FREE

October 2016. Volume 5, Issue 4.

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

October 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





Fiesta Time!

The Our Lady of Sorrows Parish invited the RAC Library to their annual Fiesta, which invite we happily accepted. For many years the OLS Parish has made the Rio Abajo Community Library welcome and this year was no exception.

The fiesta provided the perfect opportunity to show off the sketches and blue prints of the new library we hope to build one day. Minnie Presley (the Library's Vice

President) also helped pass out flyers for our Loteria (Mexican Bingo) and the Community Cookbook.



We had a wide selection of books plus, we had a new fun feature to our booth – face painting!



Fay (our new face at the Library) and her daughter (Alston) created the cutest little drawings on those

beautiful faces!

Due to recent donations, every child who got their face painted also received a little bonus – a free toy of their choice.



Although we never make any great profit, it is so much fun to see old friends and family get together, fun to watch all the activities, fun to watch the dancing and listen to the music, and fun to taste all the great food!

We took lots of pictures of

everything.

Some are here, but for the beat of our collection of "candid shots," check out our Face Book page

(www.Facebook/R ACLibrary). Even looking at the



pictures will make you smile. 💥

RAC Library News



Fundraising and New Projects

Almost

everything is ready for our first *Hispanic Bingo/Loteria* on Friday (October 14). We hope some of the kids will be able to come because we will have some "Halloween" goodies with them.

The *Loteria* will be at the Our Lady of Sorrows Parish Hall on Highway 304 in Veguita. So much excitement and bustle!



Work has also formally begun on our newest project - The Rio Abajo Community Cookbook. Since we are asking for family stories and/or pictures to go with recipes, we believe this will be a wonderful reflection profound history our founding families have had as well as the spice the newer families have provided in making our community so unique.

We are asking for at least one

recipe from everyone, with a story and/or picture to go with the recipe. For example, is/was only one person famous for making the recipe? Was it used as a traditional holiday meal? Did someone once "wear" the delicious dish?

So, are you and your family ready to share any culinary "secrets?"

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 **



Easy Options for Restoring Old Furniture



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!



By Nicholes Ammons, Austin Furniture Repair

Refinishing worn out furniture saves money and resources -- more than buying new. Refinishing is

RAC LIBRARY BUILDING FUND STATUS

\$4970

\$750000

Total amount needed: \$700,000 total STEP ONE:

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

Kick-off funds provided by:

La Joya Community Development Association (\$1,000) Socorro Electric Cooperative Foundation (\$1,000) La Joya Educational & Charitable Assistance Organization (\$500)

Help our Library get its own building!

Donations accepted at:

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

the repairing or reapplying a wood finishing coat on a furniture object. Refinishing can be applied to a variety of surfaces or materials with the help of varnish, lacquer, paint or wood finish.

Refinishing an Old Table

In time, wood loses its shine and protective layer. To refinish an old table, scrape off the old paint with a scraper and a heat gun. When completely scraped away, apply the primer, followed by two coats of paint. You can try using Shellac (French polish) for the drawers of the dressing table. Do not forget to sand the edges of the table for the final touch.

Refinish a Couch

Removing the old upholstery and refinishing a couch can be tedious, but definitely worth it in savings. A majority of furniture is designed to be re-upholstered.



Start by taking the different parts of the couch apart. Remove all the fabric from the bottom, followed by its back, arms and the deck. Inspect the cushions' material (cheap foam breaks down easily, consider using high-quality foam).

To assemble the new upholstery, start by cutting out the fabric using the old fabric (if possible) as a pattern. Next, sew the fabric to fit the couch using heavy thread and needle. Use a staple gun to attach the sewed fabric to the couch.



French Polishing for Wooden Furniture

French polish, or Shellac, is a furniture-polish that results in a highly glossy surface and involves the application of several layers of dissolved in alcohol. It is applied with a rubbing pad dipped in oil.

Shellac is used for two reasons – appearance and protection. Wooden furniture needs protection against moisture, sunlight, humidity and everyday wear and tear. Also, Shellac enhances the appearance of wooden or timber furniture, is used to change the color of the wood, repair damaged surfaces and hide any form of marks.

Refinishing an Antique Chair

Furniture pieces that have lived for many years lose their splendor and require refinishing. To refinish an antique chair, first check for woodworms (dust falling off indicates woodworms). Next, is the chair sturdy? Is it comfortable? Check the joints of the armchair; if needed, dismantle the joints and re-attach them or you can use a clamp to push the joints back.

Next, check the seat rail. Lastly, look at the actual sculpting of the chair. You can infill to bring the actual splendor of the original chair.

NOTE: This article first appeared in the Mother Earth News Blogs on September 22, 2016. With permission, the excerpt was

Food Sale

Everything fresh and homemade by some of the greatest community cooks!

7 pm
Every Saturday after mass
(Mass at 6 pm)
at
Veguita St. John's at San
Juan's Chapel
(1317 Highway 304, Veguita)

All proceeds for the Our Lady of Guadalupe Feast December 10

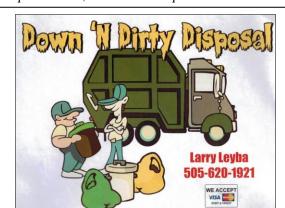
For more info: (505) 864-4461

presented. For more info, see www.MotherEarthNews.com

This Month's Events

October 5, 2016 – Wednesday 6:00 pm at RAC Library LA JOYA ACEQUIA MEETING

Updates on activities and water scheduling will take place.



Weekly Pick-up (two 95-gal cans)

\$23 per month
no contract required

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

This Month's Events

October 6, 2016 -- Friday 9:30 am at North Soc. Senior Center, Veguita SENIOR'S DANCE

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

October 7, 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

October 10, 2016 – Monday 6:30 pm at RAC Library LAJOYA LADIES' CRAFTING CIRCLE

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

October 12, 2016 – Wednesday 9:00 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

October 14, 2016 – Friday 7:00 pm at Our Lady of Sorrows Parish Hall, Las Nutrias

1ST ANNUAL NATIONAL HISPANIC MONTH LOTERIA/ MEXICAN BINGO

A family-fun evening playing Mexican Bingo (La Loteria). See page 8.

October 17, 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.

October 21, 2016 -- Friday 9:30 am at North Soc. Senior Center, Veguita SENIOR'S DANCE

All Seniors welcome. Note Lunch is served at 11 to allow for dancing space!

This Month's Events

October 22, 2016 – Saturday At Sevilleta National Wildlife Refuge

AMIGOS DE LA SEVILLETA'S ANNUAL "CELEBRATE SEVILLETA!"

Join the festivities, activities, and to see which students won awards.

October 23, 2016 -- Friday 9:30 am at North Soc. Senior Center, Veguita SENIOR'S HALLOWEEN DANCE

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

October 26, 2016 – Wednesday 9:00 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

October 28, 2016 -- Friday NATIONAL CHOCOLATE DAY

October 31, 2016 – Monday ALL HALLOWS EVE



DEADLINE FOR SUBMITTING NOVEMBER ANNOUNCEMENTS: 5:00 P.M., OCTOBER 25, 2016

N. Socorro Senior Center

By Pat White-Johnson, Site Manager



The twice-a-month dances are continuing and are helping to bring in some changes.

The biggest change is that lunches are now going to be served at 12 noon rather than 11 a.m. The only exception will be on the days that the band, "Amistad," is performing for the dances. On those days the lunches will be served at 11.

The seniors also send out a big salute and thank you to those who have donated baked goods for their coffee service area. Those treats are so appreciated!

Lastly, the dance on October 23rd will be a Halloween Dance! Details for this dance will be available at the first dance of the month (October 7), so no word yet whether it will be with costumes, or whether other Halloween surprises may be in store.

Our Senior Center is open Monday through Friday, 8:00 a.m. to 2:00 p.m. All seniors 60+ are welcome to join in the activities and for a hot meal (lunch is served at 12 noon).

For additional information, call Pat at (505) 861-2860, or Linda Murillo, the Interim Director, at (575) 835-2119.

Amigos de la Sevilleta



Celebrate Sevilleta!



On Saturday (October 22) the Sevilleta National Wildlife Refuge and its Friends group, Amigos de la Sevilleta, will be celebrating New Mexico's largest and most biologically-diverse refuge. Its 230,000 acres contain mountains, desert, grasslands and wetlands.

There will be free, unreserved walks and hikes (9:30-2 pm), exhibitions, demonstrations and 10-minute talks (10 am-2 pm), awards, live animals & kids' Tracks & Scat, plus more! Demonstrations will include talks

on how to communicate and understand prairie dogs, animal Olympics, archery, solar telescopes, plus, plus, plus. Some of the free tours include:

- Sevilleta's Long Wavelength Array (LWA) Station – 10:15-11 am or 11:30-12:15 pm
- Family Geology Walk (9:30-10:15)
- Sevilleta Phenological Trail (10-11:30 am)
- Mesa View (10:30-12 pm and 12:30-2 pm)
- Nature Loop (11 am–12 pm, 12-1 pm, and 1-2 pm)
- Mesa View Extended (11:30-1:30 pm)

For kids (ages 6-12), there will be a Photo Workshop that is free, but requires registration. Cameras and all materials will be provided for the class that will run from 10:30-11:15 am. Call (505) 864-4021 to reserve a free spot!

The reserved tours (8 am-4:30 pm) will cost \$15, and will offer a choice of five different tours:

- Along Los Pinos Ridge (3mile strenuous hike up to and along the ridge
- Deep Time: Geology of SW Sevilleta (a 4-wheel drive tour)
- Toward the Lierra Ladrones (3-mile moderate hike)
- Site visit to Sevilleta/Tzelaqui Pueblo (easy walk and new findings)
- Sevilleta at Sunset: Four Biomes (driving tour).

To make the even more memorable, there will be live

music from *Roon* and hot food from Green's Kitchen.

For more info and/or details see www.amigosdelasevilleta.org To make reservations call (505) 864-4021 (M-F 8 am-4:30 pm, sat 9 am-4:30 pm). **

Rio Abajo Community Celebrations

October 2

Jeff Adams's birthday Jericko Barela's birthday

October 3

Michael Esquibel's birthday Theresa Sanchez's birthday

October 8

Maggie K. Leonard's birthday

October 9

Rodrigo Martinez's birthday

October 10

Michael Carbajal's birthday

October 11

Gabriel Mayse's birthday

October 12

Earmer Alexander's birthday

October 13

Breannah Jones's birthday Elizabeth Martinez (102nd birthday)

October 15

Thomas Abeyta's birthday Tim Abeyta's birthday

October 18

Valerie Neria's birthday

October 19

Maya Chacon's birthday

October 20

Benjamin Martinez's birthday

October 26

Rio Abajo Community Celebrations

Abie V Chavez's birthday Reba Wagner's birthday

October 28

Tony Vignali's birthday

October 30

Mary Yost's birthday

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



Did you know that National Chocolate Day is observed on October 28? There are many chocolate related holidays but National Chocolate Day celebrates all things chocolate. So, how is chocolate made?

Chocolate comes from the seed of the tropical Theobroma cacao tree. Cacao, which has been cultivated for at least three millennia, is grown in Mexico, Central America and Northern South America. The earliest known use of cacao seeds is from around 1100 BC. The cacao tree seeds have a very intense, bitter taste that must be fermented to develop the flavor.

Once the seeds are fermented, the beans are dried, cleaned and roasted. After roasting, the shell is removed to produce cacao nibs. The cacao nibs are then ground into cocoa mass, which is pure chocolate in rough form.



The cocoa mass is usually liquefied then molded with or without other

ingredients. At this point it is called chocolate liquor. The chocolate liquor may then be processed into two components: cocoa solids and cocoa butter.

- Unsweetened baking chocolate
 cocoa solids and cocoa
 butter in varying proportions.
- Sweet chocolate cocoa solids, cocoa butter or other fat and sugar.
- Milk chocolate sweet chocolate with milk powder or condensed milk.
- White chocolate cocoa butter, sugar and milk but no cocoa solids.

Research has found that chocolate (eaten in moderation) can lower blood pressure.

Need an excuse to splurge a little? Go out to your favorite restaurant and indulge in a delicious chocolate dessert in honor of this national celebration! **X

Natural Health Tips

12 Medical Myths (cont'd)

By Donna Hernandez, ND, MH

Of 12 medical myths that are circulating, the first seven were provided last month. This medical information has caused an unprecedented epidemic of chronic disease in human history. Here are the last five:

7: Artificial Sweeteners

Nearly all the studies find that those using artificial sweeteners actually gain more weight than those who consume caloric sweeteners. In 2005, a 25-year long San Antonio Heart Study showed that drinking diet soft drinks increased serious weight gain. On average, each diet soft drink consumed per day increases the risk of becoming overweight by 65% within the next 7-8 years, and 41% more likely to become obese. There are also health dangers associated with artificial sweeteners and aspartame in particular.

8: Soy is a Health Food

Unfermented soy products are NOT healthful additions to your Thousands of studies have diet. linked unfermented SOV malnutrition, digestive distress, immune-system breakdown, thyroid dysfunction, cognitive decline, reproductive disorders and infertility—even cancer and heart disease. Not only that, but more than 90% of American soy crops are genetically modified, which carries its own set of health risks. Examples of healthful fermented soy products include tempeh, miso and natto.



9: Whole Grains are Good

Grains, including whole-grain and organic varieties, can elevate insulin levels. More than 85% of Americans have trouble controlling their insulin levels. Plus, gluten intolerance can wreak havoc with your health. The higher your insulin levels and the more



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

prominent your signs of insulin overload are, the more ambitious your grain elimination needs to be.

If you don't suffer from insulin resistance and have normal weight, then grains are fine, but monitor grain consumption. What might be fine when 25 can become a problem at 40 when growth hormone and level of exercise is different.

10: Plant Based Supplements are as Good as Animal Supplements

The type and source of your omega-3 will make a big difference in the health benefits it provides. There are three types of omega-3 fats:

- DHA (Docosahexaenoic Acid)
- EPA (Eicosapentaenoic Acid)
- ALA (Alpha-Linolenic Acid)

Omega-3 fats provide many health benefits – such as mental health, stronger bones and heart health. However, these benefits are linked to the *animal-based* (not plant-based, called ALA) omega-3 fats (EPA and DHA). ALA is found in flaxseed and nuts and converts into EPA and DHA, but, your

body can only convert a small amount of ALA into EPA and DHA, and only when sufficient enzymes are present.



11: Milk Does Your Body Good

Once milk is pasteurized it changes and can cause allergies and immune problems. Important enzymes like lactase are destroyed, vitamins (such as A, C, B6 and B12) are diminished and milk proteins are radically transformed and can actually worsen your health. Removing beneficial bacteria through the pasteurization process also ends up promoting pathogens.

The healthy alternative to pasteurized milk is raw milk, which is an outstanding source of nutrients including beneficial bacteria such as lactobacillus acidophilus, vitamins and enzymes, and it is one of the finest sources of calcium available.

12: Low-Fat Diets

The low-fat craze led to increased trans-fats diets, which increases the risk of obesity, diabetes and heart disease. The primary cause of excess weight and all the chronic diseases associated with low fat is actually the consumption of too much sugar -- especially fructose, but also all sorts of grains, which rapidly convert to sugar in your body.

Final Thoughts

As you can see, there's no shortage of health myths out there.

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

Five young guys were walking home after a Halloween party and decided to take a



shortcut through the local cemetery just for some late night laughs. Right in the middle of the cemetery they were startled by a loud tap-tap-tapping noise coming from somewhere in the misty dark cemetery.

The five of them were terrified and trembling with fear, they started to walk a little faster. They some came across a very old white man with a hammer and chisel, chipping away at one of the headstones.

"Holy cow, Mister," one of them said after recatching his breath,



"You scared us half to death — we thought you were a ghost! What are you doing working here

so late at night?"

"Those fools!" the very old white man grumbled. "They misspelled my name!" **

Special Orchestra Update

Gair Linhart, Director, gave us a hot scoop!

On Thursday, October 27th,

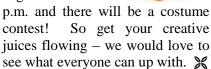
Founder and



the NM Special Orchestra is hosting a Masquerade Ball. It will be held at the Valencia Sheriff Possee Hall in Belen and it's all

scheduled to begin at 6:30 with special guest, Dogstar!

The fun will begin at 6:30



Word of the **Month**

Macabre: (adjuctive) 1-gruesome and horrifying; 2-of, pertaining to, dealing with, or representing death; 3-suggestive of the allegorical dance of death.

EXAMPLE: If these meeting had a macabre side, I hope my guests didn't notice.

1430 from the French Origin: "Danse Macabré" (dance of death) 1376. The association with the dance of death seems to be via vivid descriptions of martyrdom of the Maccabees in the Apocryphal books. 💥

Future Events

November, 2, 2016 -Wednesday 6:00 pm at RAC Library LA JOYA ACEQUIA MEETING

November 4, 2016 -- Friday 9:30 am at North Soc. Senior Center, Veguita SENIOR'S DANCE

All Seniors welcome. Note Lunch is served at 11 to allow for dancing space!

November 9, 2016 -Wednesday 9:00 am, Sr Center, Las **Nutrias RAC MOBILE LIBRARY**

November 11, 2016 - Friday 9:30 am at RAC Library RIO ABAJO COMMUNITY LIBRARY **BOARD MEETING**

Everyone is welcome and invited

November 14, 2016 - Monday 6:30 pm at RAC Library LAJOYA LADIES' CRAFTING CIRCLE

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

November 18, 2016 -- Friday 9:30 am at North Soc. Senior Center, Veguita SENIOR'S DANCE

All Seniors welcome. Note Lunch is served at 11 to allow for dancing space!

November 21, 2016 - Monday 11:00 am at Las Nutrias Parish Hall (Hwy 304) ST. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

Future Events

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

November 23, 2016 -Wednesday 9:00 am, Sr Center, Las **Nutrias RAC MOBILE LIBRARY**

November 24, 2016 - Thursday **THANKSGIVING**

November 24-25, 2016 -Thursday-Friday **RAC LIBRARY WILL BE CLOSED**

December 10, 2016 - Saturday OUR LADY OF GUADALUPE FEAST

DEADLINE FOR SUBMITTING NOVEMBER ANNOUNCEMENTS: 5:00 P.M., **OCTOBER 26, 2016**

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: October 26, 2016. For display ad rates, call at (505) 861-8289. X

Rio Abajo Community Library Board

President Carolyn Ueberroth, Contreras Vice Pres Minnie Presley, Veguita Secretary

Dolores Phillips, Sabinal Treasurer Loretta Carrillo, Abeyta Directors

Kathy Esquibel, Veguita Quinton Lawson, Veguita

A. Miguel Trujillo, Architect, Las Nutrias

























































(7 regular for Prizes &

3 specials for Cash)









































La Loteria

(Mexican Bingo)

Friday - October 14, 2016 Beginning at 7:00 p.m.

Our Lady of Sorrows Parish Hall

at

NM Highway 304, Las Nutrias 10 Games

One sheet for all games -- \$10 Extra sheet for regular games \$1 Additional sheet for specials -- \$2

Great Door Prizes!

Snacks, Nachos, & Beverages will be available

Proceeds earmarked for the Building Fund For more information, call (505) 861-8289

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 ____ Address ____ Phone Email address: ____ **US POSTAGE** Rio Abajo Community Library 28 Calle de Centro S **PAID** La Joya, NM 87028 ADDRESS CORRECTION REQUESTED

Subscriber Name Number Street Address City, State Postal Code Country