FREE

November 2017 . Volume 6, Issue 5 .

Donna Hernandez-Mathieus

Librarian/Editor

Inside this Issue

2 Library News
October Calendar

? Celebrate the Sevilleta

4 Stuttering Help
Word of the Month
October Celebrations
Natural Health Tips

5 Joke of the Month

6 Senior Center News
Future Events

Abnormal ChickenEggs

8 Socorro County News
Classifieds

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

November 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



The Sky is Fallen!



On September 30th, it appeared to be a normal day – warm with routine warnings of a possible storm. Late that afternoon all heck broke out. Long story-short, there was roof-rattling wind, a tornado north of us (in Belen), traffic-stopping torrential rain and hail as big as baseballs that caused havoc throughout northern Socorro County.



When everything stopped long enough to look up, there were shattered skylights and windows, ripped out roofs, impassable roads, a closed-down interstate highway (I-25), homes with extensive water damage (a few houses were completely washed out), flooded fields – and warnings that another storm was headed our way.

Once Interstate I-25 was reopened, it was shocking. The center median was completely flooded and the beautiful pecan orchard had huge sections washed out with

many trees laying near the highway with roots sticking up in the air.



Rio Puerco (picture from Martha Salas, above) had overflowed its banks.

At this point the miracles and community angels came out. Our own Commissioner Martha Salas spearheaded efforts to help and coordinated volunteers. Minnie Presley, a widow in Veguita, had her skylights knocked out, her entire property flooded, a damaged roof, and extensive water damage in her home.



Commissioner Salas not only provided moral and spiritual support and inspiration to Minnie,

but also made sure volunteers came out to help her seal the roof and gaping holes from shattered skylights.

Community angels helped many others dig out vehicles from mudslides, helped seal roofs, clean up flood damage, and more.



It's now been a month since the big storm hit, and there are still some remnants visible. Regardless of the nightmare of that storm, what truly stands out is the fact that we have some incredible people in our community and heaven-sent leadership!

NOTE: Special thanks to Jodi Woods for all the great pictures. **

RAC Library News

Countdown to **Holidays**

On November 1st we note that twenty days later



will be Thanksgiving and 34 days

after that will be Christmas. So we are confident that everyone will be busy as bees. Nonetheless, all the Library's volunteers courageously continue!



"Loteria" was somewhat marred by the recent storm, but we still blessed with our community supporters coming out.

We made enough fundfrom our raiser to enable us meeting community's needs.



Jimenez again served as the announcer with her delightful husband, Jose, assisting.



The prizes varied from the simple knapsack stuffed

with goodies to:

dinners-for-two from Pete's

- Café and Rutilio's Restaurant.
- ❖ an oil change from Auge's Jeep,
- gift certificates from Belen's Phillips 66,
- handmade quilt from Martha Carangelo and
- elegant quilted tote bags from Fay Stone.

Munchies were provided by the Veguita Trading Post.



Plans already underway for next year, and we hope to have some special surprises!

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

700000 6979

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

- Open computers with internet
- Notary Public services
- Snacks & Beverages



Updates

This month our local Computer Team has been conducting research for their project. By the way, our local team now has a name! They are the "Tasmanian Devils," because they plan to kick up dirt, stir up the pot and make things happen!



The kick-off weekend retreat at New Mexico Tech in Socorro was very well attended. Youth and instructors from all over the state came and learned about some of the resources that will be available to them in developing their project.



Our team members are pictured here during their lunch break. After some debate, they decided that their challenge question would

be: How do educational resources compare by region and why?

Their research this month will be more refined, and they will need to create a proposal to submit to the Computer Challenge Panel regarding the goals.



PROGRAM OVERVIEW: Teams have to choose a topic and question to answer about their topic. After research and investigation, the challenge to each team is to create a computer program that produces a model or simulation of a real-world feature, phenomenon or event.

This Month's Events

Nov 1, 2017 -- Wednesday 6:00 pm at RAC Library LA JOYA ACEQUIA MEETING

Plans for the upcoming growing season will be made.

Nov 3, 2017 -- Friday 9:30 am at RAC Library RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone welcome to attend and find out about all the new happenings!

Nov 5, 2017 -- Sunday DAYLIGHT SAVINGS TIME ENDS



November 7, 2017 – Tuesday ELECTION DAY



This Month's Events

Nov 8, 2017 -- 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.

November 10-11, 2017 – Friday & Saturday VETERAN'S DAY



Nov 10, 2017 -- Friday
VEGUITA'S SENIOR CENTER CLOSED

Nov 13, 2017 -- Monday 6:30 pm at RAC Library LAJOYA CRAFTING CIRCLE

Work on projects, learn crafts, and visit. We also have coloring for our sophisticated folks. For info call 864-0666

Nov 16, 2017 -- Thursday 10:00 am at Socorro Senior Center, Socorro SENIOR POOL TOURNAMENT

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

Nov 17, 2017 -- Friday 10:00 am at North Soc. Senior Center, Veguita VEGUITA'S SENIOR DANCE

Throw on comfy shoes! All Seniors invited to join the bi-weekly dance!

Nov 20, 2017 -- 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.

Nov 22, 2017 -- Wednesday VEGUITA'S SENIOR CENTER CLOSED

November 23-24, 2017 – Thursday & Friday

This Month's Events

RAC LIBRARY CLOSING AT 2 PM

November 23, 2017 --Thursday THANKSGIVING DAY



November 23-24, 2017 – Thursday & Friday RAC LIBRARY CLOSED

Nov 23-24, 2017 – Thursday & Friday
ALL GOVERNMENT OFFICES CLOSED (INCLUDING SENIOR CENTER)

Nov 28, 2017 --Tuesday RED PLANET DAY

This day commemorates the launch of the Spacecraft Mainer 4 on Nov 28, 1964. The 228 day mission brought the spacecraft within 6,118 miles of Mars on July 14, 1965.

DEADLINE FOR SUBMITTING DECEMBER NEWS: 5:00 p.m., Nov 24, 2017



Promotional \$\$ Available

Application deadline is Nov. 15

Are you part of the New Mexico agriculture industry? Do you have a development, marketing or promotional idea for your product or business? Or do you belong to a group that has an innovative idea? The New Mexico Department of Agriculture is accepting applications for its Agricultural Development and Promotion Funds Program. Grant amounts

range from approximately \$500 to \$10,000 for individual applicants and up to \$30,000 for joint initiatives. The application deadline is Nov. 15.

The ADPFP was designed to promote agricultural growth and rural stability, maintain or increase market share for products already on the market, develop markets for new products and develop value-added products.

"Agriculture in New Mexico is diverse, and our products have become popular across the world," said New Mexico Secretary of Agriculture Jeff Witte. "These limited funds allow our producers and processors an opportunity to develop and expand markets and help produce jobs and economic growth, especially in rural areas of New Mexico."

Not only may funds be applied to specialty crops, such as fruits, vegetables, tree nuts, horticulture and nursery crops, but funds may also be used for projects that support the marketing efforts of the livestock industry including beef, sheep and wool, poultry and other livestock. Funds may not be used for start-up costs or common costs of doing business, and projects must be completed before June 30, 2018. Payment is on a reimbursement basis.

If you have a project you believe qualifies for funding, please contact

- > the NMDA Marketing and Development Division at 575-646-4929 or
- specialtycrops@nmda.nmsu.e du.
- A brochure is available at www.nmda.nmsu.edu under quick links, and

 an application template is available at www.nmda.nmsu.edu

For the application template, select divisions, then marketing and development, then competitive grant programs. Letters announcing funding decisions will be mailed by Dec. 15. **



Grow Your Farming Business

The Mid Region Council of Governments (MRCOG Office) is sponsoring some workshops on December 5th and 12th that are sure to be of interest to anyone selling their product at a Farmer's Market.

This workshop series is focused on increasing your farming business and this two-day workshop will be held in Albuquerque on two Tuesdays. The two-day workshop will cover:

- Basic goal setting techniques and analysis tools for your farm
- Understanding key employment issues
- Key financial principles and practices
- Enterprise analysis tools
- Enterprise and business investment tools
- Annual production plan basics
- Marketing plan basics
- Simple strategic plan template for SMART goal development
- Basic risk management analysis.

It is free for members of the NM Farmers Market Association. Due to limited seating, only one person

from each farm may attend free. Food and snacks will be provided, but brown bag lunches are suggested.

For more information contact Lynne Whitbeck at Lynne@farmersmarkets.org or at (216) 287-5563 with any questions.

Word of the Month

festivity, a merry festivity.



EXAMPLES: In the United States, the third Thursday of November is a national holiday of *jollification*, called Thanksgiving.

ORIGIN: American English, first recorded in 1800-10; *jolly* + *fication*; shortened form *jolly* led to the phrase *get* (one's) *jollies* "have fun" (1957).

Rio Abajo Community Celebrations

November 2

Stephen Carbajal's birthday Alexis Mayse's birthday Donna Nichols' birthday

November 3

James Matheius' birthday

November 4

Florela Trujillo's birthday

November 5

Emily Armijo's birthday Beth Crowder's birthday

November 8

Mary Findsplaces' birthday

November 9

Jim Cooney's birthday

Rio Abajo Community Celebrations

November 10

Angelina Cox-Delgado's birthday Ernesto Trujillo's birthday

November 12

Minnie Presley's birthday

November 19

Marcel Abeyta's birthday

November 23

Judith Haugness's birthday

November 25

Dorothy Espinosa's birthday

November 26

Reyna Barela's birthday

November 27

Shelly Lawrence's birthday

November 28

Adriana Escobedo

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

Natural Health Tips

Secrets Behind Convenient



By Donna Hernandez, ND, MH

Sometimes convenience items have little secrets we might not appreciate. Some of the more popular items are revealed here.

Pot Belly Pie. Stouffer's Satisfying

Satisfying Servings (16 oz.) White Meat Chicken



Pot Pie has "only" 570 calories, 12 grams of saturated fat and 810 mg of sodium. Ah hem. These

numbers are for only <u>half</u> a pie! Eat the entire pie (like most people do) and you're talking 1,100 calories, 23 grams of saturated fat and 1,560 mg of sodium.

Liquid Salt. An average cup of Campbell's regular Condensed Soup has 800 mg of sodium, but if you eat the whole can, which contains about 2,000 mg of sodium, you have eaten more sodium than you should for an entire day! Look for Campbell's Healthy Request soups with 410 mg of sodium per cup (still too much if you eat the whole can. Better yet, choose lower sodium soups by Amy's, Dr. McDougall's Imagine, Pacific and Trader Joe's.

Tortilla Terror. Have you tried a Chipotle Chicken Burrito with tortilla, rice, pinto beans, cheese, chicken, sour cream and salsa? Its 1,050 calories, 17 gms of saturated fat and 2,400 mg of sodium are equal to six Taco Bell Chicken Soft Tacos!



Triple Bypass. You can forget ordering just one or two entrees. You get three entrees at Olive Garden Restaurant if you order their Tour of Italy, which is lasagna, chicken parmigiana and fettuccine alfredo. Be aware. however, that this order comes with 1,520 calories, 48 gms of saturated fat and 3,250 mg of sodium. Add a breadstick (140 calories and 460 mg of sodium for each stick) and a serving of house salad with dressing (140 calories and 740 mg of sodium) and you'll swallow 1,800 calories and 4,450



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!**



mg of sodium (3 days' worth) in one sitting.

Starbucks on Steroids. Their Venti (20 oz.) White Chocolate

Mocha with 2% milk whipped cream is more than a mere cup of coffee. It has as many calories as



McDonald's Quarter Pounder with Cheese. This tasty drink has 530 calories, 14 gms of saturated fat and about 10 teaspoons of sugar!

Extreme Ice Cream. Jerry's and Haagen-Dazs ice

creams squeeze about 300 calories with about 4 ½ teaspoons of added sugar into your fat calls (and half a day's saturated fat into your artery walls). And these figures are only if you can stop at a petite half-cup!

In summary, I think that our community's habit of eating homecooked meals at home rather than eating out all the time is looking better and better every day!

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

Joke of the **Month**



Test for Dementia Below are four (4) questions and a bonus question. You have to answer them instantly. You can't take your answer all of time. them immediately. OK? Let's find out just how clever you really are.

QUESTION: FIRST You participating in a race. You overtake the second person. What position are you in?

ANSWER: If you answered that you are first, then you are absolutely wrong! If you overtake the second person and you take his place, you are second! To answer the second question, don't take as much time as you took for the first question.

SECOND QUESTION: If you overtake the last person, then you are...?

ANSWER: If you answered that you are second to last, then you are wrong again. Tell me, how can you overtake the LAST Person?

THIRD QUESTION: Very tricky math! Note: This must be done in your head only. Do NOT use paper and pencil or a calculator. Try it. Take 1000 and add 40 to it. Now add another 1000. Now add 30. Add another 1000. Now add 20. Now add another 1000 Now add 10. What is the total? Scroll down for answer.

ANSWER: Did you get 5000? The correct answer is actually 4100. Don't believe it? Check with your calculator!

FOURTH **QUESTION:** Mary's father has five daughters:

- 2. Nene, 1. Nana,
- 3. Nini. 4. Nono.

What is the name of the fifth daughter?

ANSWER: Nunu? Of course not. Her name is Mary. Read the question again.

Northern Socorro Senior Center



By Patricia White-Johnson, Director

October's dances were wonderfully provided with toetapping music by the Enchanted Four," but the dance on



October 27th was one of the best. We had Halloween Dance with prizes for the best costumes.

It's not every day we have angels and demons

trotting together! These pictures provide a few of the highlights.



Let's see if you can recognize anybody!

For the costume party, it was Bernie Cordova that won first prize for her absolutely unique "presentation" (\$50) and Loretta from Lavita came in second (\$25 prize).



If your calendar is clear on November 16th, you might want to cruise by the Socorro Senior Center to root on all our Rio Abajo pool sharks! The fun starts at 10 am on November 16th. If you

Have something to sell?

There's no better deal than 25 words for \$1.00. Reach everyone in northern Socorro County with your offer!

See page 10, stop by the RAC Library, or call (505) 861-8289 for more info! don't play pool, bring the pompoms to cheer on our folks!

The Rio Abajo Community Library will have their Senior Book Mobile this month on November 8th and November 22nd. Don't forget to return any books or movies on either of these Wednesday – or better yet, check out what new items they have!

Last, but not least — we will be playing Bingo on alternate Mondays (Nov 7 and Nov 21) from 10:30 am-11 am. We will stop to eat lunch!

ggg

Some of the things the Center 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 60, Veguita) or call (505-861-2860).

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

Future Events

December 1, 2017 --Wednesday 6:00 pm at RAC Library LA JOYA ACEQUIA MEETING

All the latest irrigation news will be exchanged.

Future Events

December 13, 2017 – Wednesday 9:30 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

December 18, 2017 -- Monday 6:30 pm at RAC Library LAJOYA LADIES' CRAFTING CIRCLE

Work on projects, learn crafts, and visit. For info call 864-0666

December 18, 2017 -- 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.

December 20, 2017 -- 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.

December 24, 2017 – Sunday CHRISTMAS EVE

December 25, 2017 – Monday CHRISTMAS EVE

December 31, 2017 – Sunday NEW YEAR'S EVE

January 1, 2018 – Monday New Year's Day

DEADLINE FOR SUBMITTING DECEMBER NEWS: 5:00 p.m., Nov 24, 2017

Community News

It is hard to believe, but beautiful, delicate
Brianna Jones of La Joya is now Private Brianna Jones of Bravo Company 1/13 Infantry. Pvt.

Library Leaves November 2017

Jones graduated from Boot Camp in Ft. Jackson, South Carolina on October 5th. She is serving a four-year enlistment which will be



followed with four years in the Reserve. From Ft. Jackson, she is heading to Ft. Leonard in Missouri for training in engineering for the next nine week. Best wishes and high hopes from us all!



We have a budding star in our midst. Janelle Woods of Veguita will be portraying the role of Glenda the Good Belen Witch in Middle School's

drama, "Wizard of Oz." The performance is scheduled for November 13th at 6:00 p.m. There is no admission charge, but donations will be requested at the door. Let us <u>not</u> miss this opportunity to see our community's rising star!



We were ready for Halloween! Some of our "visitors" ranged from the



normal, to werewolves, dead princesses, Minimouse.....

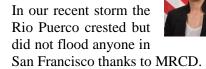
NOTE: Have some news and/or announcement regarding a friend,
family
member,
neighbor?
Call and
let us know
so we can
include
them in



next month's newsletter (505-861-8289).

Socorro County News

By Commissioner Martha Salas, Dist. 1



I want to thank our Road Department for working long hours to get our county roads back in driving condition. Thanks to Art Gonzales, Road Director, for his expertise in preparing ahead of time to clean out the culverts for the September/October rains.

I also want to thank the Sheriff's Department. While we were inside all nice and dry they were diverting traffic off of I-25 all night when the highway was closed.

I am so proud to be a member of this great community. Everyone stepped up to help others who really needed help. For example our Abeyta's Fire Chief, Richard Sylvestre, lent his private pump to pump out a families yard that had



a pool of water in their front yard. My Uncle Sisto Griego and his family helped a widow cover her broken sky lights.

Others read on Facebook what was happening and volunteered to come and help. I sent Emily Cano that lives in Bosque Farms to come help Minnie Presley clean up her house. Black Smuggler's Winery had 3 inches of mud in the entire winery.

I am proud to call this area my home. We have so many caring people all around us.

Special Orchestra Update



Gair Linhart, Director, kept up with all his organization's participants. He participated at Special Orchestra's Annual Costume concert at the Rosario Bilingual Multicultural Center in Albuquerque. Pay particular attention to the character "Tiny Tim" above. If you look closely, you'll see our own Mr. Linhart in

Pictured to the right are Dave and Theresa dancing to Dogstar's music.

disguise!

Thanks to all who made



these events a success!

NOTE: Special Orchestra is a nonprofit headquartered in La Joya, and provides the opportunity for handicapped persons to "make joyous noise." For more information about Special Orchestra, see their website at www.SpecialOrchestra.org.

Classified Ads

FOR SALE: 1998 CHEVY S10 KING CAB. Great running, fuel-efficient, 4-cylinder, automatic pick-up with white Leer fiberglass camper shell and AC. New battery, new suspension, JVC stereo, almost new truck tires (235/75/R15). Asking \$3700 or best offer. (505) 864-3662.

PAID TRAINING POSITIONS OPEN.

Any low-income adult, 55 years or older that are veterans, disabled and/or displaced homemakers are eligible. Pay is \$7.50/hour, 15+hours per week, and tax exempt. These Goodwill positions will benefit the Senior Center and the RAC Library. Call Minnie at (505) 861-0497 for more information.

CHICKEN FRUIT FOR SALE. No additives, preservatives, hormones, dyes or chemicals. All natural

EASY TO USE ELDER TRANSFER LIFT FOR SALE:



I used this lift for my 98 year old invalid mother for the two years before she passed on. It was a tremendous help in getting her in/out of bed for potty-chair and recliner.

Comes with heavy cloth waist-jacket sling with straps that you attach to the lift bars.

Easy hand-crank hydraulic lever raises or lowers patient, held securely and safely because her/his knees are against the frame (pad) which hold body in a sitting position.

We have the original user manual and small size sling jacket (get larger from mfg.). Original receipt shows: \$1,400 for lift + \$200 for sling jacket. ASKING \$800 for set.

We can deliver and demo without obligation.
We live 12 minutes from LaJoya.
Call 805-990-5728

deliciousness. \$3 per dozen if picked up. (505) 864-3662

Want to run an ad in next month's newsletter? It's only \$1/month for 25

words or less. Deadline for listing: Nov 24, 2017. For display ad rates, call at (505) 861-8289.

★

Rio Abajo Community Library Board

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

Quentin Lawson, Veguita Irene Saiz, La Joya

Federal non-profit # 83-0398943

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 dis | play advertising. | |
| ☐ I want more information a direct and advise the Library ☐ I want to donate goods an ☐ Make a cash donation of S | o out at the library for one hour per week. about serving as a Board Member on the Rio Abaja (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 | | |
| | | |
| | | |
| | | |
| Rio Abajo Community Library 28 Calle de Centro S | | US POSTAGE PAID |
| La Joya, NM 87028 ADDRESS CORRECTION REQUES | STED | |
| | Subscriber Name Number Street Address City, State Postal Code Country | |

10