors (60+) are welcome. We only ask that you call and reserve your spot for either trip at least one day before so we can be sure to have enough seats for everyone. We leave at 9 am and should return around 1:00 pm.

The Senior Center in Veguita provides:

- Hot meals from 12 pm to 1pm.
- Meals-on-Wheels when qualified (for home bound, disabled, bedridden, or unable to cook for oneself).
- Transport to/from the Center.
- Monthly shopping trips as scheduled.
- Monthly menu and activity calendar with a nutrition packet and fun puzzles.

For additional information, come by the Center (894 Highway 304, Veguita) or call (505-861-5720).

The Center is open Monday through Friday, 8 am to 2 pm. ✨

Word of the Month



Bog (noun): (1) wet, spongy ground with soil composed mainly of decayed vegetable matter; (2) an area or stretch of such ground.

Origin: From *bog* [pok] soft, related to *boglach swamp* from Old Irish *bocc*; 14th Century

Example:

Intermittent, torrential rain showers turned the rutted, cratered road into a *bog* of red mud. ✨

RAC Library News

Bees and Books Buzzing



We have an election coming up for new Board Members, which means all registered Patrons will soon be getting a ballot to nominate candidates for a few Board Positions as well as for Board Members. An exciting time for us here – new Board Members means new ideas and new potential.

If you would be interested in making an impact on our community, feel free to nominate yourself! With some Board Members facing medical issues and the unexpected death of our President, we have vacancies that really need to be filled.

Please give our Library election some serious thought. Our Library operates with volunteers and over the last 20+ years, has made a huge impact on our community. Sometimes we need to pitch in rather than wait for someone else to do the job – and this is one of those times.

So, when you get your nomination forms and info in the mail, take a moment and consider who you would like to see promoting the Rio Abajo Community Library!



SERVICES RAC LIBRARY OFFERS:

- Books, Magazines, Movies & Audio Books to borrow
- Copy services
- Faxing (local area only)
- Help with homework/research
- Job Search assistance
- Free Family Pass to 15 NM museums and historic sites
- Open computers with internet
- Notary Public services
- Snacks & Beverages ✨

This Month's Events

April 3, 2019 – Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

April 4, 2019 -- Thursday
6:00 pm at Chihuahua Church
MONTHLY 4H MEETING



All community youth, parents and volunteers are invited. For more info call (505) 417-8381

April 5, 2019 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

All Seniors welcome. Note Lunch will be served at 11 am.

April 7, 2019 – Monday
NATIONAL BEER DAY



This Month's Events

April 9, 2019 -- Tuesday
9:00 am at North Soc. Senior Center, Veguita
BELEN SHOPPING TRIP

All Seniors welcome.

April 10, 2019 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

Books, talking books and movies will be available to borrow, plus Charlie Landsborough's CDs.

April 11, 2019 -- Thursday
6:30 pm at RAC Library
LA JOYA COMMUNITY DEVELOPMENT ASSOCIATION

Everyone welcome to attend. Plans for the summer will be highlighted.

April 12, 2019 – Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone welcome to attend!

April 13, 2019 -- Saturday
9:00 am at Mile Marker '0', La Joya
SPRING HIGHWAY CLEAN-UP

See article on page 6 for information

April 14, 2019 – Sunday
PALM SUNDAY



April 15, 2019 -- Monday
11:00 am at Las Nutrias Parish Hall (Hwy 304)
ST. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

Free food is distributed for low-income households. To enroll, come in one hour early.

April 15, 2019 – Monday
TAX DAY



This Month's Events

April 17, 2019 – Wednesday
10:00 am at North Soc. Senior Center, Veguita
SENIORS ONLY EASTER EGG HUNT

April 17, 2019 -- Wednesday
10:00 am at North Soc. Senior Center, Veguita
NUTRITION PROGRAM

All Seniors welcome.

April 18, 2019 -- Thursday
10:00 am at North Soc. Senior Center, Veguita
SENIOR POOL TOURNAMENT

Our resident pool sharks will be competing with Socorro County's pool players.

April 19, 2019 – Friday
GOOD FRIDAY



April 19, 2019 -- Friday
RAC Library and North Soc. Senior Center, Veguita
CLOSED FOR GOOD FRIDAY

All Seniors welcome. Note Lunch will be served at 11 am.

April 19-20, 2019 -- Saturday
PASSOVER



Passover begins at Sundown

April 21, 2019 – Sunday
EASTER SUNDAY



April 22, 2019 – Monday
EARTH DAY



April 24, 2019 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

Books, talking books and movies will be available to borrow, plus this month's newsletters.

April 26, 2019 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

All Seniors welcome. Note Lunch will be served at 11 am.



**Check out the
NM Family Pass
and get free admission to
museums & historic sites
across the state!**

The Family Pass opens the doors to the 15 exceptional museums and historic sites listed below. From Native American treasures to space exploration, world-class folk art to super dinosaurs, ancient sites to the state-of-the-art New Mexico History Museum – our museums and historic sites celebrate the essence of New Mexico!

**The Family Pass is available
FREE to RAC Library
Patrons!**

Sponsored by:



This Month's Events

**May 2, 2019 --
Thursday
6:00 pm at Chihuahua
Church**



MONTHLY 4H MEETING

All community youth, parents and volunteers are invited. For more info call (505) 417-8381

**May 4-5, 2019 – Saturday-
Sunday
6:30 pm at RAC Library
SPRING CRAFT FAIR**

For more info see page ____.

**DEADLINE FOR SUBMITTING MAY NEWS:
5:00 P.M., APRIL 24, 2019**



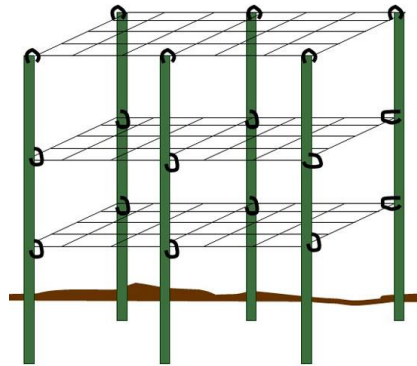
Sturdy Tomato Cage Design

By Susan Hadden

I've designed a tomato cage that won't fall over, allows plenty of air circulation, and comes apart for easy storage and transportation. The total cost is about \$80 per cage, but keep in mind that each cage will last for years and will support three or four tomato plants.

Materials

- 3 pieces of concrete remesh, 42 by 84 inches, \$7 each
- 6 metal fence U-posts, 6 feet tall (with holes and clips), \$7 each
- 18 nylon heavy-duty cable ties (3 per post), about \$15 for two 15-packs



First, drive the posts into the ground in two parallel lines of three posts each. There should be 42 inches of space on either side of each row's middle post, and 42 inches of space between each row. Use the cable ties to attach the concrete remesh horizontally to the inside of the posts to form three remesh "shelves." Leave about 18 to 24 inches of height between each remesh shelf. After assembling the tomato cage, plant

three or four tomato seedlings underneath the lowest tier of remesh. As the seedlings grow, each remesh shelf will lend support.

Susan Hadden is a contributor to Mother Earth News Magazine. This article first appeared April/May 2015. For more info see www.motherearthnews.com



New Youth Website

The USDA has launched a new Youth and Agriculture website (www.usda.gov/youth) to connect young people and youth-serving organizations with Department-wide resources that engage empower and educate the next generation of agricultural leaders.



The website features three key components of agriculture-focused engagement: classroom studies, experiential learning and leadership training. The website also tells about summer outreach programs, youth loans for business projects and outdoor volunteering.

Community leaders can get tips on starting leadership development clubs and education programs.

For the career curious, the website provides information on internships and scholarships, USDA employment and information on agriculture career fields, such as forestry, robotics engineering, biochemistry and food sciences. Storytelling will help young people learn from peers about youth-led innovations

and success stories in agriculture.
✂

Rio Abajo Community Celebrations

April 3

Krishna Montoya's birthday
Susan Moran's birthday

April 5

Marlene Benavidez's birthday
Rose Carbajal's birthday
Lydia Chacon's birthday
Kalina Chavez's birthday

April 6

Richard McCown's birthday

April 7

April Esquibel's birthday

April 8

Daisy Vallez's birthday
Dylan Wheeler's birthday

April 9

Gordon C. Lawrence's
birthday

April 17

Ignacio Gonzales's birthday

April 24

Margaret Abeyta's birthday
Luciano Lopez's birthday
Allston Patton (Fay Stone's
daughter)'s birthday

April 26

Sarah Martinez's birthday

April 29

Robert Langston's birthday

April 30

Nicolette Sanchez's birthday

Joke of the Month



How about two disrespectful tales?



Squirrels had overrun three
churches in Fareham Town,

England. The vicars had tried everything in their power to remove them. After a great deal of prayer, the churchwardens of the first church determined that the animals were predestined to be there. Who were they to interfere with God's will? However, the squirrels continued to multiply.

The second church's wardens also decided that they could not harm any of God's creatures; so they purchased some humane traps, caught the miscreants and set the squirrels free outside of town. Several days later, the squirrels returned.

It was only the third church which succeeded in keeping the intruders away. The vicar baptized the squirrels and registered them as members of the church.

Now they only see them at Christmas and Easter.



By coincidence, Fluffy, the blind orphan bunny and Cedric the blind orphan snake lived in the forest.

One morning, bright and early Fluffy was hopping through the forest when he tripped over the body of Cedric who was basking in the sunlit undergrowth. Fluffy landed quite hard on the prostrate body of Cedric.

"Crikey," exclaimed Fluffy the bunny, "I'm so sorry. I didn't mean to squash you. I've been blind since birth, so, I can't see where I'm going. In fact, since I'm also an orphan, I don't even know what creature I am."

"That's OK," commented Cedric the snake. "Actually my story is like yours. I, too, have been blind since birth and also never knew my mother. Tell you what, maybe I could slither all over you and

work out what you are, so at least you'll be able to find that out."

"What a marvelous idea," replied Fluffy the bunny.

So Cedric slithered all over Fluffy and said, "Well, you're covered with soft fur, you have really long ears, your nose twitches and you have a soft cottony tail. I'd say that you must be a bunny rabbit."

"Oh, thank you, thank you," cried Fluffy, then suggested to the snake, "Perhaps I could be allowed to feel you all over with my paw and help you the same way that you've helped me."

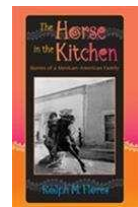
So Fluffy the bunny felt Cedric the snake all over and summarized, "Well, you're smooth and slippery, you have a forked tongue and no backbone. I'd say you are someone in senior management or a politician." ✂

Book Review:

"Tales from La Perla" and "The Horse In the Kitchen"

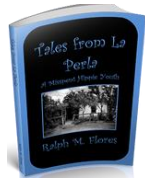
"Tales from Perla" was featured in a past issue (stories of life in La Joya/Veguita), and the book "The Horse in the Kitchen" was the first book released by Ralph M. Flores.

Geri Rhodes, Author Flores' wife, has donated several copies of both books to the Rio Abajo



Community Library in memory of her late husband. She is making these books available to anyone wanting a copy for \$10 each

(versus \$15+ usually charged in bookstores and Amazon). We are so thrilled and honored to have this opportunity.



Needless to say, it will be first-come-first-served. Once the books are gone, we can provide information on how to get a copy at the regular cost, so you better hurry if you want a copy of the discounted book! ✨



**ADOPT-A-HIGHWAY
LITTER REMOVAL
SERVICE OF AMERICA, INC.**

Highway 304 Clean-Up Day

Highway litter poses a real danger to drivers and the environment. Litter removal is also extremely expensive for DOTs. It costs an estimated \$11.5 billion each year

to keep America's roads clean. This program has literally removed millions of bags of highway litter.

We don't have one million bags of litter to clean up, but we have plenty.

This clean-up is partly spring cleaning, but especially to prepare for the Easter season festivities. Everyone is invited to help – especially those who are directly involved with the holiday activities. It would not be pleasant to participate in those activities if the highway is filthy!

Everyone is asked to meet at 9:00 a.m. on Saturday, April 13, at the "0" mile marker in La Joya. Wear heavy shoes and gloves. Bags and encouragement will be provided! ✨

Future Events

**May 3, 2019 – Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

Future Events



**May 2, 2019 --
Thursday
6:00 pm at Chihuahua
Church**

MONTHLY 4H MEETING

All community youth, parents and volunteers are invited. For more info call (505) 417-8381

**May 8, 2019 – Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY**

**May 10, 2019 – Friday
9:00 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

Everyone welcome to attend!

**May 10, 2019 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE**

*All Seniors welcome. Note
Lunch will be served at 11 am.*

**May 12, 2019 – Sunday
MOTHERS' DAY**



Cinco de Mayo Craft Fair

Black's Smuggler Winery

25 Winery Road, Bosque

On State Hwy 116 (between Belen or Hwy 60), drive 7-8 miles and turn west onto CR223 (Winery Road), go thru the tunnel, first building on the left

The best of Rio Abajo Community's artisans

**Saturday (May 4) & Sunday (May 5)
10 AM – 4 PM**

Wine tasting – Great deals – Wonderful artwork

Future Events

May 18, 2019 –
Saturday
ARMED FORCES DAY



May 20, 2019 – Monday
11:00 am at Las Nutrias Parish
Hall (Hwy 304)
ST. VINCENT DE PAUL/ROAD
RUNNER FOOD BANK

Free food is distributed for low-income households. To enroll,

Future Events

come in one hour early.

May 22, 2019 – Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY

May 24, 2019 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE

Future Events

All Seniors welcome.

May 27, 2019 –
Monday
MEMORIAL DAY



DEADLINE FOR SUBMITTING NEWS:
5:00 P.M., APRIL 24, 2019



Keep Your Trees Happy!

By Jimmy Capps,
SEC Director of
Communications
& Public Affairs



At your Socorro Electric Cooperative, Inc. (SEC) we LOVE trees, but our power lines do not.

When trees are planted near, or under power lines, this creates a safety hazard. Not only for our crews, but also for the Members who live near those trees. Trees that grow, and make contact with the power lines can become conductive and can shock children or adults playing in or near the tree. These trees can also cause major outages.

SEC crews perform routine tree trimming and clearing activities to maintain clear rights-of-way. When a tree grows into, or is planted within, the right-of-way, SEC must trim or remove the tree

to reduce hazards. This means we have to cut beautiful trees, and that breaks our hearts.

But SEC crews must keep themselves and the public safe. By allowing SEC access to trees that are in the right-of-way, you are assisting us in keeping our power lines safe for all SEC crews and Members.

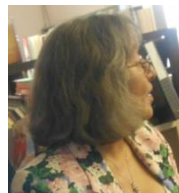
You can also help by not planting trees within the rights-of-way, or by having a NO TREE ZONE. Below is a graphic with the required clearances.

Together we can proactively reduce our maintenance expenses, and increase safety for everyone, by managing power growth within the power line right-of-way. ✨

Natural Health Tips

Conjunctivitis aka Pink Eye

By Donna
Hernandez, ND,
MH



Pink eye, or conjunctivitis, is one of the most common and treatable eye

conditions in the world. It is an inflammation of the thin, clear tissue that lines the inside of the eyelid and the white part of the eyeball. This inflammation makes blood vessels more visible and gives the eye a pink or reddish color.

The symptoms vary, but usually include:



- Redness or swelling of the white of the eye or inside the eyelids
- Increased amount of tears
- Eye discharge which may be clear, yellow, white, or green
- Itchy, irritated, and/or burning eyes
- Gritty feeling in the eye
- Crusting of the eyelids or lashes
- Contact lenses that feel uncomfortable and/or do not stay in place on the eye

There are four main causes of pink eye, which include viruses, bacteria, allergens (like pet dander or dust mites) and irritants (like smog or swimming pool chlorine)

that infect or irritate the eye and eyelid lining. It can be difficult to determine the exact cause because some signs and symptoms may be the same no matter the cause. So, wash hands to help keep pink eye from spreading.

When caused by a virus or bacteria, it is very contagious. It can spread easily and quickly from person to person. Pink eye caused by allergens or irritants is not contagious. Follow these simple self-care steps to reduce the risk of getting or spreading pink eye:

- Wash your hands often with soap and warm water for at least 20 seconds
- Avoid touching or rubbing your eyes
- Avoid sharing makeup, contact lenses and containers, and eyeglasses

A simple naturopathic remedy is simply heating 4 cups of water to a boil, add 1 tablespoon of dried eyebright leaves, lower heat to a simmer and allow to simmer for 10 minutes. Remove from heat and allow to cool; strain. Flush out eyes with the cooled liquid every hour until mixture is gone. Can be repeated twice a day for up to three days.

You should see a healthcare provider if you have pink eye along with any of the following:

- Moderate to severe pain in your eye(s)
- Sensitivity to light or blurred vision
- Intense redness in the eye(s)

- A weakened immune system (i.e., HIV or cancer treatment)
- Symptoms that get worse or don't improve, including bacterial pink eye that does not improve after 24 hours of antibiotic use
- Pre-existing eye conditions that may put you at risk for complications or severe infection

NOTE: Donna, who lives in La Joya, is a Naturopathic Doctor, a published author, and writes regular articles for publications on the internet. ✂

Classified Ads

2017 CAN-AM MAVERICK 1000 SIDE BY SIDE. Like new, under 700 miles, soft top cover, half windshield; garage kept and covered. (505) 859-1901

APPLICATIONS BEING TAKEN FOR LIBRARY DIRECTOR. Part-time position, must be community-minded, will train, pay negotiable. (505) 864-3749.

CHICKEN FRUIT FOR SALE. No additives, preservatives, hormones, dyes or chemicals. All natural deliciousness. If picked up, \$3 per dozen, \$5 for two dozen. (For April only: a free dozen to every patron who checks out a book.) (505) 864-3662.



Residential & Commercial Services

Two 95 Gal. Trash cans \$23/month

One-Time Pick Up Available Upon Request

Serving northern Socorro County – including La Joya, Veguita, San Acacia, Alamillo, Polvadera, Lemitar, Luis Lopez and San Antonio

Call Today for more Information!

(505) 620-1921

Want to run an ad? It's \$1 per month for 25 words or less. Deadline for listing: April 27, 2019. For display ad rates, call at (505) 861-8289. ✂

Rio Abajo Community Library Board

- | | |
|-----------|----------------------------|
| President | |
| Secretary | Mary Lampkin, Veguita |
| Treasurer | Dolores Phillips, Sabinal |
| Directors | Bobby Contreras, Contreras |
| | Elvera de Baca, Veguita |
| | April Esquibel, La Joya |
| | Robert Langston, La Joya |
| | John T. Logan, Albuquerque |
| | Irene Saiz, La Joya |
| | Jodi Woods, Veguita |

Order Form for Ads, Subscriptions and Volunteers

Subscription:

Request an annual subscription (with gifts and extras) to the monthly newsletter (\$15/year minimum donation) to cover the costs of copies and postage (enclose a check or money order made out to Rio Abajo Community Library).

Advertising

I want to run an ad for \$1 and am enclosing what I want my ad to say (25 words or less) to include in the next newsletter.

Contact me regarding display advertising.

Volunteering/Donations

I want to volunteer to help out at the library for one hour per week.

I want more information about serving as a Board Member on the Rio Abajo Community Library Board to help direct and advise the Library (one meeting a month for about one hour).

I want to donate goods and/or services for RACL fund-raising efforts.

Make a cash donation of \$ _____ (make check or money order: to Rio Abajo Community Library).

Other _____

Name _____

Address _____

Phone _____

Email address: _____

Rio Abajo Community Library
28 Calle de Centro S
La Joya, NM 87028

US POSTAGE
PAID

ADDRESS CORRECTION REQUESTED

Subscriber Name
Number Street Address
City, State Postal Code
Country