

FREE

March 2017 .
Volume 5, Issue 10 .

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

May 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

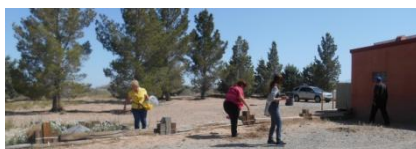


Fast & Furious Hunt



The Northern Socorro Senior Center hosted Annual Senior Easter Egg Hunt, and boy, it sure was exciting!

Since the County was unable to help and donations were lacking, Director Pat White-Johnson personally financed the entire affair, including the food and band. Attendees came in by the busload from Valencia County and Socorro and everyone came eager to win prizes and looked forward to band and dancing.



There were 300 eggs hidden throughout the grounds and the imaginative nooks and crannies were high and low.



The second place prize (a \$25 gift card) was won by Anita Salazar of Bosque Farms.

Pictured above with bunny ears is Pat, Anita (center) opening her

prize and on the right, Deza Henderson from Socorro.

The first prize (\$50 gift card) was won by Art Benavidez from Socorro.



A special thank you was awarded to Deza Henderson (8 years old from Socorro), who volunteered to color and decorate all 300 eggs. She was thrilled to receive the \$40 gift card, especially since she had assumed her only reward was to watch how much everyone enjoyed her hard work!



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!**

When the band (The Enchanted Four) struck up their first song everyone's toes started tapping and folks hit the cement!

Each year the Annual Egg Hunt grows in popularity. There is now the Hunt, the Dance, and Food. What a fun combination!

Hopefully next year there will be more contributors so even more can be made available. Thank you Pat and Deza for making this a special occasion.

By the way, we have loads more pictures which we put on our Face Book page (www.FaceBook/RACLibrary), and while there, invite us to be Friends!

☺ ☺ ☺

Some of the things the Center 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 (in May, the shopping trip is scheduled for Friday, May 12th).
- Monthly menu and activity calendar with a nutrition packet and fun puzzles.

For additional information about the program, come by the Center (894 Highway 60, Veguita) or call (505-861-2860). The Center is open Monday through Friday, 8 am to 2 pm. ✨

Hear Ye! Hear Ye!

Library Board Elections

will take place on **Friday, May 5th**
(9:30 a.m.)

Come Vote for Your Favorite Candidate!

RAC Library News

Cookbook & Reading!

We continue asking for recipes, stories and pictures for our community cookbook.



Recently we met someone who will be contributing some of the family's traditional recipes and will be submitting never-before-seen pictures of Contreras from the early 1900s. We are so excited that this family will be well represented! See page 8 if you want to include your family's food and history!

Now for the Summer Reading

RAC LIBRARY BUILDING FUND STATUS

Total amount needed: \$700,000 total

STEP ONE:

Site development = \$70,000 (preparing site, septic, well, electrical hook-up)

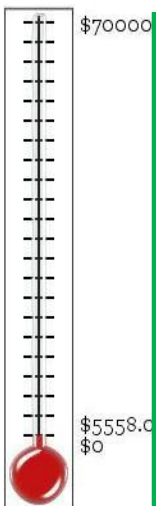
Kick-off funds provided by:

Socorro Electric Cooperative Foundation (\$1,000)
La Joya Community Development Association (\$1,000)

Help our Library get its own building!

Donations accepted at:

RAC Library and on-line at www.GoFundMe.com/RACLibrary



Program! We are thrilled with some of the things we found and were able to get (see page 9).

It kicks off on June 6th with a multi-hundred dollar presentation! The first 20 kids that enroll will not only get to see a 3D printer in action, but will also have the chance to make a project using the printer. We have a special dinosaur exhibit coming out this summer with a super fun, super messy project for all participants to enjoy. We have an architect coming out with some surprises for everyone. We have officials that will be bringing out professional equipment to examine and try out. We have growing projects, some amazing challenges and great prizes!

Enrollment starts May 2nd and will continue until the program ends. The program starts on June 6th and ends August 3rd with a party and distribution of prizes.

The **Build a Better World Program** has three levels:

- Elementary (grades K-5)
- Middle (grades 6-8)
- Teen (grades 9-12).

Remember! Only the first 20 that enroll will have the opportunity to actively participate in the 3D Printing Project, although everyone is welcome to attend and enjoy the activities.

Let's all have some fun this summer!



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 ✨

Brown Recluse Spiders



With the warmer weather we all head to the outdoors and start to work in our gardens. This is a good time to remember how dangerous the Brown Recluse Spider is.

Show these pictures to all your loved ones and friends. It could save their lives. Remember what this Spider looks like and be careful while cleaning, as told below.

This guy was bitten by a Brown Recluse spider.

Day 3: The following illustrates the progression of a brown recluse spider bite. The affected skin actually dies on his body.



Day 5: Some of the pictures towards the end are pretty nasty, but take a look at the last one -- it is a picture of the spider itself.



Day 6: The Brown Recluse Spider is the most dangerous spider that we have here in the USA.



Day 9: A person can die from its bite. We all

should know what the spider looks like.

People will be digging around, doing yard work, spring cleaning, and sometimes in their attics. Be careful where you put your hands. Recluse spiders like dark spaces and woodpiles and tend to live in storage sheds or attics or other areas that might not be frequented by people or light.

If you have a need to be in your attic, go up there and turn on a light and leave it on for about 30 minutes before you go in to do your work.

Please be careful. Spider bites are dangerous and can have permanent and highly negative consequences. ✨



This Month's Events

May 2, 2017 -- Tuesday
11:00 am at RAC Library
SUMMER READING REGISTRATION

Registration for the summer fun begins. Bonuses for early registrations!

May 3, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

Plans for the upcoming growing season will be made.

May 5, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

May 5, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

We are holding our Elections! Everyone is welcome, come vote, and give input about the cookbook and Summer Reading Program.

This Month's Events

May 8, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING CIRCLE

Work on your project, learn new crafts, and visit with everyone. For info call 864-0666, 864-5904

May 10, 2017 -- 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.

May 12, 2017
9:00 a.m. at North Soc. Senior Center, Veguita
SHOPPING IN SORROCO

Call the Senior Center to reserve your seat on the bus! (505) 861-2860

May 13, 2017 -- Saturday
1:30 p.m. at Thimble Theater, 33 Calle de 5Centro Sur, La Joya
LAJOYA MUSIC & NATURE RETREAT

The Annual Free Concert by our Special Orchestra. See page 4.

May 14, 2017 -- Sunday
MOTHER'S DAY



May 15, 2017 -- 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.

May 19, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

May 20, 2017 -- Saturday
ARMED FORCES DAY



May 24, 2017 -- Wednesday
9:30 am at Senior Center, Las

This Month's Events

Nutrias
RAC MOBILE LIBRARY

Books and more will be available

May 25, 2017 -- Thursday
LAST DAY OF SCHOOL

May 29, 2017 -- Monday
MEMORIAL DAY

The Senior Center, government offices and banks are closed today

DEADLINE FOR SUBMITTING JUNE ANNOUNCEMENTS: 5:00 P.M., MAY 24, 2017

Free Concert!



Our own internationally renowned agency, *Special Orchestra*, is hosting their annual Concert for All Abilities at the Thimble Theater (33 Calle de Centro South, La Joya). The musicians should have everything tuned up to begin their performance about 1:30 p.m.

As a reminder for those who attended last year, and a note for new music lovers, bring a lawn chair with you!



Last year's concert was well attended and even local musicians not normally associated with *Special Orchestra* joined in!

It's free, it's fun, and everyone is welcome. Be ready to be swept along in the dancing, clapping, and shaking the "guest" tambourine. Final note, don't forget your camera! ✂

Fly Away Tip



Some friends went to a restaurant lunch and sat in the patio section beside the store. They happened to notice zip lock baggies pinned to a post and a wall. The bags were half filled with water, each contained 4 pennies, and they were zipped shut. The owner told them that these baggies kept the flies away!

They watched some flies come in the window, stand around on the window sill, and then fly out again -- there were no flies in the eating area! So, I checked this out on Google, and here are comments on this fly control idea.

#1 Says: I tried the zip lock bag and pennies this weekend. I have a horse trailer. The flies were bad while I was camping. I put the baggie with pennies above the door of the LQ. NOT ONE FLY came in the trailer. The horse trailer part had many. Not sure why it works but does!

#2 Says: I swear by the plastic bag of water trick. I have them on porch and basement. We saw these in Northeast Mo at an Amish grocery store & have used them since. They say it works because a fly sees a reflection & won't come around.

#3 Says: Regarding the science behind zip lock bags of water? My research found that the millions of molecules of water present its own prism effect and given that flies have a lot of eyes, to them it's like a zillion disco balls reflecting light, colors and movement in a dizzying manner.

When you figure that flies are prey for many other bugs, animals, birds, etc., they simply won't take the risk of being around that much perceived action.



The water never needs to be changed as long as it doesn't evaporate. Some folks leave theirs up all year and let it freeze in the winter and when it melts in the spring it still works.

If you try this, let me know how it works for you! ✂

Word of the Month

Progenitor: (noun) (1) a biologically related ancestor; (2) a person or thing that first indicates a direction

EXAMPLES: He is the *progenitor* of what could be called the state of New Mexico.

ORIGIN: Middle English from the Latin *Progenitor*, the founder of a family, 1350-1400. ✂



Rio Abajo Community Celebrations

May 1
Julie Mora's birthday

May 2
Kathy M Esquibel's birthday

Rio Abajo Community Celebrations

May 5
Kyle Dillard's birthday

May 5
Elaine Leatherbury's birthday

May 10
Nikole Esquibel's birthday
Erica Martinez's birthday

May 14
Maria Martinez's birthday

May 15
Sebastian Martinez's birthday

May 18
Alicia Medeiros' birthday

May 23
Felix Gallegos's birthday

May 19
James L. Martin's birthday

May 23
Justina Carrillo's birthday

May 24
Carolyn Ueberroth's birthday

May 25
Joshua Martinez's birthday

May 26
Donna Hernandez's birthday
Travis Ottney's birthday

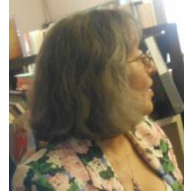
May 29
Nancy Bowers' birthday

May 31
Jacob Baldonado's birthday
Sharon Sinclair-Fox's birthday

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

Natural Health Tips

Getting Rid of Lice Naturally



By Donna Hernandez, ND, MH

If you don't want to apply neurotoxic pesticides to your child's head, here are some effective alternatives.

1. Diatomaceous Earth (DE)

Diatomaceous earth is made from tiny fossilized water plants called diatoms, which are ground up to make a fine, chalky powder that's toxic to insects. DE absorbs fats from the insects' protective outer coating, dries them out, and kills them. Although DE is non-toxic to humans, be careful to avoid breathing in the dust, especially for a prolonged period. Here's how to safely use DE for lice treatment:

1. Place a t-shirt upside down over your child's head so the collar seals around the scalp.
2. Apply DE to your child's hair, while being careful to keep the dust inside of the t-shirt "bag."
3. Tie off the open end of the t-shirt and massage the DE into your child's scalp.
4. Allow it to sit overnight, then shampoo it out the next day.
5. This should be followed by a thorough combing with an extra-fine comb. You may need to repeat the treatment once a week for three weeks.

2. Tea Tree Oil

Tea tree oil has antifungal, antibacterial and antiviral properties; however it's also very effective at killing head lice. An application of 1% tea tree oil killed 100% of head lice after 30 minutes in one study. To create a tea tree oil solution, follow these steps:

1. Mix 1 teaspoon of tea tree oil, 1 ounce of natural shampoo and 3 teaspoons of coconut oil.
2. Gently apply the mixture throughout your hair, and then cover it with a shower cap or towel. Leave it for 30 minutes, and then rinse out with warm water.
3. While your hair is wet, use a fine comb to remove the dead lice.

3. Hot Air

Various devices that blow hot air help kill head lice, like the LouseBuster, which kills nearly 100% of lice eggs and 80% of hatched lice. The LouseBuster is sold to nurses, schools, hospitals, and "lice salons" that specialize in non-toxic lice removal. Your next best option is to use a regular hair dryer.

According to a study published in the journal American Family Physician, hair dryers have a 47.2% success rate in eradicating lice, and a 47.5 success rate in decreasing egg hatch rate. You will need to repeat this method several times to remove the lice completely, though.

4. Salt and Vinegar Mixed With Coconut Oil

A mixture of salt and vinegar can kill lice on your scalp. To create a spray mixture:

1. Dissolve ¼ cup of Himalayan salt in ¼ cup of warm apple cider vinegar.
2. Spray the mixture onto your scalp until it is wet.
3. Allow your scalp to dry, and then coat it with a layer of coconut oil.
4. Leave the oil for eight hours, and then comb out the dead lice.
5. Wash your hair and scalp to remove the aroma created by the mixture.

Head lice is quite common, affecting 6 million to 12 million U.S. kids every year, so if your child gets sent home, don't panic. By using one or more of these natural methods, you should be able to get rid of lice without dangerous chemicals.

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

Joke of the Month



Generous Electric, feeling it was time for a shakeup, hired a new CEO. The new boss was determined to rid the company of all slackers.

On a tour of the facilities, the CEO noticed a guy leaning against a wall. The room was full of workers and he wanted to let them know that he meant business. He asked the guy, "How much money do you make a week?"



A little surprised, the young man looked at him and said, "I make \$400 a week. Why?"

The CEO said, "Wait right here."

He walked back to his office, came back in two minutes, and handed the guy \$1,600 in cash and said, "Here's four weeks' pay. Now GET OUT and don't come back."

Feeling pretty good about himself the CEO looked around the room and asked, "Does anyone want to tell me what that goof-ball did here?"

From across the room a voice said, "Pizza delivery guy from Domino's." ✨

Future Events

**June 7, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

All the latest irrigation news will be exchanged.

**June 2, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

Plans are in the works for exciting events in 2017. Everyone welcome to attend!

**June 6, 2017 -- Tuesday
1:00 pm at RAC Library
MAKERSPACE PROGRAM (3D
PRINTER PROJECT)**

The first 20 enrolled Summer Program participants will make a project. All other guests are welcome to attend!

**June 12, 2017 -- Monday
6:30 pm at RAC Library**

Future Events

LAJOYA LADIES' CRAFTING CIRCLE

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

June 14, 2017 -- Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

JUNE 19, 2017 -- 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.

June 20, 2017 -- Tuesday
1:00 pm at RAC Library
THE MAGIC OF BUILDING

For Summer Reading participants -- Architect A. Miguel Trujillo will be demonstrating how to draw a dream and bring it to life!

June 21, 2017 -- Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

July 6, 2017 -- Thursday
1:00-5:00 pm at RAC Library
WONDER VAN BRINGS DINOSAURS

Enrolled Summer Program participants need to schedule when they will attend so they can be guaranteed a spot in the demo and project

August 3, 2017 -- Thursday
1:00 p.m. at RAC Library
SUMMER READING PARTY & AWARDS

August 5, 2017 -- Saturday
NATIONAL UNDERWEAR DAY

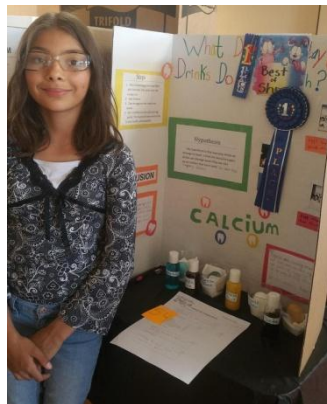
Future Events

AUGUST 15, 2017 -- Tuesday
7:00 pm at RAC Library
LAJOYA COMMUNITY DEVELOPMENT ASSOCIATION

DEADLINE FOR SUBMITTING JUNE ANNOUNCEMENTS: 5:00 P.M., MAY 24, 2017

We Have A Science Fair Champ!

We have a champion in our midst! Alexis Price of La Promesa Elementary School won this year's first place in the Annual Science Fair. In fact, she not only excelled at the school, she was recognized as first place for the entire fourth grade in the Belen School District!



Her project researched the question: *What Every Day Drinks do to Our Teeth.* Her research covered such beverages as orange juice (makes teeth bumpy), Powerade (makes holes in teeth),

Coca Cola (severely stains teeth), and grape juice (stains teeth more than Cola).

We salute this great thinker! The adage says "Readers are Leaders," and this pretty lady just put all of us in the Rio Abajo community on notice. Look out world, Alexis is coming! ✨

Classified Ads

PAID TRAINING POSITIONS OPEN. Any low-income adult, 55 years or older that are veterans, disabled and/or displaced homemakers are eligible. Pay is \$7.50/hour, 15+ hours per week, and tax exempt. Call Jonah at (505) 998-2896 for more information.

SUPER FAST HOME COMPUTER FOR SALE. Dell Inspiron 537 computer (PC tower) with HP w1907 monitor. Intel Pentium 4-core processor (64-bit); 4 GB RAM, 1T memory, Windows 7 premium (activated) and Microsoft Office 2007. WiFi enabled (D-link card), has ATI Radion graphic card with HDMI and high-resolution AGV, and includes computer desk. \$500 or best offer. (505) 417-1618

Want to run an ad in next month's newsletter? It's only \$1 a month for 25 words or less. Deadline for submissions: March 24, 2017. For display ad rates, call at (505) 861-8289. ✨

Rio Abajo Community Library Board

President	Carolyn Ueberroth, Contreras
Vice Pres	Minnie Presley, Veguita
Secretary	
Treasurer	Dolores Phillips, Sabinal
Directors	Quentin Lawson, Veguita A. Miguel Trujillo, Las Nutrias

Federal non-profit # 83-0398943 ✨

Rio Abajo Community Cookbook Entry Form

Person entering recipe(s): _____

Address: _____

City: _____ Zip _____

Contact phone: _____

Email: _____

If not presently living in the Rio Abajo community, please explain family connection to the community: _____

Name of recipe(s) being submitted (recipes on separate sheet): _____

Include a little story, description of occasion and/or a picture.

- Please submit your story or history on a separate sheet or submit via email to RACLlibrary@hotmail.com (one story/history per entry).
- Regarding any picture, please send via email or come into the library so originals can be scanned and returned promptly.

Submit entry form by June 1, 2017 with attachments to: RACL Community Cookbook at 28 S. Calle de Centro, La Joya, NM 87028.

Rio Abajo Community Cookbook Entry Rules

The Rio Abajo community includes:

- | | | |
|--------------|------------------|---------------|
| Abeyta | Jarales | San Francisco |
| Bernardo | La Joya | San Juan |
| Blue Springs | Ladron Foothills | Tierra Grande |
| Bosquesito | Las Nutrias | Veguita |
| Contreras | Sabinal | |

All entries must be submitted by someone living in this community or by someone whose family came from this community. **DEADLINE FOR ENTRIES: June 1, 2017**

There are no limits as to the number of entries being submitted, but selection of recipes to be included into the cookbook will be made by the RACL Review Board. Submittal of a recipe does not guarantee entry into the cookbook.

With each recipe, please provide exact measurements for each ingredient rather than approximations – i.e., a palmful of flour in my hand equals ¼ c, but someone else's palm may equal a full cup. Approximations can produce a household disaster!

Before submitting a recipe, please double-check that no ingredient has been overlooked or forgotten.

Recipe categories will include:

- Appetizers & Beverages
- Breads and Rolls
- Main Dishes and Casseroles
- Sauces, Dressings, Gravies, Marinades
- Soups and Salads
- Vegetables
- Pies, Pastry & Desserts
- Cakes, Cookies & Candy
- This & That (anything that does not fit the categories, such as a good Play Doh or silver-cleaning recipe)



YOU are invited to

Build a Better World

at the **Rio Abajo Community Library's**

2017 Summer Library Program

Starts June 6th

with loads of activities and surprises!

Some of the Scheduled Activities include:

Demonstration of a
3D printer
PLUS
the first 20 registered
make a 3D project!

Wonder Van
with dinosaurs
and a
"prehistoric" project

Growing Special
with
lots of dirt!

Special Programs
only available
to enrolled participants –
and the fun begins on June
6th.
So enroll early!

Order Form for Ads, Subscriptions and Volunteers

Subscription:

Request an annual subscription (with gifts and extras) to the monthly newsletter (\$15/year) 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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