

FREE

April 2018 .
Volume 6, Issue 9 .

Donna Hernandez-Mathieus
Librarian/Editor

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

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

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/RACLibrary



RAC Library Leaves



And the Winners Are...



Our sixth St. Paddy's Day Bingo was held this year at the Black Smuggler's Winery in Bosque. Despite a new location, we had a great, fun-loving crowd.



It was a blustery day, but our hostess, Mary Ann Black, made sure everyone felt warm and welcome. She even provided homemade nachos to everyone for a donation, which was a

hit. The prizes were abundant, widely varied, and added to the fun. Some of the RAC Library's business supporters included:

- **Al's Beauty Shop** with a hair cutting gift certificate
- **Auge's Oil Change** for two free oil changes
- **Bodega Burger Co & Lounge** in Socorro with free dinners
- **Hair Innovations** with a free hair cut
- **Long John Silver's** with gift cards
- **Pete's Restaurant** with a gift card
- **Rutilio's Restaurant** with a dinner for two
- **Sour Dough Mine** in Socorro with a gift card



- **Sparrow Hawk Bee Farm** with a luxurious gift basket
- **Walmart-Belen** with gift cards.



Our personal supporters included Stella Cordova's estate, April Esquivel, Charlie Falcon, Juanita Hernandez, Irene Saiz, and Norma Stanton. Personal supporters provided some of the most wonderful and unique gift items that varied from beautiful baking items to home décor and appliances.



Every attempt is made every year to ensure that no one goes home empty-handed. In this vein we feature door prizes for everyone. Some of the door prizes are very specifically tailored for St. Paddy's Day, and this year included some specialty hats.



No words can describe how grateful we are for the support. Where most folks stayed close to home because of the weather, these brave souls came out to have fun and to show us that the community cares. I only hope they realize how much they are appreciated for their support!

We have already been asked when our next St Paddy's Bingo will be. We promise it will be next year around St. Patrick's Day, and we promise to hold it at a location in our community. The details will be a surprise for next year! ✂

Northern Socorro Senior Center

By Patricia White-Johnson, Director



The Annual Senior's Easter Egg Hunt was a hilarious hit, once again. The search was high and low, far and wide throughout the Senior Center's grounds. The best egg collector this year was Bernie Cordova as was rewarded with \$50 for her efforts. Leo Cordova took second prize (\$25). Let us not forget, everyone also got to take home lots of eggs for making the holiday's Deviled Eggs!

Our dances this month will be on April 6th and April 20th from 10:00-12:00. Nothing special is planned this month – just the normal toe-tapping, smile producing music that everyone loves to dance to

This month's Pool Tournament will be on here on April 19th (10:00 until a winner is announced). We did not win the tournament last month, so we hope to regain the trophy this time!

The Rio Abajo Community Library will have their Senior Book Mobiles on April 11th and April 25th (the second and fourth Wednesday). Don't forget to return any books or movies – or better yet, check out what new items they have!

Our Socorro shopping trip this month will be on Friday, April 27th. All Seniors (60+) are welcome. We only ask that you call and reserve your spot by Wednesday (March 14th) so we can be sure to have enough seats for everyone. We leave at 9 am and should return around 1:00 pm.

Great eating tips and recipes will be provided by Lupita on Tuesday, April 24th. Lupita leads our nutrition program. Some of the recipes shared are quickly becoming household classics!

✂✂✂

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 to Socorro as scheduled.
- Monthly menu and activity calendar with a nutrition packet and fun puzzles.

For additional information about the program, come by the Center (894 Highway 304, Veguita) or call (505-861-2860).

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

Word of the Month



This month we're going to share excerpts from a curious article in *Time Magazine*. Enjoy!

Delightful Spring Words You Should Know

By Katy Steinmetz, Mar 20, 2014

Here is TIME's guide to great words you just might get to use in the coming months, whether you're chatting to an American farmer, a South Asian in a whirlwind or a British person having marital problems (with

most adapted definitions from the Oxford English Dictionary):

Chelidonian (adj): This delicious adjective refers to spring winds, and is derived from the Greek word for swallow (as in the bird, not the thing you do after masticating). Because the Chelidonian winds are said to arise at the first coming of yonder swallows.

cuckoo (n.): You might know the cuckoo for the clocks these birds decorate, but these migratory birds are also known as the “harbingers of spring,” arriving in places like the British Isles in April. Fun fact: the cuckoo is also known for not hatching its own offspring but depositing its eggs in the nest of other, unsuspecting small birds—which is where we get the term **cuckold**, referring to the unsuspecting husband of an unfaithful wife, who could be raising another man’s child.

eating its first grass (v.): If something is eating its first grass, then it is in its first year. In previous centuries, people measured time by the yearly growths of grass, which happen in the spring and early summer. So they might also talk about that wild party that happened “last grass” or someone being seven years old “next grass” or a cow that is “eating its first grass.” Today, this term might be revived in Washington and Colorado with a rather different meaning.

Maia (n.): Maia was a pretty lady, one of the many that Zeus had a thing for and who bore his son Hermes. In Roman mythology, she came to personify the spring and fertility, and is said to have given her name to the month of May.

pishachi (n.): If you happen to be in South Asia this spring and experience a whirlwind, you should tell your friends you are in a pishachi, a word that comes from the Sanskrit term for female demon. If you happen to be in Africa and stuck in a “hot, dry, suffocating sand-wind” which sweeps across the deserts at intervals during the spring, you should know that you are in a **simoom**. But you probably shouldn’t say it, because you will get sand in your mouth.

vernal (adj.): Vernal is another word that can be used to describe anything happening or appearing in the springtime, coming from Latin *vernus*, which means “pertaining to spring.” So if you vernalize something, you make it spring-like. If something has spring-like qualities, you might note its vernality. And if a friend of yours has a lovely garden growing in the spring, you should probably compliment them on their impressive vernality. ✨

RAC Library News

Summer Excitement is Starting



It is a thrill to announce that we were given two wonderful grants this past month.

First, thanks to Socorro Electric Co-Operative and the Pilcrow Foundation, we were provided with 91 books for our youth and teens valued at \$1,621. These were provided to help us prepare for our summer reading program, and the books are beautiful!

The other big news: A grant was provided to enable us to hire two

teenagers as Library Interns this summer! They will begin working in June, be paid minimum wage (\$7.50 per hour) for 33 hours per month (about 8 hours each week). They will be helping with the summer reading program, and it is planned to focus on helping them begin the process of getting into college.

The positions will be available to teens in the Rio Abajo community who are in high school as of September 1st, must be interested in developing job skills and learning, and those registered as Library Patrons in good standing receive first “dibs.” The official positions will be open in May, so keep an eye open for our Classified Ads!

Things are gearing up for our summer in two ways. We will have the summer reading program, “*Libraries Rock!*” and a special surprise!

Jerry Esquivel will be leading classes for all interested youth: “*Summer Cinematography*.” We have the movie cameras, we have updated computers, we have the video editing software, and now we are preparing for the registration process to start (also in May). Know of any 13-18 year old dreamers in our community? This is a summer class that will be too much fun to pass up!



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 1, 2018 –
Sunday
APRIL FOOL'S DAY**



**April 1, 2018 – Sunday
EASTER SUNDAY**

**April 4, 2018 -- Wednesday
9:00 am at Sevilleta National
Wildlife Refuge
MEET THE NATIVES!**

Join a guided hike focusing on native plants!

**April 4 -- Wednesday
7:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

Plans for the upcoming growing season will be made.

**April 6, 2018 – Friday
9:00 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

Everyone welcome to attend!

**April 6th, 2018 -- 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, 2018 – Saturday
LAST DAY OF PASSOVER**

**April 7, 2018 –
Wednesday
NATIONAL BEER DAY**



This Month's Events

**April 9, 2018 -- Monday
6:30 pm at RAC Library
LAJOYA CRAFTING CIRCLE**

Work on projects, learn crafts, and visit. We also have coloring for our sophisticated folks. For info call 864-0666

**April 11, 2018 -- Wednesday
9:30 am at Senior Center, Las
Nutrias
RAC MOBILE LIBRARY**

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

**April 12, 2018 –
Thursday
WALK ON YOUR WILD
SIDE DAY**



**April 16, 2018 – Monday
NATIONAL LIBRARIAN DAY**



**April 16, 2018 -- 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 17, 2018 -- Tuesday
TAX DAY DEADLINE**

This is the last day to file 2017 taxes!

**April 19, 2018 -- Thursday
10:00 am at Socorro Senior
Center, Socorro
SENIOR POOL TOURNAMENT**

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

**April 20, 2018 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE**

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

This Month's Events

**April 21, 2018 -- Saturday
9 am-3 pm at Sevilleta National
Wildlife Refuge
PIÑO RIM CACTUS HIKE**

Join in on a search for amazing blooms along the rim of Los Piños.

**April 24, 2018 -- Tuesday
10:30 am at North Soc. Senior
Center, Veguita
NUTRITION PROGRAM**

Everything from nutrition questions to recipe exchanges are lead by Lupita. All Seniors welcome.

**April 25, 2018 -- Wednesday
9:30 am at Senior Center, Las
Nutrias
RAC MOBILE LIBRARY**

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

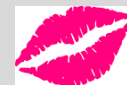
**April 26, 2018 – Thursday
TAKE YOUR DAUGHTER AND SON TO
WORK DAY**



**April 27, 2018 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SOCORRO SHOPPING TRIP**

All Seniors welcome. Call to reserve your seat! (505-861-2860)

**April 28, 2018 –
Saturday
KISS YOUR MATE DAY**



**April 28, 2018 -- Saturday
9:00 am at Sevilleta National
Wildlife Refuge
WILDFLOWER HIKE**

Grab your hiking pole and join the annual wildflower hike.

**DEADLINE FOR SUBMITTING MAY NEWS:
5:00 P.M., APRIL 24, 2018**



Spring Time Events!

By Jeannine Kimble

We have some fun excursions planned that will be perfect for the warming Spring days.

Meet the Natives! On Wednesday, April 4th (9 am), join a volunteer naturalist on this guided hike focusing on native plants! Hiking will be moderate and over uneven terrain. Lace up your boots, grab your hiking stick and camera and hit the trail with us. No reservations required!

Piño Rim Cactus Hike. Explore the Sevilleta on Saturday (April 21st) from 9 am-3 pm, on this strenuous hike along the rim of Los Piños. Join staff and naturalist on a search for amazing blooms. Pack your lunch, grab your hiking stick and make your reservations as spots fill fast!

Wildflower Hike will take place on Saturday (April 28th, 9 am). Flower power! Join a volunteer



naturalist on this wildflower hike! Grab your hiking pole, lace up your boots and join us for this slow moving, moderate hike while exploring the colorful wildflowers. No reservations required.

Jeannine Kimble is the Visitor Services Manager at the Sevilleta National Wildlife Refuge. If you have questions, call at (505) 864-4021, ext. 26106. ✂

Joke of the Month

Q. Why did the Easter egg hide?
A. He was a little chicken!

Q. What do you call a naughty egg?
A. Practical yolker

Q. What kind of music does the Easter bunny like?

A. Hip hop

Q. What do you call a rabbit with fleas?

A. Bugs Bunny!

Q. What has big ears, brings Easter treats, and goes "hippity-BOOM, hippity-BOOM, hippity-BOOM"?

A. The Easter Elephant

Q. How do you know the Easter Bunny is really smart?

A. Because he's an egghead.

Q. What happened to the Easter Bunny when he misbehaved at school?

A. He was eggspelled

Q. What did the rabbit say to the carrot?

A. It's been nice gnawing at you.

Q. What do you call an egg from outer space?

A. An "Egg-stra terrestrial".

Knock, knock!

Who's there?

Harvey.

Harvey who?

Harvey good Easter everyone. ✂



Black's Smuggler Winery

Spring 2018 Craft Fair!

Saturday, April 28 & Sunday, April 29
10 AM to 5:00 PM 12:00 to 4:00 PM

25 Winery Road, Bosque 87006



(505) 388-8117

24 Local Vendors, Food, Wine Tasting!

Meet up with friends and neighbors, shop local crafts & art, sample wine!

Soaps, metal work, wood work, quilted and crocheted items,

Art, jewelry, gifts of all kinds. Come out and have fun with us!

How to Make Chutney

By Dick Strawbridge and James Strawbridge

Chutney can be made from almost any fruit or vegetable. We've used marrows, runner beans, apples, radishes, rhubarb, red and green tomatoes, grapes, chilies, aubergines, squash, pears and turnips, to name but a few!

The key when making chutney is to cook it for a long time and evaporate most of the moisture so that it reaches a thick, jam-like consistency. The colors will change but the flavors will always intensify. The other thing to consider when cooking: a good chutney is to be bold and contrast the flavors – don't be afraid to mix fruits and vegetables.

Choosing Flavorings

There are various spices that add those distinctive chutney flavors: cumin, coriander, allspice, cloves, ginger, peppercorns, paprika, mustard seed and garlic are some of the main ones. Crush your chosen spices with a pestle and mortar to release their aroma.

Vinegar is used in chutney because its acidity effectively inhibits the actions of unwanted micro-organisms. Distilled vinegar is the strongest preservative, but also one of the most expensive. Try a variety of different vinegars, including cider vinegar, white wine vinegar and red wine vinegar.

How to Make Chutney

1. Start by slicing, dicing, peeling and coring all the fruit and vegetables you will be using. Then prepare the spice or herb mix.

2. Add the fruit, vegetables, herbs and spices to a pan and simmer until they start to soften.

3. Cook on a medium to low heat for no less than 45 minutes. You will know when your chutney is ready because it will have reduced to a jam-like consistency and your kitchen will smell wonderful.



4. Remove the chutney from the heat and pour into sterilized jars. Keep the jars in a cool, dark place and make sure that all the lids are securely sealed.

Grandpa's Chutney Recipe

Makes about 12 small jars

- 5 pounds green tomatoes, sliced
- 1 pounds onions, finely chopped
- 1 tablespoon salt
- 1 pound cooking apples, peeled, cored and sliced
- 1 pound golden raisins, chopped
- 4 cups pickling vinegar
- 1 pound light muscovado sugar, or 2½ cups dark brown sugar
- 5 small hot chilies, finely chopped
- 2 tablespoons ground ginger

Put the tomatoes and onions in a bowl, sprinkle with the salt and set aside for a few hours. Drain off the liquid and place the solids in a pan with the apple and sultanas. Gently heat until the fruit softens. Add the vinegar, sugar, chilies and ginger and cook for at least 45 minutes. Pour into sterilized jars and seal.

Storing

Most chutneys mature with age, and if kept in the right conditions

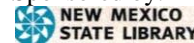


**Check out the
NM Family Pass
and get free admission
to museums & historic
sites across the state!**

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:



will last for years, but once you have opened a jar of chutney, it will last longer if you keep it in the fridge.

In Made at Home: Preserving (Firefly Books, 2012), Dick and James Strawbridge explain how to preserve a wide variety of fresh foods, including jams, jellies, pickles, relishes and chutneys. The following recipes and instructions on how to make chutney are taken from chapter 5: Jars. ✂

Rio Abajo Community Celebrations

April 3

Krishna Montoya's birthday
Susan Moran's birthday

Rio Abajo Community Celebrations

April 5

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

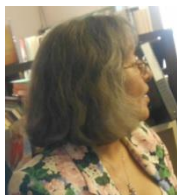
Nicolette Sanchez's birthday

IS A BIRTHDAY, ANNIVERSARY OR
CELEBRATION COMING UP? LET US KNOW
AND WE'LL PASS THE WORD!

Natural Health Tips

Breathing & Bananas

By Donna
Hernandez, ND,
MH



You know the old saying, "an apple a day keeps the doctor away." Well, when it comes to keeping asthma away, the same

basic principle applies. Only instead of an apple, the prevention comes from another favorite fruit. Now, the mainstream would have you believe that the best way to fight asthma is to tote around an inhaler, packed full of drugs that could actually increase the risk of an asthma attack. And of course there's barely ever any mention of prevention.

I believe prevention is the best medicine. Adopting measures that protect you from the biggest threats to your health is just common sense--sadly, though, what we think of as common sense is mostly ignored by mainstream medicine. They'd rather wait until you're sick, and then stick to a strict policy of "cut it and drug it." Whew--before I get off on too much of a tangent here, let's get back to the point. Preventing asthma.



A recent study at the Imperial College of London found that children who ate just one banana per day were more than one-third less likely to develop breathing problems and asthma symptoms than kids who didn't munch on daily bananas.

I talk a lot about the power of food--something the mainstream just doesn't seem to get. It boils down to another old saying: "You are what you eat." What we put into our bodies affects the condition of our bodies--again, it's just common sense.

Consuming bananas early in life has also been linked to a lower risk of childhood leukemia. Back to asthma, other studies have shown that even just one burger a week can increase the risk of asthma in kids.

Another trial also found that bromelain, the enzyme in pineapple, could reduce the inflammation that comes with asthma.

Now, for full disclosure: The research on bananas and asthma was supported by Dole. So, there's a certain amount of banana-pushing going on there, I'm sure. Still, the results are pretty compelling--and there are worse things to push on people than bananas, right?



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



Notice of Values

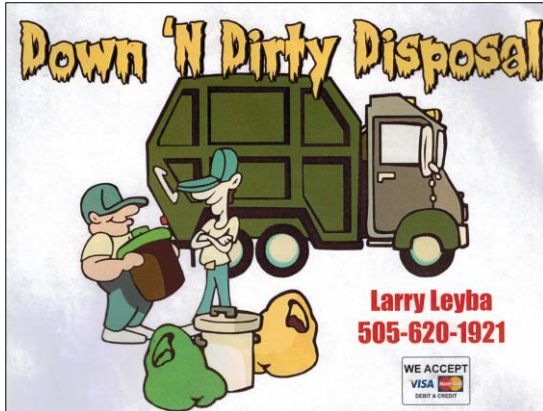
To all Socorro County Property Owners: The 2018 Notices of Values (pictured below) were mailed out on March 30th. Please

SHOPPING ON- LINE?

Sign up for Amazon Smile

(www.Smile.Amazon.com)

Make purchases as you normally would and Amazon donates a percentage of their profits to the non-profit of your choice -- and of course -- you want to pick
Rio Abajo Community Library!



Weekly Pick-up
(two 95-gal cans)
\$23 per month
no contract required

Serving almost all of Northern Socorro County

Commercial services
(one-time pick-up)
upon request

review and check to ensure you have all your exemptions if applicable.

If you have any questions, please call (575-835-0714), or come in and visit us. ✂

Future Events

May 2, 2018 – Wednesday
7:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

May 4, 2018 – Friday
9:00 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY ANNUAL MEETING

New Board Members are being elected! Everyone welcome to attend!

Future Events

May 9, 2018 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

May 13, 2018 – Sunday
MOTHER'S DAY

May 14, 2018 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING CIRCLE

Work on projects, learn crafts, and visit. For info call 864-0666

May 21, 2018 -- 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.

Future Events

May 23, 2018 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

May 25, 2018 -- Friday
LAST DAY OF SCHOOL

DEADLINE FOR SUBMITTING MAY NEWS:
5:00 P.M., APRIL 24, 2018

Classified Ads

ROOMMATE WANTED. Nice 3 bedroom, 2 bath, brick home in Contreras. Roommate will have use of the master bedroom. (505) 300-8354.

CHICKEN FRUIT FOR SALE. No additives, preservatives, hormones, dyes or chemicals. All natural deliciousness. \$3 per dozen if picked up. (505) 864-3662. ✂

Rio Abajo Community Library Board

President	Ken Hansen, La Joya
Vice Pres	Minnie Presley, Veguita
Secretary	Mary Lampkin, Veguita
Treasurer	Dolores Phillips, Sabinal
Directors	April Esquibel, La Joya
	Kathy Esquibel, Veguita
	Quentin Lawson, Veguita
	Irene Saiz, La Joya

Federal non-profit # 83-0398943 ✂

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

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ADDRESS CORRECTION REQUESTED

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