FREE

June 2018 . Volume 6, Issue 11 .

Donna Hernandez-Mathieus Librarian/Editor

Inside this Issue

Senior Center News
Word of the Month
Library News

Commission Update
June Calendar

Sevilleta EventsJoke of the MonthCompanion Gardening

June Celebrations

8 Natural Health Tips

9 SEC Updates
Future Events

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

June 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



Enter Heat & Summer Music



In maintenance of our community's newest tradition, the New Mexico's *Special Orchestra* sponsored their annual free concert at Thimble Theater in La Joya.

The sun was out, but not too too hot; a gentle breeze tickled hair loose and caused flags to flicker. The fun of listening to our community talent produce such good music had everyone's toes tapping. More than once attendees were inspired to dance.

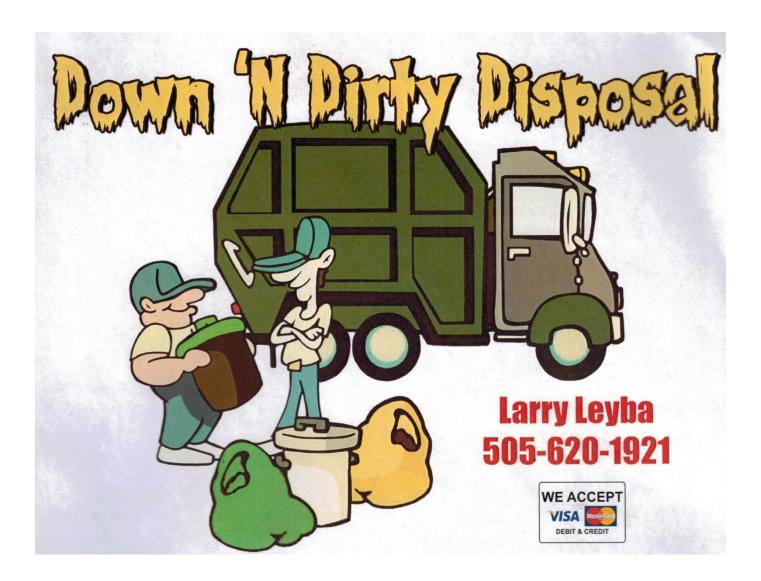


The *Special Orchestra* is a nonprofit founded by Gair Linhart to help disabled persons produce

music. As well as the annual Special Olympics, the *Special Orchestra* performs throughout the country and have had occasion to travel overseas. The magic of *Special Orchestra* is their ability to help handicapped people find the music in their heart, bring it out, and share with the world. The results are amazing.



Thank you, again, Gair, for sharing the joy of such good music, thank you for being the inspiration of a great nonprofit that is truly unique, and thank you for establishing a fun new tradition that we look forward to every spring!



Residential & Commercial Services

Two 95 Gal. Trash cans \$23/month
One-Time Pick Up Available Upon Request

Serving northern Socorro County – including La Joya, Veguita, San Acacia, Alamillo, Polvadera, Lemitar, Luis Lopez and San Antonio

Call Today for more Information!

Northern Socorro Senior

Center



By Patricia
White-Johnson, Director

Due to the primary elections, we will be closed on Tuesday, June 5th. We hope to see you that day, anyway, when you come in to vote!

A quick shout of thanks to all who have dropped off goodies for our Seniors to munch. With all the budget cuts, our ability to finance an assortment of goodies has diminished, but big hearted souls have filled in the gap. We really appreciate the generosity and encourage everyone to think of us when baking! (Hint: Homemade goodies are always our favorite.)

Our dances this month will be on June 8th and 22nd from 10:00-12:00. Nothing special is planned this month – just the normal toetapping, smile producing music that everyone loves to dance to

The Rio Abajo Community Library will have their Senior Book Mobiles on June 13 & 27 (the second and fourth Wednesday). Don't forget to return any books or movies – or better yet, check out what new items they have!

ggg

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 about the program, 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



Calefaction: (noun)

- (1) the act of heating;
- (2) a heated state.

EXAMPLES: The volcanoes are certainly performing *calefaction* on the islands of Hawaii.

ORIGIN: 1540-50 from the Latin "calefaction," meaning to make warm.

RAC Library News

Loses & Heat

Since Goodwill Industries will no longer be



providing trainees to the Library, we have lost Fay!



After being blessed with her help, I am feeling positively lost. She is

such a good friend to so many (myself included), is great company, and was an enormous help and inspiration.

We have a part-time person that will be starting this month, and a teen intern for the summer (both are great people!), but Fay's magic will be gone.

In parting, Fay has some words to share, which I tearfully share:



With mixed emotions, I need to let everyone know that I am retiring from the Library on May

31st. I have thoroughly enjoyed the last two years here. I have learned a lot, and loved working on library programs with this community.

I will be dividing my time between Moriarty (where my family lives) and La Joya, and will continue to volunteer at "the greatest nonprofit rural library in the Southwest!"

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

Socorro County Commission Updates



By Commissioner Martha Salas, District 2

We have some exciting news. Our medical center is finally going to be built! Although we do not have an official "ground breaking" date, the building contractor that won the bid was "Environmental Solutions," whose owner is from Las Nutrias. As this continues to develop, I'll update everyone.

Transmission Towers. A public hearing was held in Socorro's City Hall with the NM Public Regulations Commission collecting the

Electrical



Commission collecting the community input. It was made clear that this project has been in the

works since 2008, and if SunZia meets all legal requirements, there is a good chance the hazardous project will proceed in order to provide California with additional electricity.

There is a last pivotal hearing to be held in Santa Fe on June 13-15. I and other Socorro County Commissioners will be making our final appeal in objection to this project. Obviously, updates will be provided.

Commissioner Salas' district covers all of the area north of Highway 60 to the Valencia County line. She can be reached at (505) 550-2722, or via email at msalas@co.socorro.nm. **

This Month's Events

June 1, 2018 – Friday 9:00 am at RAC Library RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone welcome to attend!

June 1th, 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.

June 5, 2018 --Tuesday ELECTION DAY



This is the time to select who your candidates are! Get out and vote.

June 6 -- Wednesday 7:00 pm at RAC Library *La Joya Acequia Meeting*

Plans for the upcoming growing season will be made.

June 7 -- Thursday 1-4:00 pm at RAC Library SUMMER READ: INTRO TO MUSIC

Special Orchestra's Gair Linhart will be teaching an participating class to introduce everyone to music.

June 9, 2018 – Saturday

KNIT & CROCHET IN PUBLIC DAY

June 13, 2018 – 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.

June 14, 2018 – Thursday FLAG DAY



This Month's Events

June 15, 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.

June 16, 2018 -- Saturday 8-10:00 am at Sevilleta Nat'l Wildlife Refuge HUMMINGBIRD BANDING

No reservations required – a funfilled morning with hummingbirds.



June 17, 2018 – Sunday FATHER'S DAY

June 18 19, 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 lowincome households. To enroll, come in one hour early.

June 18, 2018 – Monday CLARK KENT'S DAY

June 20, 2018 -- Wednesday 3-5:30 pm at RAC Library SUMMER READ: WONDER VAN

The NM Wonder Van will be here with amazing displays, fun crafts and more.

June 21, 2018 – Thursday SUMMER SOLSTICE

June 27, 2018 -- 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.

June 29, 2018 -- Friday 8am-3pm at Sevilleta Nat'l Wildlife Refuge RAPTOR TOUR

Explore with binoculars and field guides.

This Month's Events

June 30, 2018 -- Saturday ASTEROID DAY

DEADLINE FOR SUBMITTING JULY NEWS: 5:00 P.M., JUNE 26, 2018



Summer Events!

By Jeannine Kimble, Visitor Services Manager

Hummingbird Banding On Saturday, June 16th (8 am-10 am), join Ann Adams for a morning of banding hummingbirds! Learn some fascinating facts about these birds and observe tinv hummingbird banding. No reservations required.

Raptor Tour (Friday, June 29th, Join us for this 8am-3pm). exploration of Sevilleta National Wildlife Refuge in search of Raptors! Grab your binoculars, field guides and keep your eyes to the sky. Pack your lunch and grab plenty of water, hiking will be limited and over uneven terrain.

Jeannine Kimble is the Visitor Services Manager at the Sevilleta National Wildlife Refuge. If you have questions, call at (505) 864-4021, ext. 26106. 💥

Joke of the Month



In honor of Dad's everywhere, we

<<>>>

dedicate some smiles.

On a brutally hot day I walked past a miniature golf course and saw a dad following three small children from hole to hole.

"Who's winning?" I shouted.

"I am," said one kid.

"Me," said another.

"No, me," yelled the third.

Sweat dripping down his face, the dad gasped, "Their mother is."

<<>>

After an explosive argument with our mother, my little brother pasted a sign reading "I hate Mom" on the door to his room, and slammed it shut.

My dad, a school psychologist, came home to this standoff. "I'll take care of it," he said, then went into my brother's room.

Minutes later, Dad came out. "He doesn't hate you anymore," he reassured.

Sure enough, my brother had crossed out "Mom" on his sign. It now read "I hate Dad."

<<>>

On my parents' 50th anniversary, I remarked to my father that he and Mom never seemed to fight.

"We battled," he said, "but it never got serious. After a while one of us always realized that I was wrong."

<<>>

My father was completely lost in the kitchen and never ate unless someone prepared a meal for him. When Mother was ill, however, he volunteered to go to supermarket for her.

She sent him off with a carefully numbered list of seven items. Dad returned shortly, very proud of himself, and proceeded to unpack the grocery bags.

He had one bag of sugar, two dozen eggs, three hams, four boxes of detergent, five boxes of crackers, six eggplants, and seven green peppers. 💥



Companion Gardening

companion planting guide such as this one will show you which vegetables flowers support or inhibit



the growth of other plants and/or which pests they deter.

Basil. Plant near: most garden crops. Keep away from: rue.

COMMENTS: improves flavor and growth of garden crops, especially tomatoes and lettuce. Repels mosquitoes.

Beans, Bush. Plant near: beets, cabbage, carrots, catnip, cauliflower. cucumbers. corn. marigolds, potatoes, savory, strawberries. Keep away from: garlic, leeks, fennel, onions. shallots.

COMMENTS: potatoes marigolds repel Mexican bean beetles. Catnip repels flea beetles.

Beans, Pole. Plant near: corn, marigolds, potatoes, radishes. Keep away from: beets, garlic, kohlrabi, leeks, onions, shallots.

COMMENTS: same as for bush beans.

Beets. Plant near: broccoli, brussels sprouts, bush beans, cauliflower, cabbage, chard, kohlrabi, onions. Keep away

from: charlock, field mustard, pole beans.

Borage. Plant near: squash, strawberries, tomatoes.

COMMENTS: repels tomato worms. Improves flavor and growth of companions.

Broccoli and Brussels Sprouts.

Plant near: beets, buckwheat, calendula, carrots, chamomile, dill, hyssop, marigolds, mints, nasturtiums, onions, rosemary, sage, thyme, wormwood. Keep away from: strawberries

COMMENTS: marigolds repel cabbage moths. Nasturtiums repel aphids.

Cabbage and Cauliflower. Plant near: broccoli, brussels sprouts, celery, chard, spinach, tomatoes. Keep away from: strawberries.

COMMENTS: tomatoes and celery repel cabbage worms.

Cantalope. Plant near: corn.

Carrots. Plant near: cabbage, chives, early potatoes, leeks, lettuce, onions, peas, radishes, rosemary, sage, salsify, wormwood.

COMMENTS: onions, leeks, and wormwood repel carrot flies

Chives. Plant near: apples, berries, carrots, grapes, peas, roses, tomatoes.

COMMENTS: Improves flavor and growth of companions. Deters aphids and Japanese beetles.

Corn. Plant near: beans, cucumbers, early potatoes, melons, peas, pumpkins, soybeans, squash.

COMMENTS: soybeans deter chinch bugs.

Cucumbers. Plant near: beans, cabbage, corn, early potatoes, radishes, sunflowers. Keep away from: late potatoes

COMMENTS: Radishes deter cucumber beetles. Cucumbers encourage blight in late potatoes.

Dill. Plant near: broccoli, brussels sprouts, cabbage, cauliflower, cucumber, lettuce, onions. Keep away from: carrots

COMMENTS: Improves flavor and growth of cabbage family plants.

Eggplant. Plant near: green beans, peppers, potatoes, tomatoes.

COMMENTS: green beans deter Colorado potato beetles.

Garlic. Plant near: cabbage, cane fruits, fruit trees, roses, tomatoes. Keep away from: peas, beans

COMMENTS: deters Japanese beetles and aphids. A garlic oil spray deters onion flies, aphids, and ermine moths. A garlic tea helps repel late potato blight.

Kale. Plant near: aromatic herbs, buckwheat, cabbage family, marigolds, nasturtiums. Keep away from: pole beans, strawberries

Kohlrabi. Plant near: cabbage/cauliflower companions (except tomatoes). Keep away from: fennel, pole beans, tomatoes

COMMENTS: kohlrabi stunts tomatoes

Lettuce. Plant near: beets, carrotsparsnips, radishes, strawberries. Keep away from: cabbage family

COMMENTS: lettuce tenderizes summer radishes.

Marigolds. Plant near: all garden crops

COMMENTS: stimulates vegetable growth and deters bean beetles, aphids, potato bugs, squash bugs, nematodes, and maggots.

Marjoram. Plant near: all garden crops

COMMENTS: stimulates vegetable growth.

Mustard. Plant near: alfalfa cover crops, fruit trees, grapes, legumes

COMMENTS: stimulates growth of companion plants.

Nasturtiums. Plant near: apples, beans, cabbage family, greenhouse crops, potatoes, pumpkins, radishes, squash

COMMENTS: repels aphids, potato bugs, squash bugs, striped pumpkin beetles, and Mexican bean beetles and destroys white flies in greenhouses.

Onions. Plant near: beets, cabbage family, carrots, chamomile, lettuce, parsnips. Keep away from: beans, peas

COMMENTS: deters most pests, especially maggots.

Oregano. Plant near: all garden crops

COMMENTS: deters many insect pests.

Parsley. Plant near: corn, roses, tomatoes

Parsnips. Plant near: onions, radishes, wormwood

COMMENTS: onions and wormwood help keep root maggots from parsnips.

Peas. Plant near: beans, carrots, corn, cucumbers, early potatoes, radishes, turnips. Keep away from: garlic leeks, onions, shallots

Peppers. Plant near: basil, carrots. eggplant, onions. parsley, tomatoes. Keep away from: fennel, kohlrabi

Potatoes. Plant near: basil, beans, cabbage family, corn, eggplant, flax, hemp, marigolds, peas, squash. Keep away from: apples, birch. cherries, cucumbers. pumpkins, raspberries, sunflowers, tomatoes, walnuts

COMMENTS: hemp deters phytophthora infestans. **Basil** deters potato beetles. Marigolds (dug into crop soil) deter nematodes.

Radishes. Plant near: chervil. cucumbers, lettuce, melons, peas, nasturtiums, root crops. Keep away from: hyssop

COMMENTS: radishes deter cucumber beetles. Chervil makes radishes hot. Lettuce helps make radishes tender. **Nasturtiums** improve radishes' flavor.

Rosemary. Plant near: beans, cabbage, carrots

COMMENTS: repels bean beetles, cabbage moths, and carrot flies.

Sage. Plant near: cabbage family, carrots, tomatoes. Keep away from: cucumbers

COMMENTS: deters cabbage moths and carrot flies. Invigorates tomato plants.

Sovbeans. Plant near: corn, potatoes.

COMMENTS: chokes weeds and enriches soil.

Spinach. Plant near: celery, cauliflower, eggplant, strawberries.

NM's Native American Tribes

The Wonders on Wheels mobile museum will be at RAC Library on Wednesday, June 20 3:00 – 5:30 pm – Open to Summer Reading Program & the

Exhibits & hands-on activities



Strawberries. Plant near: borage, bush beans, lettuce, pyrethrum, spinach. Keep away cabbage family

Sunflowers. Plant near: cucumbers. Keep away from: potatoes

COMMENTS: can provide a trellis and shelter for shade-loving cucumbers.

Swiss Chard. Plant near: bush beans, kohlrabi, onions. away from: pole beans

Tarragon. Plant near: all garden crops

COMMENTS: improves vegetables' flavor and growth.

Thyme. Plant near: all garden crops

COMMENTS: deters cabbage moths.

Tomatoes. Plant near: asparagus, basil, cabbage family, carrots, gooseberries, mustard, parsley, onions, rosemary, sage, stinging nettles. Keep away from: fennel, kohlrabi, potatoes, walnuts

Turnips and Rutabagas. Plant near: peas. Keep away from: knotweed, mustard

COMMENTS: mustard knotweed inhibit the growth of turnips and rutabagas.

Excerpt from Mother Earth News magazine (May/June 1981). Sarah Israel, author 💥

Rio Abajo **Community** Celebrations

June 2

Savannah Jaramillo's birthday

June 4

Russell Thrun Jr's birthday

June 5

Victoria Rose McCormack's birthday

June 6

Annette Sedillo-Ulibarri's birthday JoLynn Reis' birthday

June 8

Rio Abajo Community Celebrations

Inge Goetz-Cordova's birthday

June 10

Hilary Rodriguez's birthday

June 15

Maria Medeiros's birthday

June 17

John Branson's birthday

June 19

Loretta Carrillo's birthday

June 25

Kaylie Patten's birthday Daniel Kennedy's birthday Jeannne Phalen's birthday

June 26

Francesca Carbajal's birthday

June 27

Mary Lampkin's birthday

June 29

Stanley Esquivel's birthday Mary Rivera's birthday Charlee Saiz's birthday

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

Natural Health Tips



Bloody Facts

By Donna Hernandez, ND, MH

We all know

there are four kinds of blood groups. There are generally four types of blood groups, and approximately 400 subgroups of these groups based on an individual's health and lifestyle.

Type A- stands for Agrarian.

Based on health and well-being, these people are usually vegetarians and should avoid legumes, spicy foods, dehydration, and coffee. Type A people are well-organised, possess leadership qualities, kind-hearted, and love to work with efficiency

Type A's can't handle stress usually suffer from anxiety attacks. They take time to overcome the situation. They should remain calm and peaceful and avoid hydration.

Medically, Type A can receive blood from type A and O and can donate blood to type A or AB, and can receive plasma from type A and AB but can only denote to type A and O.

Type B- stands for Bavarian

Usually consume dairy, mutton, fish, vegetables, tea and grains. Type B's should avoid alcohol, preservatives and excessive noise. They should also avoid eating deep-fried foods and bread.

Type B people are flexible, sociable, enthusiastic and wistful. They people remain quiet and cool but their mood can fluctuate any moment. Learning breathing techniques would help avoid mood swings.

Medically, Type B can receive blood from type B or O and can donate blood to type B or AB, and can receive plasma from type B and AB but can only denote to type B and O.

<u>Type O</u>- stands for Original hunter

They mostly prefer meat, fish, vegetables, and fasting. Such people should avoid dairy products, processed foods, and over-eating. Such people can easily gain weight by bringing variation in their eating habits.

Type O people are practical, self-confident, observant and vicarious. They possess inclinations towards anger and can overcome it once they visualize the reality.

Type O can only receive type O blood and can donate blood to all types of blood groups and Rh D negative blood type. Type O can receive any universal plasma but can donate only to type O.

Type AB

This is the most common type among all which is often followed by a strong and healthy immune system. These people are suggested to consume almost every dish. They prefer organic, fresh raw foods and they must avoid cooked or processed meals. They are permitted to consume fats. Such people can simply gain weight by lack of physical activities.

Such people possess a well-balanced life and remain calm and strong. They are also creative and comprise of innovative ideas. Type AB people can stabilize anxiety and stress but can lose their temper quickly. They should perform any sort of activity to deal with it.

Medically, Type AB can receive blood from all type of blood groups but can donate blood only to type AB, Rh D positive, and Type AB is a universal plasma donor but can receive only from type AB.

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



Don't Pay Someone Else to Pay Your Electric Bill

By Jimmy Capps, SEC Dir. of Communications & Public Affairs

Socorro Electric is aware of 3rd companies that party offer "convenient bill pay services" that allows a person to set up all their typically monthly bills payment by visiting their "one convenient website". While this might offer some convenience to certain folks, these companies charge a fee to make these payments on your behalf.

SEC has NEVER charged it Members to make a payment to us and in fact we offer several no-cost options to make it as convenient as possible to keep your SEC account in good standing.

Members can visit our website at www.socorroelectric.com to make a payment through our secured portal using their computer or mobile device. Members can also simply call one of our friendly staff at 575-835-0560 and they will take your payment using your checking account, debit or credit card and they will not charge you any fee to do so!

If you receive a call from anyone claiming to be from SEC and they want to charge you a fee to pay us, hang up and contact our office.

Future Events

July 6, 2018 – Friday 9:00 am at RAC Library RIO ABAJO COMMUNITY LIBRARY ANNUAL MEETING

New Board Members are being elected! Everyone welcome to attend!

July 11, 2018 – Wednesday 9:30 am, Sr Center, Las Nutrias RAC Mobile Library

July 11, 2018 – Wednesday 7:00 pm at RAC Library LA JOYA ACEQUIA MEETING

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 Abaio Community

Rio Abajo Community Library!

Future Events

July 16, 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 lowincome households. To enroll, come in one hour early.

July 25, 2018 – Wednesday 9:30 am, Sr Center, Las Nutrias RAC Mobile Library

DEADLINE FOR SUBMITTING NEWS: 5:00 p.m., June 26, 2018

Rio Abajo Community Library Board

President Ken Hansen, La Joya
Vice Pres Minnie Presley, Veguita
Secretary Mary Lampkin, Veguita
Treasurer Dolores Phillips, Sabinal
Directors Bobby Contreras, Contreras
April Esquibel, La Joya
Robert Langston, La Joya

Irene Saiz, La Joya Jodi Woods, Veguita

Federal non-profit #83-0398943

Order Form for Ads, Subscriptions and Volunteers

	der Form for Aus, Subscriptions and	Volunteers
	ption (with gifts and extras) to the monthly newsle postage (enclose a check or money order made or	
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 dis	play advertising.	
☐ I want more information a direct and advise the Library ☐ I want to donate goods an ☐ Make a cash donation of \$\frac{9}{2}\$	o out at the library for one hour per week. bout serving as a Board Member on the Rio Abajo (one meeting a month for about one hour). d/or services for RACL fund-raising efforts. (make check or money order: to	Rio Abajo Community Library).
Name		
Address		
Phone		
Email address:		
Rio Abajo Community Library 28 Calle de Centro S La Joya, NM 87028		US POSTAGE PAID
ADDRESS CORRECTION REQUES	STED	
	Subscriber Name Number Street Address City, State Postal Code Country	