

FREE

September 2017 .
Volume 6, Issue 3 .

Donna Hernandez-Mathieus
Librarian/Editor

Inside this Issue

2

Library News

3

Soc. Electric News
September Calendar

4

Word of the Month
September Celebrations

5

Natural Health Tips

6

Senior Center News
Joke of the Month
Future Events

7

Preparing Livestock for
Emergencies

8

Salute to Korean War
Vets
Classifieds

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

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/RACLibrary



RAC Library Leaves



Winners & Soakers

Our summer's reading program "Build a Better World" ended with a splash on August 3rd. After the winners were announced and all the delicious goodies were consumed, everyone went outside and enjoyed the hot, sunny day with water balloons, water guns and general mayhem.



The winners for the high school level were:

- First prize (\$100) – Alex Casey
- Second prize (\$50) – Kaitlynn Casey
- Third prize (\$25) – Isabella Casey

The winners for the elementary school level were:

- First prize (\$100) – Alexis Price
- Second prize (\$50) Nathan hammer
- Third prize (\$25) – Jonathan Casey



Due to the generosity of Attorney Norman McDonald, Tierra Grande Association, the Socorro County Commissioners, and Dolores Varela-Phillips, this summer's

winners were able to pay for their own school supplies.

Another shout-out and thank you is sent to Barnes & Noble for the huge donation of books for the summer reading program!

Lastly, we are so grateful to all the presenters for the programs all summer. We did not have the funds to pay for professional performers, but I think these presenters made this program better than most!

Allie Burnquist with the Makerstate Initiative came out with a 3D printer and amazed everyone with the chance to see and make a 3D project!

J. Miguel Trujillo, Architect – who inspired two particular kids into understanding that their efforts artistically can translate into a future career!



Holly Lovely from NM PBS was so much fun for all the participants – kids and parents.

Mary Lampkin presented the world of mental health. She turned what could have been



boring into a fun-filled event that had everyone being a psychiatrist!

Carolyn Hammer presented how growing and planting builds a better world. It was so much fun playing with dirt and taking home a potential bloom.

The Wonders on Wheels came out with a huge van filled with dinosaur bones and projects that got everyone involved.

Faith Stone got everyone thinking how fabric is essential for building a better world – and had all the kids making a contribution with pictures of their favorite book. The end result: a magnificent quilt hanging at the Library!✂

RAC Library News

Gearing Up for New Fun!

We are so excited about classes we are starting in September! Jerry Esquivel from La Joya, has specialized training in this area, is an experienced teacher, and has led winning team in a past computer challenge.

So, between Jerry's expertise and the natural talent and insight our



kids have, we believe we are going to be seeing amazing results!



This is the 28th year that this challenge has gone out. The challenge includes an all expenses-paid retreat for the youth and chaperons to NM Tech for a weekend in Socorro.

Retreat participants will get free training in basic computer programs, flash drives with computer programs, and an automatic entrance to the special banquet on Saturday night (which is in addition to all breakfasts and lunches).

All the youth involved with the program also are automatically eligible to apply and qualify for college scholarships and entrance programs that most youth would not normally have access. Some of the older youth would also be eligible for specialized internships.

And all of this is in addition to the fun that will be involved! Parents – if you have middle or high school-level youth in your home,

get them involved! The doors this program opens is phenomenal; there is no limit to the fun of joining a team to compete with a special project.

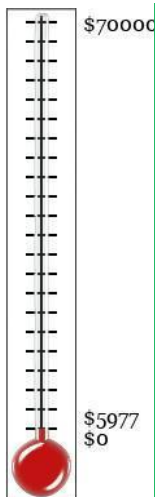
Obviously, all youth (grades 6-12) in northern Socorro County, whether enrolled in a Belen School or being home-schooled, are welcome!

For more info, call, send an email, or stop by the Library! Also, more info is available on page 9 of this newsletter.



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

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

Sept 4, 2017 – Monday
LABOR DAY

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

Plans for the upcoming growing season will be made.

Sept 8, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING

Everyone welcome to attend and find out about all the new happenings!

Sept 8, 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!

Sept 10, 2017 --
Sunday
NATIONAL
GRANDPARENTS DAY



Sept 11, 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

Sept 13, 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.

This Month's Events

Sept 13, 2017 -- Wednesday
10:30 am at North Soc. Senior Center, Veguita
NUTRITION PROGRAM

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

Sept 15 – October 15, 2017
NATIONAL HISPANIC MONTH



Sept 15, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY

Sept 16-17, 2017 – Saturday & Sunday
ANNUAL OUR LADY OF SORROWS FIESTA

Everyone is welcome! And don't forget the dancing shoes!



Sept 29, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

Sept 18, 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 23, 2017 -- Saturday
9:00 am at Zero Mile Marker, La Joya
HIGHWAY CLEAN UP

Let's all pitch in and help clean up the after-the-Fiesta mess! Bags, gloves, and great company provided free.

Sept 27, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias

This Month's Events

RAC MOBILE LIBRARY

DEADLINE FOR SUBMITTING OCTOBER NEWS: 5:00 P.M., SEPT 26, 2017



National Recovery Month

Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder can live a healthy and rewarding life.

The Socorro County Community Alternatives Program is hosting its annual National Recovery Month celebration on September 23rd (Saturday).

The celebration is free for all ages and will be held at the Socorro Plaza in the City of Socorro. The dance will run from 7:30 pm-12 midnight and will feature "Tori & the Murillos." There will also be food, drink and craft vendors participating.

Call Roberta Baca at (575) 838-0998 for more details. ✂



Tree Trimming & Clearing

Socorro Electric Cooperative, Inc. conducts tree trimming maintenance along the right-of-way of distribution lines to provide safe and reliable electric service. The Cooperative tries to control trees growth on primary and secondary power lines at an early stage of development before they interfere with the electrical service.

Keeping the trees trimmed will decrease outages due to natural growth interference. The Cooperative regrets the need to cut trees, but it is hoped that members understand the need to cut or trim some of their trees or why objects in the right-of-way must be relocated.

Please do not attempt to cut trees close to any power lines. If you have a tree that needs to be cut, please contact SEC and we will cut them.

To report trees or branches in the power lines, please call our office at (575) 835-0560 or 1-800-351-7575. ✂



Special Orchestra Calendar

Our own **Special Orchestra** has a fairly exciting schedule coming up. Special Orchestra is a nonprofit organization whose purpose is to help persons with developmental disabilities share the joy in making music. What is particularly great is that this internationally known organization is headquartered in Rio Abajo!

They have two performances scheduled in September – and you are welcome to go out and watch and listen!

September 13th (Wednesday), at 11 a.m. – Performance at Expo New Mexico for the State Fair!

September 29th (Friday), at 12 Noon – Performance and Workshop with Animas Valley Caring Hands in North Farmington. ✂

Word of the Month

Verisimilar:

(adjective) Having the appearance of truth; likely; probable.



EXAMPLES: Charming, but in no proper sense of the word natural or *verisimilar*. Quote from French classic, William Cleaver Wilkinson.

ORIGIN: This word comes from the Latin *verum*, meaning truth, and *similis*, meaning similar. The

two were combined and first used sometime between 1675-1685. . ✂

Rio Abajo Community Celebrations

September 1

Martha Carangelo's birthday

September 3

Alexander Casey's birthday
Leonor 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 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 25

Richard Citrino's birthday

Sept 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!

SHOPPING ON-LINE?

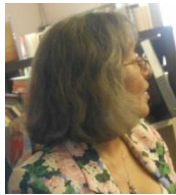
Sign up for Amazon Smile

(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**

Natural Health Tips

Reverse Cavities & Heal Tooth Decay



By Donna Hernandez, ND, MH

While we all wish we could avoid cavities, sometimes it's too late. In that case, though, there are still things we can do to reverse cavities and heal tooth decay!

Check out these great tips!

Eat foods rich in nutrients: Consuming minerals and vitamins can prevent tooth decay and it can even beat it. You have to consume green leafy veggies and healthy fats like nuts, seeds, avocado and coconut oil.

Oil pulling: It has been used for many centuries and it is a type of oral detoxification. You should rinse the mouth with a tablespoon of coconut oil for twenty minutes and spit out. Start doing it for three or five minutes and gradually increase to twenty minutes. This method can also treat gingivitis, headaches, etc.

Remove phytic acid: The foods rich in phytic acid are grains, nuts, beans and seeds, but make sure that they are not GMO. This acid can prevent the body from absorbing the minerals from the foods. It leaches out of the body, bones and teeth at the same time. Avoid foods that have high amounts of this acid.

Remove sugar: Avoid foods that are high in sugar in order to have healthy teeth as the bacteria in the mouth feed on sugar. The sugar decalcifies and demineralizes the structural content of the teeth.



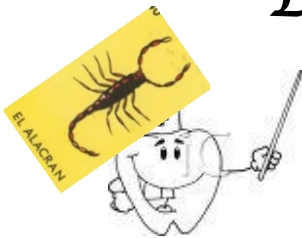
Use mineralizing toothpaste: The toothpastes that are fluoride-free can be really expensive and many of us cannot afford them. But you can make one at your home pretty easily. You will need ¼ tsp. of peppermint extract, ¼ tsp. of mint-flavored chlorophyll, one tablespoon of filtered water, half a tsp. of coconut oil, ¼ tsp. of baking soda and three tablespoons of food grade diatomaceous earth-clay.

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

RAC Library presents

The Second Annual National Hispanic Month's

La Lotería - Mexican Bingo



Mark your calendar!

*Sunday, October 8, 2017
2:00 p.m. until ???*



A fun-filled, family-focused afternoon for everyone!

*In addition to normal prizes, everything will be Hispanic-focused!
Hispanic gifts - Hispanic game - Hispanic snacks*

More details in next month's newsletter.

Joke of the Month



There's nothing quite like marital bliss.... at least in terms of giggle material.



My wife has not spoken to me in three days. I think it has something to do with what happened on Sunday night when she thought she heard a noise downstairs.

She nudged me and whispered, "Wake up, wake up!"

"What's the matter?" I asked.

"There are burglars in the kitchen. I think they're eating the tuna casserole I made tonight."

"That'll teach them!" I replied.



A man received a letter from some kidnapers. The letter said, "If you don't promise to send us \$100,000, we promise you we will kidnap your wife."

The poor man wrote back, "I am afraid I can't keep my promise but I hope you will keep yours."



A couple had been married for 45 years and had raised a brood of 11 children and were blessed with 22 grandchildren.

When asked the secret for staying together all that time, the wife replies, "Many years ago we made a promise to each other: the first one to pack up and leave has to take all the kids...." ✂

Northern Socorro Senior Center

By Patricia White-Johnson,
Director



Our Center managed to win Third-Place in the August tournament. Our local pool sharks are practicing for the September round now. The next Tournament will be hosted at the Socorro Senior Center on September 21st. We will probably be pooling down, so let us know if you want to be in the cheering section or if you want to help compete!

Our popular Friday Senior Dances this month will be on September 1, September 15th and September 29th. All on Fridays, of course.

The Rio Abajo Community Library will have their Senior Book Mobile this month on Sept. 13th and Sept. 27th. Don't forget to return any books or movies on either of these Wednesday – or better yet, check out what new items they have!

Our Socorro shopping trip this month will be on Friday, September 8th. All Seniors (60+) are welcome. We only ask that you call and reserve your spot by Wednesday (Sept. 6th) so we can be sure to have enough seats for everyone.

Let us not forget! Lupita will be here on September 13th to lead our nutrition program. Some of the recipes shared are quickly becoming household classics!

❖ ❖ ❖

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).



**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:



- 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

**October 4, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

Future Events

All the latest irrigation news will be exchanged.

October 6, 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!

October 8, 2017 -- Sunday
2 PM at OLS Parish Hall,
Highway 304, Veguita
ANNUAL LA LOTERIA

Even if you don't speak Spanish, this laugh-filled event is the perfect way to celebrate Hispanic month. More info next month!

October 9, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING
CIRCLE

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

October 11, 2017 --
Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY

October 16, 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.

October 25, 2017 --
Wednesday
9:30 am at Senior Center, Las
Nutrias
RAC MOBILE LIBRARY

October 31, 2017 -- Tuesday
HALLOWEEN

DEADLINE FOR SUBMITTING OCTOBER.
NEWS: 5:00 P.M., SEPT 26, 2017



Preparing Livestock for Emergencies

By Jacqueline Wilt, RN, CEMT



Our family farm had a tornado near-miss back in the early 1990s. The tornado struck our neighbor's farm, just across the road, and took their barn and house. I often think about what we would do if the unthinkable happened, and we were to be struck by a tornado or other disaster. My family would hopefully make it to the cellar, which must be accessed by going outside. But what would happen to the animals? What about other possible disasters? I'm sure others of you have had the same thoughts. And it is wise to plan ahead.

First, make a plan. Think about the possible disasters or emergencies that could (realistically) happen on your farm. Flash floods, tornadoes, fires, hurricanes and blizzards are all possibilities and can cause even more stress if you are not prepared. Write out your plan and make sure everyone knows what the plan is and where the written plan can be found.

If your plan includes evacuating animals, be sure you have room on your trailer for them all, or arrange for someone to be on standby if the need for evacuation arises. Be sure to include contact information for yourself, contact info for your veterinarian, farrier, etc., and other



alternative contact numbers such as friends, family and neighbors.

Next, make a farm disaster kit. This can be an overwhelming task, but if you make a list and work on it a bit at a time it is much easier. Include in your kit:

- a list of the animals you own,
- copies of registration papers,
- vaccination records,
- a livestock first-aid kit,
- halters/ropes, buckets, tools for cleaning up poop/downed fencing/tree limbs,
- rags,
- flashlights, radio, extra batteries, and
- other such items.

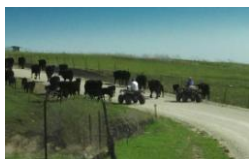
You may also want to include copies of insurance policies, especially if you happen to have any animals insured. Your kit will depend on what types of animals you have, how and if you plan to move them, and what type of disaster you are addressing.

It is important to make sure you can identify your animals after the disaster is over. Take photographs of all animals, especially any distinguishing markings or characteristics.

Keep extra back up files of all records (including photographs) on an external drive that is someplace safe. If you don't have your records stored electronically, keep extra hard copies someplace besides in your barn or home. Animal identifying neck or leg bands can also be helpful to keep on hand. Write your name and contact information on them ahead of time, and keep a permanent marker with them in case other information is needed.

Make sure your truck, tractor, utility vehicle, trailer, etc., are

serviced and ready to move quickly. Have an extra can of gas around as well, and tools at the ready for changing tires.



small!

*Be sure to
plan for all
types of
livestock,
large and*

Another thing to think about is what will happen when the disaster is over. If your farm is destroyed by a disaster, you may not immediately be able to bring your livestock back. Make arrangements with neighbors, family or friends on what to do in the aftermath of a disaster.

Be sure to schedule an annual review of your emergency plans, kits, and other disaster information. None of your hard work will be worth it if the information is out of date, your flashlight batteries don't work, and you don't even own half the animals on your list anymore. Check your supplies and update your plan regularly.

As a final thought, consider becoming a volunteer for your local Animal Response Team. These teams are trained to deal with animals in a disaster. Many times these volunteers do not have experience handling livestock, so those with livestock handling experience are very appreciated.

NOTE: This article first appeared in the October 2004 issue of Grit: Rural American Know-How. This excerpt was printed with permission. See www.Grit.com ❀

Salute to Korean War Vets!

LIG Nex 1 Co., Ltd is a defense company that researches, develops, and manufactures state-of-the-art military products and services. This company was also the primary contributor to develop and publish the book "*The Korean War*." This book is a tribute to the selfless sacrifice and dedication of the American men and women in uniform, who were the reason a free nation was reborn.

A beautifully bound and illustrated text, the Korean people worked together to produce this book to honor the U.S. for taking the lead in preserving peace around the world.

We are so pleased to be able to have a copy of this book on our shelves. Feel free to stop in during Library hours to look at this wonderful tribute! ❀

Classified Ads

FOR SALE: 1998 CHEVY S10 KING CAB. Great running, fuel-efficient, 4-cylinder, automatic pick-up with white Leer fiberglass camper shell. New battery, new rear leaf springs, JVC stereo. Almost new truck tires (235/75/R15). Asking \$3700 or best offer. (505) 864-3662.

PAID TRAINING POSITIONS OPEN.
Any low-income adult, 55 years or

ADOPT A HIGHWAY CLEAN UP

**SATURDAY,
SEPTEMBER 23rd**

9 A.M.

**MEET AT (the old) PHONE
BOOTH
(Mile Marker 0)**

**WEAR BOOTS OR TOUGH
SHOES
AND GLOVES**

<Residents of La Joya>

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. \$4 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: Sept 26, 2017. For display ad rates, call at (505) 861-8289. ❀

Rio Abajo Community Library Board

President
Vice Pres
Secretary
Treasurer
Directors

Minnie Presley, Veguita
Mary Lampkin, Veguita
Dolores Phillips, Sabinal
April Esquibel, La Joya
Kathy Esquibel, Veguita
Ken Hansen, La Joya
Quentin Lawson, Veguita
Irene Saiz, La Joya

Federal non-profit # 83-0398943 ❀



Explore the world of computers
(includes gaming, artificial intelligence, programming, web design, & more)

**Team Openings for 6th -12th
grade students**
Team meets
every Wednesday & Thursday
5 to 6 pm at
Rio Abajo Community Library



FREE Enrollment includes:

Free computer training & programs
All expenses-paid retreat to NM Tech in Socorro
Eligibility for college scholarships

For more information contact Jerry
at
505-903-8406 or jerrysqvl@gmail.com



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

US POSTAGE
PAID

ADDRESS CORRECTION REQUESTED

Subscriber Name
Number Street Address
City, State Postal Code
Country