

FREE

December 2018 .
Volume 7, Issue 6 .

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
A 501(c)(3) nonprofit registered in New Mexico – owned and operated by volunteers and with donations

December Hours:

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

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

Closed on Dec 21, 2018 through
Jan. 1, 2019

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



RAC Library Leaves



Pending New Year Bringing Changes



So much has happened in the last year for our community library. It opened in 1999 with hard work by a group of volunteers and several boxes of donated books. Unlike a city-owned library, we have no paid staff but remain open four days a week with volunteers that believe in the Rio Abajo community, which includes all 14 rural villages in northern Socorro County.



When first opened the average graduation rate was about 13% -- today we boast 97% and we have researchers from agencies around the country coming out to see why. When research was completed, our dramatic changes are attributed to the Rio Abajo Community Library (via Zillow, American Banking Association, Dun & Bradstreet, etc.). Some of the results are:

❖ Prior to 2016 if we were able to find a lender, it would have been at 2-5% higher interest rates. No longer is our community being “red-lined,” which means residential and/or business loans in this community are now charged the same interest rates as other viable communities;

❖ Recognition of our community being viable has meant we were able to keep the Bosque and La Joya Post Offices and government funding for basic services increased;



❖ Dun & Bradstreet’s report on our community has pointed to the RAC Library as proof of our community’s viability and proof that the community’s economic potential has risen exponentially; hence, investment by outside interests, i.e., Dollar General, who erected a store and helped provide two paid interns to the Library last summer;



Our successes are now being copied by libraries around the world, including the newsletter, which has been touted as revolutionary, impactful for distressed communities, and was said by the American Library Association to provide “a thermometer of the importance of libraries to economic development.”

Today the RAC Library continues to operate with approximately \$7,500 from the State Legislature, which means there are still no paid staff but is dependent upon volunteers to keep the doors open. The volunteer that functions as the Library Director will be leaving on June 30, 2019, so the search has begun to find someone willing to take over.

It has become apparent that a new Director will require raising more funds (at minimum, \$20,000 more) to pay someone at least \$15 per hour. We need someone who loves this community, who sincerely desires to reach out and meet the needs of our youth and seniors, be sensitive to the personal needs that arise and be willing to help find solutions, and all these abilities plus maintain the normal needs of a library.



We obviously welcome any and all help and firmly believe that there are people in the community who

care enough to pitch in. Almost all present active volunteers do not have children or grandchildren in the community, so we hope more whose children have benefitted will pitch in. And we envision finding a sponsor and/or supporting source to keep our doors open. The alternative would mean closing and losing almost 20 years of benefits in 18 months or less, and that is too horrible to consider! ❀

Northern Socorro Senior Center

By Patricia
White-
Johnson,
Director



First, I hope everyone's holiday season is going well and will continue being blessed.

SPECIAL CHRISTMAS NOTE!! On Monday, Dec. 24 we will close at Noon (12:00 pm). Senior are invited to participate in the gift swap! We will then be closed December 25th (Christmas Day) and Dec. 26th. We will return on December 27th.

The Center's Crafts Program continues as led by Judy Haugness, will be on Tuesday, Dec. 11th and Thursday, Dec. 27th from 10 a.m. through lunch.

We will only be able to host one dance this month – on Friday, December 14th from 10:00-12:00.

This month's Pool Tournament will be here at our own Northern Socorro's Senior Center on Thursday, December 20th (10:00 until a winner is announced).

Let's cheer on our neighbor pool sharks and bring that trophy home!

The Rio Abajo Community Library will have only one Senior Book Mobiles this month -- on Dec 12th (the second). Don't forget to return any books or movies – or better yet, check out what new items they have!

Also on Wednesday, December 12th, great eating tips and recipes will be provided by Lupita on Wednesday, December 12th, from 10 am-12 pm. Lupita leads our nutrition program. Recipe swaps frequently take place!

Our Socorro shopping trip this month will be on Friday, December 7th. All Seniors (60+) are welcome. We only ask that you call and reserve your spot by Wednesday (December 5th) so we can be sure to have enough seats for everyone. We leave at 9 am and should return around 1:00 pm.

❀❀❀

The Senior Center in Veguita 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, come by the Center (894 Highway 304, Veguita) or call (505-861-2860).

The Center is open Monday through Friday, 8 am to 2 pm. ❀

Word of the Month



Dictionary.com has announced its words of the year for 2018.

Misinformation: (noun) False information that is spread, regardless whether there is intent to mislead.

Example: In the chaotic hours after the earthquake, a lot of *misinformation* was reported in the news.

They point out that this differs from “disinformation.”

Disinformation: (noun) Deliberately misleading or biased information; manipulated narrative or facts; propaganda.

Example: Special interest groups muddled the waters of the debate, spreading *disinformation* on social media.

Its interesting that in the press release of its choice for Word of the Year, a second word was highlighted in order to avoid confusion. ✂

RAC Library News

Appreciation & Celebrations



Our Annual Loteria was held in November at the Black's Smuggler Winery and it was a great success thanks to support from businesses and community. We send a *big* salute to:

- ❖ Black's Smuggler Winery for hosting the event; and
- ❖ Walmart Distribution Center
- ❖ Pete's Restaurant in Belen
- ❖ Backalow Massage

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!

- ❖ Hutching's Photos
- ❖ Miri's Restaurant (next to Veguita Trading Post), and
- ❖ Auge's Oil Change.

To close out 2018, the Library Board will be hosting our **Annual Holiday Open House** on Friday, December 7th.

Each year we show appreciation to everyone that has supported the library with this event. It's free for all to join in. Snacks and beverages are available and we always welcome any additional goodies you may want to contribute!

The Open House will take place from 10 a.m. through 12 p.m., and we hope everyone will stop in to extend Christmas greetings and enjoy the delicious goodies the Board Members are providing (there's a rumor that the Woods' BBQ meatballs will be featured).

Please everyone – have a safe and blessed season! We will close our doors on December 21st and reopen on January 2nd. When we return, we hope to see everyone

happy, healthy and ready to expand minds!



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 ✂

This Month's Events

December 3, 2018 – Monday
HANUKKAH



December 5, 2018 – Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

Dec. 7, 2018 -- Friday
10:00 am at RAC Library
ANNUAL LIBRARY CELEBRATION-OPEN HOUSE



Everyone is invited. See page 11 for more info.

Dec. 7, 2018 -- Thursday
9:00 am at North Soc. Senior Center, Veguita
SOCORRO SHOPPING TRIP

All Seniors welcome. Call to reserve your seat! (505-861-2860)

Dec. 11, 2018 -- Wednesday
10:00 am at North Soc. Senior Center, Veguita
CRAFTS PROGRAM

All Seniors welcome. Bring your own or work purchase a kit!

This Month's Events

**December 12, 2018 –
Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY**

**Dec. 12, 2018 -- Wednesday
10:00 am at North Soc. Senior
Center, Veguita
NUTRITION PROGRAM**

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

**Dec. 14, 2018 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE**

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

**December 17, 2018 – 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.

**Dec. 20, 2018 -- Thursday
10:00 am at Socorro Senior
Center
SENIOR POOL TOURNAMENT**

Our resident pool sharks will be competing with Socorro County's pool players.

**December 21, 2018
– Friday
WINTER SOLSTICE**



**Dec. 24-26, 2018 – Monday
through Wednesday
SENIOR CENTER CLOSED FOR
HOLIDAY**

**December 25, 2018 thru January
2, 2019
RAC MOBILE LIBRARY WILL BE
CLOSED FOR THE HOLIDAYS**

This Month's Events

**December 25, 2018
– Tuesday
CHRISTMAS DAY**



**December 26, 2018
– Wednesday
KWANZAA BEGINS**



**Dec. 27, 2018 -- Wednesday
10:00 am at North Soc. Senior
Center, Veguita
CRAFTS PROGRAM**

All Seniors welcome. Bring your own or work purchase a kit!

**December 31, 2018 –
Monday
NEW YEAR'S EVE**



**DEADLINE FOR SUBMITTING JANUARY
NEWS: 5:00 P.M., DECEMBER 18, 2018**

Winterizing Pets

*By William Armijo,
Sheriff of Socorro
County*



I would just like to remind all of our pet owners that the temperatures are now dipping into the freezing range at night.

Please ensure that your outdoor pets have adequate shelter to escape the cold weather.

If you have pets (cats or dogs) that are unwanted please call the Sheriff's Office. We can pick them up and attempt to find someone to adopt them.

William Armijo is our Socorro County Sheriff. If you have questions, call at (575) 35-0941 or (575) 517-0812. ✂



On-Farm Fuel Storage

By Dan Kerr

Would I save money buying in bulk?

Above-ground bulk storage tanks are available in all

sizes, with or without an attached containment system, and with a barrage of laws at all levels and all have significant fines should one not comply.

Considerations for bulk storage

Determining how much fuel storage one needs can be calculated by the amount used in a year, which should be close year to year for equipment on a farm, excluding a backup generator system, which isn't so easy to figure.

Fuel stored at 0° to -5°F without an additive will last for about 12 months, warmer temperatures than that and the storage time will drop as much as six months. During storage and exposure to oxygen, gum will form in non-stabilized fuel, which can cause operational problems with carburetors, injectors, and filtration systems. These issues are manageable with a good fuel stabilization product, which is another addition to the already expensive product being stored.

Having the fuel delivered can become interesting; some dealers have a minimum amount of usage, delivery fees, and a contract as well.

Exemptions exist. Under the U.S. Environmental Protection Agency's (EPA) Spill Prevention, Control, and Countermeasure Regulation (SPCC), farms with aggregate above-ground oil storage capacities greater than 2,500 gallons and less than 6,000 gallons are not subject to SPCC regulation based on aggregate above-ground oil storage capacity so long as they have a clean spill history.



An option would be stationary, mobile bulk tanks like those mounted in the backs of pickup trucks. Mounted on your pickup truck, it would be covered under your vehicle insurance, including theft, and have no bearing on the property insurance at all.

Equipment considerations

When comparing steel versus aluminum, both materials are robust and the material difference doesn't sacrifice stability. Aluminum has the benefits of being lighter in weight and rust proof, where with steel tanks, owners should keep the tank full, maintain lubricated walls, and prevent rust formation as a result of condensation or water in the fuel.

Maintenance on bulk units are visual (watch for rust and address immediately). If the pumping apparatus is electric, make sure the electrical contacts, especially the ground cable, are all in good order. Fuel stabilizer should be a "de-

emulsifier" and not an "emulsifier." Emulsifiers work well with carbureted engines, but with injected engines this will promote premature stretching of injectors, which causes poor engine performance. De-emulsifiers force the petroleum and water molecules apart, allowing proper capture and drainage of the contaminant.

Evaluating circumstances

In my case, I don't use enough fuel to warrant bulk storage, and being able to take my empty container(s) to the cheapest retailer works for me. My insurance company is not involved because of the quantity, and it keeps the fuel fresh without the use of stabilizers. I purchased and now use my USA-made "Mr. Funnel" every time I fill my equipment; it's equipped with a debris-water screen that will filter impurities but allow the fuel, even if mixed with oil, to flow through. It is a cheap way to prevent problems with your equipment fuel system, it's easy to clean, and they're cheap.

If you are considering bulk storage, call your insurance broker first. They can guide you on what you need to do to comply with all levels of government, and especially their requirements. There are recommendations in regards to installation distances such as 40 feet from buildings, 10 feet from property lines, 25 feet from ignition sources, 50 feet from a drilled well, and 100 feet from a dug well, as well as impact protection.

Even if your insurance company doesn't require you to keep logs of users, training, and additional details, this is a good idea, as is contacting your broker. It's not worth the risk not to.



**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

Dan Kerr is a retired forensic investigator and for the past five years, writes a maintenance column for Small Farm Canada magazine.

NOTE: This article first appeared in the March/April 2018 issue of Grit Magazine. This excerpt was printed with permission. For more information, see www.Grit.com ✂



Property Taxes

Everyone should have received your Socorro County Property Tax invoice by now.

Please don't forget to submit your payment, a minimum of one-half, before December 10th! Payments received late are charged late fees, so please don't forget!

If you have any questions, please call (575-835-0714), or come in and visit us. ❀

Joke of the Month



Sarah, a new young bride, calls her mother in tears. She sobs, 'Richard doesn't appreciate what I do for him.'

"Now, now,' her mother comforted, 'I am sure it was all just a misunderstanding."

"No, mother, you don't understand. I bought a frozen turkey roll and he yelled and screamed at me about the price."

"Well, the nerve of that lousy cheapskate," says her mum. "Those turkey rolls are only a few dollars."

"No, mother it wasn't the price of the turkey. It was the airplane ticket."

"Airplane ticket? What did you need an airplane ticket for?"

"Well mother, when I went to fix it, I looked at the directions on the package and it said: 'Prepare from a frozen state,' so I flew to Alaska."



The three wise men arrived to visit the child lying in the manger. One of the wise men was exceptionally tall and bumped his head on the low doorway as he entered the

stable. "Jesus Christ!" he exclaimed.

Joseph said, "Write that down, Mary; it's better than Clyde!"



Myra was going to the Christmas office party, but needed a new party dress. In the clothing store she asked, "May I try on that dress in the window, please?"

"Certainly not, madam," answered the salesgirl. "You'll have to use the fitting room like everyone else."



As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?"

The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?" ❀



Rio Abajo Community Celebrations

December 3

Bobby McKinley's birthday

December 6

Tulonia Neria's birthday

December 8

Augustine's and Alicia Lopez's

Rio Abajo Community Celebrations

birthdays

December 9

Quentin Lawson's birthday

December 10

Charles L. Falcon's birthday

December 11

Theora Lawson's birthday

December 12

Amber Anderson's birthday

December 13

Laurie J Romero's birthday

December 14

Tracy Lawrence's birthday

Justin Guinn's birthday

December 16

Leonel Martinez's birthday

December 17

Michele Kennedy's birthday

Lisette Sanchez's birthday

Jesus E Ortega's birthday

Gabriella Flores' birthday

December 19

Litzy G Ortega's birthday

December 20

Marlene Betancourt's birthday

December 23

Marisol's and Marrisa Martinez's birthday

December 25

Ana Garcia-Grajeda's birthday

Natalie Tofoya's birthday

December 27

Suzen Marie Rosa's birthday

December 28

Stephanie Wheeler's birthday

December 30

Gaspar Piña's birthday

Jacob Teitelbaum's birthday

December 31

Carol Chavez's birthday

Julieta Trejo's birthday

Rio Abajo Community Celebrations

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



Stay Safe, Warm around Electric Space Heaters

By Jimmy Capps,
SEC Director of
Communications & Public Affairs



Space heaters can be a quick way to supplement heat in a room. However, they can be as dangerous as they are convenient if used improperly. Approximately 1/3 of all house fires nationwide happen between December and

February. Equipment that is intended to add a little extra warmth is the leading cause of these fires, according to the National Fire Protection Association.

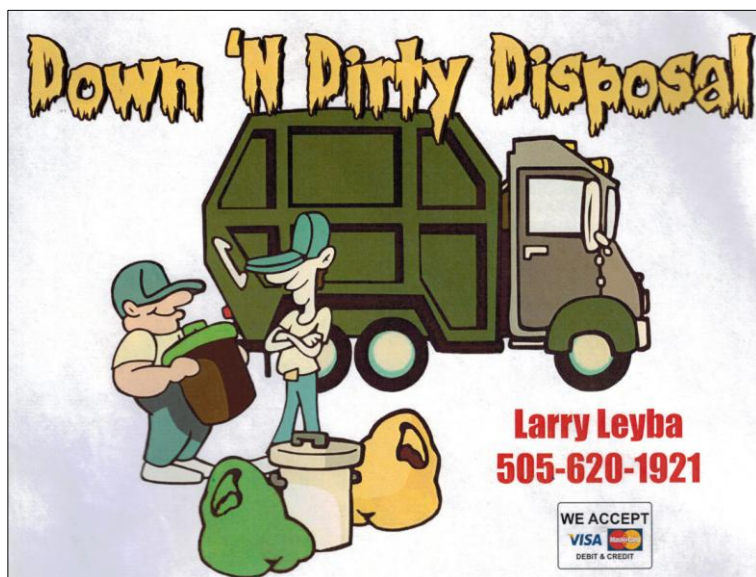
When using electric space heaters, please observe the following safety tips:

- Before using any type of heating equipment, make sure your smoke and carbon monoxide detectors are in good working condition.
- Purchase only space heaters that have been safety tested and UL approved. Make sure the unit is equipped with an emergency tip-over shut-off feature and heating element guards. Read and follow all of the manufacturer's instructions for operation and care.
- Place space heaters out of high-traffic areas and on level, hard, non-flammable



floor surfaces.

- Keep space heaters at least three feet from combustible liquids like fuel, spray cans and paint, as well as flammable items such as draperies, blankets and sofas.
- Keep an electric heater's air intake and outlet clear.
- Do not use a space heater in a damp or wet area, unless it's designed for outdoor use or in bathrooms; otherwise, moisture could damage it and create a safety hazard.
- Never allow pets or children near an electric heater.
- Do not overload electrical circuits with a space heater. Never use extension cords or multiple plugs with one, and make sure the unit is not plugged into the same circuit as other electric appliances.
- If your space heater is plugged into a ground fault circuit interrupter (GFCI) and it trips, don't assume there is something wrong



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

Serving almost all of Northern
Socorro County
Commercial services
(one-time pick-up)
upon request

with the GFCI. Stop using the heater until it can be checked by a technician.

- Never leave space heaters unattended. Turn off your space heater and unplug it before leaving the room or going to bed.
- Replace older space heaters with newer, safer models.



Many people also use electric blankets to keep warm during cold winter nights. Before plugging in electric blankets, check for any damage and inspect cord for frays, cracks or cuts. Electric blankets should not be tucked under the mattress and nothing should be placed on top of the blanket while it's in use, including comforters and bedspreads. Pets should never be allowed to sleep on the electric blanket.

Electric bills can increase in the winter for various reasons – holiday gatherings, house guests and shorter days and longer nights.

Small measures can help control energy costs. Curb space heater usage and turn down thermostats, whenever possible. Decorate your home with LED lighting. Remember, every time you open the oven door, the oven temperature can decrease as much as 25 degrees. ❀



Socorro County News

By Commissioner
Martha Salas, Dist.
1



I'd like to start with wishing everyone a merry and blessed holiday season.

Thank you for the invitation to the Senior's Thanksgiving Feast at our local Senior Center. It is always fun to be able to relax and join friends in a festive environment.

Also, we have updates to our medical center. First off, let me clear up some confusion!

It will be operated by Presbyterian Medical Services, which should not be confused with Presbyterian Hospital! The clinic will be open to everyone in the community and accept all insurances.

The building will have 1,500 square feet to include 2 examination rooms, a waiting room, and one office. Initially it will be open two days a week, and expand its services as the demand increases. In other words, every time the clinic becomes routinely booked up with people waiting, the clinic will open an additional day.

The clinic will maintain standard medications. For example, antibiotics for ear infections will be available. Specialized medications and narcotics will continue to require seeing your primary care physician.

Lastly, in the last few months several neighbors have needed to be air-lifted to a hospital. If

possible, don't forget to sign up for the air-lift insurance. One hundred dollars per year is a lot cheaper than \$10,000-20,000 for one trip! ❀

Future Events

January 1, 2019 – Monday
NEW YEAR'S EVE

January 2, 2019 – Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

January 9, 2019 – Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY

January 11, 2019 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE

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

January 21, 2019 – 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 23, 2019 – Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY

January 25, 2019 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE

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

DEADLINE FOR SUBMITTING NEWS:
5:00 P.M., DECEMBER 18, 2018



NMDA invites New Mexico ranchers to meet with Mexican cattle buyers

By Kristie Garcia, Public Info Officer, NMDA

New Mexico ranchers are invited to meet with Mexican cattle buyers from 2 to 5 p.m. Friday, Dec. 7 in Albuquerque at the Sandia Resort & Casino, located at 30 Rainbow Road Northeast. The New Mexico Department of Agriculture is hosting the meeting in the International Room for attendees of the annual Joint Stockmen's Convention, which is Wednesday, Dec. 5 through Friday, Dec. 7.

This is the fourth consecutive year the NMDA has facilitated this meeting during the convention hosted by the New Mexico Cattle Growers Association.

New Mexico Secretary of Agriculture Jeff Witte said NMDA looks forward to this opportunity.



"The International Room at the Joint Stockmen's Convention provides an important opportunity for New Mexico cattle growers to meet their neighbors from Mexico, learn their cattle needs and showcase their livestock," said Witte. "Relationships are created, friendships are developed, and

cattle producers from both countries benefit."

David Lucero, director of NMDA Marketing and Development Division, along with marketing specialist Juan Sanchez, will facilitate the meeting and translate if needed.

Buyers are interested in Angus, Hereford, Charolais, Santa Gertrudis and Brangus breeds. Ranchers are encouraged to bring catalogs, photos, Expected Progeny Differences and DVDs, as laptops will be available.

Ranchers attending the meeting do not have to be members of the New Mexico Cattle Growers Association, however, they must register for the Joint Stockmen's Convention.

Visit <https://nmagriculture.org/store/#!/JSC-Registration-Early-Bird-Package/p/71352885/category=23882040> to register. For more information about the convention, contact the NMCGA at 505-247-0584 or nmcga@nmagriculture.org.

For more information regarding the international meeting, or if you are unable to attend, contact Sanchez at 575-646-4929 or jsanchez@nmda.nmsu.edu.

To learn more about the NMDA, visit www.nmda.nmsu.edu. Like us on Facebook www.facebook.com/NMDeptofAg and follow us on Twitter and Instagram @NMDeptAg. ✂

Natural Health Tips

Flush out "Dementia Markers"

By Donna Hernandez, ND, MH



Daily supplementation using a natural pigment called astaxanthin (the coloring that gives flamingos their pink appearance) can reduce the accumulation of phospholipid hydroperoxides (PLOOH). People with dementia tend to accumulate abnormal levels of PLOOH in their red blood cells.

Astaxanthin exhibits exceptionally potent free-radical scavenging activity, and protects your cells, organs and body tissues from oxidative damage.

Taking 6-12 mg of astaxanthin daily for 12 weeks lowered blood levels of PLOOH by 40%-50%. Researchers concluded that the improved antioxidant status and decreased PLOOH levels in the red blood cells may contribute to the prevention of dementia.

An antioxidant is only as valuable as its concentration allows. Astaxanthin is 550 times more powerful than vitamin E, 800 times stronger than CoQ10, 550 times more powerful than green tea catechins, and 11 times more powerful than beta-carotene.

Total Body Health Benefits

An antioxidant with this kind of power



can have an extraordinary impact on health. Here are just some of the ways:

- * Boosting your immune function
- * Improving endurance, workout performance and recovery
- * Improving cardiovascular health by reducing C-Reactive Proteins (CRP), reducing triglycerides, and increasing beneficial HDL
- * GREATLY protecting your eyes from cataracts, macular degeneration, and blindness
- * Relieving indigestion and reflux
- * Protecting your brain from dementia and Alzheimer's
- * Improving fertility by increasing sperm strength and sperm count
- * Reducing the risk for many types of cancers of the breast, colon, bladder and mouth)
- * Reducing inflammation from all causes, including arthritis and asthma
- * Reducing symptoms from pancreatitis, multiple sclerosis, carpal tunnel syndrome, rheumatoid arthritis, Parkinson's disease, and Lou Gehrig's disease, and neurodegenerative diseases

Getting Enough Astaxanthin

It is impossible to obtain enough astaxanthin from diet alone. You'd have to eat several ounces of wild salmon every day to get enough astaxanthin, which is expensive and puts you at risk of mercury and other toxins. So, the best way to get natural astaxanthin is through a high-quality supplement.

Astaxanthin is fat-soluble, and is therefore best taken with a meal that contains fat, or get a supplement formula that contains some sort of natural oil or fatty

acid that will help maximize absorption. Without this additional ingredient, your absorption could be poor and not optimal.

Rounding Out Your Dementia-Fighting Arsenal

As powerful as astaxanthin appears to be, there are several other strategies that are also promising and, when used in conjunction with a healthy lifestyle and high-quality supplements like astaxanthin, may give your brain the best level of protection.

Dementia has been linked to insulin resistance and some refer to Alzheimer's as the third form of diabetes. There is no question that insulin resistance is one of the most pervasive influences on brain damage, as it contributes massively to inflammation, which will prematurely degenerate your brain.

Another contributing factor is vitamin D deficiency, which is rampant across the world and underlies many chronic diseases, including dementia. There is also research showing that coconut oil and vitamin B12 may be important for warding off Alzheimer's as well, so a multi-faceted approach will work best to prevent this disease.

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

Classified Ads

Want to run an ad? It's \$1 per month for 25 words or less. Deadline for listing: December 18th. For display ad rates, call at (505) 861-8289

BEAUTIFUL WOODEN AMISH & FURNITURE FOR SALE – MAKE



OFFER. Amish loveseat, sells for \$1800, asking \$500. Amish chair, sells for \$1096, asking \$250. Amish bookcase sells for \$1970, asking \$500. Wooden 4-drawer file cabinet, sells for \$897, asking \$200. For pictures and or info, call (505) 228-7242.

APPRENTICE(S) SOUGHT by Special Orchestra: nature retreat, music enablement, nonprofit administration. Valuable experience, stipend + extra benefits. (505) 864-3749.

RECONDITIONED SCANNER FOR SALE. Brother MFC-J430W scanner also makes copies and sends faxes. Originally designed for Windows 7-8.1, but free upgrading download for newer Windows programs available from Brother. \$50 or best offer. benefits. (505) 861-8289 (RAC Library).

❧

*The RAC Library Board Members'
Annual Holiday
Celebration - Open House*

At

*Rio Abajo Community Library
(28 S Calle de Centro, La Joya)*

*December 7, 2018
10 am - 12:30 pm*

*A fun-filled Thank You to the
Community that makes the Library possible!*

Food and Beverages for All

Order Form for Ads, Subscriptions and Volunteers

Subscription:

☐ Request an annual subscription (with gifts and extras) to the monthly newsletter (\$15/year minimum donation) 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
LaJoya, NM 87028

US POSTAGE
PAID

ADDRESS CORRECTION REQUESTED

Subscriber Name
Number Street Address
City, State Postal Code
Country