

FREE

August 2017 .
Volume 6, Issue 2 .

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

August 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



**Clean Up Fun – First Roads
then Pools!**

Socorro County Commission sponsored a county-wide clean-up on July 27th. They provided vests, gloves and bags, but nothing compared with what our own Commissioner Martha Salas and her husband, General Andrew Salas, provided!

Although it was county-wide, only the commissioners from the city of Socorro, Magdalena and the Rio Abajo Community participated. At first tally, it appears our district came out looking like gold! Highway 116 had the first four miles north of Highway 60 cleaned up. On Highway 304, from the area two miles north of the Veguita Trading Post to the Our Lady of Sorrows Las Nutrias Chapel on the south was cleaned up. In all, over 85 bags of garbage!

Commissioner Salas was given 30 jackets to hand out to the volunteers, which were gone in minutes, so almost half of the volunteers lacked the vests, but that did not stop the action. The cool, cloudy morning included young and old from our local Volunteer Fire Departments, La Joya Community Development Association, the OLS Catholic Church and even had the Socorro

Finance Director, Vanessa Grain, here to help!



After the clean-up was the barbeque and swim party at Commissioner Salas' magnificent home. The cooks had started working before noon in order to have everything ready, and everything was perfect. Almost immediately after the food was served, the sun came out. Perfect weather, perfect hostess, job well done, great people.... Talk about a heaven-sent day!



The swim party was enthusiastically enjoyed by the kids. In a very conscientious manner, they made sure everyone was appropriately "equipped"





(towels, sun screen, etc.), then the fun

began!

Martha Salas expressed to everyone her heartfelt appreciation for their efforts, for coming to help, and for their support. The response from our community clearly demonstrates how much we value our community and our Commissioner!! ✨

RAC Library News

Summer Program Winds Down

The fun continued all month, but now the excitement is building.



In July we had the Wonder Van with loads of information

and fun with dinosaurs. Scott Green and Rachel were the perfect coordinators of this program. The kids loved the displays, the crafts, and their

instructors!



Holly Lovely and Rose from the PBS television network in Albuquerque came in with monitors and programs and cameras. They are interested in continuing to work with our youth, so be watching! We may be collaborating with them again soon!



In the last week's exploration of building, the world of mental health was explored. With hands-on activities and participation by everyone, Mary Lampkin (licensed therapist) gave everyone the opportunity to learn how counselors work and the challenges they face. Sounds daunting, but the laughter and giggling could be heard outside!

During one of June's programs, each program participant

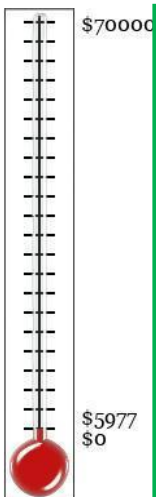
decorated a quilting square with a picture of their favorite book. Fay Stone has assembled all the squares and created a wonderfully unique masterpiece which will be presented at the party and will be proudly displayed at the RAC Library.

On Thursday (Aug 3rd), the winners of the Summer Reading Program "Build a Better World" will end and winners will be announced. We will advise next month which (the party or the prizes) was better appreciated!



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 ✨



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

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

Plans for the upcoming growing season will be made.

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

All Summer Reading Program participants will receive a goody bag, but some hard workers will be receiving awards for their hard work! PLUS all the goodies and fun! (Attendees: Bring a towel!)

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

Everyone welcome to attend and find out about summer's fun!

August 4, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

August 5, 2017 -- Saturday
NATIONAL UNDERWEAR DAY



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

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

August 10, 2017 -- Thursday
Belen Public Schools
SCHOOL STARTS



August 11, 2017 -- Friday
North Soc. Sr. Center, Veguita
SHOPPING DAY

Any Senior (60+) wanting to go into Socorro for a day of shopping is welcome. Simply call a day or two in advance!

This Month's Events

August 14, 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

August 15, 2017 -- Tuesday
7:00 pm at RAC Library
LA JOYA COMM. DEVELOPMENT ASSOC.

Everyone is welcome!

August 18, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

August 21, 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
Where? Sky above
TOTAL SOLAR ECLIPSE



About 11 am we will be able to see the partial eclipse. More info on page ____.

August 23, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY

This Month's Events

August 24, 2017 -- Thursday
Senior Center, Las Nutrias
POOL TOURNAMENT

If you're not a pool player, come see and root for our local "pool sharks" as they compete against Socorro County's best!

DEADLINE FOR SUBMITTING SEPT NEWS: 5:00 P.M., AUGUST 29, 2017

Our Summer Poets

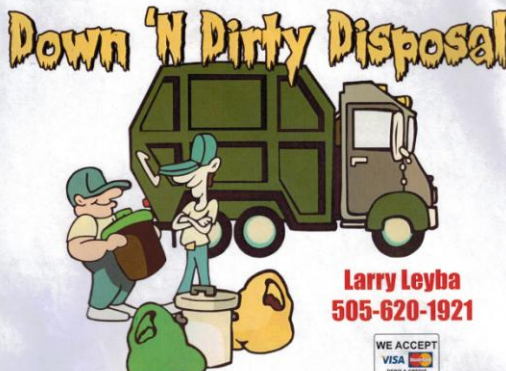
Some of the youth from the Summer Reading Program are multi-talented. They were presented with a challenge to write a poem – and just look at two examples of their talent!

Today – by Isabella Casey

To day is the day
This is the one
Today is the day
We all have fun
We will grow and be king
Don't leave it behind
Let's give it our all
Before we....
POP

Haiku – by Alex Casey

This is a haiku
It is a Japanese poem
And it doesn't rhyme. ✨



Down 'N Dirty Disposal

Larry Leyba
505-620-1921

WE ACCEPT
VISA
MasterCard

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

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

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!



We Want to Hear You

In the upcoming months Socorro Electric will be conducting a phone survey with our Members to receive your input on a variety of issues.

SEC has hired a professional firm to conduct this survey and we hope you will see this as an opportunity to give us honest feedback about our service to you. ✨

Word of the Month



Bumfuzzle: (verb) To confuse or fluster.

EXAMPLES: “This is an attempt to *bumfuzzle*,” said the Captain.

ORIGIN: This word comes from *bum-*, an expressive prefix,

perhaps to be identified with the initial syllable of bamboozle and fuzzle (to confuse), perhaps expressive alteration of fuddle. It’s been used in English since around 1900.

Chiefly used today in the South Midland and Southern U.S. ✨

Rio Abajo Community Celebrations

- August 2**
Evan Montoya’s birthday
- August 3**
Fernando Martinez’s birthday
Laura Ford’s birthday
- August 4**
Laura Cordova’s birthday
- August 5**
Shawntiea Mankins’ birthday
- August 6**
Patricia F. Cargill’s birthday
- August 8**
Mary (Chickey) Abeyta’s birthday
Michael Long’s birthday
- August 10**
Jackie Garcia’s birthday
- August 11**
Miguel Grajeda’s birthday
- August 19**
Miranda Lopez’s birthday
Cheyenne Mayse’s birthday
- August 20**
Denisha Sanchez’s birthday
- August 24**
Maddox Richardson’s birthday
- August 28**
Delores Varela-Phillips’ birthday
Faith Ann Ford’s birthday
- August 29**
Loretta Chavira’s birthday
Stephanie Rodriguez-

Rio Abajo Community Celebrations

Delgado’s birthday

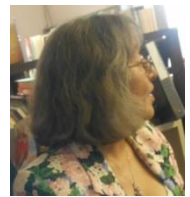
August 30

Celina Chavira’s birthday
Amy J Hines’ birthday

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

Natural Health Tips

Inflammation – Silent Killer



By Donna Hernandez, ND, MH

Inflammation is your body’s response to fighting infection and repairing damaged tissues. When skin cells (i.e., sun burn) or other body part are damaged, the inflammatory "machine" turns on, making skin red, swollen, painful, and warm. Unfortunately, it is possible to have inflammation and not even be aware. And silence can be deadly.

Chronic Inflammation

Many people are unknowingly experiencing ongoing, low-level inflammation, which is a crucial factor behind chronic disease. This systemic or "silent" inflammation doesn't cause pain—it lives "under the radar," lingering for years and even decades, where



it silently injures heart, brain, and the immune system. This can lead to diseases linked to chronic inflammation (i.e., asthma,

rheumatoid arthritis, Alzheimer's disease). Due to diet and lifestyle, Americans have the highest levels of silent inflammation in the world (over 75% of people afflicted). Some of the largest causes are smoking; a diet high in sugar, fried foods and trans fats; inadequate exercise; stress; and vitamin D deficiency.

When your body is fighting inflammation, C-reactive (CRP) protein (produced in your liver and coronary arteries) is released into your bloodstream. The more inflammation (whether real or wrongly detected), the higher the CRP levels – which means there is serious trouble.

Drugs Are NOT the Answer

Scientists long ago discovered naturally occurring pigments called “carotenoids” held powerful antioxidant properties that are crucial to health. Carotenoids give foods a cornucopia of color (grass, beets, bell peppers) as well as all of the beautiful flowers. One particular carotenoid is considered a "supernutrient;" it is called natural astaxanthin. Synthetic (laboratory-made) astaxanthin is used to supplement fish feed lots help them obtain the desired pinkish to orange-red color, but should be avoided because *it's made from petrochemicals*.

Natural astaxanthin carries potent antioxidant abilities and is a powerful anti-inflammatory.

There are only two sources of astaxanthin—a micro-algae that produces it, and the sea creatures that consume the algae (i.e., salmon, shellfish, and krill).

In various studies, natural astaxanthin reduces CRP levels by



20-43% in just eight weeks. By decreasing inflammation, astaxanthin can help prevent and treat, several inflammatory problems, including rheumatoid arthritis, tennis elbow, carpal tunnel syndrome, and other repetitive stress injuries. Plus, there have been no adverse reactions.

Benefits of the Natural Variety

Some salmon aquaculture companies are beginning to use natural astaxanthin (20 times more powerful than synthetic) instead of synthetic, even though it costs more. Animals fed fish food with natural astaxanthin have higher survival rates, better growth rates, better immunity, fertility, and reproduction.

If salmon labels do not read "wild" or "naturally colored," you're probably going to be eating something closer to motor oil than antioxidant. Wild salmon are 400% higher in astaxanthin than farmed salmon, and 100% of their pigment is *natural astaxanthin*. Plus, wild salmon have much higher levels of omega-3 fatty acids than the farmed version. Drawbacks? Salmon frequently has high levels of mercury and other unwanted toxins, plus skyrocketing prices.



Final Recommendations

Consider krill oil, which contains animal-based omega-3 fatty acids, and naturally contains astaxanthin. If you decide to try astaxanthin, I recommend a dose of 8-10 mg per day. If you are on a krill oil supplement, check your label -- different krill products have different concentrations of astaxanthin.

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



It is said that only the sharpest, quickest minds are able to appreciate puns. Hmm, ain't it funny how puns are so popular in this community?

<<>>

- >> I changed my iPod name to Titanic. It's syncing now.
- >> I tried to catch some fog. I mist.
- >> When chemists die; they barium.
- >> Jokes about German sausage are the wurst.
- >> How does Moses make his tea? Hebrews it.
- >> I stayed up all night to see where the sun went. Then it dawned on me.
- >> This girl said she recognized me from the vegetarian club, but I'd never met herbivore
- >> I'm reading a book about anti-gravity. I can't put it down.
- >> I did a theatrical performance about puns. It was play on words.
- >> They told me I had type A blood, but it was a typo-O.
- >> The energizer Bunny was arrested and charged with battery.
- >> I didn't like my beard at first, but then it grew on me.
- >>Did you hear about the cross-eyed teacher who lost her job

because she couldn't control her pupils?

>> What does a clock do when it's hungry? It goes back four seconds.

>> I wondered why the baseball was getting bigger, then it hit me!

>> What do you call a dinosaur with an extensive vocabulary? A thesaurus.

>> When you get a bladder infection, urine trouble. ✨

Northern Socorro Senior Center

Although there are no spectacular things on the agenda this month, it will nonetheless be a busy one!



Our popular Friday Senior Dances will be on August 4th and August 18th this month.

Our shopping trip this month will be to the Socorro stores on Friday, August 11th. All Seniors (60+) are welcome. We only ask that you call and reserve your spot by Wednesday (Aug. 9th) so we can be sure to have enough seats for everyone.

The Senior Pool Tournament will be hosted by our Senior Center this month. On Thursday (Aug. 24th), we invite all pool players to participate, and everyone else please come and cheer our local champions!

☼☼☼

Some of the things the Center 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 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

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

Sept 4, 2017 -- Monday
LABOR DAY

Sept 5, 2017 -- Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

Sept 6, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING
All the latest irrigation news will be exchanged.

Sept 8, 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!

Sept 10, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING
CIRCLE

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

Future Events

Sept 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.

Sept 20, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY

DEADLINE FOR SUBMITTING SEPT. NEWS: 5:00 P.M., AUGUST 29, 2017



Getting Goats?

By Brent Zimmerman, Green Bay, WI

Evaluating Your Space

To raise happy, healthy goats, you need room for a goat pen and house, plus storage space for food and other related supplies. You also need to plan what to do with soiled goat bedding from the cleaning out at least 2-3 a year.



Planning Your Backyard Farm

Each goat should have ample floor space for sleeping, generous space at the feeding trough, and access to an outdoor enclosure. If raising breeding goats, your herd could double or triple each spring.

- Placement is important. In a farm setting, the enclosure can

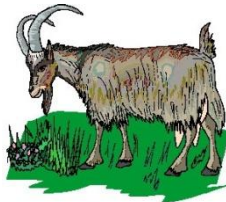
be a fenced pasture attached to the barn. In a smaller setting, think carefully about where to set up your goat area.

- A goat's pen should have areas of both sun and shade.
- The goats' pen (attached to their house) should have protection from strong winds and the elements.

Many ornamental plants and exotic grasses (i.e., ferns, azaleas, mountain laurel) are poisonous to goats. If there are young trees in the enclosure, they should be well protected or the goats will make a quick meal out of them. Contact your local health department or agricultural extension agency for a list of poisonous plants.

Backyard Goat Housing

Goats are not particular about their housing so long as they are safe, have adequate room, and are protected from the elements. Also note, you will be going to the goat barn at least twice daily, and clean out the barn several times a year. So, construct housing that makes it easy for you to do your daily chores, with high ceilings and wide doors or aisleways. Hint: wide or double doors are a luxury



Consider the number of goats. They need enough space to lounge, and individual space at the hay feeders so they get their share, and access to clean water at all times.

- A 4'x9' stall is ample for a goat and kids, providing they have access to a yard. Two goats need about 70 sq.ft. housing space that is securely

connected to fenced outdoor space.

- If their housing is open, airy and connected to a big yard, a smaller house will do. If the outdoor area is limited, they need more space indoors.

Raising Goats Safely & Securely

If there are predators, close your goats safely inside their housing when you are not around. If their house has windows, make sure they are above the head of the tallest goat when standing on two feet and leaning against the wall (about 5 1/2 ft) or covered with bars or tight screens so she can't poke her head through, break the glass, and cause injury.

Huge acreage is not needed, but you do need time, passion and a sense of humor to make a paradise for raising goats. Brent Zimmerman's *Get Your Goat* (Quarry Books, 2012) answers questions about keeping goats for production or companionship.

NOTE: This article first appeared in the Aug/Sept 2017 issue of Mother Earth News. This excerpt was printed with permission. See www.MotherEarthNews.com

2017 Butterfly Count!

On Saturday (August 26), from 9 am through 3 pm, the Amigos de la Sevilleta are sponsoring a butterfly count! Participants will learn about the local and migratory butterflies in the area and help find the fluttering beauties.



To join in the fun, call (505) 864-4021. No experience necessary, but good walking shoes are a must! ✨

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/month for 25 words or less. Deadline for listing: August 29, 2017. For display ad rates, call at (505) 861-8289. ✨

Rio Abajo Community Library Board

- | | |
|-----------|---------------------------|
| President | Minnie Presley, Veguita |
| Vice Pres | Mary Lampkin, Veguita |
| Secretary | Dolores Phillips, Sabinal |
| Treasurer | April Esquibel, La Joya |
| Directors | 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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