FREE

June 2016. Volume 4, Issue 11.

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

June Hours:

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

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

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



RAC Library Leaves



Fire Lessons to Avoid Further Tragedy

In May 6th a horrific fire occurred in Veguita that stole sweet Vicki McCormick from our community. This tragedy brought to the forefront the doubly-dangerous situation of home fires in our community. Even in the best of



situations, it can take quite a bit of time for help to arrive, so we must take steps to be prepared.

Speaking with the Abeyta and Veguita Volunteer Fire Chiefs, Kelly Voris and Thomas Ortega, respectively, has provided some life-saving tips and advice.

Overall there were three main points they made.



Main Point 1: Smoke Detectors

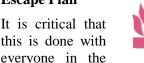
Fully functioning smoke detectors in your home are the first line of defense. It was pointed out that mobile homes produced prior to 1995 can be fully engulfed in flames within five minutes. Newer mobile homes are made with better materials, but can still be gone in

about 10 minutes. Regularly built homes take about 15 minutes.

Regardless of the structure, however, are the dangers presented by the home's contents. Due to the artificial materials used (i.e., chrome covered plastic, nylon and other manmade materials in carpets and cushions, etc.), the toxic gases produced by the heat of a home fire are immediately deadly and will kill someone long before the smoke and/or fire can touch you.

Smoke detectors are made to pick up these fumes as well as smoke, so these will enable a hasty escape.

Main Point 2: Escape Plan





household being actively involved. Before a fire occurs is the best time to do this. If plans have not been established and clearly understood by everyone, seconds can be lost in panic and confusion, which can mean death or permanent injury.

For example, if in a back bedroom, rather than try to run down a hall, a window may be the best escape route. Children rarely think about a window, so rather than run down a smoky or flame-engulfed hallway, they will hide under a bed or in a closet. Not good!



Once out of the house, a clearly understood meeting place should be established. This should be at least 25 feet from the house. If a treasured possession or pet is not at the meeting place, leave it. A possession is a thing – a pet may be mourned but can be replaced. A beloved family member cannot be replaced!

Here is an online link to help draw an escape plan: https://www.smartdraw.com/evacu ation-plan/emergency-plansoftware.htm

Main Point 3: Fire Extinguisher

Have at least one ABC Fire Extinguisher for natural fires in your home and have it in a handy place (not under the sink behind all the



cleaners). Mounts are available for walls or inside cabinet doors. Also, when conducting your annual smoke alarms check, see if the meter on the extinguisher is still green. Most extinguishers are good for 3-5 years.

If you are right there when a fire begins, a fire extinguisher may prevent further spread of flames. However, only do this if the fire is one minute or less in existence.

Fire Chief Voris said that from a distance of 5-10 feet away from the flames, PASS is the key:

 \mathbf{P} = Pull the pin

 $\mathbf{A} = Aim$

S = Squeeze the trigger

S = Sweep the nozzle at the base of the fire, not at the flames.

If you cannot subdue the fire within two minutes, drop the extinguisher and get out.

Summary

We want to keep this kind of tragedy from occurring in our community again. Let us all take the Boy Scout motto to heart: Be Prepared!

The Veguita Volunteer Fire Department will be sponsoring smoke detector inspections in July, for which we will announce more information in next month's newsletter.

Commissioners Being Selected

On June 7th the Primary Elections will be held throughout New Mexico. Although the presidential race takes headlines on network television, on a local front we have some important choices as well. The Socorro Commissioner candidates being chosen on June 7th will go to the final elections in November.

The Commission is the political arm that decides what the county's money is spent on. For example, are the bulk of the tax funds from the entire county going to continue to be focused on the City of

Socorro, or will more of it be distributed to the rural communities?

Northern Socorro County (also known as the Rio Abajo Community) is represented by two commissioners. District 2's region covers Highway 60 and north to the Valencia County line. District 4 covers everything south of Highway 60 to the City of Socorro.

In both of these districts there is only one candidate on the Democratic ticket, so no choices there.

However, there are two candidates on the Republican ticket for each of our districts.



<u>In District 2</u> (the area north of Highway 60) are the following candidates:

Republican candidates:

- Incumbent Martha Salas from Las Nutrias
- Sid Gutierrez from Alamo

The winner of this primary will face Democratic candidate, Stanley Herrera of Alamo in November.

<u>In District 4</u> (the area south of Highway 60) are the following:

Republic candidates:

- Jerry Esquivel of La Joya
- Glenn Duggins of Polvadera

The winner of this primary will face Democratic candidate Stephen Jojola of Polvadera in November.

Regardless who you support, get out there and vote! It's not often we get asked our opinion — and this is one time our opinion really counts!

RAC Library News

The Beauty of Volunteers



Last month we

had several volunteers come out and clean our front area's overgrown yard. They trimmed, cut, raked, and weeded. The transformation was amazing.

Now the true fruits of their labor are coming into being. Everything has started blooming and it is breathtaking.



The soft, cooling decorative grasses now look full and

lush.

When driving by, the front walkway



had been looking like it led to a haunted structure. Now the open walkway is inviting.



The clearly visible blooms and buds will bring a smile and a sigh to anyone seeing them.

Heartfelt Thank You's go to Kevin Eiler, James Mathieus and Michelle Crownover. It's now a real joy to sit on the front porch to read and peruse a magazine.

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



How to Naturally Treat Chicken Lice

By Amy Fewell

I can still remember that feeling -my chickens got lice. All of my
chickens had been extremely
healthy and parasite free, but
suddenly, one of the hens started
acting lethargic. She had only been
here for 3 weeks. I quickly
checked her and found she was
infested with lice.

The lice had spread to over half of our flock. Some suggestions I received: dust in Sevin dust, poultry dust, Eprinex pour on, bathing in dawn dish liquid, dusting in DE and treating with poultry spray. I wanted something that worked fast, so, I chose the Sevin dust and dusted all of our chickens.... and I was sick as a dog afterwards.

I later learned Sevin is an extremely harmful chemical, plus it kills bees and beneficial bugs. I now know that all natural remedies would have worked just as well.



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!



Here is the schedule and the natural products you can use to treat chicken lice.

1. Examine all chickens. The nasty, quick crawling lice will be visible on the skin of the belly and around the vent.

Assume all the flock could have lice or lice eggs on them.

Lice eggs will be seen (pictured here) at the base and on the shaft of the feather.



WANT TO HELP RACL RAISE FUNDS?

Sign up for Wi-Power's internet service and give the Library as the referral. They offer <u>unlimited</u> internet access at the same price as local competitors.

They will donate \$25 to RAC Library for every referral

Contact Bryan toll-free at 844-547-7800 or at bhuffstickler@twncorp.com

- 2. Separate chickens that look anemic or lethargic from the rest of the flock. For chickens that visibly have lice on them, dust (to the skin) cautiously with food grade Diatomaceous Earth (DE). Wood ash is a more natural option if you are against DE.
- 2. Create a large bathing area for your chickens and fill it with fresh wood ash. Wood ash is a completely all natural way to rid chickens of lice and mites. In fact, rub your chickens down to the skin with wood ash and a little dusty dirt rather than using DE to naturally kill mites and lice. Make sure there is plenty of wood ash in the dust bathing area for the next 4 weeks.
- 3. Thoroughly clean out coop and

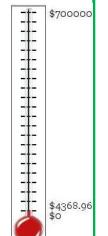
- give a good layer of DE to the entire coop, including roosts and nesting boxes. Do not put bedding down for 1 hour. Do not allow your chickens back into the coop for 2 hours so that the dust settles.
- **4.** Lice eggs hatch every 7 to 10 days, so inspect the ladies again one week after the first treatment, and until the eggs hatch and complete their cycle (we suggest treating for 4 weeks). The wood ash dust bath, in and of itself, should kill all of the newly hatched lice from your regular flock. However, if you actually see lice (not just eggs) on your chickens in one week's time, reapply DE or wood ash directly on the chicken down to the skin once more. In most cases there are no lice after week #2, but within 4 weeks the

- problem should be licked. Continue to make sure there is plenty of wood ash in their dust bathing area, or bathe them in the wood ash instead of the DE.
- 5. For more delicate chickens that may have become anemic, pamper them a bit more. Put wood ash or DE directly on their skin and give them a nice rubdown for a couple of weeks since they will be too weak to bathe themselves. Also, they need to get their iron levels back up, so give them plenty of raw red meat and other iron rich snacks and meals. After the 4 week healing NOTE: This article first appeared in the August 2014 issue of Mother Earth News. With permission, an excerpt of the original article is presented here. For more information, see www.MotherEarthNews.com

This Month's Events

June 1, 2016 -- Wednesday 6:00 pm at RAC Library LA JOYA ACEQUIA MEETING

Schedules for watering will be made.



RAC LIBRARY BUILDING FUND STATUS

Total amount needed: \$700,000 total

STEP ONE:

Site development = \$70,000 (preparing site, septic, well, electrical hook-up)

Kick-off funds provided by:

Socorro Electric Cooperative Foundation (\$1,000) La Joya Community Development Association (\$1,000)

Help our Library get its own building!

Donations accepted at:

RAC Library and on-line at www.GoFundMe.com/RACLibrary

This Month's Events

June 3, 2016 -- Friday 9:30 am at North Soc. Senior Center, Veguita SENIOR'S DANCE

The exciting band "Amistad" will have your toes tapping! All Seniors welcome.

June 8, 2016 -- Wednesday 9:30 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

June 10, 2016 -- Friday 9:30 am at RAC Library RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone welcome to attend!

June 13, 2016 -- Monday 6:30 pm at RAC Library LAJOYA LADIES' CRAFTING CIRCLE

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

June 14, 2016 -- Tuesday FLAG DAY

June 17, 2016 -- Friday 9:30 am at North Soc. Senior Center, Veguita SENIOR'S DANCE

The exciting band "Amistad" will have your toes tapping! All Seniors welcome.

June 19, 2016 – Sunday FATHER'S DAY

June 20, 2016 -- Monday 11:00 am at Las Nutrias Parish Hall (Hwy 304) ST. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

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

June 22, 2016 -- Wednesday 9:30 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

DEADLINE FOR SUBMITTING JULY ANNOUNCEMENTS: 5:00 P.M., JUNE 28, 2016

Northern Socorro Senior Center



By Pat White-Johnson, Site Manager

The twice-a-month dances are continuing and the number of dancers is increasing. The band, "Amistad," is wonderful and performs a wide variety of music. Even more impacting is that they come out and perform for tips!

We've also had the wonderful return of Raquel Trejo, who had been out on medical leave. Her smile and welcoming chatter was so missed. To have her back has brought the seniors a big smile. We know all the visiting folks (especially on Dance Fridays) will love her!

With all the additional seniors coming, donated snacks and munchies have grown in importance and appreciation. Thank you to everyone that has contributed cookies and fruit. We invite anyone to help out with other munchies as well.

The Socorro Senior Center has also promised to provide one helper on the Dance Fridays. The lunch crowd on these days can be staggering without sufficient help. So, having an extra set of hands will mean everyone gets served more efficiently!

Our two dances in June will take place on June 3rd and June 17th. The band sets up around 10:00 and starts to swing around 10:30. All seniors continue to be welcome!

Last note – On Tuesday, June 7th, the Center will be closed. The Senior Center serves as a polling place for voters from 7 a.m. through 7 p.m. **X

Mosquito Repellant

We're getting ready for those little buzzing blood-suckers and several folks have been requesting a natural repellent. A friend in Florida says they've been using this one for years and it works great. If it works in swampy, humid Florida, it should work here, right?

Ingredients:

Big bottle Blue mouthwash (cheap)
3 c Epsom salt
3 stale 12-oz beers

Mix together until salt is dissolved. Spray anywhere you wish as it will not harm plants or flowers.

Mosquitoes will evacuate the sprayed area for about 80 days (rain will dilute the mixture and shorten the duration).

Rio Abajo Community Celebrations

June 2

Savannah Jaramillo's birthday

June 6

JoLynn Reis' birthday

June 8

Inge Goetz-Cordova's birthday

June 10

Hilary Rodriguez's birthday Minnie Presley's birthday

June 14

Joan Hess' birthday

June 15

Maria Medeiros's birthday

June 19

Loretta Carrillo's birthday

June 25

Kylie Patten's birthday

Rio Abajo Community Celebrations

June 25

Daniel Kennedy's birthday Jeannine Phalen's birthday

June 26

Francesca Carbajal's birthday

June 27

Mary Lampkin's birthday

June 29

Stanley Esquivel's birthday Mary Rivera's birthday Charlee Saiz's birthday

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

Socorro County Update

By Delilah Walsh, County Manager

Election Day for the primaries is Tuesday, June 7th. The polls will be open from 7:00 in the morning through 7:00 in the evening. The deadline to mail out absentee ballots is Friday, June 3rd, and the last day to vote in person at the County Clerk's office or at the Magdalena Senior Center is Saturday, June 4th.

The County Clerk's office will be open on Saturday for voting from 9:00 a.m. through 5:00 p.m.

Also, the Senior County Senior Center (1410 Ake Avenue, Socorro) will be presenting a free workshop on Wednesday, June 29th. The focus of the workshop will be "Legal Resources for the Elderly Program (LREP)."

The group presentation will take place from 9:30 a.m. through 10:45 a.m. The Advance Health Care Directive (AHCD) and Power

of Attorney legal clinic will be open from 12:15 p.m. to 1:15 pm.

To register for the POA and AHCD clinic, call the Legal Resources for the Elderly Program at 1-800-876-6657 or 505-797-6005. This is a joint project of the NM Aging and Long Term Services Department and the State Bar of New Mexico.

If you cannot make it to the center that day, you can have your questions answered by an attorney by calling the LREP helpline at either of the numbers above. **



Natural Health Tips

What is Anemia?

By Donna Hernandez, ND, MH

Anemia develops when you don't have enough robust, healthy red blood cells to carry oxygen throughout your body or the blood cells may lack enough hemoglobin (the protein giving blood its red color). Anemia affects one in 10 teen girls and women, develops in men and children, and is linked to some illnesses.

The most common symptoms are sleeping problems or lack of energy. It can be an underlying cause of memory or mood problems. Symptoms range from none to mild to life-threatening and also include:

- Weakness
- Dizziness
- Pale skin
- Headache
- Numbness or coldness in hands and feet
- Low body temperature



People with anemia have less oxygen in their

blood, which means the heart must work harder to pump enough oxygen to their organs. Cardiacrelated symptoms include arrhythmia (an abnormal heart rhythm), shortness of breath, and An iron-deficiency chest pain. anemia may cause the urge to eat inappropriate things like dirt, clay, ice, or starch, a behavior called pica. Without treatment, a severe case of anemia in children could permanently affect brain development.

CAUSES. Women and people with chronic diseases have the greatest risk of anemia. Adolescent growth spurts, significant blood loss, menstrual cycles, pregnancy, chronic infection or diseases (i.e., kidney disease) and some drugs and medical treatments can result in anemia.

A diet that's low in iron, folate or vitamin B12 can cause anemia, and some types of anemia are hereditary. Also, Crohn's disease, celiac disease, or gastric bypass surgery can interfere with iron absorption. Some foods and medicines that hinder iron uptake when taken with iron-rich foods include:

- Dairy
- Other calcium-rich foods
- Calcium supplements
- Antacids
- Coffee
- Tea

An autoimmune disorder or digestive problem also can prevent your body from absorbing enough B12.

Treatments - Natural and Pharmaceutical

Unless the anemia is severe, a natural treatment can be made using black strap molasses and dandelion root. These two ingredients have high concentrations of naturally

occurring iron with traces of the other nutrients that enables your body to absorb iron. A maximum of one-half cup per day is needed, and is usually easily incorporated into daily life - i.e., sweetener for coffee, over oatmeal, etc.

Drugs are often used for treating anemia, and usually iron pills are prescribed. About half of pregnant women have iron-deficiency anemia, which is usually addressed with prenatal vitamins. Ferrous iron is more easily absorbed than ferric iron. Its best taken with food, especially orange juice and other foods rich in vitamin C. Some people may need folic acid or vitamin B12 supplements, too.

the anemia is severe, a transfusion of blood or bone marrow transplant be If blood cells are necessary. destroyed too quickly, blood plasma treatments or removing the spleen may be needed.

PREVENTION. You can prevent some

types of anemia with a healthy Foods containing iron diet. include lean red meat, liver, fish, tofu, lentils and beans, dark green leafy vegetables, and dried fruits. Also eat foods with vitamin B12 and folic acid, such as eggs and dairy products, leafy green vegetables (i.e., spinach), dried beans, fruits, and bananas. Many breads, cereals, and animal-based foods are fortified with all three key nutrients: iron, B12, and folic acid. Vitamin C, found in citrus, other fruits, and vegetables, will help your body absorb iron.

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

Joke of the Month

In honor of the onset of fishing season, we thought some "fishy"

tales were called for!



A fisherman from the city was out

fishing on a lake in a small boat. He noticed another man in a small boat open his tackle box and take out a mirror. Being curious, the man rowed over and asked. "What is the mirror for?"

"That's my secret way to catch fish," said the other man. "Shine the mirror on the top of the water. The fish notice the spot of sun on the water above and they swim to the surface. Then I just reach down and net them and pull them into the boat."

"Wow! Does that really work?"

"You bet it does."

"Would you be interested in selling that mirror? I'll give you \$30 for it."

"Well, okay."

After the money was transferred, the city fisherman asked, "By the way, how many fish have you caught this week?"

"You're the sixth," he said.

Two men are out just fishing quietly and drinking beer. Almost silently, so as not to scare the fish, Bob says, 'I think I will divorce my wife. She hasn't spoken to me in over 2 months'

Charles continues slowly sipping his beer then thoughtfully says, 'You better think it over, Bob. Women like that are hard to find.'

A customer at Green's Gourmet Grocery marveled at the proprietor's quick wit and intelligence. "Tell me, Green, what makes you so smart?"

"I wouldn't share my secret with just anyone," Green replies, lowering his voice so the other shoppers won't hear. "But since you're a good and faithful customer, I'll let you in on it. Fish heads. You eat enough of them, you'll be positively brilliant."

"You sell them here?" the customer asks.

"Only \$4 apiece," says Morris.

The customer buys three. A week later, he's back in the store complaining that the fish heads were disgusting and he isn't any smarter.

"You didn't eat enough," says Green. The customer goes home with 20 more fish heads. Two weeks later, he's back and this time he's really angry.

"Hey, Green," he says, "You're

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selling me fish heads for \$4 each and when I just found out I can buy the whole fish for \$2. You're ripping me off!"

"You see?" says Morris. "You're smarter already." **

Word of the Month



Swelter: (Verb or Noun) Verb without object: to suffer from oppressive heat. Verb with object: to oppress with heat. Noun: a sweltering condition.

EXAMPLE: There is nowhere to hide from the swelter of the American id.

Origin: 1375-1425, late Middle English *swelt*, equivalent to *swelt(en)* to be overcome with heat. **%**

Future Events

July 6, 2016 – Wednesday 6:00 pm at RAC Library LA JOYA ACEQUIA MEETING

Updates on activities and water scheduling will take place.

July 8, 2016 – Friday 9:30 am at RAC Library RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone (especially patrons) welcome and invited to have a voice in how the library operates

July 11, 2016 – Monday 6:30 pm at RAC Library LAJOYA LADIES' CRAFTING CIRCLE

Future Events

Work on projects, learn crafts, and visit. Plans also begin for Festival of Cranes booth. For info call 864-0666

July 13, 2016 – Wednesday 9:00 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

July 18, 2016 – Monday 11:00 am at Las Nutrias Parish Hall (Hwy 304) St. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

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

July 27, 2016 – Wednesday 9:00 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

August 17, 2016 – Wednesday 7:00 pm at RAC Library LA JOYA COMMUNITY DEVELOPMENT ASSOC.

August 27, 2016 – Saturday 9:00 am at Hwy 304 Mile Marker 1 in La Joya ADOPT-A-HIGHWAY CLEAN UP

In preparation of the Annual OLS Festival, everyone is urged to help clean up the road to the festival site!

DEADLINE FOR SUBMITTING JULY ANNOUNCEMENTS: 5:00 P.M., JUNE 28, 2016

Classified Ads

LOOKING FOR MATURE WOMAN INTERESTED IN PART-TIME WORK (some weekends), licensed to drive, willing to do light house

& yard work in return for free rent and negotiable salary. Background check required. If interested, call (505) 249-0545.

TRAINING OPPORTUNITY: LIBRARY TRAINEE for Goodwill Senior Community Service Employment Program. Must be 55 years or older, low income, and willing to learn; pays \$7.50 per hour, 10+ hours per week. For more information call Jonah at (505) 998-2896.

JOHN DEERE RIDE-ON MOWER. 140D, only 100 hours of use. \$1,400. (505) 861-0497 or cell (505) 610-1723.

CHICKEN FRUIT FOR SALE. \$4 per dozen – can be picked up at the library. Eggs are multi-colored and full of delicious! (505) 864-3662.

JAZZY ELECTRIC WHEEL CHAIR, never used plus vehicle carrier. Retails for \$5,000, selling for \$2,500. (505) 861-0497 or cell (505) 610-1723.

LOOKING FOR FRUIT TREES. Do you have a fruit tree whose fruit you don't want? Will trade some canned goods (made from your fruit) in exchange for the opportunity to harvest the goodies. (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: June 28, 2016. For display ad rates, call at (505) 861-8289.

★

Order Form for Ads, Subscriptions and Volunteers

order form for mas, subscriptions and v	olulicely
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 word newsletter.	ls or less) to include in the next
☐ 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 C 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 Other	
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