

FREE

January 2016 .
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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

January 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



Our community library is entering its 16th year of existence. In this stretch we have:

- ❖ Contributed to the elevation of the Rio Abajo community’s average grade level – from 4th grade for the community to the present 8th grade level;
- ❖ Contributed to the increase in high school graduates – from 7-12% graduation rate to 92% graduation rate for our youth; and
- ❖ Contributed to the number of educated youth returning to the community – from 0% to an average of 65% of educated youth returning.



We have been able to do this because concerned entities

(like Socorro Electric), parents, teens and seniors have seen the importance of having these services available to everyone – which includes free internet, reliable reference materials, tutoring and homework assistance, and ongoing networking.

It is truly inspiring that the Rio Abajo Library operates with an average budget of \$7,000 per year to cover all expenses, utilities, and

A Glance at the Past and Future Hopes

costs -- at least half of those funds come from cash donations. RAC Library does not have:

- Municipal funding;
- Salaried library staff;
- Furnishings or equipment professionally designed for libraries; or
- The latest and newest books, tapes and movies.

Goodwill Industries provides RAC Library with a “trainee” for 15 hours per week at minimum wage – the library is open 25 hours per week. Most of the library workers are from the community and are volunteers of all ages.



Most of the books, tapes and movies are donated from the community.

Most of the furnishings are also donated. Bookshelves are metal warehouse shelves – not the beautiful wooden cabinets usually seen in libraries.

Nonetheless, we have managed to grow and have acquired full “public library” status.



We dream of one day leaving the cozy casita in La Joya and having our own library building by the Senior Center, and we will continue our fundraising in order to accomplish this dream. Government funds are not available, so it will take those who believe in the future of farming and ranching to make this happen.



The new building will be more expensive to maintain; however, there are an incredible number of programs and opportunities to finance this once we have the room and facilities to host them.

We salute the giants of our past, including people like:

Martha Carangelo,
Inez Martinez,
Karen Brewer, and
Margaret Abeyta

It is well known that to stop growing means stagnation and death. So for the upcoming year and foreseeable future, we are grateful to all the volunteers who have the vision to join us in ensuring our community continues to grow and prosper.

☆☆☆☆

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 ✂

Medical Insurance Denials

Let's say your doctor ordered a test or treatment and your insurance company denied it. Do not be shocked or alarmed. This is a typical cost-saving tactic insurance companies routinely follow. Here is what you should do.

1. Call the insurance company and tell them you want to speak with the "HIPAA Compliance/Privacy Officer." By federal law, they have to have one.
2. Then, ask them for the NAMES and well as CREDENTIALS of every person accessing your record to make that decision of denial. By law, you have a right to that information.

They almost always *reverse the decision* very shortly rather than admit that the committee is made of low paid, high school graduates, looking at "criteria words," making the medical decision to deny your care. Even in the rare case it is made by medical personnel, it is unlikely that it is made by a board certified doctor in that specialty and they DO NOT WANT YOU TO KNOW THIS.

With this information, filing for "reconsideration" (whether done by you or your doctor) becomes rather simple.



Last note: Any refusal for this information should be reported to the U.S. Office of Civil Rights (www.OCR.gov) as a HIPAA violation. ✂



Check out the NM Family Pass and get free admission to museums & historic sites across the state!

The Family Pass opens the doors to the 15 exceptional museums and historic sites listed below. From Native American treasures to space exploration, world-class folk art to super dinosaurs, ancient sites to the state-of-the-art New Mexico History Museum – our museums and historic sites celebrate the essence of New Mexico!

The Family Pass is available FREE to RAC Library Patrons!

Sponsored by:
 NEW MEXICO STATE LIBRARY  NEW MEXICO DEPARTMENT OF CULTURAL AFFAIRS



NM Organic Farming Conference

The Southwest's Premier Conference for Organic Agriculture

Organized annually through a collaboration between Farm to Table, the NM Department of Agriculture's Organic Program, and the New Mexico State University Cooperative Extension Service, the Conference provides producers and researchers from around the Southwest an opportunity to share their experiences and expertise.

Vital information is shared to help organic agricultural producers make important decisions in running their existing farm and ranch operations or in starting a new one.

The Conference offers a vast array of workshops covering many topics and makes available exhibition space for a wide range of products and services. Attendance has grown to over 650 and CEUs (Continuing Education Credits) are available.



The goal of the Conference is to provide a place to bring organic growers in the region together to explore and learn the unique aspects of the Southwest. The Conference also serves to reduce isolation by providing a forum to share innovative ideas and best practices. The 2016 NM Organic Farming Conference Keynote Session will feature four (of many) pioneers in certified organic agriculture:

- Ramon Alvarez, La Union;
- Gary Gundersen, Mr. G's Organic Produce, Jacona;
- Sally Harper, Del Valle Organic Pecans, Mesilla Park;
- Antonio Manzanares, Shepherd's Lamb, Tierra Amarilla.

Recent noted speakers have included Mace Vaughan of Xerces Society's Pollinator Conservation Program, renowned animal behaviorist Dr.

Temple Grandin, Bu Nygrens co-owner and Purchasing Manager of Veritable Vegetable and many others.

Organic farming has significantly increased in New Mexico over the past couple of decades. Organic farming and ranching is the fastest growing segment of New Mexico agriculture.

Last year organic farming and ranching in New Mexico had an economic impact of more than \$53 million, facilitating support to our rural and semi-rural communities. New Mexico Department of Agriculture Organic Program provides USDA/NOP-accredited organic certification for farmers, ranchers, and processors/handlers throughout New Mexico.

"...it is critical that we find ways to support New Mexico organic agricultural production because many families depend on organic farm income to survive and their activities contribute to the economic well-being of our communities." — Dr. Jon Boren, Associate Dean and Director of the New Mexico State University Cooperative Extension Service

For more information call 505-841-9427, email jquinn@nmda.nmsu.edu, or online at www.FarmToTableNM.org. ✨

This Month's Events

**January 6, 2016 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

Plans for the upcoming growing season will be made.

**January 6, 2016 -- 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.

**January 8, 2016 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

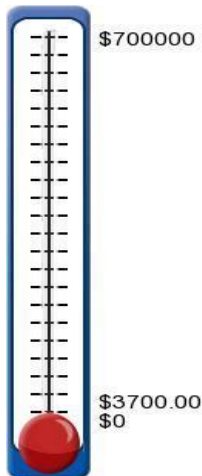
**January 11, 2016 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING CIRCLE**

Work on your project, learn new crafts, and visit with everyone. For info call 864-0666, 864-5904

**January 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 low-income households. To enroll, come in one hour early.

**January 20, 2016 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY**



RAC BUILDING FUND STATUS REPORT

Total amount needed: \$700,000

Donated to-date: \$3,700.00

STEP ONE:

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

Charlie Landsborough from Wales, England has made CDs & DVDs available to help us raise Building Funds!

Call, check out our website (www.RACLibrary.info), or come in to select one of these great recordings

Help our Library get its own building!

Donations accepted at:

RAC Library and on-line at <http://igg.me/at/RACLibrary>

This Month's Events

DEADLINE FOR SUBMITTING FEBRUARY ANNOUNCEMENTS: 5:00 P.M., JANUARY 26, 2016



NM Farmers Donated 2.3 Million Pounds of Produce to Food Banks in 2015



New Mexico's largest food bank is reflecting on a record-setting year, thanks to the amount of fresh, local food donated by farmers in the state. The Food Bank's president and CEO, Melody Wattenbarger, along with New Mexico Secretary of Agriculture Jeff Witte, (pictured above) announced at a press conference Thursday that the bank received 2,358,641 pounds of fresh produce from New Mexico farms: On top of all that fresh produce, Creamland Dairies donated 120,000 assorted dairy products to Roadrunner.

All the fresh produce and dairy donations were received via Roadrunner's Food Rescue Program. Food rescue – also called food recovery or food salvage – is the practice of retrieving edible food that might

otherwise be discarded as waste from places such as grocery stores, markets, growers, food manufacturers and other locations in the food industry.

“More than a million pounds of fresh, local produce and dairy products can go a long way to feed hungry people in New Mexico,” NM Secretary of Agriculture Jeff Witte said. “And it's out of the kindness of the agricultural community and the good work that Roadrunner does, that these donations came together.”

Roadrunner's Food Rescue Program has benefitted from other types of local produce donations in the past including tomatoes, cucumbers, honeydew melons, pumpkins, apples, oranges, potatoes, and more.

“Produce is an important source of healthy food,” Wattenbarger said. “Rescued food helps us provide at-risk people like children, seniors, and families access to healthy food options they may not otherwise be able to afford.”

People can help Roadrunner secure food to feed hungry New Mexicans by making a monetary contribution at www.rafb.org or by texting any dollar amount to 505-933-7732. For every \$1, five meals are distributed to communities across the state.



In the Rio Abajo community, St. Vincent de Paul

volunteers distribute food from the Roadrunner Food Bank every third Monday of every month at the Our Lady of Sorrows Parish Hall on Highway 304 in Veguita.

Food and agricultural companies with excess food are invited to

donate it by contacting the Food Bank at 505-247-2052. The IRS provides enhanced tax deductions to businesses to encourage donations of wholesome food to Roadrunner and other qualified nonprofit organizations serving those in need. Food industry donors are protected under federal and state law when food is given in good faith. ✨

Rio Abajo Community Celebrations

- January 1**
Kayliss Sanchez's birthday
Daniel Espinosa Jr's birthday
- January 2**
Joemma Castillo's birthday
- January 4**
Kyla Rodgers' birthday
- January 5**
Leslie Haugness' birthday
- January 7**
Rebecca Cordova's birthday
- January 8**
Joanne Saiz's birthday
- January 9**
Francesca Martinez's birthday
Nathan Watt's birthday
- January 10**
Kim Johnson's birthday
- January 15**
Macie Crownover's birthday
- January 16**
Kendra Rodgers' birthday
- January 17**
Faith Stone's birthday
- January 18**
Andrew Carrillo's birthday
- January 21**
Elijah Carbajal's birthday
- January 25**
Sierra Cordova's birthday
Lovelía Jaramillo's birthday

Rio Abajo Community Celebrations

January 26

Andrea Vazquez's birthday

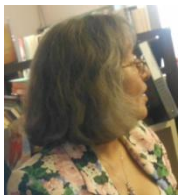
January 27

Robert Martinez's birthday

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

Natural Health Tips

The Magic of Eggs



By Donna
Hernandez, ND,
MH

A University of Alberta (UA) press release calls eggs "one of nature's perfect foods." For years, I've been defending the egg as one of the most nutritious dietary choices you can make. Eggs are NOT a heart-harming cholesterol bomb.

Eggs are loaded with nutrients, including omega-3 fatty acids and essential amino acids. You also get vitamins D and E, and a host of B vitamins. And then round that out with ample minerals: calcium, potassium, and iron. And now, according to UA researchers, eggs are even better than we thought.

A new UA trial has shown that digestive enzymes convert egg proteins into peptides that lower high blood pressure. This new trial reveals that peptides in egg yolks are a very rich source of antioxidants. Analysis shows that two uncooked yolks contain the same level of antioxidants as an apple.

The key word is "uncooked" -- cooking reduced antioxidants by half. Even so, a poached or boiled egg (with the yolk unbroken) still



delivers a good antioxidant punch. But there's an important angle the Alberta team

doesn't address: the free-range factor

Eggs analyzed in this new study came from chickens fed wheat and corn. But that's not a normal diet for a chicken. Research shows that organically raised free-range chickens produce eggs with significantly better nutrition.

In a study I told you about a few years ago, free-range eggs contained three times more omega-3 than conventionally raised eggs. Also, twice as much vitamin E, 40% more vitamin A, 50% more folate, and 70% more vitamin B-12. That's a huge benefit!

And the eggs were much safer too. A UK government survey showed that eggs from

chickens raised in factory farm cages are FIVE TIMES



more likely to test positive for salmonella compared to organic, free-range birds. These test results caused legislation to force factory farms to give chickens some outside time. They are still crowded together, but at least now they can stand up and look around a little!

The bottom line is: all of us in the Rio Abajo community that have chickens have another reason to relish being here!

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



Joke of the Month

In every new year there are always many that seek out new career opportunities. Following are some samples of things NOT to do on your resume or application. These are taken from real resumes and cover letters and were printed in Fortune Magazine:

1. I demand a salary commiserate with my extensive experience.
2. I have lurnt Word Perfect 6.0 computer and spreadsheet programs.
3. Received a plague for Salesperson of the Year.
4. Wholly responsible for two (2) failed financial institutions.
5. Its best for employers that I not work with people.
6. Lets meet, so you can ooh and aah over my experience.
7. You will want me to be Head Honcho in no time.
8. Am a perfectionist and rarely if if ever forget details.
9. I was working for my mom until she decided to move.
10. Failed bar exam with relatively high grades.
11. I have an excellent track record, although I am not a horse.
12. I am loyal to my employer at all costs... Please feel free to

respond to my resume on my office voice mail.

- 13. I have become completely paranoid, trusting no one and absolutely nothing.
- 14. My goal is to be a meteorologist. But since I possess no training in that, I suppose I should try stock brokerage.
- 15. I procrastinate, especially when the task is unpleasant.
- 16. As indicted, I have over five years of analyzing investments.
- 17. Instrumental in ruining entire operation for a Midwest chain store.
- 18. Note: Please don't miscontrue my 14 jobs as job-hopping. I have never quit a job.
- 19. Reason for leaving last job: They insisted that all employees get to work by 8:45 a.m. every morning. Could not work under those conditions.
- 20. The company made me a scapegoat, just like my three previous employers.
- 21. References: None. I've left a path of destruction behind me.✂

Future Events

February 3, 2016 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

All the latest irrigation news will be exchanged.

February 5, 2016 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Plans are in the works for exciting events in 2016. Everyone welcome to attend!

Future Events

February 8, 2016 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING CIRCLE

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

February 10, 2016 -- Wednesday
ASH WEDNESDAY (LENT BEGINS)

February 10, 2016 -- Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

February 14, 2016 -- Sunday
VALENTINE'S DAY



February 15, 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 low-income households. To enroll, come in one hour early.

February 24, 2016 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY

March 17, 2016 -- Thursday
ST. PATRICK'S DAY

News about the RAC Library's Annual Bingo will be highlighted next month!

DEADLINE FOR SUBMITTING FEBRUARY ANNOUNCEMENTS: 5:00 P.M., JANUARY 26, 2016

Word of the Month



Happy New Year everybody!

Commencement: (Verb) the act, fact or time of beginning, starting or originating.

EXAMPLE: The time of *commencement* for a new year differs around the world. ✂

Classified Ads

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

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.

Want to run an ad in next month's newsletter? It's only \$1 a month for 25 words or less. Deadline for submissions: January 26, 2016. For display ad rates, call at (505) 861-8289. ✂

Rio Abajo Community Library Board

President	Carolyn Ueberroth, Contreras
Vice Pres	Minnie Presley, Veguita
Secretary	
Treasurer	Dolores Phillips, Sabinal
Directors	Loretta Carrillo, Abeyta
	A. Miguel Trujillo, Las Nutrias

Federal non-profit # 83-0398943 ✂

Order Form for Ads, Subscriptions and Volunteers

Subscription:

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

Advertising

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

Contact me regarding display advertising.

Volunteering/Donations

- I want to volunteer to help out at the library for one hour per week.
- I want more information about serving as a Board Member on the Rio Abajo Community Library Board to help direct and advise the Library (one meeting a month for about one hour).
- I want to donate goods and/or services for RACL fund-raising efforts.
- Make a cash donation of \$_____ (make check or money order: to Rio Abajo Community Library).
- Other _____

Name _____

Address _____

Phone _____

Email address: _____

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

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ADDRESS CORRECTION REQUESTED

Subscriber Name
Number Street Address
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Country