

FREE

February 2016 .
Volume 4, Issue 8 .

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

February 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



Hard Work is Producing Results



Our County Commissioner, Martha Salas, has not been sitting idle! In

her work as our county representative, Martha has made inroads with some of our major concerns and has worked hard enough for even other counties to take notice.

At this year's Association of County Commissioner Affiliates, held in Santa Fe with commissioners from throughout New Mexico, Martha was elected Chairperson of the Association. She will now not only serve as the Vice-Chair of the Socorro County Commission, but will also be representing all NM counties at the state and national levels.

On a more personal level, Martha completed and received her EDGE certification through New Mexico State University. This certification provides extensive and thorough training in the legal, ethical and logistic responsibilities of being a county commissioner. Although this is a certification that is open to all commissioners, many elected officials chose not to acquire a full understanding of their role in this politically-critical position. We salute and congratulate Mrs. Salas for choosing to be at the top of her game in order to better represent us!

Lastly, Commissioner Salas has advised that the NM State Auditor

Keller has recognized Socorro County for having one of the most improved audits. First place went to Clay County, and we were the Runner-Up. In light of previous years' abysmal accounting audits, the recent results indicate that everyone's hard work, with the Commission's oversight has produced wonderful results. With fewer financial clouds to mar our county, this should make acquiring funding more feasible.

After a family emergency, Mrs. Salas learned that the ambulance company (AMR) out of Belen is involved with litigation with Living Cross, which is stalemating some of prior efforts. Until further notice, Socorro County Fire Chief Gonzales needs to approve on a case-by-case basis for AMR to provide services. Fire Chief Gonzales says he will promptly approve AMR to come out if all of their local ambulances are otherwise busy.

One of Commissioner Salas' primary projects has been our medical center. The Department of Finance Administration (DFA) has not as yet moved on this project. Although \$100,000 was approved for site preparation, which the County has done, these funds have not been reimbursed. Mrs. Salas has now teamed up with Rep. Don Tripp in order to try to resolve this issue and get our medical center moving forward again.

Overall, it appears our commissioner has been working overtime. Thank you Commissioner Salas! ✂

RAC Library News

Focus on Classics

As is well known, we don't have a multi-million dollar budget for the things that city libraries take for granted, but we are always thrilled with the progress and quality we maintain via volunteers and donations.

In this light we are thrilled to say that we are developing a wonderful collection of movies and audio books. Our focus is to acquire and maintain items that are considered classics, such as *"Gone with the Wind," "The Wizard of Oz"* and *"Giant."* We are also proud of the fact that we have *"Milagro Beanfield War"* and *"Bless Me, Ultima,"* which are considered New Mexico classics.

There are so many others we would love to have and which, as donations come in, we will acquire. Meanwhile, if there is a particular movie you think should be in our forever-collection, let us know! It's impossible for only a few to be able to remember all of the greatest movies made, so we invite your input and suggestions.

Of course, donations of movies and cash are always welcome as well!

☆☆☆☆

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 ✂

Farmer's Wisdom

There was a farmer who grew excellent quality corn. Every year he won the award for the best grown corn. One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "Didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

So is with our lives... Those who want to live meaningfully and well must help enrich the lives of others, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others find happiness, for the welfare of each is bound up with the welfare of all...

-Call it power of collectivity...
-Call it a principle of success...



**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:
 **NEW MEXICO
STATE LIBRARY**  **NEW MEXICO DEPARTMENT OF
CULTURAL AFFAIRS**

-Call it a law of life.

The fact is, none of us truly wins, until we all win!! ✂

NM Special Orchestra News



By Gair Linhart, Director

In February, the Special Orchestra will be performing in Albuquerque on Saturday, February 13th (1:00 p.m.) at the Rosario Bilingual Multicultural Center in Albuquerque's Knob Hill (5200

Copper NE). This Valentine's Concert is sure to be a delight for all the lovers in attendance.

We are also preparing for a special St. Paddy's Day performance, but more details on that in next month's newsletter!

NOTE: *The Special Orchestra, Inc.* (headquartered in La Joya) is a non-profit organization whose purpose is to help persons of all abilities share in the joy of making music. They practice each month on the second Friday (6:30 p.m.) at the Eagle Park Recreation Center in Belen. For more info: (505) 864-3749.✂

This Month's Events

February 3, 2016 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

Plans for the upcoming growing season will be made.

February 8, 2016 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING CIRCLE

Work on your project, learn new crafts, and visit with everyone. For info call 864-0666, 864-5904

This Month's Events

February 10, 2016 -- 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.

February 10, 2016 -- Wednesday
ASH WEDNESDAY (LENT BEGINS)

February 12, 2016 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING

February 14, 2016 --
Sunday
VALENTINE'S DAY



February 15, 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.

February 17, 2016 -- Wednesday
11:00 am at N Socorro Sr Center
SOCORRO COUNTY SR CITIZEN'S
BOARD

Concerns about our local center will be addressed and an update regarding requested repairs and improvements will be provided.

This Month's Events

February 24, 2016 -- Wednesday
9:30 am at Senior Center, Las Nutrias

RAC MOBILE LIBRARY

DEADLINE FOR SUBMITTING FEBRUARY
ANNOUNCEMENTS: 5:00 P.M., FEBRUARY
22, 2016

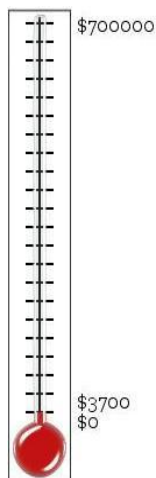
Socorro County Update



By Delilah Walsh, County Manager

After appearing to be in limbo for the last two years, our Sabinal Community Center was provided with \$100,000 in a capital outlay grant. The site is ready to roll, so we will hopefully be seeing genuine progress this spring!

All of Socorro County Volunteer Fire Departments have been partnering every weekend to provide Firefighter 1 training for the new volunteers. This will allow our departments to increase the number of certified volunteers. (NOTE: the newsletter will highlight our new Firefighters in a future newsletter!).



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

Lastly, the County Commissioners declared February 5th National Wear Red Day in the county. There will be heart-healthy events at the Socorro Plaza from 12 pm through 4 pm on that Friday. Everyone is welcome to join the fun! ✂

Northern Socorro Senior Center



By Pat White-Johnson, Site Manager

We are looking forward to serving as host for the next meeting of the Socorro County Senior Citizen's Board to be held on Wednesday, February 17th at 11 am.

At our last hosted meeting a lot of concerns and needs were presented. Some of these concerns have since been addressed and

corrected, and the remaining issues will hopefully have a progress report available.

Everyone is encouraged to attend as this Board welcomes input and insight from those they are supposed to assist and represent. ✂

La Joya Comm. Dev. Assoc. News



Meeting every quarter rather than monthly means an action packed agenda in a very short time. This quarter's LJCD meeting was no exception!

One of the highlights was Gair Linhart's success in organizing the Adopt-a-Highway project for the Highway 304 stretch just north of La Joya. The first highway clean-up is scheduled for March 19 (just before Easter) and more details

will be available next month.

Another grant request had been submitted for the gymnasium, but due to the state budget cuts, it appears this project will have to wait another year.

Recycling was also discussed. At one time the Convenience Center was provided with bins for recycling, but they were removed several years ago. The Association is going to ask that this facet be returned to the Convenience Center, principally for cans, glass and paper.

The archeological dig just north of the La Joya Water Tower was discussed. It appears that one-fourth of the site has been excavated. In the work thus far it has been discovered that Old Kings Road ran directly through the Piru Pueblo instead of around it (which was usually done). It was also discovered that the area in which the San Luis Abisbo Church was thought to have been located was wrong. When the dig resumes this spring, it is hoped to locate it.

Annual Río Aabajo Community Library Bingo



March 20, 2015 -
Beginning at 2:00 p.m.
At
Our Lady of Sorrows
Parish Hall
(NM Highway 304, Las Nutrias)



Lots of GREAT Jackpots!
Great Door prizes!
Great Snacks - Desserts - Beverages!
Great Fun!

At this time the dig has uncovered the remains of five buildings and three kivas. Also found were pottery shards, some of which are dated from the 11th Century.

The biggest challenge faced by the archeological dig is caused by the curious and the vandals. It is planned to construct fencing with clear postings of "no trespassing," and a locked gate.

Last of the activities of the meeting included a call for members to pay their membership dues (\$12.50 per year) and to encourage residents from the La Joya/Contreras communities to join.

Their next meeting has been scheduled for April 20, starting at 6:30 p.m. in the Rio Abajo Community Library. ✂

Rio Abajo Community Celebrations

February 1

Avriel Cederstrom's birthday

February 2

Dominique Jones' birthday
Johnathan Rodgers' birthday

February 3

Ia J. Cederstrom's birthday

February 4

Emily Crowder's birthday

February 7

Josh Esquibel's birthday

February 8

Bernie Cordova's birthday

February 10

Maribel Betancourt's birthday
Robert Shannon's birthday

February 14

Thom Apodaca's birthday
Chyanne A. Rael's birthday

Rio Abajo Community Celebrations

February 16

Tara, Maeve & Greta
Cederstrom's birthdays

February 19

David Cordova's birthday

February 20

Logan Johnson's birthday
Sarah Rogers' birthday

February 23

Inés Martinez's birthday

February 25

Lovelía Jaramillo's birthday

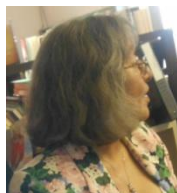
February 26

Lacie Sanchez's birthday
Margarita Unzueta's birthday

February 28

Trysten D. Garcia's birthday

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



Natural Health Tips

Type 2

Diabetes in a Nutshell

By Donna Hernandez, ND, MH

In a healthy person the stomach breaks down carbohydrates into sugars. These sugars enter the bloodstream, prompting the pancreas to release insulin in order to help your cells use the sugar for fuel (energy). In type 2 diabetes your pancreas makes less or no insulin, so your body can't use sugar properly, which leaves sugar in your blood.

What Will You Notice First?

About 1 out of 3 people with type 2 diabetes don't know they have it because they have no symptoms. When they do appear, the most common symptoms are:

- Being thirsty a lot;
- Dry mouth;
- Bigger appetite;
- Peeing a lot (sometimes every hour); and
- Unusual weight loss or gain.



As blood sugar levels get higher, other problems develop, like headaches, blurred vision, and fatigue. If still undiagnosed, red flags begin to pop up:

- Slow healing cuts or sores;
- Frequent yeast or urinary tract infections; and
- Itchy skin, especially in the groin area

Diabetes can damage blood vessels and nerves in your genitals, leading to feeling loss. About one in 3 diabetics have some form of sexual trouble. Women are prone to vaginal dryness and 35%-70% of diabetic men develop some degree of impotence.

Risk Factors

Some things in life cannot be controlled, such as race/ethnicity, family history, or age. However, health habits and medical conditions can raise your odds of developing type 2 diabetes, including:

- Being overweight, especially at the waist
- A couch potato lifestyle
- Smoking
- Eating a lot of red meat, processed meat, high-fat dairy products, and sweets
- Unhealthy cholesterol and triglyceride levels

Women have a higher risk of developing type 2 diabetes if they had gestational diabetes when pregnant, delivered a baby that weighed over 9 pounds, or had polycystic ovary syndrome

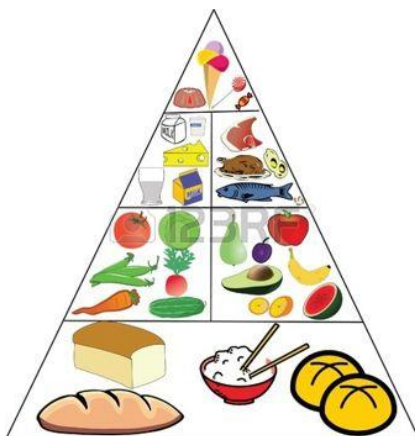
Lifestyle Makes a Difference

Blood sugar levels can be controlled through diet and weight loss.

- Track the carbs in your diet. Keep amounts the same at every meal, watch how much fat and protein you eat, and cut calories.
- Regular exercise (strength training or walking) improves your body's use of insulin, helps get rid of body fat, lower blood pressure, and protect you from heart disease.
- Stress can boost blood pressure and blood sugar. Practice relaxation techniques; and take time to talk to a friend, family member, counselor, or a religious leader.

If you don't treat diabetes with a healthy diet and exercise, you're more likely to:

- Get plaque in your arteries, leading to hardening of the arteries (atherosclerosis).
- Develop chronic kidney disease, which leads to kidney failure.
- Damage the tiny blood vessels that bring oxygen and nutrients to the retina of your eye (diabetic retinopathy) and lose your vision.
- Develop nerve damage. Symptoms include tingling, numbness, pain, and a pins and needles sensation (in fingers, hands, toes, or feet). This can make it hard to feel, so you might not notice wounds until gangrene sets in.
- Lose teeth since high blood sugar levels feed plaque-causing bacteria. This leads to tooth decay and gum disease.



Can It Be Prevented?

Type 2 diabetes can be avoided! To lower your risk, follow the same guidelines for warding off heart disease:

- Eat a healthy diet.
- Exercise for 30 minutes, five days a week.

- Stay at a healthy weight.
- Talk to your doctor about being tested for prediabetes.

People with prediabetes can avoid getting diabetes.

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

A woman rubbed a bottle and out popped a genie. The amazed woman asked if she got three wishes. The genie said, "Nope, sorry, three-wish genies are a storybook myth. I'm a one-wish genie. So... what'll it be?"

The woman did not hesitate. She said, "I want peace in the Middle East. See this map? I want these countries to stop fighting with each other and I want all the Arabs to love the Jews and Americans and vice-versa. It will bring about world peace and harmony."

The genie looked at the map and exclaimed, "Lady, be reasonable. These countries have been at war for thousands of years. I'm good but not THAT good! I don't think it can be done. Make another wish

Have something to sell?

For only \$1 you can let everyone in northern Socorro County

know

PLUS

You'll be helping to support the Community Library!

See page 8 for more info!

and please be reasonable.”

The woman thought for a minute and said, “Well, I’ve never been able to find the right man. You know – one that’s considerate and fun, romantic, likes to cook and help with the house cleaning, is good in bed, and gets along with my family, doesn’t watch sports all the time, and is faithful. That is what I wish for...a good man.”

The genie let out a sigh and said, “Let me see the map again.” ✂

Future Events

March 2, 2016 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

Plans for the upcoming growing season will be made.

March 9, 2016 -- Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY

March 11, 2016 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING

Plans are in the works for exciting events in 2016. Everyone welcome to attend!

March 13, 2016 -- Sunday
DAYLIGHT SAVING TIME BEGINS

Set your clock forward one hour!

March 14, 2016 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING
CIRCLE

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

March 15, 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.

Future Events

March 17, 2016 -- Thursday
ST. PATRICK'S DAY

March 19, 2016 -- Saturday
9:00 am at Hwy 304 mile
marker 1, La Joya
ADOPT-A-HIGHWAY CLEAN-UP

March 20, 2016 -- Sunday
PALM SUNDAY
FIRST DAY OF SPRING

March 20, 2016 -- Thursday
ANNUAL ST. PATRICK'S DAY
BINGO

News about the RAC Library's Annual Bingo will be highlighted next month!

March 23, 2016 -- Wednesday
9:30 am at Senior Center, Las
Nutrias
RAC MOBILE LIBRARY

March 25, 2016 -- Friday
GOOD FRIDAY
The RAC Library will be closed today

March 27, 2016 -- Sunday
EASTER SUNDAY

April 20, 2016 -- Wednesday
LA JOYA COMMUNITY
DEVELOPMENT ASSOC. MTG.

DEADLINE FOR SUBMITTING MARCH
ANNOUNCEMENTS: 5:00 P.M., MARCH
23, 2016



Word of the Month

Here's a word that is

somewhat new to me.

Metempsychosis: (Noun, plural) the transmigration of the soul, especially the passage of the soul after death from a human or animal to some other human or animal body.

EXAMPLE: the doctrine of *metempsychosis* is not found here, except perhaps in germ. ✂

Classified Ads

LOOKING FOR MATURE WOMAN
INTERESTED IN PART-TIME

WORK (some weekends), licensed to drive, willing to do light house & yard work in return for free rent and negotiable salary.

Background check required. If interested, call (505) 249-0545.

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 for submissions: March 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
	A. Miguel Trujillo, Architect, Las Nutrias

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 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

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