

# FREE

November 2016.  
Volume 5, Issue 5.

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

### November Hours:

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

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

CLOSED November 24-25, 2016

DONATE TO OUR BUILDING FUND!  
[www.GoFundMe.com/RACLibrary](http://www.GoFundMe.com/RACLibrary)



# RAC Library Leaves



## La Loteria!

Our salute to National Hispanic Month was held on Friday, October 14<sup>th</sup> with the first Annual *Loteria* (Mexican Bingo).



In order to recognize a good cross-section of the Spanish speaking countries, a lot of research was done in order to get pictures and phrases from around the world. These, in turn, were put together to create our own personalized *Loteria* game cards.

Unlike regular bingo where the game is called with letters and numbers, this game is played with pictures. There were some of traditional *Loteria* pictures, but even seasoned *Loteria* players got giggles with some of the variety with this game!

The *Loteria* caller was Romelia Jimenez. Beautiful Romelia and



her handsome husband kept things hopping and organized – and kept everyone laughing!

When everyone arrived, they were greeted by two of our Board Members, Kathy Esquivel and Carolyn Ueberroth.



Board VP Minnie Presley made sure all the edible goodies met with everyone's approval, and all the prizes and gifts were happily distributed and shared.

Although all the game cards are in Spanish, even non-Spanish speaking folks enjoyed the jokes, fun and *Loteria* pictures.

We were blessed with participants of all ages. There are lots of pictures. Some are here, but for more, check out our Face Book page



(www.Facebook/RACLibrary). Even looking at the pictures will make you smile. ✂

## RAC Library News



### Holiday Preparation & Cook Books

We are preparing for the rush on holiday recipes and ideas. With some of the wonderful book donations, the selection we have available has never been better!

Work is now focused on our biggest project yet – *The Rio Abajo Community Cookbook*. We love what has been submitted and are looking forward to more! We hope we have representation from all the original families as well as input from our newest families!

So, are you and your family ready to share any culinary “secrets?” For more info, see page 6.

☆☆☆☆

### 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 ✂



## Hunting Season Safety Tips

By Andrew Weidman

Fall is a great time to be outdoors, and there are plenty of activities for anybody who wants to get away and get some fresh air.

While every sportsman has a responsibility to handle his firearm in a safe manner, non-hunters also share this responsibility. That means if you go out into the woods this fall to gather leaves, forage mushrooms, snap photos, hike to a fishing hole or otherwise, you may be putting your life in danger.

### Know the Risks



**Check out the NM Family Pass and get free admission to museums & historic sites across the state!**

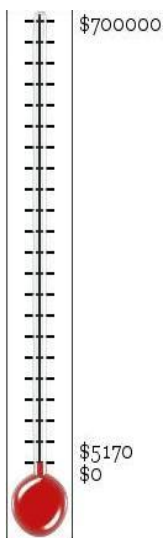
The Family Pass opens the doors to the 15 exceptional museums and historic sites listed below. From Native American treasures to space exploration, world-class folk art to super dinosaurs, ancient sites to the state-of-the-art New Mexico History Museum – our museums and historic sites celebrate the essence of New Mexico!

**The Family Pass is available FREE to RAC Library Patrons!**

Sponsored by:



In taking responsibility for one's own safety, education is the key. Take a tip from sportsmen and sign up for a hunter safety course. You can also find a wealth of



## 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:

La Joya Community Development Association (\$1,000)

Socorro Electric Cooperative Foundation (\$1,000)

La Joya Educational & Charitable Assistance Organization (\$500)

### Help our Library get its own building!

Donations accepted at:

**RAC Library and on-line at [www.GoFundMe.com/RACLibrary](http://www.GoFundMe.com/RACLibrary) & Amazon Smile**

## SHOPPING ON- LINE?

### Sign up for Amazon Smile

([www.Smile.Amazon.com](http://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**

information by visiting the wildlife management websites. These resources can tell you not only the hunting season you're in, but where sportsmen are most likely hunting and with what means. You may want to rethink a trip to the local wetlands during duck season, or cross-country horseback riding during deer season.

### Dress the part

When you go out, remember that being seen is being safe. Most sportsmen wear approximately 250 square inches of safety orange, also called "blaze." To put that in perspective, a baseball cap provides 100" of coverage, and a vest provides 500".

If you are walking between a sportsman and the buck he's sighting in on, and he can't see you, you may be in grave danger. Dress loudly; avoid earth tones, grays, or anything subdued, i.e., neutral-toned camo. Instead, select bright, fluorescent colors. Safety orange is the color most sportsmen recognize, and will

therefore avoid when aiming for a shot.

This should also be applied to your companion animals. For instance, use a fluorescent saddle blanket on your horse or outfit your dog with a blaze jacket.

Speak up in the field; game animals don't talk. Conversing quietly or whistling a tune will alert nearby sportsmen to your presence. Please be courteous. Don't shout, don't be obnoxious, and if you see a sportsman, wave to him and quietly leave the area.



Take the time of day into account as well. Sportsmen know that game is on the move most often during "long shadow" times – early morning and late afternoon, and is the cause for many hunting accidents. Consider waiting until midday to go for a hike or to forage for mushrooms and wild fruits.

Speaking of timing, stay out of the woods on a hunting season's opening day. This is the single busiest day of each season, and the risk of danger is greatest. On average, more people hunt on Mondays, Fridays and Saturdays, making midweek a much safer time to get out and enjoy nature as a non-hunter.

### Location is Everything

Where you spend time outdoors warrants some thought as well. State game lands, while technically public, are paid for by the proceeds of hunting license sales. This makes you a guest, so act accordingly. Remember, the game lands are there specifically for hunting.

Stay on the main trails and along access roads and lanes. Most sportsmen will look for more secluded, less traveled areas where game is less likely to be spooked and wary. While some sportsmen like having game flushed out for them, others will resent the intrusion.

Never trespass on private lands and make sure to observe all property signs. If the sign says "Keep Out," there is probably an excellent reason.

Education is the key to a safe experience. Know and follow safety gear requirements. Learn where and when to go outdoors safely before planning your trip. Be courteous and share our wilderness. And most of all, get out there and enjoy the beautiful outdoors.

*NOTE: This article first appeared in the Grit magazine, September/October 2015 edition. With permission, the excerpt was presented. For more info, see [www.Grit.com](http://www.Grit.com) ✂*

## This Month's Events

**November 2, 2016 – Wednesday  
6:00 pm at RAC Library  
LA JOYA ACEQUIA MEETING**

Updates on activities and water scheduling will take place.

**November 4, 2016 -- Friday  
9:30 am at North Soc. Senior  
Center, Veguita  
SENIOR'S DANCE**


All Seniors welcome. Note Lunch is served at 11 to allow for dancing space!



## This Month's Events

**November 6, 2016 – Sunday**

**DAYLIGHT SAVING TIME ENDS**

Don't forget to move your clocks  
 forward one hour. Use the  
extra hour for some sleep-  
in time!

**November 8, 2016 – Tuesday**

**7 am-7pm --Sr Center, Las**

**Nutrias**

**NATIONAL ELECTIONS**



**November 9, 2016 – Wednesday**

**9:00 am, Sr Center, Las Nutrias**

**RAC MOBILE LIBRARY**

**November 11, 2016 –**

**Friday**

**VETERAN'S DAY**



**November 11, 2016 – Friday**

**9:30 am at RAC Library**

**RIO ABAJO COMMUNITY LIBRARY**

**BOARD MEETING**

Everyone (especially patrons)  
welcome and invited to have a  
voice in how the library operates

**November 14, 2016 – Monday**

**6:30 pm at RAC Library**

**LAJOYA LADIES' CRAFTING CIRCLE**

Work on projects, learn crafts, and  
visit. Also final for Festival of  
Cranes booth. For info call 864-  
0666

**November 18, 2016 -- Friday**

**9:30 am at North Soc. Senior**

**Center, Veguita**

**SENIOR'S DANCE**

All Seniors welcome. Note Lunch  
is served at 11 to allow for dancing  
space!

**November 21, 2016 – 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.

## This Month's Events

**November 22, 2016 – Tuesday**

**12-2:00 pm at Las Nutrias Parish  
Hall (Hwy 304)**

**ST. VINCENT DE PAUL'S ANNUAL  
COMMUNITY THANKSGIVING DINNER**

See page 5 for more information.

**November 23, 2016 –**

**Wednesday**

**9:00 am, Sr Center, Las Nutrias**

**RAC MOBILE LIBRARY**

**November 24, 2016 –**

**Thursday**

**THANKSGIVING DAY**



**November 24-25, 2016 –**

**Thursday-Friday**

**RAC LIBRARY WILL BE CLOSED**

**DEADLINE FOR SUBMITTING DECEMBER  
ANNOUNCEMENTS: 5:00 P.M., NOVEMBER  
22, 2016**



## Ready for Refunds?

The SEC Board has approved the  
closing for 100% of the capital  
credits for 1990 and 20% for 1991.  
These credit amounts will be  
returned to the SEC members that  
had service in 1990-1991. It is  
anticipated that the checks will be  
distributed in time for Christmas.

These funds represent the SEC  
Board's commitment to all SEC  
members as part of their Duty of  
Care and SECs strength due to the  
Board's oversight of management.

Were you or someone you know a  
member of Socorro Electric  
Cooperative in 1990 and/or 1991?  
If so, it would be wise to double-  
check the mailing address SEC has  
in the records. Anyone who had  
service with SEC during that time

and moved since may not get their  
check if the current address is not  
appropriately noted. So for current  
and former members, it pays to  
double-check! ✂

## N. Socorro Senior Center



*By Pat White-  
Johnson, Site Manager*

On Tuesday, November 8<sup>th</sup>, the  
Senior Center will be taken over  
by the Election Commission, so  
none of the meals and normal  
activities will be taking place.  
Nonetheless, we hope everyone  
comes in to cast their vote! After  
all, it's not every day that our  
opinions actually count for  
something!

The dances will be on November  
4<sup>th</sup> and November 18<sup>th</sup> from 10-12.  
The band, *Amistad*, invites you to  
wear your dancing shoes.

Chalk up your pool cues. Our  
pool tournament will be held on  
Thursday (Nov. 17<sup>th</sup>) and  
competitors will be coming from  
Belen and Socorro to participate.

Lastly, the Senior Center will be  
closed on Thursday (Nov. 24) and  
Friday (Nov. 25) for  
Thanksgiving. We hope everyone  
has a wonderful weekend with  
family and friends.

Our Senior Center is open Monday  
through Friday, 8 a.m. to 2 p.m.  
All seniors 60+ are welcome to  
join in the activities and for a hot  
meal (lunch is served at 12 noon).

For additional information, call Pat  
at (505) 861-2860, or Linda  
Murillo, the Interim Director, at  
(575) 835-2119. ✂

## Wedded Bliss

On Tuesday  
(October 4<sup>th</sup>)  
Santa Fe

Archdiocese honored one of our own at a special mass conducted at the St. Francis Cathedral.

Each of New Mexico's parishes nominated couples, and our local parish (Our Lady of Sorrows) nominated John and Martha Carangelo. Hence, with Father Felipe Valadez representing Our Lady of Sorrows, Mr. and Mrs. Carangelo were honored by the Archbishop John C. Wester.



The award presented to the Carangelos recognized their 71 years of marriage, and Archbishop Wester also noted their significant contributions as mentors to the community.

We say simply – Congratulations to Martha and John for the award and recognition. Also, we extend deep appreciation for being such an inspiration to us all.

*NOTE: Pictures contributed by Jerry Esquivel of La Joya.*

## Community Thanksgiving



Our Lady of Sorrows Parrish and St. Vincent

de Paul Society is hosting their first Annual Community Thanksgiving Dinner on Tuesday, November 22<sup>nd</sup>.

The event will be held at the Manuel Sanchez Parish Hall from 12 noon through 2:00 p.m. The event will be free to the community.

For more information call (505) 864-4461. ✂

## Rio Abajo Community Celebrations

### November 2

Stephen Carbajal's birthday  
Alexis Mayse's 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 Findsplices

### November 9

Jim Cooney's birthday

### November 10

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

## Rio Abajo Community Celebrations

### November 19

Marcel Abeyta's birthday

### November 23

Judith Haugness' birthday

### November 25

Dorothy Espinosa's birthday

### November 26

Reyna Barela's birthday

### November 27

Shelly Lawrence's birthday

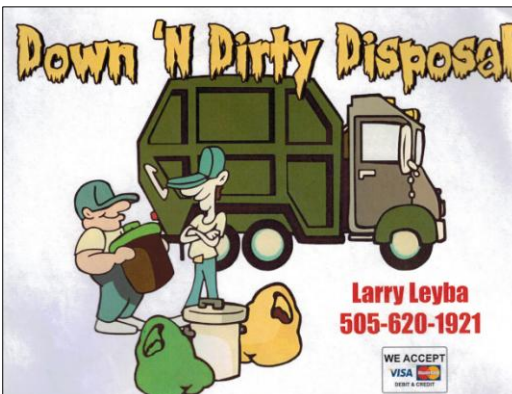
*IS A BIRTHDAY, ANNIVERSARY OR CELEBRATION COMING UP? LET US KNOW AND WE'LL PASS THE WORD!*

## Natural Health Tips

### Health Benefits of Beets

*By Donna Hernandez, ND, MH*

These root vegetables are packed with beneficial nutrients. They are high in fiber, for one, which is needed for healthy digestion, cholesterol control, blood sugar stabilization, and more. Beets are also rich in a variety of antioxidants, which help fight



**Weekly Pick-up**  
(two 95-gal cans)  
**\$23 per month**  
no contract required

**Commercial services**  
(one-time pick-up)  
upon request

oxidative damage and prevent various diseases.

Finally, beets may be most well known for their high content of natural nitrates. While excessive nitrate consumption from processed foods can be harmful to your health, many fruits and vegetables naturally contain nitrates, which are quite beneficial, especially in terms of blood pressure reduction and enhancing blood flow in the body.

### 3 Health Benefits of Beets

**Lower blood pressure.** One of the most significant and well-known benefits of eating beets is blood pressure reduction, which lowers the risk for heart disease substantially.

**Control blood sugar.** Beets taste quite sweet, meaning that they do have a moderately high glycemic index. However, beets don't contain a large amount of carbohydrates per serving, so eating a reasonable amount of beets in one sitting won't raise your blood sugar levels significantly. In fact, beets can help moderate blood sugar. They are high in fiber, which helps



blood sugar control, and they are high in antioxidants, which helps insulin functioning. In one study, consumption of 225 ml beetroot juice significantly reduced insulin and glucose responses after a meal.

#### Enhance physical performance.

Beets also improve endurance and exercise tolerance. Some of the same reasons that make beets good for blood pressure reduction make them good for exercise as well. Beets stimulate blood flow by dilating blood vessels. When the body has more access to oxygenated blood, you can work out longer without getting as tired. This leads to improvements in endurance, exercise performance, and perceived levels of exertion. In one study, people ran 5% faster during a 5 km run when they had 200 g baked beetroot 75 minutes before the run, and they also felt less exerted.

#### Ideas for Getting More Beets into Your Diet

Fresh grated beets onto a nightly salad with dinner makes for a colorful and tasty topping. They can also be steamed until tender; sprinkle them with some salt and pepper, and enjoy warm.

Beets are great roasted in the oven

with a little olive oil and spices. Look up recipes for beet salads that use ingredients that pair well with the unique flavor of beets, like goat cheese, toasted nuts, balsamic, quinoa, arugula, and more. Finally, try using 100% beetroot juice for a healthy smoothie add-in.

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

## Joke of the Month



In the tradition of Thanksgiving, we have a couple of "turkeys" to share with you!



A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family.

She asked a stock boy, "Do these turkeys get any bigger?"

The stock boy replied, "No ma'am, they're dead."



It was the first time the bimbo was

## Rio Abajo Community Cookbook

is being assembled NOW and will feature:

- ★ Our best culinary delicacies ★
- ★ Our community families and cooks ★
- ★ The artistry of our youth ★

To enter for a chance to be included in the cookbook and/or win prizes:

- ✓ Submit an entry form
- ✓ Submit your favorite recipes and

Include one story, a little history of the dish and/or a picture with every 3-5 entries



eating Thanksgiving dinner without her family. Trying to re-enact the tradition, she prepared a dinner for herself alone. The next day, her mother called to see how everything went.

"Oh, mother, I made myself a lovely dinner, but I had so much trouble trying to eat the turkey!" said the daughter.

"Didn't it taste good?" her mother asked.

"I don't know," the bimbo said. "It wouldn't sit still!" ✂

## Word of the Month

**Lionize:** (verb) To treat (a person) as a celebrity.



EXAMPLE: The worst of Gordon was that he made it next to impossible to *lionize* him.

Origin: Used by Scott, 1809) and preserving *lion* in the sense of "person of note who is much sought after" (1715), originally in reference to the lions formerly kept in the Tower of London. ✂

## Future Events

**December 2, 2016 -- Friday**  
**9:30 am at North Soc. Senior Center, Veguita**  
**SENIOR'S DANCE**

All Seniors welcome. Note Lunch is served at 11 to allow for dancing space!

**December 7, 2016 -- Wednesday**  
**9:00 am, Veguita Sr Center**  
**RAC MOBILE LIBRARY**

**December. 7, 2016 -- Wednesday**  
**6:00 pm at RAC Library**



*Vote* Bernadine  
**Aragon-Lucero**

*for* Socorro County Clerk

**Tuesday, Nov 8, 2016**

(early and absentee voting has already started!)

### Qualifications:

- Lifelong resident of Socorro County
- 10 years experience in managing elections (6 w/Socorro County Clerk and 4 w/NM Secretary of State)
- I believe in fair and honest elections

I am the candidate with  
the **EXPERIENCE, INTEGRITY** and **KNOWLEDGE** for the office!

To learn more, visit <https://www.facebook.com/BernadineforSocorroCountyClerk/>  
email [aragonlucero4socorroclerk@gmail.com](mailto:aragonlucero4socorroclerk@gmail.com) or call **505-507-6025**

## Future Events

### LA JOYA ACEQUIA MEETING

**December 9, 2016 -- Friday**  
**9:30 am at RAC Library**  
**RIO ABAJO COMMUNITY LIBRARY**  
**BOARD MEETING**

Everyone is welcome and invited

**December 10, 2016 -- Saturday**  
**OUR LADY OF GUADALUPE FEAST**

**December 12, 2016 -- Monday**  
**6:30 pm at RAC Library**  
**LAJOYA LADIES' CRAFTING**  
**CIRCLE**

Work on projects, learn crafts, and visit. Plans also begin for Festival of Cranes booth. For info call 864-0666

**December 16, 2016 -- Friday**  
**9:30 am at North Soc. Senior Center, Veguita**  
**SENIOR'S DANCE**

All Seniors welcome. Note Lunch is served at 11 to allow for dancing space!

**December 19, 2016 -- Monday**  
**11:00 am at Las Nutrias Parish Hall (Hwy 304)**

## Future Events

### ST. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

Free food is distributed for low-income households. To enroll, come in one hour early.

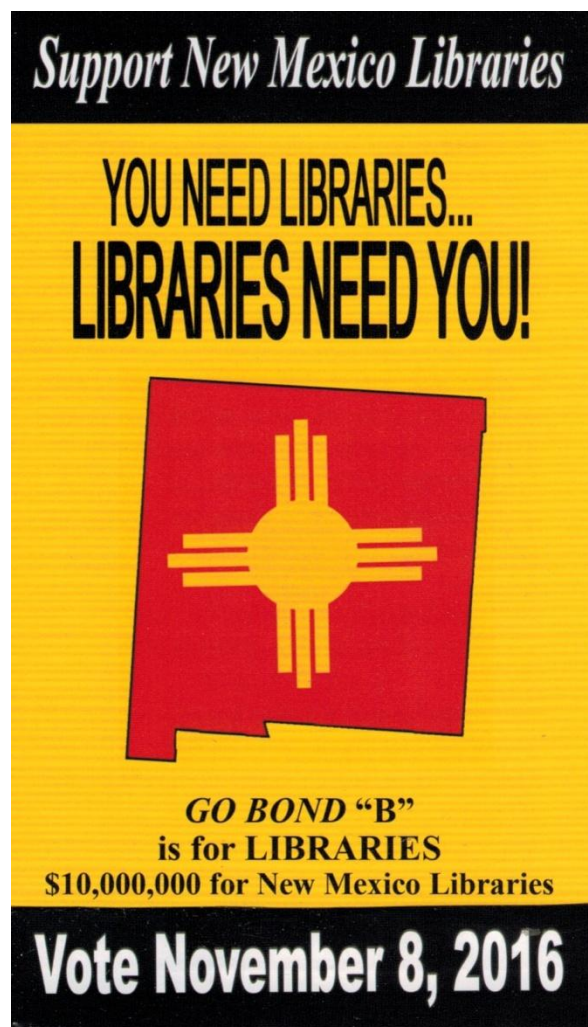
**December 21, 2016 -- Wednesday**  
**9:00 am, Sr Center, Las Nutrias**  
**RAC MOBILE LIBRARY**



**December 25, 2016 -- Sunday**  
**CHRISTMAS DAY**

**December 26-30, 2016 -- Tuesday-Friday**  
**RAC LIBRARY WILL BE POSTING HOLIDAY HOURS**

**DEADLINE FOR SUBMITTING DECEMBER ANNOUNCEMENTS: 5:00 P.M., NOVEMBER 22, 2016**



## Classified Ads

**FOR SALE:** Piano, \$500, and also sleeper couch with two love seats \$500. (505) 865-4811

**PINION FOR SALE.** Raw and

roasted. Prices from \$5 to \$30. Call Sam Romero at (505) 508-6646.

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

**JAZZY ELECTRIC WHEEL CHAIR,** never used plus vehicle carrier. Retails for \$5,000, selling for \$2,500. (505) 861-0497 or cell (505) 610-1723.

**Want to run an ad in next month's newsletter?** It's only \$1 a month for 25 words or less. Deadline: November 22, 2016. For display ad rates, call at (505) 861-8289. ✂

### Rio Abajo Community Library Board

President	Carolyn Ueberroth, Contreras
Vice Pres	Minnie Presley, Veguita
Secretary	
Treasurer	Dolores Phillips, Sabinal
Directors	Loretta Carrillo, Abeyta
	Kathy Esquibel, Veguita
	Quinton Lawson, Veguita
	A. Miguel Trujillo, Architect, Las Nutrias



## 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.

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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 \_\_\_\_\_

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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Country