

FREE

September 2018 .
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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.RACLlibrary.info
Email: RACLlibrary@hotmail.com
Facebook:
www.Facebook/RACLlibrary

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

September 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/RACLlibrary



RAC
Library Leaves



**Community Pillar is
Gone**



In the peaceful farming community of Middlebury, Connecticut on July 29, 1921 a future leader was born -- and John Carangelo never lost his love of rural life although his life took him in many other directions.

In World War II he earned a Purple Heart with oak leaf clusters in recognition of his service in the U.S. Army and for his self-sacrifices during the Battle of Bulge.

Returning from the War, he devoted himself to his bride, Martha, and his children. When he retired from his professional career as a chemical engineer for Uniroyal, he moved his family to New Mexico and started a very successful sheep farm with his wife.

When he moved to La Joya his humor, drive, attention to detail, and love of community made him a co-worker with other key people

to revolutionize the Rio Abajo Community.

John was on the team to getting La Promesa Elementary School in Veguita, served as a mayordomo of Our Lady of Sorrows Catholic Church, and was pivotal in acquiring financial and governmental support to improve conditions of the La Joya Acequia.

John's involvement also included work and participation with the Socorro Soil and Water District, the Rio Grande Conservancy, the Rio Abajo Community Library, the La Joya Community Development Association and the Sevilleta National Wildlife Refuge.



Even at the age of 97, John was always ready with a joke, sage advice, or the willingness to help. Through example, John and his gracious wife, Martha, had become the inspiration for other new developments and growth.

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!

On August 4, 2018, due to a tragic farming accident, we lost this community giant. Despite everything, his wife, Martha, continued to provide Carangelo inspiration. Her gracious acceptance and love to those who mourn with her, again, typify courage we all hope to emulate.

Thank you to the entire Carangelo family for having shared Papa John with us. ✨

Northern Socorro Senior Center

By Patricia White-Johnson, Director



It's amazing how active our Senior Center has become. Besides the games, socializing and food, there seem to be more and more activities happening – fun fun!

Snacks are usually donated and additional donations are always welcome! Any prepackaged goodie, uncut fruit/vegetables, and

unopened baked item is very greatly appreciated by all the Seniors and guests!

The Center's Crafts Program, led by Judy Haugness, will now be twice each month! If you don't have your own item to work on, you can choose one of Judy's pictures to work on – just reimburse \$5 to cover the cost of the item. This month the Craft Days will be on Wednesdays, Sept. 5th and 19th, from 10 am through to lunch.

Our dances this month will be on Sept. 7th and 21st from 10:00-12:00. Nothing special is planned this month – just the normal toe-tapping, smile producing music that everyone loves.

This month's Pool Tournament will be at the Socorro Senior Center on Thursday, Sept. 20th (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 Sept. 12th and 26th (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 Wednesday, Sept. 19th, from 10 am-12 pm. Lupita leads our nutrition program. Some of the recipes have become household classics!

Our Socorro shopping trip this month will be on Thursday, Sept. 20th. All Seniors (60+) are welcome. We only ask that you call and reserve your spot by Wednesday (Sept. 19th) 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

Jaunty (adjective): sprightly in manner or appearance; lively



Origin: *Jaunty* and *genteel* are related – both evolved from the French word *gentil*, which carried the sense of “noble.” At first *jaunty* was used like *genteel*, for things aristocratic, but as the years went by, people stopped using it that way. Today *jaunty* is used to describe things that are lively and perky rather than things that are aristocratic and elegant.

Example:

“Hitching his wistful voice and elegant violin to a *jaunty* tempo suggesting an Appalachian hoedown Andrew Bird evokes a sense of restless longing on this

album, his 12th.”—Jon Young,
Mother Jones, March/April
2012.✂

RAC Library News

Program Successes

Our interns (Ashley Camarillo and Maritza Garcia) hosted the final reading program (“Libraries Rock All Around the World”) by personally preparing culinary delights from all the countries they featured this summer.



This included things like Greek desserts, English pickled eggs, Mexican burritos, Chinese noodles, Italian pizza, and more. It was wonderful!!



Later that week was the close of the program and the awards with prizes. The award winners (Nathan and Edward Sanchez) received cash, and everyone was provided with book bags loaded with goodies and school supplies.



With all the “business” all taken care of, the party began!

In addition to snacks, drinks and other edible goodies, the annual Library Balloon Fight was on. Everyone from the biggest to the smallest was pelted and contributed to the soggy fun.

More fun is planned for the fall, beginning with the Computer Challenge. We pioneered this program for rural communities and we hope to continue the momentum!



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 ✂

Registration Open from Sept 1-October 1, 2018

For grades 6-12 whether in a Belen School or home-schooled

>> Exclusive Computer Programming Training <<
>> Learn to Design Graphics and Animation! <<

Great Prizes -- All-Expense Paid Trips
More information & Registration at

RIO ABAJO COMMUNITY LIBRARY
(28 S Calle de Centro, La Joya 87028)

This Month's Events

Sept. 5, 2018 -- Wednesday
10:00 am at North Soc. Senior Center, Veguita
CRAFTS PROGRAM

All Seniors welcome. Bring your own or work purchase a kit! Note Lunch will be served at 11 am.

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

Sept. 7, 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.

Sept. 9, 2018 – Sunday
NATIONAL GRANDPARENTS DAY



Sept. 9, 2018 – Sunday
ROSH HASHANAH



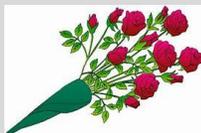
Sept. 12, 2018 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

Books, talking books and movies will be available to borrow, plus this month's newsletters.

Sept. 14, 2018 – Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone welcome to attend!

Sept. 16, 2018 – Sunday
WIFE APPRECIATION DAY



This Month's Events

Sept. 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.

Sept. 19, 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.

Sept. 19, 2018 -- Thursday
10:00 am at North Soc. Senior Center, Veguita
CRAFT DAY

Let the creative juices flow!!

Sept. 20, 2018 -- Thursday
10:00 am at Socorro Senior Center, Socorro
SENIOR POOL TOURNAMENT

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

Sept. 18, 2018 – Tuesday
YOM KIPPUR



Sept. 20, 2018 -- Friday
9:00 am at North Soc. Senior Center, Veguita
SOCORRO SHOPPING TRIP

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

Sept. 23, 2018 – Sunday
AUTUMN EQUINOX
 Fall begins!



This Month's Events

Sept. 21, 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.

Sept. 26, 2018 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

Books, talking books and movies will be available to borrow, plus Charlie Landsborough's CDs.

Sept. 28, 2018 – Friday
NATIVE AMERICAN DAY



DEADLINE FOR SUBMITTING AUGUST NEWS: 5:00 P.M., SEPTEMBER 25, 2018

Car Thefts on the Rise

By William Armijo,
 Sheriff of Socorro County



Socorro County is having a spike in vehicle thefts. All law enforcement agencies have been taking a high number of stolen vehicle reports and have been recovering stolen vehicles from around the state.



The most common stolen vehicles are Dodge trucks and Ford trucks. The criminals are punching the door locks to enter the vehicles. They are punching the vehicle ignitions to get the vehicles started. These criminals are working around the clock to steal these vehicles. These criminals are dangerous! Do not approach them!

If you see anything suspicious please call 911 right away. Information that is helpful to law enforcement is vehicle descriptions, license plate number, suspect identifiers (Clothing descriptions).

William Armijo is our Socorro County Sheriff. If you have questions, call at (575) 35-0941 or (575) 517-0812. ✨



Tools, Resources to Farmers.Gov

Agricultural producers have new resources available to them to prepare for and recover from impacts of natural disasters on the U.S. Department of Agriculture’s new website (www.farmers.gov). The site has updated tools and information to help agricultural producers identify the right programs and make decisions for their operations.

New additions to the site – being built *for farmers, by farmers*–include a farmers.gov portal for

secure business transactions and a disaster assistance discovery tool. The discovery tool walks producers through five questions to help them identify personalized results of what USDA disaster assistance programs meet their needs. The farmers.gov portal is the first edition of a secure dashboard for producers to manage program applications and other USDA documents.

These resources are in addition to other currently available through Farmers.gov, including:

- Service center locator, connecting users with USDA assistance at the location nearest them,
- Information about the new 2017 Wildfires and Hurricanes Indemnity Program, which provides disaster payments to producers to offset losses from hurricanes and wildfires during 2017,
- Routinely updated farmers.gov blog where producers can read stories about other farmers across the nation containing insight into how other

producers address challenges in running successful agricultural operations,

- A soil health webpage. Read about the soil health management practices offered by USDA, and
- An online playbook, where people can track the latest developments of the site.

USDA’s Farm Service Agency, Natural Resources Conservation Service and Risk Management Agency are collaborating with partners in the government and private sector to build farmers.gov. Work began in fall 2017, and the site launched in 2018. ✨

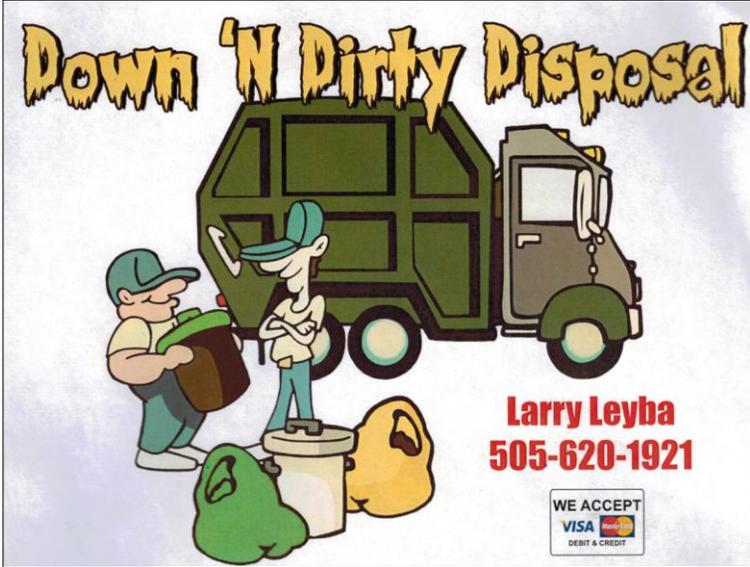
Joke of the Month



Our kids are back at school, so we recognize their new scholastic year with a few ha-ha’s.



Walking through the hallways at



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

Serving almost all of Northern Socorro County

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

our middle school, I saw a new substitute teacher standing outside his classroom with his forehead against a locker. I heard him mutter, "How did you get yourself into this?"

Knowing he was assigned to a difficult class, I tried to offer moral support. "Are you okay?" I asked. "Can I help?"

He lifted his head and replied, "I'll be fine as soon as I get this kid out of his locker."



Teacher: What is an evangelist?
Student: Someone who plays the evangelo.

Teacher: Why can't freshwater fish live in salt water?

Student: The salt would give them high blood pressure.

Teacher: Mira went to the library at 5:15 and left at 6:45. How long was Mira at the library?

Student: Not long.

Teacher: What do we call a group of stars that makes an imaginary picture in the sky?

Student: A consternation.

Teacher: List up to five good facts about Abraham Lincoln.

Student: After the war ended, Lincoln took his wife to a show.



During my eighth-grade sex education class, no one could answer the question "What happens to a young woman during puberty?" So I rephrased it: "What happens to young women as they mature?"

One student answered: "They start to carry a purse." ✨

Rio Abajo Community Celebrations

- September 1**
Martha Carangelo's birthday
- September 3**
Alexander Casey's birthday
Lionor Garcia's birthday
- September 4**
Joseph Chacon's birthday
- September 8**
Sapphire Esquivel's birthday
- September 10**
Kenneth Mankins' birthday
- September 11**
Yolanda Price's birthday
- September 12**
Sheryl Ballou's birthday
- September 13**
Shania Sanchez's birthday
- September 14**
Jakob Garcia's birthday
- September 16**
Elvira de Baca's birthday
- September 17**
Ryan Stanton's birthday
Graciela Trujillo's birthday
- September 18**
Rosalyn Romero's birthday
- September 19**
Sherry M Glaser's birthday
- September 20**
Isaac Noe's birthday
- September 29**
Richard Citrino's birthday
- September 26**
Juan Vazquez's birthday
- September 30**
Linsey Sanchez's birthday

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

Uses for Rubbing Alcohol

By Cheryl Knight, LifeHacks.com

Rubbing alcohol can save you money and make your life much easier. Here are a few of the 40 great uses Ms. Knight provided:

HEALTH/PERSONAL CARE

Disinfect Eyeglasses. Rub your glasses down with some rubbing alcohol to disinfect them.



Remove Stinky Smells. Spray stinky shoes or other smelly items with some rubbing alcohol, and let them dry in a sunny spot to get rid of the smell.

Clean Your Skin. Rubbing alcohol has a lot of great properties to keep your skin clean. It can be soothing and has anti-inflammatory properties that are great for your skin!

Use in Ice Packs. Alcohol freezes at a very low temperature, so this is perfect if you need an ice pack. To prepare a slushy solution, use alcohol and water in a ratio of 1:2, and freeze it in a sealable pack.

Help With Skin Irritation. Hinder irritation by rubbing alcohol onto areas that are irritated after shaving, like armpits and bikini lines!

Help Heal Cold Sores. You can dry out your cold sore and help it to heal faster by rubbing an alcohol-soaked cotton ball on it.

Remove Ear Wax. Mix equal parts of rubbing alcohol and vinegar, and dip your cotton swab

in it. Use it to clean out your ear and dissolve the wax.

Sooth Body Aches. Rub some alcohol on your skin where you're achy. The rubbing alcohol will bring blood to the surface of your skin to cool and relax muscles.

Reduce Swelling. Applying rubbing alcohol to a swollen area of your body helps reduce the swelling. It does this by bringing blood to that area, enhancing the healing process.

Remove Ticks. If a tick is attached, soak a cotton ball in rubbing alcohol and apply it directly to the tick. The alcohol can shock the tick, making removal easier. After the tick is removed, use rubbing alcohol to sterilize the bite.



Cheryl Knight is a contributor to Life Hacks, which can be found at www.1000lifehacks.com ✨

Special Orchestra Updates

By Gair Linhart, Director

We are moving our regular rehearsal sessions to a new time and to a fantastic new location! Beginning September 1st, we will be meeting at 4:00 p.m. on the *second Friday of each month*, to the BELEN HARVEY HOUSE MUSEUM. After 20 years of evening sessions, this will get us home earlier during the dark winter months.

We are proud to be invited to this historic location and plan to decorate a music-themed Christmas tree in December,

helping to complement the fabulous Bugg light display.

Apologies to those who will miss the evening sessions, but some of us are getting *slightly* older (of course, not the director!) and need to limit night driving.

We will be trending toward refreshments of a lighter nature, to minimize spoiling our dinners.

For information, feel free to call at (505) 864-3749. ✨

Future Events

**October 3, 2018 – Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

**October 10, 2018 – Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY**

**October 12, 2018 – Friday
9:00 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

Everyone welcome to attend!

**October 12, 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.*

**October 15, 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.

**October 24, 2018 – Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY**

**October 26, 2018 -- Friday
9:30 am at North Soc. Senior
Center, Veguita**

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!**

Future Events

SENIOR'S DANCE

All Seniors welcome.

**DEADLINE FOR SUBMITTING NEWS:
5:00 P.M., SEPTEMBER 25, 2018**

Natural Health Tips

Blue Light Danger

By Donna Hernandez, ND, MH



A new study puts indoor dangers in a new light. The researchers found that the "toxic" blue light that shines on your eyes when you use your computer, tablet, or phone can slowly steal your vision without you even realizing it.

Luckily, there are a number of simple routines you can adopt to protect your eyes.

We're exposed to blue light from the sun, but spending hours gazing

at high-tech gadgets is a whole new form of deadly eye damage -- one that can kill cells in the retina that are vital to your vision.

When blue light from digital devices strikes your eyes, it can cause retinal molecules (*vital* for vision) to start pumping out a toxic substance -- one that can jump-start macular degeneration. In other words, blue light actually turns these beneficial molecules into lethal weapons! And when the toxins it produces kills the essential photoreceptor cells in the retina, they do NOT regenerate.

Our bodies use an antioxidant derived from vitamin E (called alpha tocopherol) to keep those essential eye cells from dying off. Unfortunately, as we age, our alpha tocopherol levels tank. So, age-related macular degeneration is a disease that strikes those mostly over 60, but it's starting to appear in those younger.

You can take these important indoor and outdoor precautions:

#1: Lower the blue light emitted by your computer (if you eliminate it entirely, the screen will look red or green!). Some monitors have an "eye saver" switch, or if you're using a laptop screen, turn down the brightness by going to the section on your computer settings that's called "display." If you have Windows 10 set up on your machine on the "night light" switch that you can activate.

There are also filter screens for computers and tablets, as well as glasses that are said to block blue light. All of those serve the purpose of "warming" up the light

shining from your screen and tuning down the blue.

#2: Most phones have a blue light filter built right in. At first, the screen might seem dull, but once you get used to it, the original brightness will appear blinding.

#3: Load up on foods that are high in that eye-saving alpha-tocopherol, which is the best form of vitamin E. Wheat germ oil, almonds, hazelnuts, avocados, salmon, and even mangos are good sources. If you're taking a vitamin E supplement, make sure that it's called "d-alpha tocopherol," or "mixed tocopherols" (since a form of vitamin E called dl-alpha tocopherol is a synthetic version that you *don't* want to take).

The worst habit possible is to use phones and tablets in the dark -- such as by checking your email or Facebook after "lights out" while you're in bed.

That's when it's time to hit the sack... and shut off all the gadgets!

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

Classified Ads

HELP NEEDED: YARD WORK.
Pay negotiable; will pay more to

VOLUNTEERS & HELP NEEDED!

Let's prepare to show off our community!

HIGHWAY CLEAN-UP

Saturday, Sept. 15th
9:00 am at Highway 304,
at marker "0"

Suggestion:
Wear gloves and boots!

person with a working weed-whacker. In La Joya, (505) 864-3749

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 picked up. (505) 864-3662.

Want to run an ad? It's \$1 per month for 25 words or less. Deadline for listing: Aug. 25th. For display ad rates, call at (505) 861-8289 ✂

Rio Abajo Community Library Board

President	Ken Hansen, La Joya
Vice Pres	
Secretary	Mary Lampkin, Veguita
Treasurer	Dolores Phillips, Sabinal
Directors	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 ✂

Order Form for Ads, Subscriptions and Volunteers

Subscription:

Request an annual subscription (with gifts and extras) to the monthly newsletter (\$15/year minimum donation) to cover the costs of copies and postage (enclose a check or money order made out to Rio Abajo Community Library).

Advertising

I want to run an ad for \$1 and am enclosing what I want my ad to say (25 words or less) to include in the next newsletter.

Contact me regarding display advertising.

Volunteering/Donations

I want to volunteer to help out at the library for one hour per week.

I want more information about serving as a Board Member on the Rio Abajo Community Library Board to help direct and advise the Library (one meeting a month for about one hour).

I want to donate goods and/or services for RACL fund-raising efforts.

Make a cash donation of \$_____ (make check or money order: to Rio Abajo Community Library).

Other _____

Name _____

Address _____

Phone _____

Email address: _____

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

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