

**FREE**

May 2019.  
Volume 7, Issue 11 .

**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](http://www.RACLibrary.info)  
**Email:** [RACLibrary@hotmail.com](mailto:RACLibrary@hotmail.com)  
**Facebook:**  
[www.Facebook/RACLibrary](http://www.Facebook/RACLibrary)

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

### May 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](http://www.GoFundMe.com/RACLibrary)



# RAC Library Leaves



## It Is Done!

On Thursday (April 11<sup>th</sup>), the Ribbon Cutting Ceremony and Grand Opening of our Medical Center took place. As pictured above, some of the dignitaries included Commissioner Martha Salas and County Manager Delilah Walsh in the center with the ribbon-cutting scissors; former State Rep Don Tripp; State Rep Gail Armstrong; Tiffy Goldsby of the South-Central Council of Governments; Steve Hanson, CEO of Presbyterian Medical Services; Belen Consolidated Schools interim Superintendent, Diane Vallejo; former Commissioner Joe Garcia, and (trying to hid in the corner) the Socorro County Manager, Delilah Walsh.



It was amazing to see everyone that arrived to participate in the Ribbon Cutting – including some of the children from La Promesa Elementary. They did not stay for all the speeches, and so missed on the goodie-bites, but they seemed as excited as everyone there.



Recognition was given to all the parties that were involved with the Medical Center, from its inception to its completion. Recognized were key community leaders like Leo Mendoza, former State Representative Don Tripp, former Commissioner Joe Garcia; and Mike Hall, the Director of the Boys Ranch (the Boys Ranch donated the land where the Senior Center, Veguita Fire Department,

La Promesa School and Medical Center have been built).



The present day people involved in seeing our dream become reality included everyone named plus, the Department. of Finance Admin. - Local Government Div., Project Manager Max Hendren.

After opening for business Paul Silva will be the Clinic's Director. Dolce Reyes will be serving as the certified Nurse Practitioner, Antoinette Montoya will be the Medical Assistant, and Abril Acosta will be the Customer Access Representative. Bi-lingual service is one of the key benefits that will be available.

Steven Hanson, the CEO of Presbyterian Medical Services (PMS), explained that PMS is not affiliated with Presbyterian Hospital except by coincidence of name. PMS is an independent, nonprofit organization whose focus is establishing clinics in rural communities. At present, PMS is operating 50 clinics in New Mexico, with five in Socorro County.

The Clinic is expected to open for business on May 8<sup>th</sup>, and will be open every Tuesday and Thursday from 8:30 a.m. through 4:30 pm. The month delay is caused by (what else?) paperwork. Although passing all tests and inspections, they have to wait until the actual certificates and permits arrive. Meanwhile the furnishings and

supplies will be brought in and everything prepared so that work can begin.

More pictures from the Ribbon Cutting and the reception after the Ceremony are available on our FaceBook page. ✂

## Northern Socorro Senior Center



By Patricia  
White-Johnson, Director

Our Center will be closed in observance of Memorial Day on May 27<sup>th</sup>.

We will have three dances this month! They will all be on Fridays: May 3<sup>rd</sup>, May 17<sup>th</sup> and May 31<sup>st</sup> from 10:00-12:00. Nothing special is planned this month – just the normal toe-tapping, smile producing music that everyone loves.

This month's Pool Tournament will be at the Socorro Senior Center on Thursday, May 16<sup>th</sup> (10:00 until a winner is announced).

The Rio Abajo Community Library will have their Senior Book Mobiles on May 8<sup>th</sup> and 22<sup>nd</sup> (the second and fourth Wednesday). Don't forget to return any books or movies – or better yet, check out what new items they have!

Great eating tips and recipes will be provided by Lupita, also on Wednesday, May 22, from 10 am-12 pm. Lupita leads our nutrition program.

We are planning on two shopping trips this month.

- May 9<sup>th</sup> we plan on shopping in Belen;
- May 16<sup>th</sup> is the Socorro shopping trip (same time as pool tournament).

All Seniors (60+) are welcome. We only ask that you call and reserve your spot for either trip at least one day before 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 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 (505-861-5720).

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

## Word of the Month



**valetudinarian** (noun):

a person of a weak or sickly constitution; especially one whose chief concern is his/her ill health.

*Origin:* Comes from *valere*, a Latin word that means "to have strength" or "to be well." By the time that root had given rise to *valetudinarian* in the late 17<sup>th</sup> century, English-speaking

pessimists had given it a decidedly sickly spin.

*Example:*

Paranoid about his health, this classic *valetudinarian* is really scared of dying alone and unloved.



## RAC Library News

### Elections & Tributes

We are almost done collecting nominations. It is exciting to see those who are interested in maintaining our tradition of supporting each other. In a time and age when everyone is so self-involved they access all community benefits but never give anything back – we can brag there are still good and loving neighbors here!

The ballot will be finalized in time for the Annual Patrons Meeting in June, when elections take place. The new and returning members will be announced, and the new Board will begin at the July Board Meeting. Every vote counts – so if you can, nominate someone and come to vote for those you believe would be best!

Due to a serious of emergencies for many of our Board Members, we were not able to hold our Annual St. Paddy's Day Bingo. That has not stopped us, however!

Instead of a bingo, we are going to hold a Special Tribute to Fathers on June 16<sup>th</sup> that will be a concert and a bake sale.

Some of our youth will be performing their first public appearance and Gair Linhart (Director of the New Mexico Special Orchestra) will be our MC



and has even volunteered to perform a few numbers. If we are really lucky, we will even have some members of the Special Orchestra perform a few numbers (we are crossing our fingers).

If there are any other performers that would like to join in the fun, let us know! We would love to feature as much of our community's talent as possible!

As for the goodies and baked goods to sell, we hope to delight taste buds as well as raise summer funds for the library. I am thinking of making the cake, Death by Chocolate...



#### 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

**May 1, 2019 – Wednesday**  
**6:00 pm at RAC Library**  
**LA JOYA ACEQUIA MEETING**

**May 2, 2019 -- Thursday**  
**6:00 pm at La Promesa**  
**Elementary School**  
**MONTHLY 4H MEETING**

All community youth, parents and volunteers are invited. For more info call (505) 417-8381



## This Month's Events

**May 3, 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.

**May 5, 2019 -- Sunday**  
**CINCO DE MAYO**



This is a holiday that celebrates the date of the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexico War.

**May 6, 2019 – Monday**  
**RAMADAN BEGINS**



**May 8, 2019 – Wednesday**  
**9:30 am, Sr Center, Las Nutrias**  
**RAC MOBILE LIBRARY**

Books, talking books and movies will be available to borrow, plus Charlie Landsborough's CDs.

**May 9, 2019 -- Tuesday**  
**9:00 am at North Soc. Senior Center, Veguita**  
**BELEN SHOPPING TRIP**

All Seniors welcome.

**May 10, 2019 – Friday**  
**9:30 am at RAC Library**  
**RIO ABAJO COMMUNITY LIBRARY**  
**BOARD MEETING**

Everyone welcome to attend!

**May 12, 2019 – Sunday**  
**MOTHERS' DAY**



**May 16, 2019 -- Thursday**  
**10:00 am at North Soc. Senior Center, Veguita**  
**SENIOR POOL TOURNAMENT**

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



## This Month's Events

**May 16, 2019 -- Thursday**  
**9:00 am at North Soc. Senior**  
**Center, Veguita**  
**SOCORRO SHOPPING TRIP**

All Seniors welcome.

**May 17, 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.

**May 18, 2019 --**  
**Saturday**  
**ARMED FORCES DAY**



**May 18, 2019 -- Saturday**  
**1:00 pm at Thimble Theater, La**  
**Joya**  
**ANNUAL LA JOYA MUSIC/NATURE**  
**RETREAT**

Sponsored by the NM Special  
Orchestra – this is always a fun  
event with great music!

**May 19, 2019 -- Sunday**  
**TAKE YOUR PARENTS TO**  
**THE PLAYGROUND DAY**



**May 20, 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.

**May 22, 2019 -- Wednesday**  
**9:30 am, Sr Center, Las Nutrias**  
**RAC MOBILE LIBRARY**

*Books, talking books and movies*  
*will be available to borrow.*

**May 22, 2019 -- Wednesday**  
**10:00 am at North Soc. Senior**  
**Center, Veguita**  
**NUTRITION PROGRAM**  
All Seniors welcome.

## This Month's Events

**May 26, 2019 -- Sunday**  
**NATIONAL RURAL LIFE SUNDAY**  
Everyone welcome to celebrate!

**May 27, 2019 --**  
**Monday**  
**MEMORIAL DAY**



**May 27, 2019 -- Monday**  
**North Soc. Senior Center,**  
**Veguita**  
**CLOSED FOR MEMORIAL DAY**

**May 29, 2019 -- Wednesday**  
**NATIONAL SENIOR HEALTH &**  
**FITNESS DAY**

Everyone welcome to attend!

**May 31, 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.

**June 6, 2019 --**  
**Thursday**  
**6:00 pm at Chihuahua**  
**Church**  
**MONTHLY 4H MEETING**



All community youth, parents and  
volunteers are invited. For more  
info call (505) 417-8381

**DEADLINE FOR SUBMITTING JUNE NEWS:**  
**5:00 P.M., MAY 28, 2019**

## Annual La Joya Music/Nature Retreat

The *NM Special Orchestra* is  
celebrating its 20<sup>th</sup> year!! To  
commemorate their landmark, they  
have the nicest Anniversary T-  
shirts available and have  
distributed awards to those who  
have been instrumental to their  
continued success.

*Special Orchestra* helps children  
and adults with developmental  
disabilities, worldwide, to share in  
the joy of making music. From  
being featured performers at the  
global Special Olympics in  
Ireland, to performing for  
dedications of the NM Rail Runner  
train, the group has delighted  
audiences, using adaptive  
techniques developed right here in  
NM.



The every-inspirational Founder  
and Artistic Director – Gair  
Linhart – lives in La Joya.  
Maestro Linhart organizes the  
Annual La Joya Music/Nature  
Retreat at the Thimble Theater in  
La Joya, which he also constructed  
as a staging area for performances  
in our community. This year the  
free concert will be held on  
Saturday, May 18<sup>th</sup> from 1 p.m.  
until it ends (ending is always  
open).

As a bonus to  
all of us, Gair  
has graciously  
consented to be  
the Master of  
Ceremonies at  
RAC Library's *Tribute to Fathers*  
on June 16<sup>th</sup> so it is with  
confidence that we can brag that  
the Father's Day Bake  
Sale/Concert is going to be a huge  
success!



For more info and other scheduled  
activities by the *Special Orchestra*,  
check out their website  
([www.SpecialOrchestra.org](http://www.SpecialOrchestra.org)) or

their FaceBook page, which is simply by their name: Special Orchestra. ✂



## Coop Cleaning 101

By Carrie Miller, Miller Micro Farm

An important role in chicken keeping is to protect yourself while protecting your flock. Coop cleaning safely is a must! Poultry, such as chickens, ducks, and turkeys can carry Salmonella among other harmful bacteria. You can easily protect yourself and your home with a pair gloves and rubber boots that you only use in the coop and never wear in the house. The right gear will keep your coop and your home clean.

### Safety gear:

- Gloves
- Face Mask/respirator
- Rubber boots
- Hat
- Safety Glasses
- Rain jacket and pants



### Coop cleaning supplies:

- Buckets
- Bleach or other disinfectant
- Scrapers handheld and floor models
- Pressure washer
- Clean Bedding
- Junk rags (throwaways)

**How** you clean your coop and **what** you wear matters, but so does **how often**. If possible, clean out your coop/s weekly. Waterers and feeders should be disinfected weekly as well. However, duck

waterers and feeders will need to be cleaned daily. Ducks are simply messy eaters who constantly contaminate their water with their feed.



Scrape the roosting bars monthly to keep manure from piling up. Add clean bedding regularly to both laying boxes and the floor of the coop. If

you have an ill chicken or are in the midst of a muddy season, bedding may need to be replaced daily.

Deep-clean, semi-annual sanitization sessions are a great idea. Consider it



spring and fall cleaning of the coop. When I deep-clean, I remove **everything** from the coop and pressure wash all the roosts, nesting boxes, walls, floors, and even the ceiling. Then bleaching all possible surfaces to kill as many germs as possible.

Once the coop is all dry place calcium carbonate (agricultural lime or gardening lime) and Diatomaceous Earth (DE) on the floor to deal with odors and keep down mites. I also apply DE at the bottom of the nesting boxes before I replace the bedding. Hang the clean roost bars and BAM you have a sparkling clean coop.

*Carrie Miller is part-owner of the Miller Micro Farm and is a contributor to Community Chickens; this article first appeared May 2019. For more info see [www.communitychickens.com](http://www.communitychickens.com)* ✂

## Big Game Draw Results Available



Hunters who applied for NM big-game licenses are now able to know their draw results through the Department of Game and Fish online license system. Hunters can check their draw results by logging onto their customer account on the department website, [onlinesales.wildlife.state.nm.us](http://onlinesales.wildlife.state.nm.us).

In addition, the department will send emails to successful applicants who provided a valid email.

Draw licenses and tags will be mailed to the address provided, unless you chose the e-tag option for deer or elk. Do not hunt without a valid license and tag. Successful applicants who did not purchase the Habitat Stamp with their draw application, must purchase the stamp before May 15, 2019 for it to be printed on your draw hunting license(s). May 15 is also the deadline to change your address before tags are mailed.

Unsuccessful applicants should receive refunds on credit cards beginning Monday, April 22, 2019 and all others will receive a check refund in the next 2-3 weeks.

More than 209,000 applicants tried for about 61,000 deer, elk, antelope, oryx, ibex, Barbary sheep and javelina licenses -- an all-time application record. ✂

## Rio Abajo Community Celebrations

### May 5

Marlene Benavidez's birthday  
Rose Carbajal's birthday  
Lydia Chacon's birthday  
Kalina Chavez's birthday

### May 6

Richard McCown's birthday

### May 7

May Esquibel's birthday

### May 8

Daisy Vallez's birthday  
Dylan Wheeler's birthday

### May 9

Gordon C. Lawrence's  
birthday

### May 17

Ignacio Gonzales's birthday

### May 24

Margaret Abeyta's birthday  
Luciano Lopez's birthday  
Allston Patton (Fay Stone's  
daughter)'s birthday

### May 26

Donna Hernandez's birthday  
Sarah Martinez's birthday

### May 29

Robert Langston's birthday

### May 30

Nicolette Sanchez's birthday

## Joke of the Month



Let us remember....

A professor of clinical psychology at Victoria University in Wellington, New Zealand, included a lecture on crowd psychology in his annual course. To illustrate mass hysteria, he regularly showed TV news footage of teenage crowds greeting the

Beatles at the local airport in the 1960's.

One year, when he ran the footage, he heard squeals and bursts of laughter from his students. When the film ended he asked what had caused the hilarity.

Replied one student, "We recognized some of our mothers!"

😊😊😊

A daddy, mommy, and baby mole are in their hole relaxing one morning when daddy mole sticks his head out of the hole and says, "I smell pancakes".

Mommy mole sticks her head out the tiny hole and says, "I smell pancakes too...pancakes with maple syrup!! Baby mole come smell the pancakes with maple syrup".

Baby mole sticks his head upwards to get to the hole and exclaims "I can't smell anything but mole asses"

😊😊😊

My wife came home yesterday and said, "Honey, the car won't start, but I know what the problem is."

I asked her what it was, and she told me there was water in the carburetor. I thought for a moment, then said, "You know, I don't mean this offensively, but you don't know the carburetor from the accelerator."

"No, there's definitely water in the carburetor," she insisted.

"OK Honey, that's fine, I'll just go take a look. Where is it?"

"In the lake." ✂

## USDA Census Data Reveals Key Role in NM Farming

Newly released data from the 2017 Census of Agriculture features new tables indicating the relevance of young producers, beginning farmers and ranchers, and producers with military service in New Mexico.

Young producers are those age 35 years or younger, while beginning farmers and ranchers are those with 10 years or fewer on any farm. USDA defines a farm as "any place that produced and sold, or normally would have sold, \$1,000 or more of agricultural products during the Census year." The definition of "farms" includes farms, ranches, nurseries and greenhouses.

New Mexico is one of the few states in which the number of farms continues to increase, and female producers play an important role in the state's family farms.

"We had 15,170 farms in 2002, and that number grew to 25,044 in 2017," said NM Secretary of Agriculture, Jeff Witte. "And female producers accounted for 41% of our producers in New Mexico in 2017."

The state also had 10,628 new and beginning producers, which was 26% of the state's total number of producers (40,850). Of the new or beginning farmers, the average age is 50.1, which means that New Mexicans are returning to farming from other careers.

"We need to continue to engage our youth and keep them interested in the agriculture industry," said



Witte. "Whether it's farming, technology, ranching or the value-added industry, there are many opportunities in New Mexico."

In addition to female producers, young producers and beginning producers, NM saw a shift in farmers and ranchers with military service. That number totaled 5,366, which was 13% of New Mexico's total and was higher than the national average of 11%.

However, an area of needed improvement for New Mexico is its internet access among farms. Only 60% of farms in New Mexico have internet access. New Mexico continues to lag behind the national average in farms with internet access, which is 75%. Internet access in New Mexico only increased by 4% from the 2012 Census of Agriculture.

All Census of Agriculture information is available at [www.nass.usda.gov/AgCensus](http://www.nass.usda.gov/AgCensus).

## Future Events

June 3, 2019 – Monday  
RAMADAN ENDS



## Future Events

June 5, 2019 – Wednesday  
6:00 pm at RAC Library  
LA JOYA ACEQUIA MEETING

June 6, 2019 --  
Thursday  
6:00 pm at La  
Promesa Elementary  
School

**MONTHLY 4H MEETING**

*All community youth, parents  
and volunteers are invited. For  
more info call (505) 417-8381*



June 12, 2019 – Wednesday  
9:30 am, Sr Center, Las  
Nutrias  
**RAC MOBILE LIBRARY**

Books, talking books and movies  
will be available to borrow, plus  
this month's newsletters.

June 14, 2019 – Friday  
9:00 am at RAC Library  
**RIO ABAJO ANNUAL PATRONS'  
MEETING AND ELECTIONS**

June 14, 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.*

## Future Events

June 3, 2019 –  
Sunday  
**FATHER'S DAY**



June 16, 2019 – Sunday  
1:00 PM at RAC  
LIBRARY

**RACL FATHER'S DAY  
SALUTE BAKE  
SALE/CONCERT**



With special surprises for Dads.

June 17, 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.

June 26, 2019 – Wednesday  
9:30 am, Sr Center, Las  
Nutrias  
**RAC MOBILE LIBRARY**

Books, talking books and movies  
will be available to borrow

June 28, 2019 -- Friday  
9:30 am at North Soc. Senior  
Center, Veguita  
**SENIOR'S DANCE**

All Seniors welcome.

**Down 'N Dirty Disposal**

**Larry Leyba**  
**505-620-1921**

WE ACCEPT  
VISA  
DEBIT & CREDIT

**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

## Future Events

DEADLINE FOR SUBMITTING NEWS:  
5:00 P.M., MAY 28, 2019



## HVAC System Tips

By Jimmy Capps,  
SEC Director of  
Communications &  
Public Affairs



Ah, summer. cookouts, swimming pools, camping—it's the perfect time to enjoy the outdoors with family and friends. And when it's time to come back indoors, there's nothing better than that cool blast from your home's air conditioning unit.

Your heating, ventilating and air conditioning (HVAC) system is essential to keeping your home comfortable during summer months, and if it breaks down, it's also the most expensive equipment to repair or replace, but there are simple steps you can take to lengthen the life of your HVAC system.

**CHANGE OR CLEAN FILTERS.** Dirty filters block airflow, which can greatly decrease the efficiency of your system. The Dept. of Energy recommends changing or cleaning filters every month or two during the cooling season. If your unit is in constant use or is subjected to dusty conditions or pet hair, consider checking filters more frequently.

**CLEAN THE HVAC UNIT.** Outdoor condenser coils can become clogged with pollen, dirt and small debris. Use a hose to spray the HVAC unit once each season to ensure maximum airflow. (Warning: Do not use a pressure washer to do this, as it can damage the equipment.)

**Clear space around the HVAC unit.** Dryer vents, falling leaves and grass left behind from the lawnmower can create buildup. Remove any debris around the HVAC unit. If you have foliage near the unit, trim it back at least 2' around the condenser to increase airflow.

If you want to evaluate the efficiency of your HVAC system, try this quick test.

The outdoor temperature should be above 80°, and you should set your thermostat well below the room temperature to ensure the system runs long enough for this test.

1. Using a digital probe thermometer (about \$12), measure the temperature of the air being pulled into your HVAC filter.
2. Measure the temperature of the air blowing out of your A/C vent.
3. Subtract the A/C vent temperature from the HVAC filter temperature. You should see a difference of about 17-20°. If the difference is less than 17°, you may need a licensed technician to check the coolant. If the difference is greater than 20°, your ductwork may need to be inspected for airflow restrictions.

You should also have your HVAC system periodically inspected by a licensed professional. The frequency of inspections depends on the age of your unit, but the Dept. of Energy recommends



**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:



scheduling tune-ups during the spring and fall, when contractors aren't as busy.

When HVAC equipment fails, it's inconvenient and uncomfortable—especially during the dog days of summer. Remember, your HVAC system runs best when it's regularly cleaned and serviced. With a little maintenance along the way, you can add years to your system's lifespan. ✂



# Natural Health Tips

## Signs of Fungus Invasion

By Donna  
Hernandez, ND,  
MH



Fungi and bacteria are minute organisms can be harmless and necessary in biological processes, or they can be highly dangerous. Fungi are scavengers, feeding off dead stuff. Bacteria, on the other hand, can actually manufacture their own food.

There are several fungal infections that result from different types of fungi entering the body. For instance, Aspergillus fungi can be inhaled through the mouth or nose and can cause fever, cough and wheezing. A fungus overgrowth may cause a range of health complaints. Yeast, also known as Candida albicans, is a fungus that is found on both the skin and mucus membranes. In small amounts, it is harmless to the body.

However, when the growth of yeast increases dramatically, the results can be devastating. In a healthy body, the yeast is kept under control by the healthy bacteria within your body. However, medical antibiotics (and those found in much of the meat we eat) will upset the balance. Antibiotics are nonselective; they also weaken the good bacteria. Elevated yeast in your body releases toxins into your bloodstream, which has a profound effect on your health.

Here are 32 signs that yeast has moved in and is slowly taking over

your body. If you suffer frequently from more than three of these, it may be time to learn more about yeast.

- Fungal infections on skin or nails
- Athlete's foot
- Toenail fungus
- Fatigue
- Fibromyalgia
- Constipation
- Bloating
- Diarrhea
- Bad breath
- Dry mouth
- Joint pain
- Numbness
- Hair loss
- Headaches
- PMS
- Heartburn
- Burning eyes
- Lack of impulse control
- Hyperactivity
- Poor concentration, brain fog
- ADD, ADHD
- Autoimmune diseases, such as rheumatoid arthritis, lupus, ulcerative colitis or multiple sclerosis
- Mood swings
- Anxiety, depression
- Strong cravings for sugar or refined carbohydrates
- Eczema, psoriasis
- Hives
- Seasonal allergies or itchy ears
- Urinary tract infections
- Vaginal or rectal itching

**The spit test** is easy and a good analysis. The best time to take this test is as soon as you wake up in the morning.

- Gather as much spit as possible in your mouth.
- Spit into a clear glass with room temperature filtered water.
- Watch carefully.

The saliva will float at first. Watch to see if there are thin projections extending downward into the water after 15 minutes or so. They may look like hairs or strings. If this happens you may have a candida overgrowth problem.

If your saliva is very cloudy and sinks to the bottom within a few minutes, or parts of the saliva slowly sink, yeast overgrowth is a possibility. The particles are yeast colonies which band together.

If your spit is still floating after about an hour, your yeast is probably under control.

Once this fungus begins to thrive in the body, health will spiral downward and sugar cravings and other foods that nourish the yeast will get stronger, and eventually, the immune system weakens to the point that symptoms are tolerable. Antibiotics are usually prescribed to treat the symptoms, but this kills off the last of any friendly bacteria. When yeast is advanced, depression and suicidal thoughts are very common.

The first step in fixing this is to adjust your diet. Eliminate all processed foods and sugar, and eat only wholesome, organic foods if possible. The following foods also help healing and encourage healthy bacteria:

### **Coconut oil:**

The anti-fungal properties of coconut oil kills fungus overgrowth. Replace cooking oils with coconut oil and add liberally to foods or your coffee. Aim for two tablespoons daily to start.



**Garlic** has strong antifungal properties that destroy unfriendly bacteria while building up good bacteria, plus detoxifies and

encourages healthy liver and colon functioning. Use garlic to jazz up food or chew freely on 2-3 cloves per day. Note: Raw garlic is far superior.

**Seaweed** is a highly nutrient-dense food that fights against yeast overgrowth. Yeast overgrowth also causes

hyperthyroidism, but seaweed (rich in iodine) balances



the thyroid gland. Seaweed detoxifies and helps flush toxins out of the body while cleaning the digestive system. Eat fresh seaweed or take high-quality kelp supplements for best results.

**Pumpkin seeds** are packed with omega-3 fatty acids, help to reduce the inflammation caused by yeast and fight depression as well. Add pumpkin seeds to cereal, salads or even eat them as a tasty snack.

**Ginger** detoxifies, increases circulation, flushes toxins out of the liver, supports the immune system and helps reduce intestinal gas and soothes inflammation from yeast overgrowth. Make ginger tea by grating a 1" piece of ginger root and adding it to 2 cups of boiling water and a fresh slice of lemon.

Essiac tonic is highly effective, and taking a high-quality probiotic, or eating a little bit of fermented food daily is helpful. Exercise daily and learn how to manage stress.

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

## Bar Code Secrets

With so much coming from China, it is best to make sure you read

labels at the grocery store and especially Walmart when buying food products. Many products do not show where they were made, only give where the distributor is located. It is important to read the bar code to track it's origin.

Always read the labels on the food you buy – no matter what the advertising on the front says. Turn it over and read the back – carefully!

This may be useful to know when grocery shopping, if it's a concern to you. This is a GREAT way to "Buy USA & Canada – and not from China"!! The whole world is concerned about China-made "black hearted goods". Can you differentiate which one is made in Taiwan or China ?

If the first 3 digits of the barcode are 690 691 or 692, the product is **MADE IN CHINA.**

471 is Made in Taiwan .

Chinese businessmen know that consumers do not prefer products "MADE IN CHINA", so they don't show from which country it is made. However, you may now refer to the barcode - remember if the first 3 digits are:

690-692 ... then it is **MADE IN CHINA**

00 - 09 ... **USA & CANADA**  
30 - 37 **FRANCE**

40 - 44 **GERMANY**  
471 ... **Taiwan**  
49 ... **JAPAN**  
50 ... **UK**

**BUY USA & CANADIAN MADE** by watching for "0" at the beginning of the number. We need every boost we can get! If the government won't help us, we **MUST** help ourselves. ✂

## Classified Ads

**2017 CAN-AM MAVERICK 1000 SIDE BY SIDE.** Like new, under 700 miles, soft top cover, half windshield; garage kept and covered. (505) 859-1901

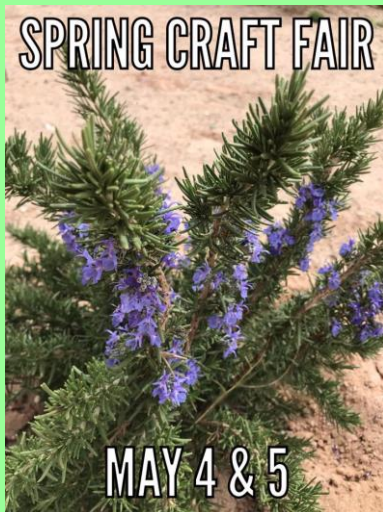
**APPLICATIONS BEING TAKEN FOR LIBRARY DIRECTOR.** Part-time position, must be community-minded, will train, pay negotiable. (505) 864-3749.

**CHICKEN FRUIT FOR SALE.** No additives, preservatives, hormones, dyes or chemicals. All natural deliciousness. If picked up, \$3 per dozen, \$5 for two dozen. (For May only: a free dozen to every patron who checks out a book.) (505) 864-3662.

**Want to run an ad?** It's \$1 per month for 25 words or less. Deadline for listing: May 28, 2019. For display ad rates, call at (505) 861-8289. ✂

### Rio Abajo Community Library Board

|           |                            |
|-----------|----------------------------|
| President |                            |
| Secretary | Mary Lampkin, Veguita      |
| Treasurer | Dolores Phillips, Sabinal  |
| Directors | Bobby Contreras, Contreras |
|           | Elvera de Baca, Veguita    |
|           | April Esquibel, La Joya    |
|           | Robert Langston, La Joya   |
|           | John T. Logan, Albuquerque |
|           | Irene Saiz, La Joya        |
|           | Jodi Woods, Veguita        |



## Cinco de Mayo Craft Fair

*Black's Smuggler Winery*

*25 Winery Road, Bosque*

*On State Hwy 116 (between Belen or Hwy 60), drive 7-8 miles and turn west onto CR223 (Winery Road), go thru the tunnel, first building on the left*

The best of Rio Abajo Community's artisans

**Saturday (May 4) & Sunday (May 5)**

**10 AM – 4 PM**

Wine tasting – Great deals – Wonderful artwork

## Bake Sale & Concert in **Tribute to Fathers**

**Sunday, June 16  
1:00 pm to 4:00 pm  
at**

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

**Fund-raiser for the Library will feature:**

**MC & Music by *Special Orchestra's* Gair Linhart  
Concert by Community Youth  
Absolutely delicious treats and goodies**

**and**

**A Special "something" for all attending fathers**

**Admission:  
Dads free – all others 50¢**

**HAPPY  
FATHER'S  
DAY!**



## 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.

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☐ 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 \_\_\_\_\_

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Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email address: \_\_\_\_\_

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

US POSTAGE  
PAID

ADDRESS CORRECTION REQUESTED

Subscriber Name  
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