

FREE

June 2017 .
Volume 5, Issue 12 .

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

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



Talent Abounds in Rio Abajo!



The Black Smuggler's Winery in Abeytas hosted their annual Spring Craft Fair on April 29th. Although the weather looked dismal at the beginning of the day, the sun came out and the crowds seemed to bloom in the sunshine. It was so fun to be able to come and see the actual brewery amongst so many neighbors and new friends.

All the local vendors and artisans were amazing. An inspiring array of crafts people from our area exhibited the diversity and talent that seems to overflow in our community. There were quilts, jewelry, needlework of every type, artwork from the traditional to unique (on stone, copper, etc.), and beautiful items for home décor.

The Black Smuggler's Winery also hosted a wine tasting at the Fair, with some of their more popular brews available for tasting and purchasing.

Tony and Mary Black started the winery several years ago. Since that time their

flavorful brews have acquired international recognition, plus Black Smuggler's became the Member of the Year with the Greater Belen Chamber of Commerce (award pictured above with Tony).



Mary Black floated throughout the Fair (pictured above in the center) while Tony focused on ensuring everyone got at least one free taste of their brews (see below).



There is speculation that a fall fair will also take place in October. In light of the response everyone received, I'm sure there will be even more vendors and artisans coming out next time – whether



this fall or next spring. If this October, it would translate into the affair to attend to prepare for Christmas shopping! ✂

RAC Library News



Cookbook Deadline

Is your family represented?

The deadline for submitting favorite recipes is fast approaching (July 1st) for submitting recipes, family stories and pictures. It is down to the wire!

So far we have a nice collection of culinary delights. We are especially thrilled with some of the old stories and pictures we have acquired. The Contreras family submitted some old, old pictures of early Contreras that are absolutely wonderful. We have some shots of La Joya landmarks. We haven't received any old photos from the Abeytas/Sabinal area, but perhaps that general area is relatively new.

Some of the newer pictures and stories are present day and are sure to be the perfect complement to the accompanying recipes. The

recipes submitted so far are so varied. We have everything from traditional family recipes to some up-to-date delicacies.

We have a few families that are not yet represented in the Rio Abajo community's cookbook – so if you are not sure, get something in quick! Remember, we are delighted with all recipes.

We have been "threatened" with a recipe for a perfect horse mash (which we would also include in a special section if submitted), so please note: If you are happy enough with the recipe to send in to share with us, we will include it!

A cookbook submission form is on page 7 in the newsletter, or you can fill it out when you drop it off at the library. Deadline: July 1st.



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

June 2, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING

Everyone welcome to attend and find out about summer's fun!

June 2, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

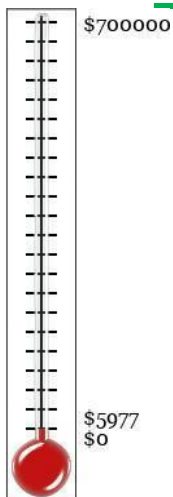
All Seniors welcome. Note Lunch will be served at 11.

June 6, 2017 -- Tuesday
1:00 pm at RAC Library
MAKERSPACE PROGRAM (3D PRINTER PROJECT)

The first 20 enrolled Summer Program participants will make a project. All other guests are welcome to attend!

June 7, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

Plans for the upcoming growing season will be made.



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

This Month's Events

June 7, 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.

June 12, 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

June 15, 2017 -- Thursday
1:00 pm at RAC Library
BUILDING WITH DIRT

Summer Reading Program highlighting the importance of growing, farming, and gardening. Participants encouraged to come ready to "get dirty."

June 16, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

June 18, 2017 -- Sunday
FATHER'S DAY



June 19, 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 low-income households. To enroll, come in one hour early.

June 20, 2017 -- Tuesday
1:00 pm at RAC Library
THE MAGIC OF BUILDING

For Summer Reading participants -- Architect A. Miguel Trujillo will be demonstrating how to draw a dream and bring it to life!

June 21, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias

This Month's Events

RAC MOBILE LIBRARY

June 30, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

DEADLINE FOR SUBMITTING JULY ANNOUNCEMENTS: 5:00 P.M., JUNE 27, 2017

Special Orchestra Rocked Away!



It was a magnificently warm, sunny day for the *Special Orchestra's* free annual concert on Saturday (May 13th) at the Thimble Theater in La Joya -- and it was fun!

They had held a private barbeque for the Orchestra members prior to

the concert, and had so many goodies left over that concert goers were fed as well as entertained.



Local guest performers (like Billy Underwood) made appearances, well-armed squirt gun wielders were prowling, hackie-sack officiantos were bouncing around, frisbies were flying, and smiling faces broke into song throughout the stage and audience.



Orchestra director, Gair Linhart, served as the conductor and choral leader. Most of the golden oldies they performed had everyone tapping their toes and singing along, and they also featured selections from their new CD.

Each year the crowds get bigger, so we hope popular demand will



Ken Mankins

"Building the Future"
Home Building, Maintenance, & Repair

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Kentiamankins@gmail.com



bring them back next year!

Want to know more about *Special Orchestra* and their activities? Check out their website at www.SpecialOrchestra.org ❀

Word of the Month

Inanition: (noun) (1) the exhausted condition that results from lack of food and water; (2) the absence or loss of social, oral, or intellectual vitality or vigor.



EXAMPLES: My friend refused to eat, but relied upon his iron strength until he fainted from pure *inanition*.

ORIGIN: This word first appeared in Middle English in the 14th century as *in-anisioun*, which is traced back to the Latin verb *inanire*, meaning “to make empty.” ❀

Rio Abajo Community Celebrations

June 2

Savannah Jaramillo's birthday

June 6

JoLynn Reis' birthday

June 8

Inge Goetz-Cordova's birthday

Rio Abajo Community Celebrations

June 10

Hilary Rodriguez's birthday

June 14

Joan Hess' birthday

June 15

Desiree Lucadamo's birthday

Maria Medeiros's birthday

June 19

Loretta Carrillo's birthday

June 21

Kaylie Patten's birthday

June 25

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

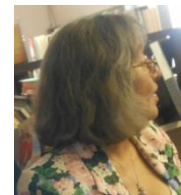
Charlee Saiz's birthday

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

Natural Health Tips

Zika facts

By Donna Hernandez, ND, MH



The Zika Virus has gotten a lot of attention. It is caused by infected mosquito bites, with 36 confirmed cases in the U.S. Most outbreaks have been in Central and South America. In Brazil, they are sterilizing the male mosquito population with low doses of radiation. The males still mate with females, but the eggs do not survive due to the sterilizing process. Although it's the female mosquitoes that bite humans, they need the male mosquitos to have baby “skeeters,” so no babies equals end of outbreak.

While the common flu and viruses are contagious through non-intimate human contact, Zika is mostly spread through infected mosquitoes. There are some cases of Zika being spread through intercourse, but it's not being considered an STD. Also, the virus has been detected in saliva,



Rio Abajo Community Library Board

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Vice Pres
Secretary
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Directors

Carolyn Ueberroth, Contreras
Minnie Presley, Veguita
Mary Lampkin, Veguita
Dolores Phillips, Sabinal
April Esquibel, La Joya
Kathy Esquibel, Veguita
Ken Hansen, La Joya
Quentin Lawson, Veguita
Irene Saiz, La Joya

Federal non-profit # 83-0398943 ❀

but kissing does not pass it along.

While fever, muscle and joint pain are common symptoms of the flu and Zika, there are telltale signs. In some cases, the Zika virus can only be found with the help of a blood or urine test. So what are the symptoms?

1. Redness of the Eyes. Pink eye (conjunctivitis) is a possible effect of the Zika Virus, which can also be accompanied by pain behind your eyes. Pink eye is inflammation of the outer layer of your eye and the inside of your eyelids. It can look very serious, but will usually clear up on its own within a fairly short time period.

2. Mild Fever. Unlike a flu virus that can spike your temperature to dangerous levels, the Zika Virus is accompanied by a “low grade fever” of 101.3 Fahrenheit. (“normal” body temperature is 98.6 Fahrenheit).

3. Skin Rash. Skin rash can have many causes, however a widespread redness of the skin is common with the Zika virus. The rash is not threatening, and will usually fade on its own. If the rash persists after other symptoms have disappeared, it’s probably best to consult a physician before trying to treat it with any topical creams.

4. Muscle or Joint Pain. Zika can cause some soreness of the joints and muscles and cause a feeling of general malaise, but don’t pop ibuprofen-based painkillers and other anti-inflammatory drugs. Instead use acetaminophen-based drugs (i.e., Tylenol).

5. Headaches. Zika Virus can cause headaches, but is usually mild. If you have extreme headaches or dizziness, you shouldn’t disregard it, especially if you fever has spiked over 101.3

Fahrenheit. This is a red flag to get treatment from a medical expert.

6. Microcephaly (undeveloped brain evidenced with abnormally small heads) is the biggest reason for the widespread panic around Zika Virus, which kills infants if the mother is infected during pregnancy. However, microcephaly is not new, and roughly 25,000 babies are born with it every year in the U.S.

Summary

Most infected people do not know they have it due to mild symptoms. Usually rest and proper nourishment will beat it relatively quickly (symptoms generally last up to 7-days). Zika is not fatal, so unless you’re pregnant or want to start a family...there’s not a lot to worry about. But carry your bug spray anyway.

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

Dedicated to all
Seenagers (Senior
Teenagers).



<< >>

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full.

Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

That’s my story and I’m sticking to it. SO THERE!! ✂

Northern Socorro Senior Center

During May we sponsored Senior Dances every Friday, but beginning in June, we are returning to the bi-weekly dances. The band's availability and our physical limitations demanded we slow down a little, but we haven't stopped!



Did you know we play Bingo every Wednesday? This, too, is free and a fun challenge. It's amazing to see how many cards one person can handle without missing numbers. The prizes are not the biggest, but the excitement of playing never seems to grow old. Have a few extra hours? Come join in and bring your appetite! Lunch is served immediately after Bingo.

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

July 4, 2017 --
Tuesday
INDEPENDENCE DAY



July 4, 2017 -- Tuesday
RAC LIBRARY, SENIOR CENTER, BANKS, AND GOVERNMENT OFFICES WILL BE CLOSED

July 5, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

All the latest irrigation news will be exchanged.

July 6, 2017 -- Thursday
1:00 pm at RAC Library
WONDER BUS & DINOSAURS

For Summer Reading participants – The NM Library's Wonder Bus will be rolling in. Be prepared for fun and dress comfortably. It's gonna get messy!

July 7, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Plans are in the works for exciting events in 2017. Everyone welcome to attend!

Future Events

July 10, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING CIRCLE

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

July 12, 2017 -- Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

July 17, 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 low-income households. To enroll, come in one hour early.

July 26, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY

August 3, 2017 -- Thursday
1:00 – 3:00 pm at RAC Library
PROGRAM AWARDS PARTY

All Summer Reading Program participants will receive a goody bag, but some hard workers will be receiving awards for their hard work! PLUS all the goodies and fun!

DEADLINE FOR SUBMITTING JULY ANNOUNCEMENTS: 5:00 P.M., JUNE 27, 2017



Cucumber Trellis

By David S. Nennig, Green Bay, Wisconsin

While growing our small garden, we've struggled with controlling cucumber vines. Then, my wife saw an arbor-like cucumber trellis she wanted me to make. The idea was to make it tall and sturdy so the vines could grow over it, and

SHOPPING ON-LINE?

Sign up for Amazon Smile

(www.Smile.Amazon.com)

Make purchases as you normally would and Amazon donates a percentage of their profits to the non-profit of your choice – and of course – you want to pick

Rio Abajo Community Library!

so we could walk underneath it to pick the hanging cukes.



When I got around to making our trellis, I searched through my garage for available materials. As I looked around, I noticed the curvature of the garage door track. I just happened to have two tracks from old garage doors. If you don't have these, I think you can get them from someone who installs garage doors or from a salvage yard.

By bolting the tracks together, I constructed a sturdy frame. I then draped a leftover piece of chain-link fencing over the top and wired it to the frame. Our homemade cucumber trellis works just as we'd hoped — and I made it entirely from reclaimed materials.

NOTE: This article first appeared in the June/July 2015 issue of Mother Earth News. This excerpt was printed with permission. For more info, see www.MotherEarthNews.com ✕

Classified Ads

PAID TRAINING POSITIONS OPEN. Any low-income adult, 55 years or

Rio Abajo Community Cookbook Entry Form

Person entering recipe(s): _____

Address: _____

City: _____ Zip: _____

Contact phone: _____

Email: _____

If not presently living in the Rio Abajo community, please explain family connection to the community: _____

Name of recipe(s) being submitted (recipes on separate sheet): _____

Include a little story, description of occasion and/or a picture.

- Please submit your story or history on a separate sheet or submit via email to RACLlibrary@hotmail.com (one story/history per entry).
- Regarding any picture, please send via email or come into the library so originals can be scanned and returned promptly.

Submit entry form by June 1, 2017 with attachments to: RACL Community Cookbook at 28 S. Calle de Centro, La Joya, NM 87028.

Rio Abajo Community Cookbook Entry Rules

The Rio Abajo community includes:

Abeyta	Jarales	San Francisco
Bernardo	La Joya	San Juan
Blue Springs	Ladron Foothills	Tierra Grande
Bosquesito	Las Nutrias	Veguita
Contreras	Sabinal	

All entries must be submitted by someone living in this community or by someone whose family came from this community. **DEADLINE FOR ENTRIES: June 1, 2017**

There are no limits as to the number of entries being submitted, but selection of recipes to be included into the cookbook will be made by the RACL Review Board. Submittal of a recipe does not guarantee entry into the cookbook.

With each recipe, please provide exact measurements for each ingredient rather than approximations – i.e., a palmful of flour in my hand equals ¼ c, but someone else's palm may equal a full cup. Approximations can produce a household disaster!

Before submitting a recipe, please double-check that no ingredient has been overlooked or forgotten.

Recipe categories will include:

Appetizers & Beverages
Breads and Rolls
Main Dishes and Casseroles
Sauces, Dressings, Gravies, Marinades
Soups and Salads
Vegetables
Pies, Pastry & Desserts
Cakes, Cookies & Candy
This & That (anything that does not fit the categories,

older that are veterans, disabled and/or displaced homemakers are eligible. Pay is \$7.50/hour, 15+ hours per week, and tax exempt. Call Jonah at (505) 998-2896 for more information.

CHICKEN FRUIT FOR SALE. No additives, preservatives, hormones,

dyes or chemicals. All natural deliciousness. \$3 per dozen if picked up. (505) 864-3662

Want to run an ad in next month's newsletter? It's only \$1 a month for 25 words or less. Deadline for submissions: July 27, 2017. For display ad rates, call at (505) 861-8289. ✕

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 display advertising.

Volunteering/Donations

☐ I want to volunteer to help out at the library for one hour per week.

☐ I want more information about serving as a Board Member on the Rio Abajo Community Library Board to help direct and advise the Library (one meeting a month for about one hour).

☐ I want to donate goods and/or services for RACL fund-raising efforts.

☐ Make a cash donation of \$_____ (make check or money order: to Rio Abajo Community Library).

☐ Other _____

Name _____

Address _____

Phone _____

Email address: _____

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

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