

FREE

March 2019.
Volume 7, Issue 5 .

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](https://www.facebook.com/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



Socorro County News

*By Commissioner
Martha Salas, Dist. 1*

We have good and bad news this month, as well as a “heads-up.”

The Socorro Assessor's Office recently had a major computer crash. As a result that office will be closed every Monday as of March 4th until further notice – which will be when the new systems are completed and all information is updated from 2017 to the present. Meanwhile, they will be open Tuesday-Friday at the regular schedule.

Our clinic's Grand Opening is tentatively scheduled for April 11, and it is projected to be open for business on April 15th. Needless to say, we will have more of this exciting development next month!

The U.S. Census 2020 is gearing up to begin very shortly. So, if someone new knocks on your door, please spend a few minutes going over the questions/answers with them! So much depends on their getting correct information, i.e., allocation of federal dollars for road improvements, distribution of state dollars for infrastructure, etc.

Dirt Roads: the speed limit for dirt roads is 25 MPH. After a good grading the roads are smooth. The “washboard” effect happens due to driving over 25 MPH, then the road department gets a call that the



road is washboarded. We have over 1,300 miles of county roads to maintain. Thanks to all of you for helping out and driving 25 MPH.

Burning has begun again and I'm taking a moment to provide a few reminders. Before you start burning, call the local Volunteer Fire Chief to let them know your plans so they can be on hand if something goes wrong. Please do not start burning if there is any wind. And, please attend the fire (preferably with a water hose) until it is completely out and no burning embers remain. A little fire safety keeps everyone safe!

Lastly, I hope the upcoming Easter holidays are blessed for you! 🍀

Northern Socorro Senior Center

*By Patricia
White-Johnson, Director*



Our dances this month will be on March 8th and 22nd 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 in Socorro at the North Socorro County Senior Center on Thursday, March 21st (10:00 until a winner is announced).

The Rio Abajo Community Library will have their Senior Book Mobiles on March 13th and

27th (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, March 13, 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 Thursday, March 7th. 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

Help Us Churn Legislative Bills



A new legislative bill (Rural Library Endowment, SB 24) is slowly moving forward to hopefully be established this year. We hope to know by then end of March is our efforts were successful.

Most rural libraries (including us) are in unincorporated areas, so do not have municipal taxes to draw upon. In fact, most rural libraries rarely survive very long as a result.

The endowment being proposed will give rural public libraries about \$45,000 per year forever. There is also a constitutional amendment that is partnering with the endowment request – to allow 501(c)3 rural public libraries to continue accepting donations.

Although the amount proposed would not be enough to sustain all library costs, for most rural libraries this amount can be the difference between survival or closing.

At the time of this newsletter, there have been six State Senators that are opposed:

- Gregory A Baca (R)-Dist. 29 (Valencia County),

- Craig W. Brandt (R)-Dist 40 (Rio Rancho),
- Mark Moores (R)-Dist. 21 (Bernalillo County),
- Cliff R. Pirtle (R)-Dist 32 (Chavez County),
- William E Scharer (R)-Dist 1 (San Juan County), and
- Pat Woods (R)-Dist 7 (Union County).

Want to help? We need every voice to let our elected folks know that this is important! We need community people to contact:

Governor Michele Lujan-Grisham, House of Representative Gail Armstrong (office 505-986-4467; home 505-269-2364, or gail@gailfornewmexico.com)

and/or

Senator Gabriel Ramos (office 575-388-1969, home 575-534-9535, gabriel.ramos@nmlegis.gov)



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

**March 2, 2019 –
Saturday
OLD STUFF DAY**

(This does not include the
librarian!)



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

**March 6, 2019 -- Wednesday
ASH WEDNESDAY**

**March 7, 2019 -- Thursday
9:00 am at North Soc. Senior
Center, Veguita
BELEN SHOPPING TRIP**

All Seniors welcome.

**March 7, 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

**March 8, 2019 – Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

Everyone welcome to attend!

**March 8, 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.

**March 10, 2019 – Sunday
DAYLIGHT SAVING TIME
BEGINS**



**March 10, 2019 –
Sunday
1:00 pm at Black's
Smugglers Winery
ANNUAL RAC LIBRARY'S ST,
PADDY'S DAY BINGO**



Everyone is welcome to join in the
seasonal fun

This Month's Events

**March 13, 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.

**March 13, 2019 -- Wednesday
10:00 am at North Soc. Senior
Center, Veguita
NUTRITION PROGRAM**

All Seniors welcome.

**March 17, 2019 – Sunday
ST. PATRICK'S DAY**



**March 19, 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.

**March 21, 2019 -- Thursday
10:00 am at Socorro Senior
Center
SENIOR POOL TOURNAMENT**

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

**March 22, 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.

**March 23, 2019 –
Saturday
NATIONAL PUPPY DAY**



**March 27, 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.

This Month's Events

**DEADLINE FOR SUBMITTING MARCH NEWS:
5:00 P.M., MARCH 27, 2019**



Rot a Stump for Easy Removal

By J. Dwaine Phifer

I suggest that folks with a
troublesome tree stump call
upon their mycelial friends.
Using a stump grinder may be
faster but is much more energy
intensive -- for both the
machine and me. As long as the
stump isn't in my
way, I much prefer
letting it rot -- with
a boost.



First, make sure the
stump is dead by waiting at least a
month after cutting the tree. Create
a few holes in the top of the stump
using a drill or a wood splitter.
Surround the stump with a
waterproof "fence" that's about 2
feet higher than the top of the
stump. Plastic 5-gallon buckets
with the bottoms removed are
great for small to medium stumps,
and the top half of a plastic barrel
works well for large stumps.

Next, collect moist, rotting mulch
that's laced with white fungal
mycelia. You can obtain this
mulch from any decomposing
wood material that has white
strands visible on its dark, moist
side. I collect this locally because I
can see for myself that it's already
been quietly working to turn wood
into compost. Fill in the area
between the stump and the fence



**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:



with the mulch, and pack it lightly with until it's completely covered. Give it one nice initial soaking, and then periodically add water. You don't want the inoculated pile to dry out, but you don't want to turn it into a swamp, either.

You can give the rotting process a boost by adding a nitrogen source after the mycelium has had a chance to penetrate the new wood, which usually takes about three months. Mix a 1/2-cup of blood meal or fish emulsion, or a few scoops of chicken litter, into the wood mulch two or three times over the course of a year. Re-soak the mixture with

water after each addition.

Within six months to a year, most stumps, regardless of species, will be easily workable. Remove the waterproof corral and mulch. Even if the nuisance stump hasn't totally disintegrated, it will at least be soft and spongy. Break any surface snags by whacking them a few times with the back of an axe or a sledgehammer. Pound the surface of the stump until it's level with the ground, and spread the mycelium mat around the area. Over time a hole will emerge as the stump continues to decay. Large roots will also decay and possibly cause depressions. Be sure to fill in these depressions with dirt to prevent accidents.

J. Dwaine Phifer is a contributor to Mother Earth News Magazine. This article first appeared Aug/Sept 2015. For more info see www.motherearthnews.com



Brainy Student Video Contest

The NM Museum of Natural History and Science Museum and its Foundation have partnered to participate in the video contest **"Brainy Solutions for a Better Tomorrow."** This is the 2nd Annual Video Contest they have sponsored.

Students (grades 4-8) are asked to prepare a 2-3 minute video describing their vision for a new invention or a new idea or method related to STEAM (Science, Technology, Engineering, Art & Math).

It can be a simple solution for a daily life problem (i.e., a machine that picks up clothes off the floor) or it can be a solution towards a global problem (helping bees, water supply, etc.). There are no restrictions on the topic. If they can think it, they can submit it.

Entries will be accepted through April 2, 2019. Winners will be notified of their prizes on April 15, 2019. The videos will be judged based on their organization and presentation skills, uniqueness and creativity.

For more information, check out their website:

<https://naturalhistoryfoundation.org/brainy-student-video-contest>.

For questions, contact HLowe@naturalhistoryfoundation.org or debkdixon@gmail.com 🍀

Rio Abajo Community Celebrations

March 3

Vince Esquibel's birthday

March 4

Tess Chacon's birthday

March 7

Libby Barela's birthday

March 8

Virginia Gray's birthday

March 9

Eillen D Eiler's birthday

Daniel Medeiros's birthday

Michael Medeiros's birthday

March 10

Joseph Ulibarri's birthday

Pat White-Johnson's birthday

March 11

Elyza Orndorff's birthday

March 15

Clara Gonzales's birthday

Lupé Saiz-Fields's birthday

Rio Abajo Community Celebrations

March 20

Mary Medeiros's birthday

March 21

Nikkolas Jones's birthday

Kevin Hines's birthday

Richard Wheeler's birthday

March 23

Prescilla Mendoza's birthday

March 24

Zia Yniguez's birthday

Tommi Lynn Mayse's birthday

March 25

Norma Stanton's birthday

Victoria Villescás's birthday

March 26

Melissa Gabaldon's birthday

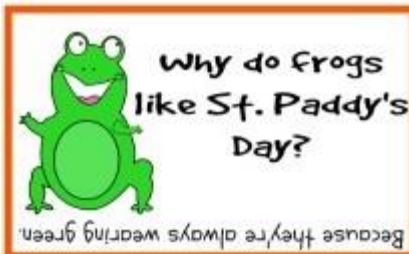
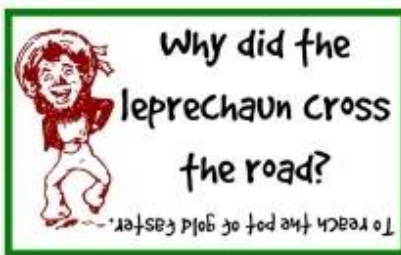
Tracy C Thrun's birthday

March 31

Craig Harding's birthday

John Logan's birthday

Joke of the Month



Book Review:

"Black Hours and Narrow Escapes"



We received a complimentary copy of this fascinating book from the Gilder Lehrman Institute of American History.

Based on an archive of letters by this lieutenant in the Army Air Forces, the book details the World War II experience of Bombardier Robert L. Stone. We look at the terrors of flying into danger as well as life in various bases around the US and in the Pacific, focusing on the camaraderie in camp, missing family and friends, and the

importance of maintaining connections through letters.

We invite everyone to take a look. The stories are great and the pictures are even more fun. . 🍀

History of St. Paddy's Day



The Day of the Festival of Patrick aka the Feast of St Patrick (the foremost patron saint of Ireland), became an official Christian feast day in the early 17th century. The day commemorates St Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades, festivals, and wearing green attire or shamrocks. Historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which has encouraged and propagated the holiday's tradition of alcohol consumption.

According to legend, St Patrick used the three-leaved shamrock to explain the Holy Trinity to Irish pagans. Until the late 20th century, St Patrick's Day was often a bigger celebration in the U.S. than it was in Ireland.

Montreal hosts one of the longest-running and largest St Patrick's Day parades.

In Moscow, the official parade is a military-style parade and is held in collaboration with the government and the Irish embassy in Moscow. The unofficial parade is held by volunteers and resembles a carnival.

The Irish community in Buenos Aires is the fifth largest in the world outside of Ireland. In downtown Buenos Aires, a party is held where there are several Irish pubs; in 2006, over 50,000 were on this street and the pubs nearby.

Saint Patrick's Day is celebrated in more countries than any other national festival with parades held across Japan, Korea, Malaysia, the Caribbean, and even the International Space Station.



Although not a U.S. legal holiday, St Patrick's Day is widely recognised and observed. Celebrations include prominent displays of the color green, religious observances, numerous parades, and copious consumption of alcohol.

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

April 12, 2019 – Friday
9:00 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone welcome to attend!

April 12, 2019 -- Friday
9:30 am at North Soc. Senior Center, Veguita

Future Events

SENIOR'S DANCE

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

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

April 21, 2019 – Sunday
EASTER SUNDAY

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

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

DEADLINE FOR SUBMITTING NEWS:
5:00 P.M., MARCH 27, 2019



2019 SEC Scholarship Applications Available

*By Jimmy Capps,
SEC Director of
Communications
& Public Affairs*



The Socorro Electric Cooperative (SEC) Foundation has provided educational assistance to our members since 1972. We are again awarding scholarships this year to students pursuing their continuing education, and whose parents or legal guardians, are members of SEC.




Scholarships are available to the 2019 graduating Seniors from

Socorro High, Magdalena High, Alamo High, Quemado High or Belen High or who were home-schooled.

Scholarship applications are due to SEC by 4:30 pm, Monday, April 1st.

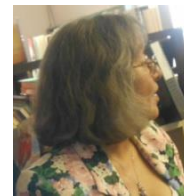
The scholarship application packets are available from:

- The guidance counselor offices of the high schools listed above; or
- The SEC office at 215 East Manzanares Avenue in Socorro; or
- Downloaded from the SEC website at www.socorroelectric.com. 

Natural Health Tips

Bloody Facts

*By Donna
Hernandez, ND,
MH*



Facts about Blood groups one should know

All of us knows there are four kinds of blood groups

- **Type A-** stands for Agrarian
- **Type B-** stands for Bavarian
- **Type O-** stands for Original

hunter

- **Type AB-** most common type and often with a strong and healthy immune system.



There are approximately 400 subcategories.

1) Based on the health and well-being, type of food for blood groups:

- **Type A** people are usually vegetarians and should avoid legumes, spicy foods, dehydration, and coffee.
- **Type B's** usually consume dairy, mutton, fish, vegetables, tea and grains; should avoid alcohol, preservatives and excessive noise.
- **Type O** mostly prefer meat, fish, vegetables, and fasting; should avoid dairy products, processed foods, and over-eating.
- **Type AB** people can eat almost every dish. They prefer organic, fresh raw foods and they must avoid cooked or processed meals.

SHOPPING ON-LINE?

Sign up for Amazon Smile

(www.Smile.Amazon.com)

Amazon donates a percentage of their profits to the non-profit of your choice

Rio Abajo Community Library!

2) Personality variation based on blood types:

- **Type A** people are well-organised, possess leadership qualities, kind-hearted, and love to work with efficiency.
- **Type B** people are flexible, sociable, enthusiastic and wistful.
- **Type O** people are practical, self-confident, observant and vicarious.
- **Type AB** people possess a well-balanced life and remain calm and strong. They are also creative and comprise innovative ideas.

3) Effect of stress on:

- **Type A** can't handle stress, usually suffer anxiety attacks and take time to overcome situations. They should remain calm and peaceful and avoid dehydration.
- **Type B** remain quiet and cool but their mood can fluctuate. They should adapt breathing techniques to avoid mood swings.
- **Type O** possess inclinations towards anger and can overcome it once they visualize the reality.
- **Type AB** stabilize anxiety and stress but can lose their temper quickly. They should perform any sort of activity to deal with it.

4) Connection between blood type and fats:

- **Type A** are permitted to consume fats.
- **Type B** should avoid eating fried foods and bread as it can cause harm to their health.
- **Type O** can easily gain weight by bringing variation in their eating habits.
- **Type AB** can simply gain weight by lack of physical activities.

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

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. (505) 864-3662.

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
Treasurer
Directors

Mary Lampkin, Veguita
Dolores Phillips, Sabinal
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



Call Today for more Information!

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**

*Río Abajo Community Library
Presents*

7th Annual



Sunday - March 10, 2018

Beginning at 2:00 p.m.

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*

*Lots of GREAT
prizes*

Great Door prizes!

Great Snacks - Desserts -



\$10 for 7 sheets (3 games/sheet) of Regular Bingo;

*\$15 for 7 Regular Bingo & 3 Bingo Specials
thereafter*

\$2 per sheet of 3 for additional Bingo chances

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 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

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