

FREE

July 2017 .
Volume 6, Issue 1 .

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

July Hours:

CLOSED ON JULY 4th
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



The Brightest Young Minds in Rio Abajo Expand Their Horizons

This summer's reading program is "Build A Better World" and we have been blessed with some of the most unique presentations. Despite the lack of business support and contributions, we have been able to offer high quality books and extras.



To kick-off our program, we started with *MakerSpace*, which is a 3D printer demonstration and everyone was given the chance to see it in action plus make something!



explain how farming and gardening are vital to building a better future. Then everyone had the fun of planting their own future (edible) flower.

The following week we had a master gardener, Carolynn Hammer,



Then Architect A. Miguel Trujillo came in the third week. He explained that building begins with drawings (and had some to show), and went on to explain the basics of creating a home, a building, a town and roads. All of these begin with a dream, a design, an idea, then go to drawings. To round out the fun, everyone was given the "building blocks" for creating their own village!



Our fourth week featured Building a Future with Fabric. Fay Stone made the presentation, then had everyone decorate one square of fabric with a picture of their favorite book. The kids' creativity is amazing! Fay intends to complete a quilt out of all the blocks, which will be hung up at the RAC Library when completed. Obviously, once we get it, we will have pictures in our newsletter.

July has shaped up to be equally exciting and innovative.

It's NOT too late for any of our youth to register. It's free, its fun, and in August, there will be the Awards and the Party! ✂

RAC Library News



Reading Challenge Nearing End

I am convinced that our community has some of the brightest young minds in the state! We have courageous youth who had difficulties reading during the school year and are working hard to improve now, we have youth that are reading years ahead of their age bracket, and many everywhere in-between. All of them are intelligent beyond their years and consumed with curiosity and questions.

The July highlights for the program (all start at 1 pm) are:

Thursday, July 6 -- Wonder Bus & Dinosaurs. Coming in all the way from Santa Fe, the Wonder Bus will be set up with the dinosaur

exhibit and a mystery project (that has been promised to be messy). EVERYONE is invited to enjoy this – and they'll be here until 6 pm.

Thursday, July 20 – Media Building with NM's PBS station. A program will be reviewed and a unique, fun activity.

Tuesday, July 25 – Build Futures with a Clear Mind. Counselor Mary Lampkin will be leading the insanity of this fun program!

Thursday, August 3 – Awards and Party! More on this next month!



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

July 4, 2017 – Tuesday

INDEPENDENCE DAY



July 4, 2017 -- Tuesday
RAC LIBRARY, SR CENTER, BANKS, & GOV'T OFFICES WILL BE CLOSED

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

All the latest irrigation news will be exchanged.

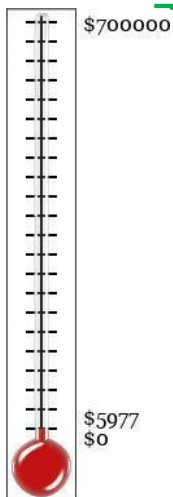
July 6, 2017 -- Thursday
1:00 pm at RAC Library
WONDER BUS & DINOSAURS

For Summer Reading participants – The NM Library's Wonder Bus will be rolling in. Be prepared for fun and dress comfortably. It's gonna get messy!

AND after 2:20 pm – everyone (young and old) is welcome to come out and enjoy!

July 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!



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

July 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.

July 10, 2017 – Monday
6:30 pm at RAC Library
LAJOYA CRAFTING CIRCLE

Work on projects, learn crafts, and visit. We also have coloring for our sophisticated folks. For info call 864-0666

July 12, 2017 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

July 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.

July 14, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SOCORRO SHOPPING TRIP

All Seniors welcome. Call to reserve your seat! (505-861-2860)

July 20, 2017 – Thursday
1:00 pm at RAC Library
NM PBS' "DESIGN SQUAD"

For Summer Reading participants – NM PBS will have a televised presentation, then it's gonna be team set ups for loads of fun!

July 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.

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

This Month's Events

July 27, 2017 -- Thursday
8 am-12pm at Hwy 304 and Hwy 116 to Valencia County Line
COUNTY ROAD CLEAN-UP

Call (505) 550-2722. Helping with the clean-up includes all materials, and an invite for a cook-out & swim party at Commissioner Martha Salas' place afterwards!

DEADLINE FOR SUBMITTING AUGUST ANNOUNCEMENTS: 5:00 P.M., JULY 25, 2017

NMDA to Hold Public Rule Hearings



- The New Mexico Department of Agriculture will hold public hearings in four locations to discuss the adoption and amendment of two rules. The hearings will be held to propose the repeal and adoption of 21.15.1 NMAC – “Organic Agriculture,” and amendments to 21.34.3 NMAC “Pasteurized Milk Ordinance,” and receive public comment on each proposal. The hearings will be as follows:

- In Las Cruces at the New Mexico Dept of Agriculture, on Wed., July 5, 2017 from 1–

2 p.m., and 2:30–3:30 p.m.

- In Portales at the Roosevelt County Extension Office on Thurs, July 6, 2017 from 2–3 p.m., and 3:30–4:30 p.m.
- In Santa Fe at the State Capitol building in room 326, on Friday, July 7, 2017 from 8–9 a.m., and 9:30–10:30 a.m.
- In Albuquerque at the Bernalillo County Extension Office, on Fri., July 7, 2017, 1–2 pm and 2:30–3:30 pm.

During the Organic Agriculture hearings, to be held first at each location, the new fee structure for the Department's Organic Program will be proposed. In an overview, the new fees will be:

New application fee:

\$750 (only available after receiving U.S. Agriculture certification for organic status)

Renewal fees \$500 per application

Late fees for renewals

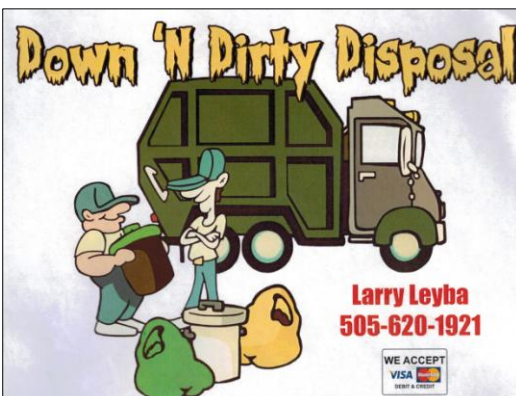
\$75-\$500 depending on how late

Inspection fees (per application, whether new or renewal:

\$65 per hour plus mileage and per diem as established by NMSU Business Procedures. ✂

Martha Salas' Coffee & Chat

With the State cutting programs this year, our Commissioner,



Weekly Pick-up
(two 95-gal cans)
\$23 per month
no contract required

Commercial services
(one-time pick-up)
upon request

Martha Salas, held a Coffee & Chat event at the Senior Center to explain how the budget cuts were affecting Socorro County.



First off, the funds for building our medical center are not affected. The final signatures from the Department of Health are needed in order to acquire the funds,



which was being addressed. Ms. Walsh expressed confidence that the facility will be built in six months and will also have a pharmacy that supplies oxygen, antibiotics and diabetic supplies.



The State's budget cuts have meant that the County may have to initiate a hiring freeze with some possible lay-offs and job losses.

The budget cuts have seriously impacted the new jail. Those convicted of state crimes with sentences 365 days or less are placed in county jails. The State expects each county to finance the additional costs, including all

special needs and medical expenses.

Lastly, the State normally provides \$1.75 per senior for the food program. This sum has been cut, but the Commissioners are working to figure out how to make up for this shortfall in funds.

There were some announcements:

If there are issues with any county road, call 575-835-2041 or Commissioner Salas (505-550-2722) so a Work Order can be made for the Road Department.

If a street sign is damaged or missing, Gail Rogers is the person to call, (575) 835-2029, ext. 1209.

The Abeyta's Volunteer Fire Department's new Fire Chief is Richard Sylvester.



Finally – On July 27th will be the county-wide clean-up of all county roads. The four-hour event will provide participants with vests, gloves and bags. The DOT will be picking up the trash. Our Commissioner (Martha Salas) will be hosting a barbeque and swim party afterwards for all participants – see page 6! ✂

Rio Abajo Community Celebrations

July 2

Thomas W. Alberto's birthday

Rio Abajo Community Celebrations

July 3

Maritza D Garcia's birthday
Eva J. Ortega's birthday

July 9

Rhonda Millhollin's birthday

July 12

Lorraine Barela's birthday
Damacio Gutierrez's birthday

July 14

Ventura Morales's birthday
Raquel Trejo's birthday

July 16

Robert Bright's birthday
Valerie Hernandez's birthday

July 17

Bill E. Mareth's birthday

July 19

Sabrina Barela-Moore's
birthday

July 21

Charlotte Solorio's birthday

July 22

Jace W Ford's birthday

July 24

Oscar Fox's birthday
Matthew Saiz's birthday
Javier Quintana's birthday

July 25

Lorena Chavira's birthday

July 27

Teresa Armijo's birthday
Rita McKinley's birthday

July 29

John Carangelo's birthday

July 30

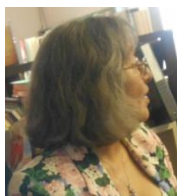
Tracey Ballou's birthday
Ken Hansen's birthday

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

Natural Health Tips

Vitamin B12 Secrets

By Donna
Hernandez, ND,
MH



Many experts once believed that vegetarians were the primary group that developed a vitamin B12 deficiency, but this deficiency and depletion are more common than previously thought, especially in the over-60 population. It's believed that one in four people over 60 have vitamin B12 deficiency, and there are signs that other age groups harbor suboptimal levels as well.

When blood levels of vitamin B12 are low, one or more body functions may be disrupted. A deficiency can also cause:

- Tiredness and feelings of weakness...
- Less-than-optimal nervous system functioning...
- Less-than-optimal eye health...
- Loss of appetite and unintended weight loss...
- Occasional constipation & gas...
- Feelings of mild moodiness...
- Less-than-optimal memory...
- Nervousness ...
- Less-than-optimal balance...
- Less-than-optimal liver or heart health...
- Premature grey hair...
- Occasional digestive issues...

The two ways that you become deficient in vitamin B12 are from not getting enough in your diet (vegetarian based) and from losing the ability to absorb it. The older you get the more your digestive system breaks down, especially if you are:

- Eating the standard American diet;
- Using antacids or anti-ulcer drugs (which lowers stomach acid secretion and decreases ability to absorb vitamin B12); and/or
- Infection with *Helicobacter pylori* (which causes stomach ulcers).

The main cause of this deficiency is when your stomach lining loses its ability to produce a protein that binds to vitamin B12. Some of the top reasons for this are:

- Refined foods sold in grocery stores are depleted of vital nutrients...
- Refined foods are loaded with sugar...
- Refined foods are full of chemicals...
- Refined foods are overloaded with food colorings; and...
- Refined foods are loaded with preservatives...

Add the harmful effects of caffeine, pollution, conventional therapies, and stress... and you've got a recipe for energy drain.



Vitamin B12 helps folic acid regulate the formation of red blood cells, and helps your body use iron. It is also needed for proper digestion, food absorption, carbohydrate and fat metabolism, and helps keep your nervous system healthy.

Many people avoid red meats for a large variety of reasons, but plant sources have no vitamin B12. The few plants that are sources of B12 are actually B12 analogs, which block the uptake of true B12.

If you suffer from sleeping difficulties, take vitamin B12



**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:
 **NEW MEXICO
STATE LIBRARY**  **NEW MEXICO DEPARTMENT OF
CULTURAL AFFAIRS**

during the day. B12 is vital in producing melatonin ("the sleep hormone"). As you age, your body is less efficient at making this hormone, so, taking B12 helps.

You can eat plenty of meat, poultry, lamb's liver, brewer's yeast, clams, eggs, herring, mackerel, kidneys, milk, dairy products, or seafood -- and still have low levels of B12. To enhance B12, a protein (called *intrinsic factor*) is required. The lining of your stomach makes intrinsic factor, people with insufficient gastrointestinal health need to supplement with B12. In short, you need the protein to absorb B12, but fortunately, B12 helps your stomach heal and

produce the protein, with extra B12 going into your system.

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

Charming Children!



A mother was teaching her child about the side-effects of alcohol. She gets two short glasses, filling one with water and the other with whiskey.

She says "I want you to see this."

She puts a worm in the water, and it swims around. She puts a worm in the whiskey, and the worm dies immediately. She then says, feeling that she has made her point clear, "what do you have to say about this experiment?"

The child answers: "If I drink whiskey, I won't get worms!"



A new teacher was trying to make use of her psychology courses. She started her class by saying, 'Everyone who thinks they're stupid, stand up!'

After a few seconds, Little Larry stood up.

The teacher said, 'Do you think you're stupid, Larry?'

'No, ma'am, but I hate to see you standing there all by yourself!'



Larry watched, fascinated, as his mother smoothed cold cream on her face. 'Why do you do that, mommy?' he asked.

'To make myself beautiful,' said his mother, who then began removing the cream with a tissue.

'What's the matter, asked Larry 'Giving up?'



Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person.

'Yes,' said the policeman. 'The detectives want very badly to capture him.'

Larry asked, "Why didn't you keep him when you took his picture?"



Northern Socorro Senior Center



By Pat White-Johnson, Director

Four years ago I started my first day as the Northern Socorro Senior Center's Director. So much has happened and I cannot imagine not being here amongst everyone that have come to mean so much to me. I look forward to meeting our challenges together for a long time to come.

We've rescheduled Bingo to Tuesdays, with lunch served immediately thereafter. Come join in the fun!

Our shopping trip this month will be on July 14th to Socorro. If you want to participate in the buying frenzy, call and reserve your seat!

Last but not least, our dances this month will be on two Fridays, July 7th and July 21st. Don't forget those dancing shoes.



The Senior Center provides:

- Hot meals from 12 pm to 1pm.



-Wide Clean-Up!

Thursday -- July 27
8 am – 12 pm

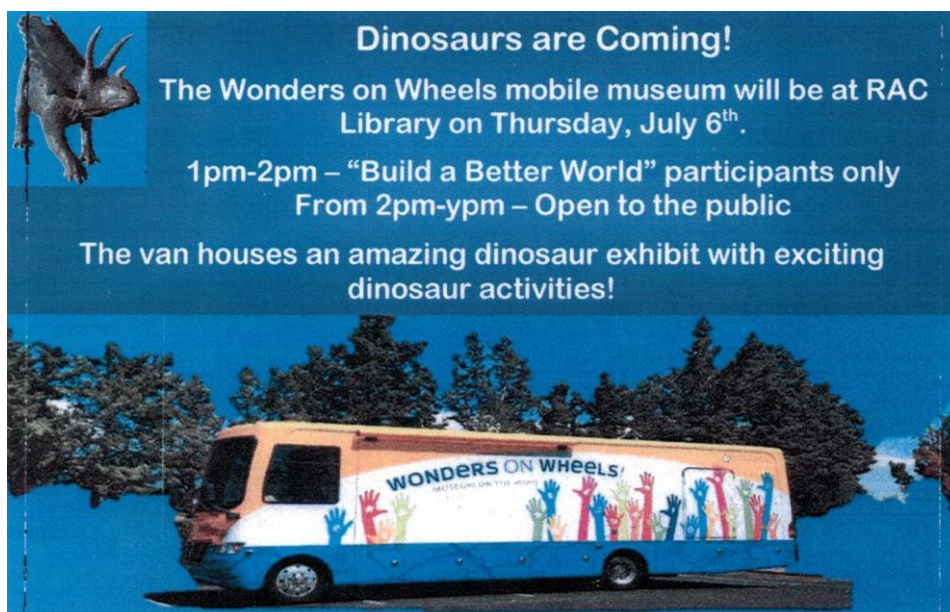
Targets:
Highway 60
Highway 304

Vests, Gloves & Bags Provided

Barbeque AND Swim Party for Participants
hosted by General Andrew Salas & Commissioner Martha Salas

Bonuses for Summer Reading Program Enrollees

For more information and to participate in the fun
Call Commissioner Salas at (505) 550-2722



- 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

**August 2, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

All the latest irrigation news will be exchanged.

**August 3, 2017 -- Thursday
1:00 – 3:00 pm at RAC Library
PROGRAM AWARDS PARTY**

All Summer Reading Program participants will receive goodies, plus some will be receiving

Future Events

awards! PLUS all the goodies and fun!

**August 4, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

Everyone welcome to attend!

**August 5, 2017 -- Saturday
NATIONAL UNDERWEAR
DAY**



**August 9, 2017 -- Wednesday
9:00 am, Senior Center, Las
Nutrias
RAC MOBILE LIBRARY**

**August 14, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING
CIRCLE**

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

**August 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.

August 21, 2017 -- Monday

Future Events

**Where? Sky above
TOTAL SOLAR ECLIPSE**

About 11 am we will be able to see the partial eclipse. More info in next month's newsletter!

**August 23, 2017 -- Monday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY**

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

**Sept 1-2, 2017 -- Friday &
Saturday
Socorro County Fairgrounds
SOCORRO COUNTY FAIR**

**DEADLINE FOR SUBMITTING AUGUST
ANNOUNCEMENTS: 5:00 P.M., JULY 25,
2017**

Word of the Month

Manumit: (verb) (1) to release from slavery or servitude; (2) to emancipate.

EXAMPLES: Joe
Schmo felt he
manumitted on the day
he retired.



ORIGIN: This word first appeared in Middle English in the 14th century and was literally used to say "to send away from (one's) hand, to set free. ✂



Edible Flowers from the Garden

By Celeste Longacre

Nothing brightens up a salad or serves as a better garnish than

edible flowers. Many restaurants are taking advantage of this phenomenon and including chives, calendulas, clovers, nasturtiums and marigolds in their meals. There are actually quite a number of flowers that are edible. Besides the squash blossoms and day lillies that most of us are familiar with, there are some easy to plant and even beneficial blooms that can be incorporated into a garden.



Marigolds planted right in the beds with all of the brassicas (broccoli,

Brussel's sprouts, cabbages and cauliflower) help greatly to keep the cabbage moth away. Two varieties — 'Lemon Gem' and 'Tangerine Gem' — put out lovely flowers that don't have much of a taste but dress up a dish with pizzaz. The plants also, when rubbed, give off a lemony scent that is a delightful aroma when wandering in the garden.



Nasturtiums can be planted right in the beds with the cucumbers to help deter the cucumber beetle. These come in a variety of colors and can be served up whole or broken into pieces to add bright colors to a pasta salad or cold rice dish.

Chives are exceptionally easy to grow and have a delicate purple flower that can be added to a plate whole or pulled apart and used like a spice. They taste much like the chives themselves. They can also be used



to make chive vinegar. Just put them in a jar with some organic white vinegar and set them in a sunny location for about two weeks. Strain out the flowers and store the liquid in the pantry.

Pansies and violas are old-time favorites. These plants are easy to grow and, with a little care, can be encouraged to flower for months. It's important to pick all the flowers as they appear in order to get the plants to keep sending them out. They can also be dried and added to dishes later in the year.

Violets make wonderful additions to a dish. These wild flowers come in purple and white. They are often added to cakes and other pastries and can be dried like the pansies in order to be used at a later date.

Calendulas have been used for centuries for their healing properties. They are particularly helpful with skin

issues such as rashes, bites and stings. They can also help to keep some garden pests at bay. These colorful orange and yellow flowers can be used as a garnish or pulled apart to spice up an entire dish. They are very easy to dry — simply pull them apart and place on a cookie sheet. Place this in a dry spot for a few days then store in dry, sealed glass jars.

Squash blossoms are also edible. These can be stuffed with cheesy fillings, dusted with flour and fried or used as a garnish.

Put a smile on faces at your next dinner — serve up some edible flowers! It's easy and fun and they will be delighted.

NOTE: This article first appeared in the June 4, 2016 Mother Earth Blog. This excerpt was printed with permission. For more info, see www.MotherEarthNews.com



Classified Ads

PAID TRAINING POSITIONS OPEN.

Any low-income adult, 55 years or older that are veterans, disabled and/or displaced homemakers are eligible. Pay is \$7.50/hour, 15+ hours per week, and tax exempt. Call Minnie at (505) 861-0497 for more information.

CHICKEN FRUIT FOR SALE. No additives, preservatives, hormones, dyes or chemicals. All natural deliciousness. \$3 per dozen if picked up. (505) 864-3662

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

Rio Abajo Community Library Board

President
Vice Pres
Secretary
Treasurer
Directors

Minnie Presley, Veguita
Mary Lampkin, Veguita
Dolores Phillips, Sabinal
April Esquibel, La Joya
Kathy Esquibel, Veguita
Ken Hansen, La Joya
Quentin Lawson, Veguita
Irene Saiz, La Joya

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.

☐ 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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ADDRESS CORRECTION REQUESTED

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