

FREE

March 2017 .
Volume 5, 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

March 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



Community Flame Goes Out



The community recently lost a dynamic man whose legacy in Rio Abajo will not be forgotten. Kelly Voris was always enthusiastic about anything he delved into. Whether in courtship (as his beautiful wife, Becky, will attest), to being an actively supporting parent, to personal pursuits (like drag racing), to revitalizing the Abeyta Volunteer Fire Department, Kelly was a bundle of energy.

As a loving dad, Kelly supported his daughter, Nicole, in all her endeavors. One good example comes that came to mind was when Nichole was actively learning ballet. For her ballet class' Christmas presentation of "The Nutcracker," Kelly volunteered to be the butler. We can just picture him on stilts having tiny, eager ballerinas floating out from the bellowing skirt. How many dads would do that?



Prior to moving to Rio Abajo, Kelly and Becky ran a custom home building company. His driving desire throughout his career was to provide the highest quality home possible for all the

homeowners. Kelly strived to raise each new housing project to new standards of quality and the homeowners enthusiastically appreciate his work to this day.

After the 9-11 disaster in New York, Kelly and his brother joined the Abeyta Volunteer Fire Department. With his typical zeal, he brought Becky in with him and it was not long before they were both actively working at helping the then-chief, Lester Cotis, to process the volumes of paperwork involved. After a few years Kelly became Assistant Fire Chief, and then eventually Fire Chief.



During his work with the fire department, Kelly successfully mentored and trained many young men as fire fighters, and which young men eventually became successfully hired with large municipalities. Today the department is housed in a relatively new building with state-of-the-art equipment and trucks due to Kelly's persistence and hard work.

The entire community is saddened that Kelly has passed on, but as time moves forward, we are sure to miss Kelly's boundless enthusiasm, his dynamic perseverance, and his dedication to the safety and well-being of all his neighbors. Fortunately, the small army of volunteer firefighters

remaining will keep Kelly Voris' dream alive! ✂

RAC Library News



Excitement is building

The final touches and the push for donations is taking place for our Annual St. Paddy's Day Bingo. Some of the prizes collected so far have everyone pretty excited!



Programs and surprises are also gathering for our Summer Reading Program. One great surprise – the State Library is kicking off our program with a special class to demonstrate 3D printing and class participants will have the chance to create a card using the 3D printer! More juicy scoops on this project next month!



We continue to strongly encourage everyone to submit at least one family or household recipe, and we hope every family is represented. The deadline of July 1st has been set so

that we can have the cookbook ready for the holidays! (See page 9 for a details and entry form.)



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 ✂

St. Paddy's Day Recipe

Irish Tipsy Cake



- 1 pound sponge cake (If you use a jam Swiss roll, omit the next ingredient)
- 3 tbsp strawberry or raspberry jam
- Large measure of Irish Whiskey

- ¼ pint sherry
- 1 pint hot custard
- ½ pint whipped cream

Spread jam roughly over cake and then cut into small pieces. Place in a serving dish.

Mix sherry and whiskey and pour over cake. Press down lightly with the back of a spoon. Pour custard over the cake and chill.

Spoon whipped cream over top just before serving.

Recipe from "The Feckin' Book of Everything Irish" by Colin Murphy and Donal O'Dea. ✂

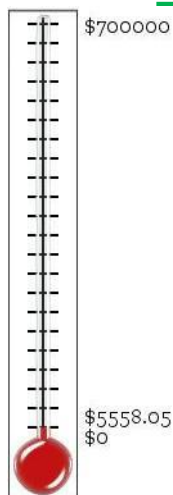
This Month's Events

March 1, 2017 -- Wednesday
ASH WEDNESDAY (LENT BEGINS)

March 2, 2017 -- Thursday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

Plans for the upcoming growing season will be made.

March 2, 2017 -- Thursday
READ ACROSS AMERICA DAY
Activity is ramped up for the Annual St. Paddy's Day Bingo and the cookbook! Everyone welcome.



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

This Month's Events

March 3, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING
Activity is ramped up with all the FUN activities! Everyone welcome to see "history" in the making.

March 8, 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.

March 10, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE
All Seniors welcome. Note Lunch will be served at 11.

March 12, 2017 -- Sunday
DAYLIGHT SAVINGS TIME
BEGINS

Don't forget to spring clocks forward one hour!



March 13, 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

March 13-17, 2017
Belen Public Schools
NO SCHOOL!

March 15, 2017 -- Wednesday
NATIONAL AGRICULTURE DAY



March 17, 2017 -- Thursday
ST. PATRICK'S DAY



March 19, 2016 -- Sunday
2 pm at Our Lady of Sorrows Parish Hall, Highway 304, Veguita
ANNUAL ST. PATRICK'S DAY BINGO
See page 9 for more details!

This Month's Events

March 20, 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.

March 22, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY

This Month's Events

March 24, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE
All Seniors welcome. Note Lunch will be served at 11.

DEADLINE FOR SUBMITTING APRIL ANNOUNCEMENTS: 5:00 P.M., MARCH 24, 2017

HOW TO SPOT FAKE NEWS

CONSIDER THE SOURCE

Click away from the story to investigate the site, its mission and its contact info.

READ BEYOND

Headlines can be outrageous in an effort to get clicks. What's the whole story?

CHECK THE AUTHOR

Do a quick search on the author. Are they credible? Are they real?

SUPPORTING SOURCES?

Click on those links. Determine if the info given actually supports the story.

CHECK THE DATE

Reposting old news stories doesn't mean they're relevant to current events.

IS IT A JOKE?

If it is too outlandish, it might be satire. Research the site and author to be sure.

CHECK YOUR BIASES

Consider if your own beliefs could affect your judgement.

ASK THE EXPERTS

Ask a librarian, or consult a fact-checking site.

IFLA
International Federation of Library Associations and Institutions

Wells & Water Management Workshop



The Engineering New Mexico Resource Network at New Mexico State University and the Civil Engineering Department will present a workshop on Wells, Pumps, Etc., from 9 a.m. to 4 p.m. Saturday, March 11.

The conference presents state-of-the-art techniques in design, maintenance and the operation of wells and pumps as well as ways to help improve water management during the ongoing drought in southern New Mexico. The seminar is for farmers, water managers, and people who are involved in developing and operating water systems.

Topics to be covered in the seminar include:

- Improving measurement and efficient delivery to your field
- Fluctuation in shallow aquifer storage in response to ongoing drought
- Water outlook for 2017 and the Texas-New Mexico lawsuit
- Proper design, operation and maintenance of wells and pumps
- How to measure well and pump efficiency, irrigation scheduling under the new adjudication rule, flow measurement and salinity issues
- The future of our aquifer

- On-farm water conservation techniques

The seminar will be led by Civil Engineering Professor Zohrab Samani and offers six professional development credit hours for professional engineers. It will be held on the NMSU campus in Hernandez Hall, Room 103. The cost is \$100; \$30 for students. For more information, contact Zohrab Samani at zsamani@nmsu.edu or 575-646-2904. To register, visit <http://2017wellspumpsetc.eventbrite.com>. ✂

Word of the Month



Shenanigans:

(noun) Mischievous, suspicious, under hand, devious goings-on.

EXAMPLES: "Next item on today's commission agenda: planning *shenanigans*..., sorry, uh, planning submissions. ✂

Rio Abajo Community Celebrations

March 2

Dr. Seuss' birthday

March 3

Vince Esquibel's birthday

March 4

Tess Chacon's birthday

Rio Abajo Community Celebrations

March 7

Libby Barela's birthday

March 8

Virginia Gray's birthday

March 9

Eillen D Eiler's birthday
Daniel Medeiros' birthday
Michael Medeiros' birthday

March 10

Joseph Ulibarri's birthday

March 15

Clara Gonzales' birthday
Lupé Saiz-Fields' birthday

March 20

Mary Medeiros' birthday

March 21

Nikkolas Jones' birthday
Kevin Hines' birthday
Richard Wheeler's birthday

March 23

Prescilla Mendoza's birthday

March 24

Zia Yniguez's birthday
Tommi Lynn Mayse's birthday

March 23

Norma Stanton's birthday

March 26

Melissa Gabaldon's birthday

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

Rio Abajo Community Library Board

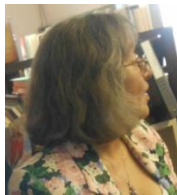
President	Carolyn Ueberroth, Contreras
Vice Pres	Minnie Presley, Veguita
Secretary	
Treasurer	Dolores Phillips, Sabinal
Directors	Quentin Lawson, Veguita A. Miguel Trujillo, Las Nutrias

Federal non-profit # 83-0398943 ✂

Natural Health Tips

Cholesterol – Enemy or Friend?

By Donna
Hernandez, ND, MH



Despite the hype about cholesterol, it is a fat that's critical to several necessary hormones. In fact, sunlight on the skin changes cholesterol into vitamin D. So, without cholesterol, we're in trouble.

A cholesterol level above 300 is better than a lower one. Largely ignored research shows clearly that levels around 160 are more likely to have severe heart attacks. So, what's the fuss? Some researchers found that high levels of cholesterol correlates to a high incidence of heart problems. Artery plaque is composed of cholesterol, other fats and calcium, so researchers "jumped" to the conclusion that cholesterol was "bad". So, foods that contain cholesterol were "banned" by many MD's, including eggs, butter, cheeses and meats. However, 80% of the cholesterol in the blood is manufactured in the liver and is NOT derived directly from food.

Sugar is the Real Culprit

When you eat something, it is broken down in order to pass through the intestinal walls. Protein is broken into individual amino acids, starch is broken into various sugars (including glucose) and fats are broken down into fatty acids.



When starches are broken down into sugars, they change into "glucose," which the body needs for energy. Once the glucose is in the blood stream, it is forced into all the body's cells by insulin. Glucose is used by your body for energy, but if you don't need energy, the glucose is converted into a fatty acid and is ejected back into the bloodstream. This fatty acid can be any combination of three types; "triglycerides" means 3 fatty acids.

Now, the liver "sees" the triglycerides level rising, so it uses some of these "fats" to make cholesterol in order to "balance" these levels. This is why high cholesterol levels are linked to high triglycerides levels, which all starts with sugar. In 1999, the average person in the US ate 5-10 lbs of sugar PER YEAR. Today, it's up to over 200 lbs a year.

Egg & Butter Facts

Eggs are the most perfect food for humans. Measured on a scale of 100, eggs rate 100, and all other foods only reach 99 or less. Eggs contain lecithin, a fat that actually lowers cholesterol. In one case, kidnapped victims were fed only hard boiled eggs, and when finally released, they were in better health than before the ordeal.



A study in England reported in the Lancet found that persons who ate 6 eggs per week had lower cholesterol than persons who ate none. Several studies have also shown that persons who eat butter live longer and better than those who eat margarine. Nickel is used to make margarine, which is toxic, and margarine is just as fattening.

Summation

From all the research I've done and read over the past 30 years, this is all one person's "educated opinion." You make up your own mind.

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



How to Cheat a Leprechaun

First, it would be advised to go to Ireland as that is where the alleged leprechauns reside.

1. It is advised to purchase a bottle of Hennessy Scotch Whiskey as it was told to me that is a leprechaun's favorite drink.
2. As you wander through the glens and woodlands, be sure to take the whiskey with you.
3. Once you hear the tapping of a shoemaker's hammer, you know that you are close to an alleged leprechaun.
4. If and when you spot a leprechaun, uncork the Hennessy and try to be upwind as the wind will send the aroma of the whiskey to the leprechaun. (It has been said that a leprechaun who has had a taste of Hennessy is hooked for life and would do anything for another taste.) As he approaches, pretend you don't see him as you want him to get close enough to catch.
5. If you are lucky enough to catch the leprechaun, then ask to see his gold. If he agrees,

then ask if you can have a small piece. If he agrees, take the smallest piece. Look at it then put it back. This will confuse him into thinking you are an honest person.

6. Now is the time to ask about the three wishes. Be careful that you don't accept the three wishes as there is a 4th wish that cancels the three. Instead, ask him for all your wants and needs. By now he will be out of his mind with the want for a drink that he would agree with almost anything.
7. Now that I have my wants and needs, I want to be the most beautiful woman and I need to win the lottery.

Now you know how to cheat a leprechaun. There is another way to cheat a leprechaun

1. If the leprechaun refuses to grant your request for your wants and needs, then take the three wishes. As you already know, there is a fourth wish.
2. Wish #1: "I wish for the fourth wish to be null and void."
3. Wish #2: "I wish that all my wants and needs be granted."

Now you have another wish in case you ever need it. Just the thing for a greedy person, but catching a leprechaun is as likely as winning the Publisher's Clearing House Sweepstakes. ✂

Northern Socorro Senior Center



Everything is so beautifully decorated in preparation for St. Paddy's Day. It appears that the dance on Friday, March 10, is

going to provide some Irish surprises.

The Weekly Bingo every Wednesday (from 11 am to 12 pm) has proven to be a hit. As a result, the games continue! It costs \$1 per card to purchase prizes.

Lastly, the bi-weekly dances continue to be the most popular event. This month the dances will be on the 10th and 24th from 10 am to 12 pm.



All Seniors (60 years and older) are welcome to join the Center for a hot meal and activities. To qualify for meals at the center you need to be assessed the first day you come in (takes 5-10 minutes) and requires basic information.

✂ ✂ ✂

Some of the things provided:

- 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 60, Veguita) or call (505-861-2860). The Center is open Monday through Friday, 8 am to 2 pm. ✂

Future Events

April 5, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

All the latest irrigation news will be exchanged.

April 7, 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!

April 10, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING
CIRCLE

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

Southwest Beads & Supplies



Julie Miller

505-859-6126

VEGUITA,
NEW MEXICO

Future Events

April 12, 2017 -- Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY

APRIL 14, 2017 -- Friday
Belen Public Schools
SPRING BREAK – NO SCHOOL

April 16, 2017 -- Sunday
EASTER SUNDAY

APRIL 17, 2017 – Monday
Belen Public Schools
SPRING BREAK – NO SCHOOL

April 17, 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.

APRIL 25, 2017 -- Tuesday
7:00 pm at RAC Library
LAJOYA COMMUNITY
DEVELOPMENT ASSOCIATION

April 26, 2017 -- Wednesday
9:30 am at Senior Center, Las
Nutrias
RAC MOBILE LIBRARY

DEADLINE FOR SUBMITTING APRIL
ANNOUNCEMENTS: 5:00 P.M., MARCH
24, 2017



Preparing the Coop for Spring

By Anna Twitto

Though we're still in the deep of winter, days are beginning to lengthen and spring seems to be just around the corner. Our chickens pick up the cue of longer days and generally resume laying around February, even though it's

still cold. The young pullets hatched at the end of last season – say, September or October – are generally ready to start laying in February or March.

So what should chicken owners do at the end of winter?

Nesting Boxes

Nesting boxes are the most obvious accommodation for your layers. Make sure you have an adequate number of boxes (one per 3-4 chickens). Nesting boxes should be comfortable-sized and sheltered from wind and rain. Pad them with straw, dry grass, dry leaves or wood shavings; you might also want to invest in dummy eggs to encourage your hens to lay there. Plastic dummy eggs can be bought very cheaply in a toy store or ordered via eBay, but ceramic eggs will last much longer and be a lot less easy to throw out.



Cleaning

During the winter, many of us (me included) are somewhat neglectful of cleaning out the chicken coop. Cold, rain, wind, frost and snow simply aren't very conducive of spending time out of doors. Warmer weather and longer days are just the thing to prompt one to give that chicken coop a thorough airing and spring cleaning. The chicken manure, rotten straw or shavings and other scraps can go in the compost pile; this year I made the experiment of spreading a thin layer of my chicken coop clean-out pile around fruit trees, to let that valuable organic matter gradually sink into the soil.

New Chicks

Once your hens get into the stride of laying, you're very likely to get

a broody or two pretty soon. Make sure you have comfortable accommodations for broodies and new chicks – a sheltered corner in the coop or, in case you are hand-rearing the chicks, an indoor brooder with a heating lamp. If you use an incubator, you might also want to dust it off and check that it's in working order before spring.



I always look forward to spring throughout the winter, eagerly awaiting the surprises in the form of fresh eggs, new layers and new chicks, and anticipating the growth of our flock over the season. I wish all the chicken keepers a great and productive spring, with plenty of happy hens and delicious eggs.

NOTE: This article first appeared in the Mother Earth News Blogs on February 6, 2017. This excerpt

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!**

*Río Abajo Community Library
Presents*



5th Annual **BINGO**



*Sunday - March 19, 2017
Beginning at 2:00 p.m.
Our Lady of Sorrows Parish Hall
NM Highway 304, Las Nutrias*

*Lots of GREAT
prizes*

Great Door prizes!

Great Snacks - Desserts - Beverages!

Great Fun!



*\$10 for 7 sheets (three games per sheet equals 21 chances to win!)
thereafter*

\$2 per sheet of 3 for extra chances to Bingo!

Proceeds earmarked for the Building Fund

For more information - (505) 861-8289

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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