

FREE

November 2018 .
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

A 501(c)(3) nonprofit registered in New Mexico – owned and operated by volunteers and with donations

November Hours:

Tuesday, Wednesday, Thursday
11:00 a.m. – 6 p.m.

Fridays 9:00 a.m.-1:00 p.m.

Closed on Nov 22-23, 2018

DONATE TO OUR BUILDING FUND!
www.GoFundMe.com/RACLibrary



RAC Library Leaves



Community Champion Gone



It is with profound sorrow that we advise that our Library President, Ken Hansen, passed away on October 9th.

Ken was born in 1952 in Cleveland Heights, Ohio. In the early 1970s, he moved to La Joya where he restored and lived in an adobe home where his three children were born, and which eventually became a certified Bird Refuge in 2015.

Ken served as FEMA head for Socorro County, as president of the RAC Library board and was one of the founders of the La Promesa Senior Center.



Ken and sweet Fay often enjoyed fairs and festivals together

– as participants and as spectators. He was always available to anyone needing information and/or advice. When not quietly volunteering to serve – for years as the Library's handiman, helping to clean the roads, or assisting countless of people in miscellaneous home repairs – he worked hard at cultivating a bountiful garden.

He was always generous with his time and botanical expertise; he was known by many, via the web as "Desert Gardener."

He is survived by sons, Jesse and Tyler; daughter, Kaiya; and grandchildren, all of Santa Barbara, Calif.; sister, Sally Hosken, of Dublin, Ohio; and by loving companion, Fay Stone, of Moriarty.

Everyone who would like to share "Ken" memories and/or stories are invited to attend:

Memorial/Celebration of Ken Hansen's Life

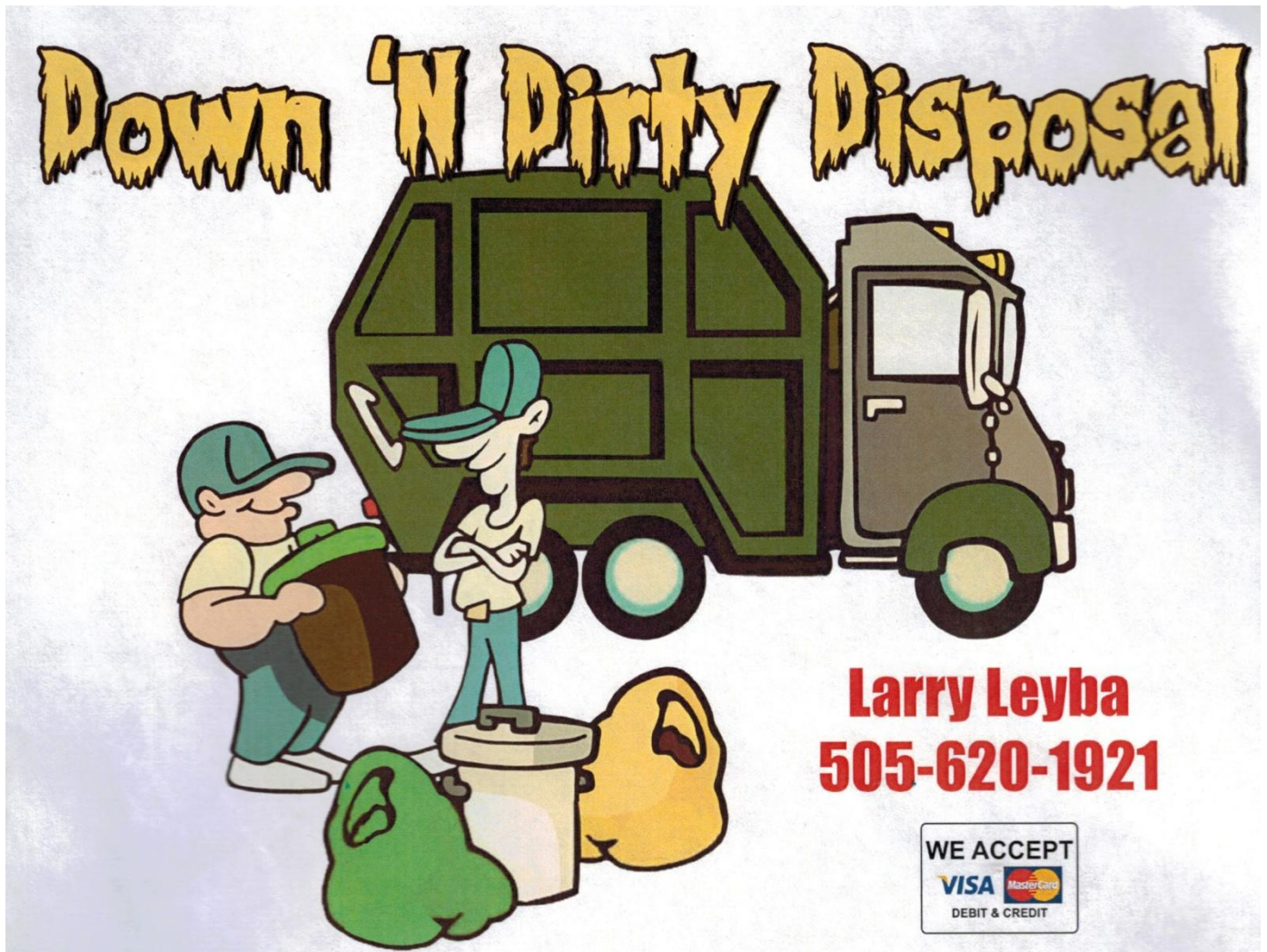
at the
Rio Abajo
Community

on
Saturday,
November 10th

1:00 – 5:00 pm

Light snacks and refreshments to share are welcome. ❀





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

Call Today for more Information!

Northern Socorro Senior Center

By Patricia
White-Johnson, Director



This is going to be one hectic month!

On Election Day (Tuesday, Nov. 6th) we will be closed, and we will also be closed on Monday, Nov. 12 for Veteran's Day and Nov. 22-23 for Thanksgiving.

SPECIAL THANKSGIVING NOTE!!
On Tuesday, Nov. 21 all Seniors at the Center by 9 am will be transported to the Socorro Senior Center for the Thanksgiving Feast. The Center will be closed for the day when we leave for the fun!

Due to popularity, the Center's Crafts Program, led by Judy Haugness, will be on twice this month: Tuesday, Nov. 13th and Thursday, Nov. 29th from 10 a.m. through lunch.

Our dances this month will be on Nov. 2nd, 16th, and 30th from 10:00-12:00.

This month's Pool Tournament will be in Socorro's Senior Center on Thursday, November 15th (10:00 until a winner is announced). Let's cheer on our neighbor pool sharks and bring that trophy home!

The Rio Abajo Community Library will have their Senior Book Mobiles on November 14th and 28th (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 on

SHOPPING ON-LINE?

Sign up for Amazon Smile

(www.Smile.Amazon.com)

Make purchases as you normally would and Amazon donates a percentage of their profits to the non-profit of your choice – and of course – you want to pick

Rio Abajo Community Library!

Wednesday, November 15th, from 10 am-12 pm. Lupita leads our nutrition program. Recipe swaps frequently take place!

Our Socorro shopping trip this month will be on Thursday, November 15th. All Seniors (60+) are welcome. We only ask that you call and reserve your spot by Wednesday (November 10th) 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 to Socorro 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 (505-861-2860).

The Center is open Monday through Friday, 8 am to 2 pm. ✂

Word of the Month

Thanksgiving (noun): (1) grateful acknowledgment of benefits or favors; (2) a public celebration in acknowledgment of divine favor or kindness.



Origin: 1530s, "the giving of thanks," from *thanks* + present participle of *give*.

Example:

"But he was not a man to waste his time in *thanksgiving* for what had just happened to him." The Memoirs of Louis XIV, by Duc de Saint-Simon. ✂

RAC Library News

Set-Backs

October was particularly heart-breaking for us.



Our tutor for the teen's Computer Challenge was taken ill. So, without a teacher/mentor we will not be able to continue the program this year.

Last year the scientific community allowed our library to serve as a pilot program to represent rural communities throughout the country. Due to our success last year (thanks to Jerry Esquivel), rural communities in the U.S. can now have this program if held at

their rural library – not limited to urban schools anymore.

Why is this important? The program offers a wonderful learning program for computer programming, provides great prizes and activities, superb scholarships and at a certain point, automatic entry into any college of choice. In a state where education is so sorely neglected, this program provided wonderful opportunities for our youth in fun and learning. Hopefully next year we can pick up the Challenge again.

Then we lost our President. Although the rest of the Board is wonderful and dynamic, our community's volunteer leadership is so rare and vital to keeping the viability of our community. Ken was always available to help and advise, and he will be sorely missed.

Nonetheless, we venture forward with our fund-raiser – Thanksgiving Loteria. This super-fun Mexican bingo is bingo at its best! For more info see page 8 or give us a call on any Tuesday, Wednesday or Thursday at (505) 864-3662. And please come out! Just be sure to bring your sense of fun and be ready to laugh!



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

Nov. 1, 2018 -- Thursday
RAC LIBRARY CLOSED

State-mandated class being held in Albuquerque for library staff.

November 1, 2018 -- Thursday
DIA DE LOS MUERTOS



Nov. 2, 2018 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

November 4, 2018 -- Sunday
DAYLIGHT SAVINGS TIME ENDS

Don't forget to turn your clocks back one hour!



November 6, 2018 -- Tuesday
ELECTION DAY



November 6, 2018 -- Tuesday
SENIOR CENTER WILL BE CLOSED

November 7, 2018 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

Nov. 9, 2018 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone welcome to attend!

Nov. 10, 2018 -- Saturday
1-5 pm at RAC Library
CELEBRATION/TRIBUTE TO KEN HANSEN

Everyone welcome to attend!



This Month's Events

November 12, 2018 -- Monday
VETERAN'S DAY



Nov. 13, 2018 -- Wednesday
10:00 am at North Soc. Senior Center, Veguita
CRAFTS PROGRAM

All Seniors welcome. Bring your own or work purchase a kit!

Nov. 14, 2018 -- 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.

Nov. 14, 2018 -- Wednesday
10:00 am at North Soc. Senior Center, Veguita
NUTRITION PROGRAM

Everything from nutrition questions to recipe exchanges are lead by Lupita. All Seniors welcome.

Nov. 15, 2018 -- Thursday
9:00 am at North Soc. Senior Center, Veguita
SOCORRO SHOPPING TRIP
All Seniors welcome. Call to reserve your seat! (505-861-2860)

Nov. 16, 2018 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

All Seniors welcome (Lunch will be served at 11 am).

November 18, 2018 -- Sunday
MARRIED TO A SCORPIO SUPPORT DAY



Nov. 19, 2018 -- Monday
11:00 am at Las Nutrias Parish Hall (Hwy 304)
ST. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

Free food is distributed. To enroll, come in one hour early.

This Month's Events

November 21, 2018 –
Wednesday
GREAT AMERICAN
SMOKE OUT



Nov. 15, 2018 -- Thursday
10:00 am at Socorro Senior
Center
SENIOR POOL TOURNAMENT

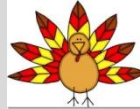
Our resident pool sharks will be competing with Socorro County's pool players.

Nov. 21, 2018 – Wednesday
9 am, Socorro Senior Center
SENIOR THANKSGIVING FEAST

Leaving our Center at 9 for the feast (returning 1pm), so Center will be closed

This Month's Events

November 22, 2018
– Thursday
THANKSGIVING DAY



Nov. 22-23, 2018 – Thursday & Friday
**RAC LIBRARY & SENIOR CENTER
CLOSED FOR WEEKEND**

Nov. 27, 2018 –
Wednesday
**NATIONAL GIVING
TUESDAY**



Please think of RAC
Library in your donations!

Nov. 28, 2018 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

Books, talking books and movies
will be available to borrow

This Month's Events

Nov. 29, 2018 -- Wednesday
10:00 am at North Soc. Senior
Center, Veguita
CRAFTS PROGRAM

All Seniors welcome. Bring your own or work purchase a kit!

Nov.30, 2018 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE

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

**DEADLINE FOR SUBMITTING DECEMBER
NEWS: 5:00 P.M., NOVEMBER 27, 2018**



Craft & Gift Fair at Black's Smuggler Winery!

Sat Nov 3: 10AM - 5PM;

Sun Nov 4, 11 AM - 4 PM

25 Winery Road, Bosque 87006 --- (505) 388-8117

Over 20 Local Vendors, Tasty Food, Sample & Enjoy Wine!

Meet up with friends & neighbors, shop local crafts & art, and eat!

Soaps, metal work, wood work, quilted items, crocheted items, art, sewn items, tin art, hair bows, food gifts, jewelry, gifts of all kinds!

*Sunday only: **Children's Paint Table**--\$10 fee
8 x 10 inch canvas and all supplies provided.*



Veggie Freezing Tips

By Carrie Williams Howe

Canning and dehydrating are excellent ways to preserve your garden, but freezing can be a faster process. When freezing veggies, keep a few things in mind:

- Freeze veggies when at their prime, not overripe or after sitting in your fridge for a week to ensure better taste and quality when you use them later.



- Many veggies benefit from a quick blanch or steam before freezing. There are enzymes that begin to break down when harvested, leading to nutrition and flavor loss. A little bit of heat deactivates these enzymes so they stop working while in the freezer.

- When freezing veggies at home, freeze in batches (about a meal's worth), so you only have to open one package to get what you need.

Green Beans –Pick pods that are not yet showing the shape of the beans inside. If too small they cook too quickly when blanched; if too big they will be tough when served. Our preferred method for freezing beans includes a quick blanch, then packing them into a freezer or vacuum sealed bag.

Cherry Tomatoes –When swimming in cherry tomatoes, freeze them in gallon-sized bags. Lay them out on a tray to freeze putting into plastic bags. When thawed they are not as good for snacking, but they make a great sauce when simmered down.

Corn – There is a HUGE difference between corn frozen fresh-off-the-cob and store-bought frozen corn. Corn is easy to strip off the cob at the height of freshness and bag up for the fridge. Chose whether to freeze corn on or off the cob, cooked or raw.

Winter Squash & Pumpkins – Roasted squash has more flavor than boiled, so roast your squash and puree it to save steps when making soup or pumpkin pie, then freeze in quart-sized yogurt containers or mason jars (leave enough head space for expansion).



Kale & Collards can be frozen for later. Either sauté or chop up and add to almost anything. Choose well-developed leaves that are not overgrown or bug-eaten. Remove the thick stems and chop before freezing. Blanch your greens for 2-3 minutes, then plunge in an ice water bath and dry before freezing in an air tight bag.

Stocking your freezer for the winter is one of the best ways to feed yourself economically for out-of-season produce. Happy Preserving!

NOTE: This article first appeared in the Mother Earth News Blogs on August 30, 2018. This excerpt was printed with permission. For more information, see www.MotherEarthNews.com ✕

Joke of the Month



A woman in her seventies, cooking Thanksgiving dinner for the first

time, called Butterball for help because her mother said she was tired of cooking and it was time her daughter learned how to prepare the Thanksgiving meal.



A woman called 1-800-323-4848 to find out how long it would take to roast her turkey. To answer the question, the Talk-Line home economist asked how much the bird weighed.

The woman responded, "I don't know, it's still running around outside."



Reasons to be thankful for a burned turkey:



- Salmonella won't be a concern
- No one will overeat.
- Everyone will think it's Cajun Blackened.
- Uninvited guests will think twice next year.
- Your cheese broccoli lima bean casserole will gain newly found appreciation.
- Pets won't pester you for scraps.
- The smoke alarm was due for a test.
- Carving the bird will provide a good cardiovascular workout.
- After dinner, the guys can take the bird to the yard and play football.
- The less turkey Uncle George eats, the less likely he will be to walk around with his pants unbuttoned.
- You'll get to the desserts quicker.
- You won't have to face three weeks of turkey sandwiches.



Ode to Thanksgiving

May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving
dinner
Stay off your thighs! ✂

Rio Abajo Community Celebrations

November 2

Stephen Carbajal's birthday
Alexis Mayse's birthday
Donna Nichols' birthday

November 3

James Matheius' birthday

November 4

Florela Trujillo's birthday

November 5

Emily Armijo's birthday
Beth Crowder's birthday

November 8

Makayla England's birthday

November 9

Jim Cooney's birthday

November 10

Angelina Cox-Delgado's
birthday
Ernesto Trujillo's birthday

November 12

Minnie Presley's birthday

November 19

Marcel Abeyta's birthday

November 23

Judith Haugness's birthday

November 25

Dorothy Espinosa's birthday

November 26

Reyna Barela's birthday

November 27

Shelly Lawrence's birthday

November 28

Adriana Escobedo's birthday

Rio Abajo Community Celebrations

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



Fall Family Fair



By *Jeannine Kimble, Visitor Services Manager*

On November 3rd (from 1-4PM) the Sevilleta National Wildlife Refuge (Interstate 25, exit 169) will be hosting their Fall Family Fair. Reservations are not required and everyone is invited!

There will be animal presentations (with live animals), nature talks, archery, games, do-it-yourself quail calls, plus live music and refreshments. Even the Wonders on Wheels! Mobile Museum will be here.

There will also be guided hikes that include:

- Geology Hike (a short hike with naturalist) to see the surrounding features and learn how they formed;

- Wildlife Hike – explore the visitor center for signs of animal life; and
- Mesa View Hike – a longer hike to the top of the mesa for breathtaking views of the Rio Grande, Los Pinos and Ladrones Mountains.

The awards ceremony for the “Drawn to Sevilleta” Poster Contest will be at 2 pm.

Call (505) 864-4021 or online at www.fws.gov/refuge/sevilleta for more information. ✂

Future Events

**December 3, 2018 –
Monday
HANUKKAH**



**December 14, 2018 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE**

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

**December 5, 2018 –
Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

**December 12, 2018 –
Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY**

**December 21, 2018
– Friday
WINTER SOLSTICE**



**December 17, 2018 – 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.

Future Events

December 25, 2018
– Tuesday
CHRISTMAS DAY



December 25, 2018 thru
January 2, 2019
RAC MOBILE LIBRARY WILL BE
CLOSED FOR THE HOLIDAYS

December 26, 2018
– Wednesday
KWANZAA BEGINS



December 31, 2018 –
Monday
NEW YEAR'S EVE



DEADLINE FOR SUBMITTING NEWS:
5:00 P.M., NOVEMBER 27, 2018



Community Meets Regarding Rate Hikes

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



SEC will be applying to the PRC for an increase of approximately 5.06% or \$1,249,993 in revenue annually -- the first increase in base rates for SEC in over 7 years.



At the Community Meeting held at the Senior Center on Oct. 16th, Jose Herrera, SEC Manager, and Jimmy Capps, presented the why's, wherefore's and how's.

1. Instead of a flat rate for electricity usage for everyone, there will be a monthly Service Charge and usage charges will be based on the type of "class" of consumer.
2. For those who use little to no electricity, a minimum charge will be charged each month (\$5) plus the Service Charge.

The different SEC "classes" are: Residential, Small Commercial, Irrigation, Large Commercial or Area Lighting.

The monthly service charge allows for a balanced budget to ensure all costs of bringing a reliable service to everyone is guaranteed. At present, with fluctuating electric use and cost (SEC buys electricity from Tri State), it became impossible to maintain consistent service with growth and improvements.



For residential consumers:

- if you do not use any electricity, you will be paying a minimum of \$27.75 per month to stay connected;
- If you had been paying about \$47.89 per month, the new charge for the same service will be \$54.05
- If your bill has been \$113.66, the new charge will be \$116.64

- If you use about 1,000 kWh per month, your bill had been \$146.54 and will now be \$147.94.

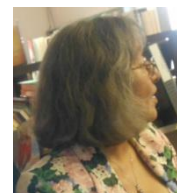


In short, Jimmy Capps (pictured left) and Jose Herrera (pictured right) showed everyone how, for pennies more a month starting in January 2019, SEC will be able to always balance their budget and have enough to provide up-to-date improvements and consistent, reliable maintenance. ✂

Natural Health Tips

Magical Purslane

*By Donna
Hernandez, ND, MH*



I found this great website with some tips I am sharing today – its www.ReturnToNow.net, regarding Purslane.

Purslane is one of many weeds in your garden that you might not want to kill. This super-food is now making a comeback in farmer's markets and fancy restaurants.



It “sprouts from sidewalk cracks, invades gardens and earns contempt from the U.S. Dept of Agriculture, which classifies it as a “noxious weed.”

The tear-shaped leaves of this succulent plant are packed Omega-3 fatty acids with antioxidants, vitamins and minerals. Plus, they’re delicious.

The cucumber-crisp leaves have a tart, lemony tang, with a peppery kick. If it’s not in your garden already, you can buy some seeds, toss them around, and watch them grow, like crazy.

Reasons to include purslane in your diet:



1. Omega-3 fatty acids. Purslane is a great source of the omega-3 fatty acids that are essential for brain and heart health. If you’re a vegan, this is one of the best sources you’ll find.

2. Antioxidants. Purslane is loaded with antioxidants, which protect cells from damage and slow aging.

3. Minerals. Purslane is a good source of calcium, magnesium, potassium, iron, phosphorus, manganese, copper, folate and selenium, all lacking in the Standard American Diet and essential to good health.

4. Vitamin C. Purslane is a great source of this immune-boosting vitamin.

5. Beta-carotene. Purslane is rich in beta-carotene, a precursor to vitamin A, which most of us are seriously lacking in.

6. Melatonin. Purslane is a rare plant-source of melatonin -- essential to regulating sleep.

7. Lowers cholesterol. Purslane contains an antioxidant that prevents cholesterol from damaging blood vessels and has a positive effect on LDL cholesterol levels.

8. Tryptophan. Purslane contains this amino acid that regulates mood and fights depression.

Wash some off and use in salads, in your beans, in salsa. Experiment and enjoy!

NOTE: Donna, who lives in La Joya, is a Naturopathic Doctor, a published author, and writes regular articles for publication on the internet. ❀

Classified Ads

APPRENTICE(S) SOUGHT by Special Orchestra: nature retreat, music enablement, nonprofit administration. Valuable experience, stipend + extra benefits. (505) 864-3749.

CHICKEN FRUIT FOR SALE. No additives, preservatives, hormones, dyes or chemicals. All natural deliciousness. \$3 per dozen if



**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:



picked up. (505) 864-3662.

Want to run an ad? It’s \$1 per month for 25 words or less. Deadline for listing: November 28th. 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
Irene Saiz, La Joya
Jodi Woods, Veguita

Federal non-profit # 83-0398943 ❀

La Loteria

(Mexican Bingo)

THANKSGIVING STYLE!!



Sunday–November 18, 2018

Beginning at 2:00 p.m.

at

Black Smuggler's Winery
25 Winery Road, Bosque

On State Hwy 116 (between Belen and Hwy 60), drive 7-8 miles and turn west onto CR 223 (Winery Road), go thru the tunnel, first building on the left



10 Games
**(7 regular for Prizes &
3 specials for Cash)**

One sheet for all regular games--\$10

Extra sheet for regular games \$1

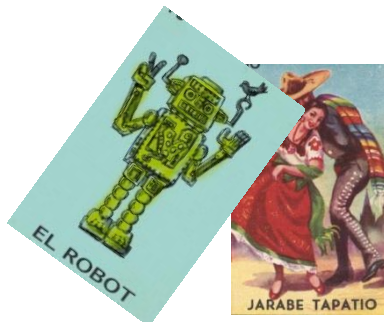
Additional sheet for specials--\$2

Great Door Prizes!



Snacks & Beverages
Will be available

For more information, call (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
LaJoya, NM 87028

US POSTAGE
PAID

ADDRESS CORRECTION REQUESTED

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