

**FREE**

April 2017 .  
Volume 5, Issue 10 .

**Donna Hernandez-Mathieus**  
Librarian/Editor

**Inside this Issue**

- 2** Library News  
Gold in the Garage  
April Calendar

---

- 3** Goodwill Training Jobs  
April Celebrations

---

- 4** Natural Health Tips

---

- 5** Joke of the Month

---

- 6** Lambing 101  
Future Events

---

- 7** Senior Center News  
Earth Day Clean-Up  
Word of the Month

---

- 8** Cookbook Entry Form  
Classified Ads

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

**(505) 861-8289**

**Website:** [www.RACLibrary.info](http://www.RACLibrary.info)  
**Email:** [RACLibrary@hotmail.com](mailto:RACLibrary@hotmail.com)  
**Facebook:**  
[www.Facebook/RACLibrary](http://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](http://www.GoFundMe.com/RACLibrary)



**RAC**  
*Library Leaves*



**Rio Abajo Went Green!**



The Rio Abajo Community Library’s Board of Directors really outdid themselves this year!

The RAC Library Board hosts the St. Paddy’s Day Bingo every year as one of our primary fund raisers, so there are some folks that look



forward to the spring-time fun. This year we had enough prizes and gifts to make sure everyone had something fun to take home! Even the four-legged variety had fun.



Sheryl Glaser, who is normally the Post Mistress in the La Joya Post Office, graciously did the number calling for us this year. Since this was her first time to ever do this, Sherrie’s sense of humor made this so much fun for everyone!

Everyone who came not only had the opportunity to win great prizes, but everyone also “officially” received their Leprechaun Name. Fay Stone (aka “Fabulous Clover Hair”) was very helpful to the Bingo Caller (Sheryl Glaser, also known as “Smiling McBlarney”). RAC Library Board President, Carolyn Ueberroth (“Cheerful McWiggles”) helped everyone when they entered, and Board Vice President Minnie Presley (“Magic McSpanky”) served everyone their snacks.



We are already starting to plan for next year’s St. Paddy’s Day Bingo and we are hoping we can come up with some new fun things that everyone can enjoy!

A special thanks to all the gift and prize contributors – like Rutilio’s Restaurant, Belen’s Phillips 66, Long John Silver’s, Pete’s Restaurant and the Veguita Trading Post.

Lastly, a great big hug to our supporters, like Sandy Garcia, Martha Carangelo, Juanita Hernandez, and Margaret Abeyta, who provided those critical details (like door prizes and gifts) that



made this one our most fun annual activities!✂

## RAC Library News



### Things are starting to cook

Our Annual Patron’s Meeting will be on May 5<sup>th</sup>, which means the open positions on the RAC Library Board are up for nominations. We have a few more weeks to find those interested in promoting our community’s education, economic development and networking resources. Know someone who would be good? Send in their nomination!

Our fund raising for the Summer Reading Program is still hard at work. We want to provide some great prizes to our young readers, so all donations are welcome. The State Library is kicking off our program with a demonstration of 3D printing. Class participants will have the chance to create a card using the 3D printer! More juicy scoops next month!

We have started getting some great recipes and stories for our

community cookbook. Let’s get at least one recipe with story or picture for every family! You have until July 1<sup>st</sup> to include your entry. (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 ✂

## Gold in the Garage

### Paper’s gone, but tube’s life goes on

By Jerry Baker



**Tip 1:** Use a paper towel tube to store a piece of embroidery or other need work you’re not displaying at the moment. Rolling is better for the fabric than folding.

**Tip 2:** Cut notches in the ends of the cardboard tubes to make “logs.” They’re great for building toy cabins!

**Tip 3:** Stuff socks or stockings into toilet paper tubes (or cut down paper towel tubes), and place them in the drawer. The tubes will protect the stockings and keep pairs of socks together.

**Tip 4:** Can’t reach that cobweb? No problem – use a long empty cardboard tube, and you can even flatten one end to make a handy crevice tool.

**Tip 5:** Got something important to say, say it through a cardboard tube. It’s an instant megaphone!

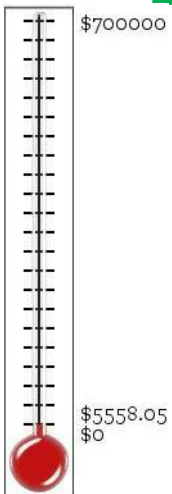
*Jerry Baker is a Master Gardener, a fix-it specialist & has written over 50 books. For more info see [www.jerrybaker.com](http://www.jerrybaker.com) ✂*

## This Month’s Events

APRIL 1, 2017 – Wednesday  
APRIL’S FOOL DAY

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

Plans for the upcoming growing season will be made.



## 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](http://www.GoFundMe.com/RACLibrary)

## This Month's Events

**April 7, 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.

**April 7, 2017 -- Friday**  
**9:30 am at North Soc. Senior Center, Veguita**  
**SENIOR'S DANCE**  
All Seniors welcome. Note Lunch will be served at 11.

**April 8, 2017 -- Saturday**  
**9:00 am -- Hwy 304 Marker 0, La Joya**  
**ANNUAL SPRING HIGHWAY CLEAN-UP**  
We're preparing for Easter's festivities. Help us clean up our acts!

**April 9, 2017 -- Sunday**  
**PALM SUNDAY**

**April 10, 2017 -- Monday**  
**PASSOVER**

**April 12, 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.

**APRIL 14, 2017 -- Friday**  
**GOOD FRIDAY**

**APRIL 14, 2017 -- Friday**  
**RAC LIBRARY AND SENIOR CENTER WILL BE CLOSED**

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

**April 16, 2017 -- Sunday**  
**EASTER SUNDAY**

**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-

## This Month's Events

income households. To enroll, come in one hour early.

**APRIL 17, 2017 -- Monday**  
**SPRING BREAK -- NO SCHOOL**

**April 18, 2017 -- Tuesday**  
**DEADLINE FOR TAX FILINGS**

**April 21, 2017 -- Friday**  
**9:30 am at North Soc. Senior Center, Veguita**  
**SENIOR'S DANCE**

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

**APRIL 22, 2017 -- Saturday**  
**INTERNATIONAL EARTH DAY**

**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**

**April 29, 2017 -- Saturday**  
**11:00 am at Black Smuggler Winery, Bosque**  
**ANNUAL SPRING CRAFT FAIR**  
See page 5 for more details.

**DEADLINE FOR SUBMITTING MAY ANNOUNCEMENTS: 5:00 P.M., APRIL 25, 2017**



Goodwill Industries of New Mexico  
Senior Community Service Employment Program

## Paid Training Time Available

*By Jonah Robinson*  
*SCSEP Service Coordinator*

Goodwill Industries operates Senior Community Service Employment Program ("SCSEP") that is tailored for low-income adults 55 or more years old who

are veterans, disabled and/or are displaced homemakers

This program provides work experience and training at minimum wage, and which income is tax exempt and therefore does not affect Social Security retirement benefits or Human Services benefits (like SNAP).

Goodwill Industries will be at the Job Fair in Socorro on Friday, April 7<sup>th</sup> from 8:00 am to 4:00 pm at the Finlly Gym. If you think you or someone you know might be interested in working with a nonprofit in Socorro County while being paid to learn more, stop by!

If, for any reason you are unable to go to the job fair, feel free to call for more information. There are several positions still available. My number is (505) 998-2896 ext. 1856. ☘

## Rio Abajo Community Celebrations

### April 3

Krishna Montoya's birthday  
Susan Moran's birthday

### 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' birthday



## Rio Abajo Community Celebrations

### April 24

Margaret Abeyta's birthday  
Luciano Lopez's birthday

### April 26

Sarah Martinez

### April 27

Allston Patten's birthday

### April 30

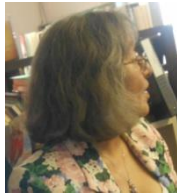
Nicolette Sanchez's birthday

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

## Natural Health Tips

### Curing Gas and Bloating

By Donna  
Hernandez, ND,  
MH



Intestinal gas and bloating are annoying and sometimes embarrassing conditions. Poor dietary habits and improper digestion prevalent in western society are major contributors to gas and bloating. Some estimates report that people with poor diets may expel gas 14 or more times daily. Some dietary changes and natural remedies can prevent future bouts of gas and bloating as well as relieve current episodes.

One good way to avoid gas and bloating is to avoid foods that are known to cause gas and indigestion, such as fried foods, spicy foods, processed foods and refined sugar. Other foods include...beans, cabbage, Brussels



sprouts, cauliflower, broccoli, onions, apples, corn, oats, potatoes, most dairy, pears, prunes, and peaches.

Try these 13 top remedies for driving away gas and bloating:

**1. Fennel:** Chew on fennel seeds or make a tea by crushing the seeds and pouring boiling water over them. Fennel's seed compounds, as well as those in anise and dill seeds, relax muscles in your digestive tract and allow trapped gas to pass. Plus, you'll also have fresher breath, similar to consuming parsley.

**2. Ginger:** Drinking ginger tea and eating fresh ginger root are two superior remedies for gas. Add small amounts of ginger (both dried and fresh) to your food, as desired. You can also take a teaspoon of fresh grated ginger before meals for gas relief.

**3. Caraway Seeds:** Try adding caraway seed spice to your meals, especially if the foods are known to cause gas. Caraway seeds ease gas, indigestion and cramping, as well as stimulate proper digestion.

**4. Parsley:** Adding more parsley to your diet is a good remedy for gas. Either freshly minced or as a dried spice, add parsley to foods that cause intestinal gas to help prevent gas and bloating problems.

**5. Activated Charcoal:** Charcoal absorbs excess air in the digestive track as well as absorbs (attracts) toxins, which may be contributing to gas problems. Try taking a charcoal supplement before eating to help relieve gas and bloating before they start.

**6. Colon Cleansing:** Performing a colon cleanse will help improve

overall colon health as well as provide gas relief.

**7. Probiotics:** Taking a probiotic supplement or eating foods with probiotics, such as pineapples, help get rid of the most common symptoms of gas. Probiotics replenish beneficial intestinal bacteria and help keep your colon in optimal working order.

**8. Garlic:** Garlic helps stimulate digestion. For best results, use fresh garlic. You may also want to follow up with parsley or fennel seeds to freshen your breath.

**9. Dandelion Tea:** The common weed dandelion has numerous health benefits, one of which is relieving gas. Drink as a tea or add it to meals as a dried spice.



**10. Hot Water:** Sip water as hot as you can take it! Half a cup usually works.

**11. Dill Pickles:** Eat one dill pickle or else take a teaspoonful of pickle juice. Pickle juice has the same effect that gripe water has on a baby.

**12. Peppermint Oil:** Mix two drops peppermint oil in 1/2 cup cool water and drink once or twice per day.

**13. Exercise:** When you are alone help eliminate existing gas by lying on your back, putting your legs in the air, and moving them in a bicycle motion.

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



## Easter Ha-Has

After the egg hunt on Easter Sunday, the young farm boy decided to play a prank. He went to the chicken coop and replaced every single egg with a brightly colored one.

A few minutes later the rooster walked in, saw all the colored eggs, then stormed outside and killed the peacock.



A man was driving along the highway when he saw the Easter rabbit hopping across the middle

of the road. He swerved to avoid hitting the rabbit, but when the bunny jumped, it was struck by the car. The basket of eggs and candy went flying. The driver pulled over and, much to his dismay, found the colorful rabbit dead. He felt so bad, he began to cry.

A woman driving along saw the man crying and pulled over. She got out of her car and asked him what was wrong.

"I feel terrible," he explained. "I accidentally hit the Easter rabbit and killed it. Children will be so disappointed. What should I do?"

The woman told the man not to worry. She went to her car trunk and pulled out a spray can. She walked over to the dead, limp rabbit, and sprayed the furry animal. Miraculously the Easter

rabbit came to life, jumped up, picked up the spilled eggs and candy, waved its paw at the two humans and hopped down the road. The Easter rabbit stopped, turned around, waved, hopped on, then about every 20-30 feet would repeatedly stop and wave.

The man was astonished. He couldn't figure out what substance could be in the woman's spray can. "What is in your spray can? What did you spray on the Easter rabbit?"

The woman turned the can around so that the man could read the label. It said: "Hair spray. Restores life to dead hair. Adds permanent wave." ✂

# BLACK'S SMUGGLER WINERY'S SPRING CRAFT FAIR

**Saturday -- (April 29)  
from  
11 am - 6 pm**

**25 Winery Road,  
Bosque  
(North of Hwy 60,  
west of Hwy 116)**

For more information see:  
[www.BlacksSmugglerWinery.com](http://www.BlacksSmugglerWinery.com)  
or call  
**(505) 388-8117**

**Wine  
tasting!  
&  
Food  
Truck**

**Local  
artists  
and  
crafts  
people**



**BLACK'S  
SMUGGLER  
WINERY**

## Future Events

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

All the latest irrigation news will be exchanged.

**May 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!

**May 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

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

**May 13, 2017 -- Saturday**  
**1:30 pm at 33 Calle de Centro**  
**Sur, LaJoya**  
**LAJOYA MUSIC & NATURE**  
**RETREAT**

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

**May 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.

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

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



## Lambing 101

*By Karen Kib*

During the last six weeks of gestation, it's important that ewes get good nutrition, plenty of protein and calories, and adequate exercise to prevent pregnancy toxemia (a fatal condition that can occur in the last week or so). Provide hay, grain, protein supplements — or blocks — and access to pasture. Spreading hay out in a paddock or corral will provide a modicum of exercise for confined ewes.

Stick close to home when lambing is imminent and stick close to the barnyard when lambing has begun; however, it's generally best to stand back, out of sight if possible, than to get the ewes stirred up by hanging too close.



When it's time, the ewe will appear swaybacked, restless and have a sunken appearance in front of the hip bones. She'll separate herself from the rest of the flock, and secure a spot to lamb, fussing and scratching the ground as she goes down. Her vulva will relax and appear quite pink (not red or protruding, which is an early sign of prolapsed). A mucus discharge (clear or slightly bloody) will be apparent, sometimes up to two days before lambing, and up to a week after giving birth.

The ewe will lie down, sometimes "sit" down, and her nose pointed up. She'll grunt and strain, and the water bag will appear, then the front feet and nose coming out. According to *Storey's Guide to Raising Sheep*: "A good rule of thumb is to allow half an hour to an hour after the water bag breaks, or up to two hours of labor, before you jump in. Wait a little longer for first-time ewes: say, up to three hours." (Consult a good sheep-raising book for specifics of assisting with birth and when to call a veterinarian.)

If everything's proceeding normally, the lamb will plop out and squirm around on the ground, and the ewe will immediately begin to lick it clean. If it's healthy and vigorous, it may try to stand right away. It can take 30 minutes or so for a lamb to stand and start attempting to nurse. A "normal" mom will still be licking the lamb, tending to it incessantly, while still trying to birth any remaining lambs.

First-time moms can sometimes be confused about nursing. If the ewe

## SHOPPING ON-LINE?

**Sign up for Amazon Smile**

[www.Smile.Amazon.com](http://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!**



is adamantly refusing to let her lamb(s) nurse, you may have to confine them together in a small space and force her to stand still until she gets used to the feeling of being suckled. It's imperative that the lamb(s) ingests colostrum in its first few hours of life.

If the lamb still appears to have difficulty breathing, it may have excess mucus in its throat and lungs. Grab it by its hind legs and swing it in an arc a few times — the centrifugal force will force out the mucus.

If a ewe has twins or triplets, watch carefully. Any of the lambs could be born stuck in the placental sac, and be unable to breathe unless freed from it. If the ewe is ignoring a newborn “stuck” lamb on the ground, you might have to step in and free the lamb from the sac. Just tear the sac with your hands and wipe the mucus off its nose. Then step back and give the mother the opportunity to lick it and care for it.



Triplets must be monitored to make sure each is receiving enough milk. If one lamb is smaller and weaker, you may need to bottle feed it several times a day. If the small one is getting some milk, but not as much as the other two stronger lambs, you may just need to supplement it daily with a bottle or two.

Some shepherds prefer a hands-off approach and never assist, dip umbilical cords, etc., favoring a “survival of the fittest” strategy;

others take an active role in the lives of their sheep and the lambing process; and yet others are somewhere in between. Decide what your approach will be after consulting various sources of literature and folks with experience, and plan accordingly.

*NOTE: This article first appeared in the Grit Magazine on April 18, 2016. This excerpt was printed with permission. For more information, see [www.Grit.com](http://www.Grit.com) ✂*



## Word of the Month

### Rejuvenate:

(verb) To make young again; restore to youthful vigor, appearance, etc.

EXAMPLES: That vacation has certainly *rejuvenated* him. ✂

## Earth Day Clean Up!



By *Jeannine Kimble, Sevilleta National Wildlife Refuge*

On Saturday (April 22) from 9 am through 2 pm, the Sevilleta Wildlife Refuge is sponsoring the San Lorenzo Canyon Clean-up. Everyone is invited to meet at the San Lorenzo Canyon, 3 miles in at

the cottonwood grove.

If you haven't had the opportunity to enjoy the magnificent views only seen in this canyon and want to enjoy good company, this would be an ideal time!

Four-wheel drive, high-clearance vehicles are recommended. Please dress for the weather and bring a lunch – and don't forget that camera!

For more information, call (505) 864-4021. ✂

## Northern Socorro Senior Center



The Center's Director – Pat White-Johnson – is back! Although every attempt was made to maintain everything, Pat's most energetic touch was missing. Pat now intends to pick up where she left off.

Attendance has dropped somewhat, so although Pat cannot stay on her feet very long, she has plans on how to revitalize the center and increase attendance. Obviously, one of the first things she's working on is the Annual Senior's Easter Egg Hunt. With gift certificates, free meals and prizes, this is always a popular event and all Seniors are welcome.

The Weekly Bingo every

### 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 ✂





## 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.

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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 \_\_\_\_\_

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email address: \_\_\_\_\_

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

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