

ELDORADO AT SANTA FE VISTAS

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Monthly Newsletter of the Eldorado Community Improvement Association

ECIA, 1 La Hacienda Loop, Santa Fe, New Mexico 87508 ▼ (505) 466-4248 ▼ www.eldoradosf.org

17th Annual Summer Fling

**ICE CREAM SOCIAL AND SILENT AUCTION FUNDRAISER
TO BENEFIT VISTA GRANDE PUBLIC LIBRARY**

SUNDAY, AUGUST 7, 2016, 1 TO 4 PM, ECIA COMMUNITY CENTER

It's time for Vista Grande Public Library's annual Summer Fling: Ice Cream Social and Silent Auction! Mark your calendars for Sunday, August 7, from 1 to 4 PM. As always, the library board and volunteers will be serving ice cream sundaes, floats, watermelon, sodas and lemonade, delicious gluten-free crisps from Café Fina, and Chez Dre brownies. Fling guests will enjoy live jazz standards and Dixieland music from the Bob Jones Trio, pop-up performances from the Upstart Crows, and kids' activities. The Silent Auction will have a wide array of great items such as loaded gift baskets, gift certificates for services and dining, books, jewelry, original artwork, home and garden items, and food and wine.

As your local library, VGPL provides the community with free services of all kinds, including Internet, public computers, books, audiobooks, and programs for adults and children. But the library relies on direct community support for over 50% of its budget. VGPL is an independent, non-profit organization and receives only partial funding from Santa Fe County and grants. The Summer Fling helps pay for programming, new books and materials, staffing, and other operational costs.

Wristbands will be on sale at the library, on the website (www.vglibrary.org), and at the event. Ages 12 and older: \$8; ages 6-11: \$5; ages 5 and under: FREE; family (2 adults, and children under 18): \$20; entertainment & auction only: \$5.

If you would like to contribute financially or with an auction item, please contact the Silent Auction Co-Chairs: **Roberta Armstrong** (466-3008) and **Donna Mazzola** (780-5114) or email publicity@vglibrary.org. Business Partnerships, which will give your business more visibility to the community, are also available beginning at \$100. Please call us if you are interested in this option.

If you would like to volunteer to help, contact publicity@vglibrary.org.

Thank you, Eldorado, for your support in making VGPL your community library!

—Summer Fling Team



Left: Library Volunteers Selene Sinclair and Eileen Levy serving ice cream floats.
Photo: AJ Melnick

Below left: All-you-can eat sundaes are the main attraction.
Photo: Lorissa Longfellow



**ECIA Board Meeting,
Community Center
Railroad Bldg.
Thurs.,
August 18,
7 PM**

OTHER LIBRARY NEWS

- ▼ New extended hours on Tuesdays! Now open from 10 to 6 on Tuesdays, 12 to 6 Wednesday through Friday, and 10 to 4 on Saturdays.
- ▼ Movie Night: August 5
- ▼ Book Donation Day: August 13 (moved owing to Summer Fling)
- ▼ Art Exhibition: August 1-30, Marilyn Wightman pastels, "Eldorado Inspired"



Share your
comments
with us!

For policy and
deadline, see
below

Editorial Policy

Vistas welcomes your ideas, stories, photos, and art. Please include full name and contact information. The newsletter will not publish material deemed inflammatory, biased, or inappropriate. Submissions will be selected and edited at the discretion of the editor. Community announcements are welcome as well, along with accompanying photos.

DEADLINE: Newsletter deadline is the 5th day of each month. Submissions can be dropped off or mailed to the ECIA office or e-mailed to gloria@eldoradosf.org. Please include "Attn: Vistas" in your message.

Mission Statement

The mission of *Vistas*, the monthly newsletter of the ECIA, is to inform the Eldorado community about issues before the ECIA Board and the membership at large. By so doing, the publication seeks to foster increased neighborhood pride and community participation in the decision making process.

Conservation Committee Update

Eldorado residents have the luxury of common ownership of over 4,000 acres of a relatively wild preserve and about 1,000 acres of a system of greenbelts. These areas provide easy access to natural terrain where residents can hike, bike, walk their dogs, and ride their horses. They also provide places where wildlife can flourish with minimal human interference. Stewardship of these areas has been given to the Conservation Committee (CC) under the direction of the ECIA Board of Directors. The CC exercises its responsibilities in several ways.

▼ **Trail repair and maintenance:** Many of the trails in the Preserve and greenbelts existed prior to the founding of the Eldorado development. They probably were cow paths found at the point of least resistance, the bottom of a swale or on the fall line (the path that water takes after it rains). Trails of this nature become badly eroded and uncomfortable to walk on, which often leads to multiple parallel tracks. Much of the trail work involves either moving these trails onto the contour where water will spill over the side of the trail or constructing structures of earth, rock, or wood to gently nudge the water off the trail. We partner with Ecotone in the design and execution of the remediation.

▼ **Wetlands development:** With the support of funds from the State and under the auspices of the Army Corp of Engineers, an area of the Preserve (near Trail 201 and part of the Galisteo drainage) was revitalized as a wetlands and an improved habitat for wild animals. Earthworks of Santa Fe played a big role in this work, supervised by the CC. The

CC continues to monitor the health of the area, removing invasive plants such as salt cedar.

▼ **Educational programs:** The CC sponsors educational programs on such topics as monitoring bat activity, reptiles and amphibians, the geology of the area, excursions to Bandelier and sacred Native American sites.

This year we have done work near Trailhead 3, building stone structures that capture eroded soil to remediate the effect of runoff from the road (Ojo de la Vaca Road) that was causing erosion of Trail 201. We have rerouted short portions of Trail 203 to stay out of swales where the trail had been badly cupped. We have worked on Trail 301 to control erosion, rerouting a few sections and cleaning out water bars that had lost their effectiveness. We are planning one larger project on Trail 105 to prevent a developing headcut from bisecting the trail. Finally, we have been trying to come to agreement with the County on improving the "library trail" from the rail trail to the County's property behind El Dorado School, the library, and senior center. We expect this agreement will be reached soon and this trail will be completed this year.

While the CC members are all volunteers and do most of the work, large projects require help, as we are a small committee. Volunteers from the Eldorado community are essential in getting this work completed. All projects are fully explained by our consultant from Ecotone, and the volunteers can do as much or as little as they wish. If you are interested in participating, email **Mark Young**, our ECIA liaison, at mark@eldoradosf.org. —*Jim Daniel, Chair, CC*

Recent Board Actions

The ECIA Board held its regular monthly meeting on Thursday, July 21, 2016, with members **Dag Ryen, Pam Henline, Todd Handy, Greg Colello, Antone Forneris, and Claudia Daigle** present. The following formal actions were taken:

- ▼ A variance request for a ground-based solar array at 9 Baya Road was approved by a vote of 5-1 (Daigle dissenting).
- ▼ An in-home occupation application for a daycare business at 26 Mimosa Road was approved unanimously.
- ▼ A motion to accept **Tom Willmott's** resignation from the Finance Committee was approved unanimously. Mr. Willmott was thanked for his long service to the community.
- ▼ A motion to appoint **Joseph Gutierrez** to the Finance Committee was approved unanimously.
- ▼ A motion to approve a political signage policy was tabled for further discussion.

▼ A motion to accept the 2017 budget schedule, setting target dates for preparation of the upcoming budget, was approved unanimously.

▼ A motion to approve a contract with Eco-Solutions of \$5,009.45 for the humane relocation of prairie dogs at the Community Center grounds was adopted by a vote of 5-1 (Daigle dissenting). The animals will be relocated to the Sevilleta National Wildlife Refuge in New Mexico.

▼ A motion by Director Daigle calling for a covenant vote banning poultry was not seconded and thus failed.

Correction: Last month's Recent Board Actions failed to note the presence of Director **David Yard** at the June 16, 2016, regular board meeting.

The next scheduled meeting of the ECIA Board will be a working session on Monday, August 15, 2016, at 6 PM at the Community Center. The next regular monthly meeting will be held on Thursday, August 18, 2016, at 7 PM at the Community Center.

Message from the ECIA President

The ECIA Board of Directors wishes to thank everyone who made our successful Fourth of July celebration possible. We had record attendance and appropriately warm summer weather for the event. Our sparkling little parade went off without a hitch under the direction of Parade Marshal **Greg Colello**, with the kind assistance of Fire Chief **Wendy Servey**. ECIA Director **David Yard** kept things humming at the bandstand as the crowd relished the fabulous sounds of American JEM. And at the pool, manager **Kelsae Pedersen** and her staff of lifeguards had a number of games and contests for kids of all ages to enjoy. Thanks, too, to the staff who worked hard to put the event together, especially to our HOAMCO general manager, **Brenda Leonard**, and administrative assistant, **Gloria Silva**. Yes, the lines for the hot dogs were too long and we will attend to that problem in the future. But all in all, it was a grand day to be an Eldoradoan.

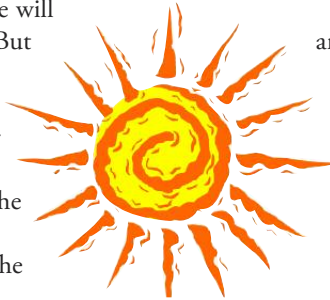
Nonetheless, there remain issues for the community to resolve. Recent meetings on how to proceed after the New Mexico Court of Appeals ruled that our covenants do not prevent the

keeping of hens as pets have revealed significant differences among our residents. The Board thanks everyone for their input on this issue and will continue to review your comments and look at possible solutions. The one thing that everyone does seem to agree on is the necessity for greater neighbor-to-neighbor contact. Indeed, a majority of the issues that the Board is called upon to deal with might have been resolved directly between neighbors. It also is apparent that, if the community wishes to have enforcement authority over any kind of pets, it will require some form of covenant vote. As we move forward on these matters, it will be important to keep in mind that simple solutions are usually best and that a few neighborhood conversations can resolve a host of problems.

We wish everyone a safe and enjoyable rest of the summer as you travel around Eldorado and wherever you may go on vacation.

Thanks for your support as we continue to improve our gem of a community.

—Dag Ryen, President
ECIA Board of Directors



New County Building Setback Requirements

The 2015 Sustainable Land Development Code (SLDC) was adopted unanimously by the Board of County Commissioners on December 8, 2015, via Ordinance 2015-11. However, the code did not go into effect until mid-January of this year. The 2015 SLDC governs land use and development throughout the unincorporated areas of the county, including Eldorado. The 2015 SLDC details the regulations that a property owner must follow when building or remodeling a structure, including rules concerning setback requirements for structures. It also explains the process by which land use and development can occur. The new ordinance is available at:

http://www.co.santa-fe.nm.us/documents/ordinances/Ordinance_2015-11.pdf

Additionally, the full code (748 pages!) is online at:

<http://www.co.santa-fe.nm.us/media/files/ClickableSLDC.pdf>

One regulatory change affecting Eldorado residents concerns the County setback requirements: Eldorado, zoned as Residential Estate (Res-E), now has more stringent side and rear setback requirements. Specifically, the County now requires many (but not

all) new structures to have 25-foot side and 25-foot rear County setbacks, an increase from the current 20-foot Eldorado side and rear setback requirements. The current Eldorado front lot line (roadside) setback, however, remains more restrictive than the county's, at 50 feet. However, there are numerous exceptions to the County's 25-foot setback, so we advise you to consult their offices before you get too far into your project planning.

While the ECIA does not plan to change its current 20-foot side and rear setback requirements, residents should be aware that any projects that require County approval will have to meet these more stringent requirements in order to receive Santa Fe County approval. Applicants whose projects are required by code to have permits should contact **Wayne Dalton** at 995-2716 for further information or visit their website at

http://www.co.santa-fe.nm.us/growth_management/building_development_services

Thank you for your cooperation in this matter, and please call us with any questions.

Mark Young, ECIA Compliance Coordinator

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Election: **Kathie Graham**
Facilities & Grounds:
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Information: **Frank Schober**
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Stable: **Pat Donahue**

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COMMUNITY RESOURCES

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466-READ
Fire and Rescue
466-1204
eldoradofirerescue.org
County All Purpose
820-CNTY (2689)

Changes Near You?

Have any of your neighbors submitted architectural modification plans to the ECIA for approval? What changes to the built landscape are being considered near you? Check out the Architecture Committee agenda at <http://tinyurl.com/Arch-agenda> or the ECIA Board agenda at <http://tinyurl.com/lkxxdmw>.



Pool Hours

August
 Monday–Friday 7:30 AM–8 PM
 Lap swim: 7:30–10 AM
 Weekends 8 AM–8 PM
 Lap swim: 8 AM–10 AM
Beginning September 6
 Monday–Thurs 7:30–11 AM
 Friday 7:30 AM–7 PM
 Weekends 8 AM–7 PM
 Regular lap swim hours
 3rd lane for lap swim daily:
 7:30–11 AM & 6–8 PM
 Pool closes September 30



Scene from “Redskin,” a silent film screening on August 11 at La Tienda Performance Space

Summer Fridays at The Agora

Every Friday evening of the summer, come enjoy free music by top local musicians on the beautiful Agora courtyard 5:30–7:30 PM. Happy Hour food and drinks are on offer at Chez Dré and pizzas are available from Pizza Centro. What a great way to relax and soak in the summer evenings! And be prepared to want to dance! For more information or details, please call Enchanted Leaf Florist at 466-3430.

Lace 'em up!

The Eldorado Adult basketball season is here. Lace 'em, players, and c'mon out to the Community Center basketball court for fun and friendly pick-up hoops, Thursdays 6:30 PM–dusk.

Barns for Sale

Several corrals/barns (Barns 9, 21, 34, and 36) are for sale at the Eldorado Stable. Call 466-4248 to inquire.

Eldorado Genealogy Group

An informal group has been created to share information about family genealogy, research tips, help with family trees and “brick walls,” as well as genetic genealogy (DNA testing). Through discussion and presentations, we hope to build a lively, interactive group based on our shared passion of genealogy.

Meetings are scheduled for the last Wednesday of every month, from 6:30 to 8:00 PM at the Vista Grande Public Library meeting room. The first meeting will be on Wednesday, August 31. It will be a get-to-know-you meeting to share a little about each person’s genealogy background, family history, and particular field of interest. Come ready to share! We would also like to know what your expectations are for this group, plus any ideas you have for future presentations.

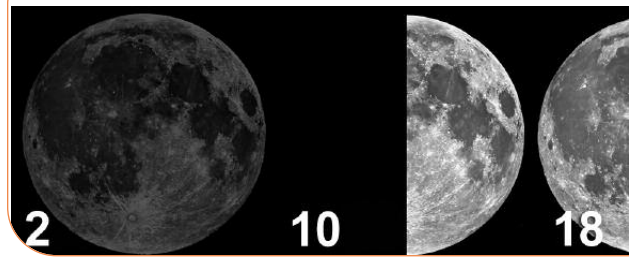
For more info: Rockgirl.louise@gmail.com.

July 4 Pancake Breakfast Success

The 2016 Eldorado Fourth of July Pancake Breakfast was jointly organized and staffed by Eldorado/285 Recycles and La Plancha de Eldorado, with 320 guests served. New this year was a fruit choice: watermelon or cantaloupe. Next year, a non-meat entrée will be offered. Other innovations focused on reducing waste: 35% of our guests brought their own coffee mugs and, in exchange, received a \$0.50 discount on the admission price. The others were issued one compostable cup and instructed to rinse it with a splash of water before reuse for a different drink. Everyone cooperated! The main waste-avoidance measure was the use of La Plancha’s ceramic plates and stainless cutlery.

The resulting waste generated was only 120 pounds, or 0.38 pounds per participant, all of which was either composted or recycled, making this Eldorado’s first authentic “zero waste” event, with no material sent to the landfill!

MOON PHASES FOR AUGUST



Generous donations of breakfast supplies were received from the John Brooks Agora Supermart, Harry’s Roadhouse, Aroma Coffee, and La Plancha de Eldorado. Critical services were furnished by La Tienda (space and advertising), Eldorado Computer Works (printing), and Reunity Resources (composting). Our thanks to them and to all who participated!

– Joe Eigner, Bonnie Mahlum, and Libby Maclaren

Get Ready for Fall Art Show

It’s time to get ready for the EACA Fall Arts and Crafts Show at St. John’s Methodist Church, October 14 and 15. Applications will be available the first week of August. If you are an artist new to Eldorado, please consider joining the Eldorado Arts and Crafts Association and applying for the fall show. For more info, contact eldoradoarts@gmail.com.

Eldorado

Eldorado wakes up happy every morning at 7 AM with ELDORADIO 1660 AM, the community’s low-power hometown station: weather, local and Santa Fe events, cheerful music, no politics or commercials.

REEL NEW MEXICO, August 11

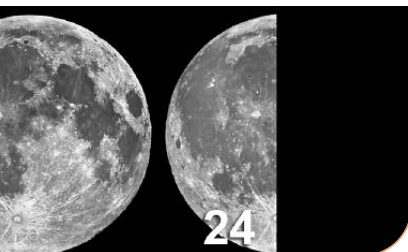
On August 11, at 7 PM, Reel New Mexico presents “Redskin” (1929, 80 minutes, a silent film shot mostly in New Mexico) at La Tienda’s Performance Space.

In the silent era, the American West was still unknown territory. New Mexico had only been a state for 17 years when Paramount sent a crew to a dramatic mesa outside Albuquerque to film “Redskin.” The scenario and story were by Elizabeth Pickett, who clearly had a sophisticated understanding of native peoples for her time. This film deals with issues that still have contemporary resonance. Acoma Pueblo had allowed Pickett to make some documentary films in 1925, and “Redskin” pays careful attention to authentic detail. The breathtaking two-color Technicolor cinematography evokes the dramatic landscape of Ansel Adams’s photographs, with locations at Acoma, White Sands, and Gallup, New Mexico, and Canyon de Chelly, Arizona.

Richard Dix plays a Navajo abducted to a government boarding school as a child, but his partial assimilation into white society leaves him neither Indian nor white, just “Redskin.” The abuses of these schools,

August Events

AUGUST 2016



I Scream for VGPL

Ice cream, books and lotsa fun
 Since our library was begun:
 Popcorn, too, that's no kidding;
 Don't miss any item in the bidding,
 And enjoy a hot dog on a bun.

where children were beaten for speaking their own language and forced to deny their traditions, still provoke anger among their former students. Dix was a matinee idol of the 1920s who displays a wonderful intensity in the film.

"Redskin" is an honest effort, ahead of its time in presenting the complex web of prejudices between and among Indians and non-Indians. The film's scenes of Native American life were photographed in a "ravishing" early Technicolor process, for the Indians are the heroes. Off the reservation, life was in black and white. The striking combination of color and monochrome footage resulted from a financial necessity, not an aesthetic decision. Paramount decided the film was costing too much money, and director Schertzingler was ordered to stop filming in color. He turned a potential disaster into an artistic statement. The original print was also filmed partly in Magnascope, an early 70mm wide screen process. "Redskin" embraces its power and intensity to this day.

Suggested donation for Reel New Mexico is \$5. You are welcome to bring food and drink into the performance space thanks to our great neighbors at La Plancha. For more information, call 466-1634.

Left out? Help us compile a comprehensive events listing.

Email gloria@eldoradosf.org with your meeting/event information, or bring it to the ECIA office by the 3rd of the month for publication in the following month's Vistas. Please include "Attn: Vistas" and be sure to indicate:



1. **TYPE OF EVENT**
2. **Location**
3. **Date & Time**
4. **A Resource Person** (one who can answer questions both about the event and the sponsoring organization) and his/her telephone number.

Photographs (digital or snapshots) are encouraged!

Note: All meetings are at the Community Center, unless otherwise noted.

CC=Community Center, LR=Living Room, F=Foyer, CFR=Conference Rm, CR=Classroom, RR=Railroad, K=Kitchen

SPECIAL EVENTS

VGPL Ice Cream Social	Sun., Aug. 7, 1-4pm	See p. 1	466-7323	CC
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COMMITTEE MEETINGS

Architecture Committee	Tues., Aug. 9 & 23, 7-9 pm	Mark Young	466-4248	Foyer
Board Work Study	Mon., Aug. 15, 6-8 pm	ECIA	466-4248	CR
Conservation Committee	Tues., Aug. 2, 7-9 pm	Jim Daniel	609-941-4527	F
ECIA Board Special Mtg	Mon., Aug. 1, 2-4 pm (to review Archit. Guideline changes)			RR
ECIA Board Meeting	Thurs., Aug. 18, 7-9 pm	ECIA	466-4248	RR
Election Committee	Wed., Aug. 10, 2-4 pm	Kathie Graham	466-2133	CFR
Facilities & Grounds	Wed., Aug. 3, 4-6 pm	David Lovro	466-0540	CFR
Finance Committee	Wed., Aug. 3, 9:30-11:30 am	Dan Drobnis	466-4781	CFR
Finance Committee	Mon., Aug. 15, 9:30-11:30 am	Dan Drobnis	466-4781	CFR
Information Committee	Mon., Aug. 22, 7-9 pm	Frank Schober	310-8593	CFR
Road Committee	TBA	Felicia Probert	466-1563	RR
Stable Committee	TBA	Pat Donahue		F

MONTHLY / SEMI-MONTHLY MEETINGS / BIMONTHLY

EAW&SD*	1st & 3rd Thurs., 7-9 pm	Anna Mondragon	466-1085	EAWSD
Eldorado Arts & Crafts	Last Thurs., 7 pm	Mary Fredenburgh	466-1035	CR
Eldorado Book Club	3rd Wed., 3 pm	Pam Henline	phenline@comcast.net	LR
Eldorado/285 Recycles	2nd Tues. of month, 4-6 pm	Sue Daniel	856-220-7087	CFR
Roadrunner RV	3rd Tues. of month	Gordon Groff	699-7680	
Search & Rescue	2nd Thurs., 7-9 pm	santafesar.org		VGPL

WEEKLY MEETINGS

AA	Tues., 5:45-6:45 pm			CFR/LR
AA	Wed., 7-8 pm			CFR
AA	Thurs., 6-7 pm (Women Only)			CFR
AA	Fri., 6-7 pm			CFR/LR
AA	Sat., 11-12 pm			CFR
AA	Sun., 5:15-6:15 pm			La Tienda
Adult Basketball	Thursdays, 6:30-dusk			BB Courts
Boy Scout Troop 414	Wed., 7-9 pm	Fritz Denny	466-4070	RR, CR, LR
Bridge	1st & 3rd Fri., 1-5 pm	Shirley Davis	982-6179	LR
Community Church**	Sun., 9:00 & 10:30 am	David McPherson	466-2495	La Tienda
Eldorado Hikers	Tues., 8:30 am	Terry Gibbs	466-6914	CC
Eldorado Writers Club	2nd & 4th Tues., 7-9 pm	Randy Schultz	505-220-4327	CFR
Fire & Rescue Training	Tues., 7-9 pm	Fire Station Office	466-1204	Station
Fire & Rescue Duty Sections	Sat., 8-12 noon	Fire Station Office	466-1204	Station
Knitting Club	Tues., 10-12 noon	Joyce Hanmer	466-3018	LR
Life Drawing	Mon., 10-12 noon	Jack McCarthy	466-9601	RR
Mah Jongg	Fri., 1-5 pm	Nancy Robbins	466-1780	CR
Martial Arts	Tues. & Thurs 5:45-6:45 pm	Brett Maul	204-8850	RR
Overeaters Anon	Mon., 7-8 pm	Barb	954-1533	LR
Senior Lunch***	Mon.-Fri., 11:30-12:30 pm	Senior Center	466-1039	
Spinning Group (Fiber)	1st & 3rd Thurs., 9:30-11:30 am	Ellen Higgins	970-201-4776	LR
Square Dancing	Fri., 6-9 pm	Connie Walters	466-4226	RR
Yoga/Gentle Stretch	Wed., 9-10:15 am	Mary Horst	490-2790	CR
Yin Yoga	Monday 5:30-6:45 pm	Mary Horst	490-2790	CR
Yoga/Vinyasa	Tues. & Fri., 9-10:15 am	Mary Horst	490-2790	CR
Zumba	Tues. & Thurs., 9-10 am	Tana Monaco	690-4332	Max Coll CC

* Eldorado Area Water and Sanitation District

**For other religious/spiritual services, go to <http://santafe.areaconnect.com/churches.htm>

*** Reservations required

VISIT OUR WEBSITE: www.eldoradosf.org



Fire Service Volunteer, Jay Selnick

Jay Selnick is a long-time volunteer with “Eldorado’s Finest,” our first rate Fire and Rescue Service.

He was born in New York and worked there as a secondary school teacher for 33 years. In addition to his academic duties, he served as a swim coach at the Long Island High School to which he was assigned for the same period.

Jay retired from teaching and moved to Eldorado in 2002, where he joined its Fire and Rescue Service. He became a medical first responder in 2007, gained the coveted distinction of Emergency Medical Technician-B, and was elected an Emergency Medical Service Lieutenant.

Jay Selnick recently capped his 14 years of distinguished volunteer service to our

community when he was recently elected as his department’s EMS Captain in charge of the Eldorado Department Emergency Medical mission.

Asked what he likes most about being a member of EFRS, he states, “It gives me a chance to give back to the community in which I live. The fact is that this gives me a tremendous amount of personal satisfaction and makes my volunteer work for the Department worthwhile.”

Asked what was his most memorable response, he said it was at a structure fire, during which some young puppies were found in the house. “They were brought to the ‘rehab ambulance’ and we were able to revive three of the puppies.”

Jay Selnick represents voluntarism at its best. He is an example for young and old who wish to keep our community fire and injury safe.



ELDORADO/285 RECYCLING

Glass Recycling

Even though it needs to be separated from the other recyclable materials, glass is super easy to recycle. The Eldorado Convenience Center has a bin just for glass so that all residents can recycle their glass jars and bottles.

WHY IS IT SEPARATE?

In many places, glass can be mixed into the recycling stream, but this is not the case in Santa Fe. When the regional recycling operation that processes and markets Santa Fe’s recyclables was built in Albuquerque, they did not install a glass management system. Because of this, glass has to be separated. From ECC, it is taken to the Buckman Road Recycling & Transfer

station and processed into cullet, which is sent to manufacturing facilities. Currently it goes to Growstone in Albuquerque, which makes a cultivation medium for alternative gardening such as hydroponics. Cullet is also available to the public for landscaping.

ALL GLASS IS NOT EQUAL!

Please recycle only bottle and jar glass in the Glass Only bin at the Convenience Center. Glass such as dishware, window/windshield glass, old-style light bulbs, and art glass are not acceptable in the bin. Many of these forms of glass have coatings and are not recyclable. For now, all bottles and jars, emptied and rinsed, can be recycled.



Vinyasa Flow Yoga

Vinyasa in Sanskrit means “connection.” It is the connection between movement and breath that defines this style of yoga practice. Vinyasa yoga is a term that covers a wide range of yoga classes. It is also referred to as “flow” yoga because of the smooth way that the poses flow together.

During a Vinyasa class, expect to go through a gentle warm-up sequence before moving into standing poses, followed by seated twists and stretches and then resting in Savasana (complete relaxation).

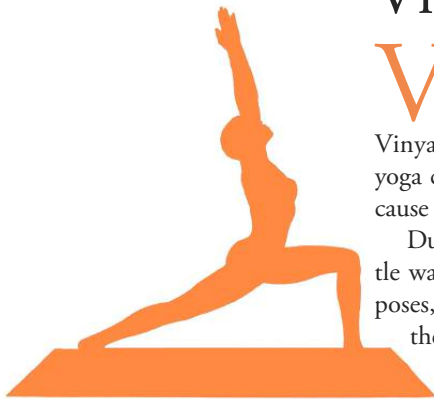
While there is no single philosophy, rulebook, or sequence that teachers must follow, there are many different styles taught, so it is important to find a teacher you enjoy and can relate to. Vinyasa

yoga is a vibrant and invigorating style of yoga, yet as with anything, the more you practice, the more benefits you will enjoy. These include strength, balance, flexibility, and focus, and who doesn’t want these?

—Julia Cairns

YOGA FOR EVERY BODY CLASS SCHEDULE

- ▼ Tuesday 9–10:15 AM, Vinyasa Flow with Julia
- ▼ Wednesday 9–10:15 AM, Gentle Stretch/Slow Flow with Mary Horst
- ▼ Friday 9–10:15 AM, Vinyasa Flow with Julia
- ▼ Julia teaches with Mary Horst at the Community Center in Eldorado. Call Mary 490-2790 or Julia 466-1935 for more information.



NEIGHBORHOOD WATCH FLORA & FAUNA GROUP

Bugalicious!

Do you know what's shown in the top right photograph? Have you seen these "bug shells" around your property—on trees, stucco siding, on the ground?

Here's another hint: Do you know which insect emits a loud, mechanical, buzzing sound on hot summer days? Yes, we are talking about the cicada! These harmless insects appear every summer. About one inch long when mature, the adults do not eat. Instead, their energy and time is spent focused on reproduction. The high-pitched buzzing sound is used by males to attract females, and the exoskeleton shells we sometimes find on our properties are left when the growing cicadas shed their outer skin.

Cicadas can be annual, as they are here, or periodical, appearing every 5, 10, 13, or 17 years, depending on local climate and species. In the Midwest, for example, "locusts" (cicadas) appear every 17 years. When that happens, the ground itself seems to swarm. And some people eat the cicadas.

That's right. Some people eat them. In fact, local newspapers periodically publish cicada recipes. Because cicadas contain roughly the same amount of fat and protein as ham and are similar to shellfish, cicadas can be called the "shrimp of the land."

It's not really that unusual for humans to consume bugs. People have eaten bugs throughout history, and bugs are commonly consumed in many cultures around the world. A traditional (and excellent) source of protein, insects gradually became undesirable as a food source to Western cultures when the population's focus shifted to plant and animal agriculture and insects were viewed as destroyers of crops.

Those who consume insects say they are delicious, and scientists say that they are a better source of protein than most other animals. Additionally, growing insects is significantly more ecological than growing non-insect plants for food (particularly when using insecticides to protect the plants). Bottom line: Bugs are high in protein, low in fat, and inexpensive. Insects are, therefore, a viable solution to the world's food-shortage problems.

Some Westerners are starting to acquire an interest in eating bugs (becoming entomophagists, or insect eaters). Cricket flour (one-quarter pound of flour is composed of 1,100 crushed crickets) can be purchased on Amazon, and a number of Internet sites contain recipes such as Crispy Cicada Chips, Cicada Kabobs, Tempura Cicadas, Cicada Tacos, Chocolate Chirp Cookies (crickets), Bee-L-T (bee larvae), Beetle Dip (rootworm beetles), Mealworm Fried Rice, and Banana Worm Bread.

A word of caution: If you want to try eating insects, make sure you buy from a reputable producer. Bug appétit!

References for this article are available on request. Contact us at EldoradoFloraFauna@yahoo.com.



Top: Exoskeletons of cicadas. Photo: Julia Kinney

Bottom: Desert cicada. Photo: Ann V. Wood

Greenbelt Trail Pilot Project Notice

The ECIA, with the support of its Conservation Committee, will be mowing along the edges of the existing greenbelt trail network in the Pueblo Canyon Greenbelt areas the week of August 8. This work is required owing to the excessive weed growth on both sides of this trail, and such mowing is part of the long-term maintenance plan to keep this trail both functional and enjoyable to use. The goal is to mow no more than 24 inches on each side of the trail to allow ease of travel for walkers, bikers, and equestrians.

This serves as a public notice of this work and the fact that we will be doing our best to get the work done in a timely and efficient manner, with as little impact as possible. If you have any questions, please call the ECIA at 466-4248.

The location of this trail is shown below.

—Conservation Committee



VISTAS

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Eldorado's Fourth of July Parade, 2016

Photos courtesy of *Eldorado Living* magazine

