FREE

August 2016. Volume 5, Issue 2.

Donna Hernandez-Mathieus Librarian/Editor

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

(505) 861-8289

Website: www.RACLibrary.info Email: RACLibrary@hotmail.com Facebook: www.Facebook/RACLibrary

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

August Hours:

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

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

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



RAC Library Leaves



We've Lost Another Community Giant

By Andrew Cordova

Mr Ernesto Carrillo Cordova (the 7th of 11 children) was born on August 11th, 1927 at his parent's home -- Porfirio Barela Cordova and Rebecca Carrillo -- in the beautiful village of La Joya. He followed his brothers: Mariano, Ruben, Cesario (called Chalo), Francisco, and his sister Eluvina, and after Ernesto, Beulah, Leo, Alice, and Adelico.

Together the family planted chile, tomatoes, beans, wheat, and corn. It was Ernesto's chore to milk the family cows and to take them out to pasture in the llano before walking to the village school.



Ernesto on the right; friend Sandoval on the left.

Young Ernesto enjoyed playing basketball for the La Joya Bruins, and well into his eighties, he was a basketball fan and always watched the Lobos on T.V.

Rather than graduate, 17-year-old Ernesto went to work as a laborer

for the Atchison, Topeka, and Santa Fe Railway and was later

promoted to section foreman.

While working at the railroad he met a beautiful little



lady who accepted a ride from him – and a year later, Stella Sanchez was convinced to turn the ride into a lifetime commitment. They wed on May 13, 1950.



The newlyweds settled in Albuquerque's South Valley, where they added rooms to their home to meet the needs of the growing family. In April 1951, Sandia National Labs hired Ernesto as a janitor and he eventually became a Machinist. After 33 years of employment, retired Ernesto always said, "I loved my job!"

On Saturdays, he earned extra income by turning brakes, giving haircuts, and raising chile with his brothers. When Ernesto wasn't working, he enjoyed the outdoors, spent time camping with his

family, and teaching his sons about deer hunting and fishing.

Ernesto was fortunate to have enjoyed his retirement for about the same number of years that he had worked. During his retirement, Grandpa took pride in gardening, keeping his yard clean, and caring for his cows and horses.

In the 66 years that Ernesto and Stella were married, he never missed a meal. He always had beans and chile, plus Stella's homemade tortillas. They would see the birth of five children. Sadly, one of their daughters (Esther Bonnie) did not live beyond infancy and in later years they lost two sons -- their youngest son, Benjie, to cancer. Nonetheless their daughter and son, Ernie, survived to provide great joy.

When teenaged Ernesto left the village of his birth, he never thought he would return, but as the story ended on July 24th, 2016, he breathed his last in his querencía. There is a dícho from La Joya that he often quoted: "Vamos por leña." (TRANSLATION: Someone has passed away.) At one time the men had to make a trip to the mountains east of town to bring

cedar for the deceased individual's coffin.

Well, Ernesto, I guess que ya fuimos por la leña. The words of an old church hymn seem to sum everything up best... "Que los angeles del cielo te encuentren (Ernesto) y te lleven al paraíso celestial."

RAC Library News



New Faces & New Programs

Our summer

reading program has been great. Fay Stone is spearheading the program and it's a little hard to tell what the kids enjoy more – the stories, the crafts, the goodie bags or the snacks.

Even the teens and adults are having fun -- the adults looked as fascinated by the stories as the little ones. There is certainly some special magic to hearing a good story!



Our last reading program will be August 10th at 2:00 p.m. As always, everyone is welcome. We only ask for a call at least the day before so we can make sure we have enough craft materials and goodies for everybody!

MEXICAN BINGO. Plans are going forward for the *Loteria* in October, which is in observance of National Hispanic Month. This will be a Library Fund Raiser and is a type of bingo. However, instead of number and letters, each card will feature pictures of a wide variety of items.

La Loteria originated in Spain, underwent some minor changes in the Americas, and the present day game is very popular throughout the Spanish-speaking world.

Have something with a Hispanic flavor you'd like to donate to help? Let us know! We want the prizes for this bingo to be the best ever.

NOTE: Free copies of the 2015-16 phone books for Socorro and Valencia County are available in our Free Shelf on the Library's front porch.

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

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



Goats – Man's

2nd Best Friend

By Bob Olmstead

The goat was the first animal to be domesticated. Unlike other farm animals who meet danger by running away, a goat's instinct is to face and dodge his enemy. In severe climates the goat does need warm shelter and a chance to dry his hoofs every day or our caprine friend will develop hoof rot. Nonetheless, a goat can survive and prosper in country that would starve a cow. With his leathery mouth and fantastic digestive system, there's mighty little a goat won't eat. You need about 100 square feet per goat.

A goat is almost human. The goat family holds dances and plays games like Follow the Leader and King of the Mountain. The bucks enjoy pretending to



butt you, especially when you bend over. However, if a buck

butts you, he immediately loses respect for you. Goats are famous leapers and can survive in the wild, so build fences at least five feet high. Electric fences must be three strand affairs.

If purchasing one, understand four words. Thoroughbred, crossbred, grade and scrub. A thoroughbred goat, bottle-broke/weaned, is a product of a registered dam (mom) and a registered sire (dad), and will cost at least \$100.

A crossbred is the product of a registered dam of one variety and a registered sire of another variety. These cost about \$75 and are often excellent choices for a family operation or for the rank and file of a milking or meat or fleece herd.

Scrubs are the product of unregistered lineage and come cheap. Say \$5 for an unbroken kid and \$25 for one that's bottle-broken. For a Mom and Pop operation you can get by with these, especially if the dam and sire have good records. For milkers, buy bone, good thick bones to hang heavy mammaries

from. For meat animals, buy a sleek appearance.

You can expect an average of 6-8 quarts of milk each day from

a good doe. A goat costs about 1/3 of what a cow costs, about 1/6 as much to feed and gives 1/3 as much milk, which equals twice as much milk per poundage, plus goat milk is worth three times more.

As far as fats, milk sugars, proteins, calcium and other solids, cow milk and goat milk are fairly close on a percentage basis, but goat's milk is far superior in Vitamins A, B, C, D and G. The



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!



fat globules of goat milk are smaller and the milk is more

digestible. Goat proteins (which are alkaline) differ from cow proteins (which are acidic), has more mineral salts and does not cause allergies, which

causes many crib deaths. Goat milk has a much lower bacterial count than cow milk, so it doesn't need to be pasteurized. Goat cheese is superior to cow cheese and does not decay.

Goats also provide real genuine mohair and Moroccan leather.

If goat's milk stinks, it's caused by mismanagement. Among mammals, milk is produced only when the female is or has been

pregnant. When a male approaches a lactating female, certain odorous chemicals are released into the milk. So, segregate the bucks from the lactating does, wash off the udder, and keep the hair clipped back.

NOTE: This article first appeared in the November/December 1970 issue of Mother Earth News. With permission, an excerpt of the original article is presented here. For more information, see www.MotherEarthNews.com

This Month's Events

August 3, 2016 – Wednesday 6:00 pm at RAC Library LA JOYA ACEQUIA MEETING

Updates on activities and water scheduling will take place.

August 8, 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

August 10, 2016 – Wednesday 9:00 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

August 10, 2016 -- Wednesday 2:00 pm at RAC Library READY - SET - READ!

Summer reading program – reading hour followed by crafts & snacks. For info call 861-8289

August 12, 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

August 15, 2016 – Monday 11:00 am at Las Nutrias Parish Hall (Hwy 304) St. VINCENT DE PAUL/ROAD

This Month's Events

RUNNER FOOD BANK

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

August 17, 2016 – Wednesday 7:00 pm at RAC Library LA JOYA COMMUNITY DEVELOPMENT Assoc.

August 24, 2016 – Wednesday 9:00 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

August 27, 2016 – Saturday 9:00 am at Hwy 304 Mile Marker 1 in La Joya ADOPT-A-HIGHWAY CLEAN UP

In preparation of the Annual OLS Festival, everyone is urged to help clean up the road to the festival site!

DEADLINE FOR SUBMITTING SEPTEMBER ANNOUNCEMENTS: 5:00 p.m., AUGUST 25, 2016

Socorro

County

Update



We did not receive any news from any Socorro County officials for this month's newsletter regarding any Rio Abajo projects (including the medical center), but we can remind you when the Commission

Their meetings in August will be:

meetings take place.

- August 9 at 10:00 a.m.
- August 23 at 10:00 a.m.

The commissioners meet at the Socorro County Annex Building at 198 Neel Avenue in Socorro.



New State Vet Named

After a 6-month nationwide search, a

new state veterinarian has been named for New Mexico. Ralph Zimmerman, DVM, will lead the Office of the State Veterinarian

after seven years as head veterinarian at the Albuquerque Biopark Zoo.



The State Veterinarian

resides within the NM Livestock Board. Zimmerman and his staff of field veterinarians will work with the Livestock Board to ensure that New Mexico remains free of diseases affecting livestock.

Bill Bunce, Exec. Dir. of the NM Livestock Board, says, "We all look forward to working cohesively on the myriad of state, domestic, and international issues that impact our livestock industry."

Throughout his career, Zimmerman has worked with animals both small and large, including dairy and beef cattle, horses, goats, and more. His first day as state veterinarian will be August 15.

"My job is to protect and promote the New Mexico livestock industry, and I intend to meet with the different producer groups to get a feel for what their needs are, and how the NM Livestock Board and the State Veterinarian can better meet them," Zimmerman said. "We may not always agree, but an open dialogue, with all treated evenly and respectfully, will better serve the industry's needs."

RAC Library Leaves August 2016

New Mexico's livestock sector is the top contributor to NM's agricultural economy. The sale of New Mexico-produced, unprocessed livestock products (including meat animals, milk, wool, mohair, and honey) amounted to nearly \$3 billion in 2014. That figure becomes larger when some of these items are into processed high-value products, such as when milk is turned into cheese and when wool is spun into yarn.

Office of State The the Veterinarian plays a critical role within the NM Livestock Board, the mission of which is to prevent disease in and theft of livestock. information More is www.nmlbonline.com.

Rio Abajo Community **Celebrations**

August 2

Evan Montova's birthday

August 3

Fernando Martinez's birthday Laura Ford's birthday

August 4

Laura Cordova's birthday

August 6

Patricia F. Cargill's birthday

August 8

Mary (Chickey) Abeyta's birthday

Michael Long's birthday

August 11

Miguel Grajeda's birthday

August 19

Miranda Lopez's birthday Cheyenne Mayse's birthday

August 20

Denisha Sanchez's birthday

August 24

Maddox Richardson's birthday

Rio Abajo Community Celebrations

August 28

Delores Varela-Phillips' birthday Faith Ann Ford's birthday

August 29

Loretta Chavira's birthday Stephanie Rodriguez-Delgado's birthday

August 30

Celina Chavira's birthday Amy J Hines's birthday

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

Northern Socorro Senior



Manager

July proved to be exciting, grievous, encouraging, frightening and hot.

Despite many seniors and their families taking trips, and therefore, not being at the Center, the heat has increased the importance of providing a cool refuge for many We happily pick up Seniors in the morning so they can the participate in Center's activities as well as the lunch program. If you know of someone who may want our services, don't hesitate to call!

Our bi-weekly dances continue to attract more people and we regularly see old friends rejoining after long separations.

We also lost a much loved member of our circle - Ernesto Cordova.

Our heartfelt condolences go to his lovely wife, Stella, and the family.

We also had one of our Seniors and his wife suffer a home fire this They lost everything. month. including their pets. We are grateful they made it out safely, and now we are busy trying to do what we can to help them recoup.

Last note – Thank you to everyone who has donated goodies and munchies to share with the elders. Having pastries and fruit to enjoy mean so much to us all! **

Natural Health Tips



Body Pain Linked to **Emotions**

By Donna

Hernandez, ND, MH

Your life experiences manifest directly in your body. Have a Your problem? body shows emotional stress exactly where problem is. Whether there is injury or disease, pain is caused or worsened with stress. Decoding the cause will help.

The pain in the muscles represents the inability to move in our lives. How flexible are we being with our experiences at work, home or within ourselves? Go with the flow.

Head pain (headaches) limit decision making. Migraines occur when we know the



decision to make and we do not take it. Make sure to take time each day to relax. Do something to relieve tension.

Pain in the neck is an indication that you may need to forgive yourself or others. If you're feeling neck pain, consider loveable things about yourself and others and work toward forgiveness.

Pain in the gums is related to decisions you do not take. Be clear in your goals and go for it!

Pain in the shoulder may indicate that you're carrying a real emotional burden ("shouldering a problem"). Focus on proactive problem solving and distribute some of that burden to others in your life.

The stomach pain occurs when you have not digested, figuratively, something negative. Feeling disrespected causes a sensation in the stomach, and a grief.

Pain in the upper back indicates a lack of emotional support or feeling unloved. If you are single, it might be time to meet someone.

Pain in the lower back might mean too much worry about money or you're lacking in emotional support.



Time to re-evaluate budgets or examine your personal connections.

Pain In Your Sacrum and Tail Bone. You may be sitting on an issue that needs to be addressed. Get to the bottom of it and you will see resolution.

Pain in the elbow has a lot to do with resistance to change. If your arms are stiff, you may be too stiff emotionally. It may be time to move things or at least, let go!

Pain in the arms. You're carrying something or someone as an emotional burden. It may be time to ask why do you keep carrying it?

Pain in the hands. The hands symbolize the link to others. If you feel pain in the hand, it may mean that you do not stretch enough out to others. Try to make new friends, restore the connection!

Pain in the hips appears from a fear of moving. Sore hips could be a sign that you're too resistant to change or a caution toward making decisions. It's time to make a decision. General pain in the hips relates to support. When they slip

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

out, it generally relates to an imbalance in how you are relating to life; you may be feeling the lack of love and support.

Pain in the joints generally. Like muscles, pain in the joints indicate inflexibility. Be open to new ways of thinking, lessons and life experiences.

The knee pain. The knee symbolizes our relationship to another subject, balanced or aggressive. The knee trouble indicates a difficulty to fold, to

RAC Library presents

The First Annual National Hispanic Month's

La Lotería - Mexican Bingo

Mark your calendar! Fríday, October 14, 2016 7:00 p.m. untíl ???

A fun-filled family-focused evening 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.

accept things as they are. The inside of the knee refers to the community, work, friends; the outside of the knee is linked to personal problems. Remember: you are a human, a mere mortal. Do not allow your ego to dominate your life.

The Dental Pain means you do not like your situation. Rehashing disgust affects your emotions. Remember -- experiences pass more quickly when you focus on positive aspects.

Pain in the ankles shows that you are not granting yourself the right to pleasure. It is perhaps time to become more forgiving towards yourself. Try spicing up your love life.

Pain Causing Fatigue. Boredom, resistance, and denying what it takes to move forward. Open yourself to that little voice which speaks very softly and nudges you towards a new experience.



The foot pain. A common symptom of depression is

pain in the feet. Too much negativity can occur under your feet. Enjoy the small pleasures of life, find a new hobby, a new passion. Seek joy.

An unexplained pain in various body parts. The cellular structure of the body is constantly renewed and during this process, is purged of negative energies. So while the

Have something to sell?

For \$1 you can let everyone in northern Socorro County know
---- PLUS ---

Help support the Community Library!

See page 10 for more info!

body may appear to be in a state of illness, it is more or less in a state of clearing. Know that it will pass!

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

How about some "multigeneration" humor this month?



A man visits his aunt in the nursing home. It turns out that she is taking a nap, so he just sits down in a chair in her room, flips through a few magazines, and munches on some peanuts sitting in a bowl on the table.

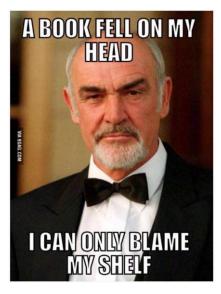
Eventually, the aunt wakes up, and her nephew realizes he's absentmindedly finished the entire bowl. "I'm so sorry, auntie, I've eaten all of your peanuts!"

"That's okay, dearie," the aunt replied. "After I've sucked the chocolate off, I don't care for them anyway."

Seems an elderly gentleman had serious hearing problems for a number of years.

He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."



To which the gentleman said, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

A big mouth college student challenged a senior citizen saying it was impossible for their generation to understand his world. "You grew up in a different world," the student said.

"Today we have television, jet planes, space travel, nuclear energy, computers, the internet..."

Taking advantage of a pause in the student's litany, the senior said, "You're right sonny. We didn't have those things when we were young... so we invented them!" **

Word of the Month

Hiatus: (Noun) (1) a break or interruption in the continuity of a



work, series, action, etc.; (2) a missing part; gap or lacuna; (3) any gap or opening; (4) Grammar, Prosody. the coming together, with or without break or slight pause, and without contraction, of two

vowels in successive words or syllables, as in see easily; (5) Anatomy. a natural fissure, cleft, or foramen in a bone or other structure.

EXAMPLE: Scholars attempted to account for the hiatus in the medieval manuscript.

Origin: 1555-65; Latin hiātus opening, gap, equivalent to hiā (re) to gape, open + -tus suffix of verb action.

Future Events

Sept. 7, 2016 – Wednesday 6:00 pm at RAC Library LA JOYA ACEQUIA MEETING

Updates on activities and water scheduling will take place.

Sept. 9, 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

Sept. 12, 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

Sept. 14, 2016 – Wednesday 9:00 am, Sr Center, Las Nutrias RAC Mobile Library

Sept. 17-18, 2016 – Satuday and Sunday, La Joya ANNUAL OUR LADY OF SORROWS FESTIVAL

This is the biggest annual fiesta of the year for the OLS Parish. More details next month!

Sept. 19, 2016 – Monday 11:00 am at Las Nutrias Parish Hall (Hwy 304)

Future Events

ST. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

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

Sept. 28, 2016 – Wednesday 9:00 am, Sr Center, Las Nutrias RAC Mobile Library

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

1ST ANNUAL NATIONAL HISPANIC MONTH MEXICAN BINGO

Join us for a family-fun evening playing Mexican Bingo (also called La Loteria). More details in next month's newsletter!

DEADLINE FOR SUBMITTING SEPTEMBER ANNOUNCEMENTS: 5:00 p.m., AUGUST 25, 2016

dozen – can be picked up at the library. Eggs are multi-colored and full of delicious! (505) 864-3662.

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.

LOOKING FOR FRUIT TREES. Do you have a fruit tree whose fruit you don't want? Will trade some canned goods (made from your fruit) in exchange for the opportunity to harvest the goodies. (505) 864-3662.

Classified Ads

LOOKING FOR MATURE WOMAN INTERESTED IN PART-TIME WORK (some weekends), licensed to drive, willing to do light house & yard work in return for free rent and negotiable salary. Background check required. If interested, call (505) 249-0545.

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

CHICKEN FRUIT FOR SALE. \$4 per

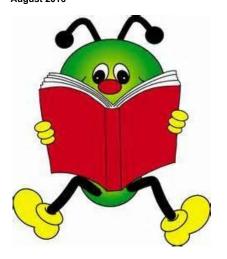
Rio Abajo Community Library Board

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

Treasurer Dolores Phillips, Sabinal Loretta Carrillo, Abeyta

Kathy Esquibel, Veguita Quinton Lawson, Veguita

A. Miguel Trujillo, Architect, Las Nutrias



Get Ready! Get Set! Let's Read!

Reading hour followed by crafts & snacks

August 10

Starting at 2:00 p.m. Ages 3 and up

To make sure enough supplies & goodies are



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