FREE

March 2016 .
Volume 4, Issue 9 .

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

March 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

La Joya's City Water Undergoing Changes

The Annual Meeting of the La Joya Mutual Domestic Water Consumers Association (LJMDWCA) was held on Sunday, February 23rd. Although the Association focuses primarily on serving the village of La Joya, they have served as a model to many other farming communities throughout New Mexico regarding the power of cooperation and provision of public services.

At this annual event, Mr. Marcello Abeyta announced he was stepping down as president. Mr. Henry Chivera was named Interim President, and will hold this position until the next election in 2019.

Also stepping down was Mr. Ernesto Cordova due to health issues. Lastly in Board changes was the announcement that Father Eli Felipe Valadez was replacing Father Phillip and Father Dennis.

After review of the past year's issues and new challenges being faced, it was evident that the water tank and many of the fixtures and equipment needed replacing. Rates had been held at $20 per month per household for several years despite escalating costs for maintenance and equipment. Since costs have continued to exceed revenues, it has not been possible to acquire a loan to do necessary upgrades and replacements. As a result, it was voted to increase water rates effective April 1, 2016.

The standard household rates will be raised to $25 per month for the basic rate and $3 per 1,000 gallons thereafter.

It was also voted that landlords be responsible for water costs unless specified in the tenant's lease. New tenants are required to pay a $25 deposit to initiate services in their name, and if they move without paying their water bill, the deposit is forfeit and the water will be shut off until paid in full.

Additionally, landlords will be required after the first switch to their name to pay a $50 administrative fee each time. It is hoped that landlords will choose to retain the bill in their name versus having to constantly incur administrative expenses to switch the paperwork back and forth.

Lastly in new charges to consumers will be late fees and hook-up costs to re-initiate service if the water is turned off due to nonpayment.

Until April 1, 2016, LJMDWCA will continue to absorb all the costs for financing services to nonpaying customers and the constant administrative expenses for fluctuating accounts.

Also discussed at the annual meeting was the possibility of expanding services to a wider area, which will be possible if a grant and/or loan is acquired. Although present facilities are requiring extensive repair and replacement, it is projected that with consumers helping to absorb the standard operating costs, it will be possible to begin work.

Although no one likes to pay more on their bills, it is noted that this water association will continue to offer the most economical public water resource in New Mexico!

RAC Library News

Free Shelf Offerings

We are thrilled with some of the items that routinely find their way to our Give-Away Shelf on our front porch. We always make old magazines, extra books and telephone books (for Socorro, Belen/Los Lunas and Albuquerque) available. The other surprises are what we really enjoy.

Thank you to whomever provided the 2016 calendars! Those enabled us to have new calendars inside the library. There remains a wide variety to pick from. Some are scenic, some are focused on a specific topic (i.e., wildlife, birds, etc.), and some are beautifully illustrated artwork. Also recently added are some date books. So if you need a calendar or date book, come by and help yourself!

We also noticed that a few clothing items have found their way to the Give-Away Shelf. Namely, some new tee shirts and some baby socks still in the packages.

Help yourself to anything on the Give-Away Shelf, feel free to contribute extras (canned food included). As long as it fits on the shelf, it's welcome. We just ask that you please leave the shelf.

☆☆☆☆

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

DisasterAssistance.gov
ACCESS TO DISASTER HELP AND RESOURCES

Disaster Preparedness

In November 2015 a public hearing was held regarding the Socorro County Multi-Jurisdictional Natural Hazard Mitigation Plan. In short, the hearing was to determine whether the Rio Abajo community has the potential for any natural disasters. The outcome was, YES. We have a higher earthquake rating than California, there is danger of fire and flood, and the biggest danger – the potential of a railway disaster. We have a major railway line going through the heart of our community, with cargos varying from produce and cars to toxic waste (including radiation and chemicals).

This past January a Disaster Preparedness Workshop was held at the Univ. of N. Mexico by the NM Department of Health. The focus of the workshop was the establishment of PODs (Point of Dispensing). These are centrally-located sites (usually schools) where emergency medications and vaccines are available.

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

In short, other than the trained, Dept. of Health medical personnel that screens everyone, all other work is conducted by community volunteers in order to meet the demands of the disaster. This is also the site that usually serves as a focal point for coordinating all other disaster relief services, such as Red Cross, Salvation Army, etc.

At this point in time, the Rio Abajo community does NOT have a site for a POD or Disaster Command Center. If a train derails with toxic waste that affects everyone, we will have to run to Socorro for medical attention, and good luck with any other needs.

Efforts are being made to establish a POD and Command Center site in northern Socorro County (presumably at the La Promesa School or Senior Center), and to begin work in coordinating and training community volunteers in disaster relief.

Although we hope and pray we never have a disaster, it would be in all of our best interests to be prepared!

If anyone wants any more information or would be interested in becoming a disaster volunteer, please call Donna at the RAC Library (505-861-8289). By the way, concerned teens are also welcome.

This Month's Events

March 2, 2016 -- Wednesday
6:00 pm at RAC Library
La Joya Acequia Meeting

Plans for the upcoming growing season will be made.

This Month's Events

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.

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11:00 am at Las Nutrias Parish Hall (Hwy 304)
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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

This Month's Events

Annual Bingo will be highlighted next month!

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

March 24, 2016 -- Monday
9:00 am at Senior Center
2nd Annual Senior's Easter Egg Hunt

Be prepared to laugh and enjoy the fun! All Seniors welcome.

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

March 27, 2016 -- Sunday
Easter Sunday

Deadline for submitting April announcements: 5:00 p.m., March 22, 2016

Northern Socorro Senior Center

By Pat White-Johnson, Site Manager

The Socorro County Senior Citizen's Board had planned to meet at our Center last month, but due to funerals, were unable to. Nonetheless, they still plan on coming! They will be here on Thursday, March 3rd at 11 am. Everyone is encouraged to attend as this Board welcomes input and insight from those they are supposed to assist and represent.

We are also looking forward to our 2nd Annual Senior's Easter Egg Hunt! We had so much fun last year, we decided to continue this as an annual event. It's been scheduled for Thursday, March 24. Check-in begins at 9 a.m. and everyone will get a basket to collect their eggs. The hunt is scheduled to begin at 9:30 and will include areas inside and outside. All of the community's Seniors are welcome to join in the fun, plus join us for lunch afterwards.

The following day (Good Friday) the Senior Center will be closed. We wish everyone a blessed Easter weekend!

Wood Cutting Specials

Our Volunteer Fire Departments don't just put out fires. They also clear out vacant land of undergrowth and dead trees in order to minimize fire hazards. In this effort, they make wood cutting available periodically. So, for the cost of sweat equity, anyone can come and gather firewood.

Earlier in March the Veguita Volunteer Fire Department posted a wood-cutting. Pictured above is Henry, one of the Veguita Volunteer Fire Fighters. He coordinated the day's woodcutting and checked everybody in.

It was amazing to see entire families roll in to the designated area and work together to gather firewood.

On this particular day the cutting was done in Veguita just north of the Trading Post. Those without chain saws were still able to load up on firewood since there were plenty of large pieces suitable for fireplaces and woodstoves.

If you are interested in taking advantage of one of the wood cuttings, contact Shannon from the Veguita Volunteer Fire Department at (505) 688-3611 or Richard from the Abeytas Volunteer Fire Department at (505) 864-4328.

Rio Abajo Community Celebrations

March 3
Vince Esquibel's birthday

March 4
Tess Chacon's birthday

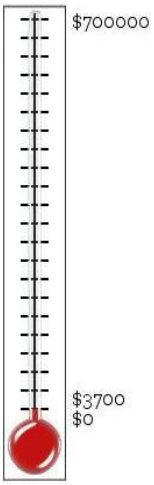
March 7
Libby Barela's birthday

March 8
Virginia Gray's birthday

March 9
Eillen D Eiler's birthday
Daniel Medeiros' birthday

March 10
Joseph Ulibarri's birthday

March 15
Clara Gonzales' birthday
Lupé Saiz-Fields' birthday



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

Rio Abajo Community Celebrations

March 21
Nikkolas Jones' birthday
Kevin Hines' birthday
Richard Wheeler's birthday

March 23
Prescilla Mendoza's birthday

March 24
Zia Yniguez's birthday

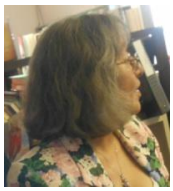
March 25
Norma Stanton's birthday

March 26
Melissa Gabaldon's birthday

March 31
Carl K. Leonard's birthday

Is a birthday, anniversary or celebration coming up? Let us know and we'll pass the word!

Natural Health Tips



Fruit Eating Secrets

By Donna Hernandez, ND, MH

We all think eating fruit means cutting it and just popping it into our mouths, but it's not that easy. Did you know there's a correct way of eating fruit? It means not eating fruits after your meals! Fruits should be eaten on an empty stomach.

If you eat fruit like that, it will play a major role in detoxifying your system, and supply you with a great deal of energy for weight loss and other life activities.

If you eat two slices of bread and then a slice of fruit, the fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to rot, ferment, and turns to acid. So please eat your fruits on an empty stomach or before your meals!

Some people complain: "every time I eat watermelon, I burp, "when I eat a banana I feel like running to the toilet," etc. This won't happen if you eat fruit on an empty stomach. The fruit mixes with putrefying food and produces gas and, hence, you will bloat!

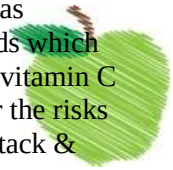
All fruits become alkaline in our body, even oranges and lemons. Graying hair, balding, nervous outbursts, and dark circles under the eyes will <u>not</u> happen if you eat fruit on an empty stomach. If you master this, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

Eating a whole fruit is better than drinking the juice. When you need to drink fruit juice – drink only fresh juice, NOT from the cans. Don't even drink juice that has been heated up. Cooking destroys all the fruit's vitamins.

If you do drink juice, drink it mouthful by mouthful slowly, and let it mix with your saliva before swallowing. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice for three days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple has a low vitamin C content, but has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.



STRAWBERRY have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE: Sweetest medicine. Eating 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Composed of 92% water, it also helps boost our immune system and has a key source of lycopene – the cancer fighting oxidant. Watermelon also provides vitamin C & Potassium.

GUAVA & PAPAYA are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! It may be nice to have a cold drink after eating, but cold water solidifies the oily stuff that you have eaten and slows down the digestion. Once this 'sludge' is in your stomach, it will break down and be absorbed faster than solid food and line the intestine. Very soon, this turns into fats and leads to cancer. It's best to drink hot soup, warm water or a warm beer after a meal.

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

Since it's 'tax time,' we thought this might be a good one.

The IRS decides to audit Grandpa, and summons him to the IRS office. The IRS auditor was not surprised when Grandpa showed up with his attorney. The auditor said, "Well, sir, you have an extravagant lifestyle and no full-time employment, which you explain by saying that you win money gambling. I'm not sure the IRS finds that believable."

"I'm a great gambler, and I can prove it," says Grandpa. "How about a demonstration?"

The auditor thinks for a moment and says, "Okay. Go ahead. "

Grandpa says, "I'll bet you a thousand dollars that I can bite my own eye."

The auditor thinks a moment and says, "It's a bet."

Grandpa removes his glass eye and bites it. The auditor's jaw drops.

Grandpa says, "Now, I'll bet you two thousand dollars that I can bite my other eye."

The auditor can tell Grandpa isn't blind, so he takes the bet.

Grandpa removes his dentures and bites his good eye. The stunned auditor now realizes he has wagered and lost three grand, with Grandpa's attorney as a witness. He starts to get nervous.

"Want to go double or nothing?" Grandpa asks. "I'll bet you $6,000 that I can stand on one side of your desk, and pee into that wastebasket on the other side, and never get a drop anywhere in between."

The auditor, twice burned, is cautious now, but he looks carefully and decides there's no way this old guy could possibly manage that stunt, so he agrees again. Grandpa stands beside the desk and unzips his pants. Although he strains mightily, he can't make the stream reach the wastebasket on the other side, so he pretty much urinates all over the auditor's desk.

The auditor leaps with joy, realizing that he has just turned a major loss into a huge win. But Grandpa's own attorney moans and puts his head in his hands.

"Are you okay?" the auditor asks.

"Not really," says the attorney. "This morning, when Grandpa told me he'd been summoned for an audit, he bet me $25,000 that he could come in here and pee all over your desk and that you'd be happy about it."

(Don't Mess with Old People!)

Future Events

April 6, 2016 – Wednesday
6:00 pm at RAC Library
La Joya Acequia Meeting

Plans for the upcoming growing season will be made.

April 8, 2016 – Friday
9:30 am at RAC Library
Rio Abajo Community Library Board Meeting

Future Events

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

April 11, 2016 – Monday
6:30 pm at RAC Library
LaJoya Ladies' Crafting Circle

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

April 13, 2016 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC Mobile Library

April 18, 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.

April 20, 2016 – Wednesday
La Joya Community Development Assoc. Mtg.

April 23, 2016 – Saturday
First Day of Passover

April 27, 2016 – Wednesday
9:30 am at Senior Center, Las Nutrias
RAC Mobile Library

April 27, 2016 – Wednesday
9:30 am at Senior Center, Las Nutrias
RAC Mobile Library

Deadline for submitting March announcements: 5:00 p.m., March 23, 2016

Word of the Month

Saltation: (Noun) 1-a dancing, hopping or leaping movement; 2-an abrupt movement or transition.

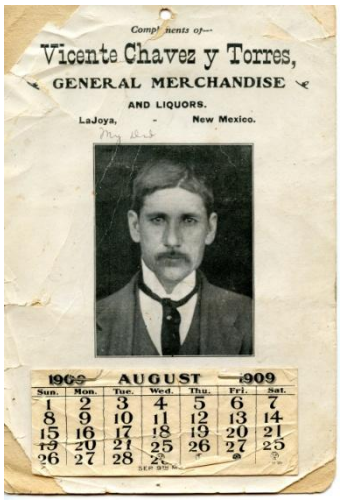
EXAMPLE: Life must be taken with a grain of *saltation:* let the spirit dance a measure or two ere it collapse.

A Touch of History

Coining mystery solved!

Last November we presented some coins Ken Hansen had dug up in his yard. At that time we asked if anyone knew more about the coins. A lot of speculation arose about these coins, but we believe the mystery may be solved!

Louis Jaramillo emailed a copy of a 1909 calendar that matches the coins' information.



An email message shortly thereafter gave even more information!

"My name is Mary Francine, Cordova, Marroquin. My great grandfather is Vicente Chavez y Torres. He was the owner of the general store in La Joya. From what I hear he gave credit to many of his customers. It looks like the token may have been part of his credit system.

I don't have exact dates, but it was in the early 1900's."

The pictures she sent were wonderful!

This picture must show how it looked in the early 1900s. The one below makes the interior look so inviting, I wish I could stop in!

My new mystery is – who are the shoppers?

WANT TO HELP US RAISE FUNDS?

Sign up for Smile.Amazon.com, then go shopping. Amazon donates a percentage of THEIR profit! Once you've signed up – chose RAC Library!!

– PLUS –

Sign up for Wi-Power's internet service and give the Library as the referral. Wi-Power will donate $25! Contact Bryan toll-free at 844-547-7800 or at bhuffstickler@twncorp.com

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: March 22, 2016. For display ad rates, call at (505) 861-8289.

Rio Abajo Community Library Board

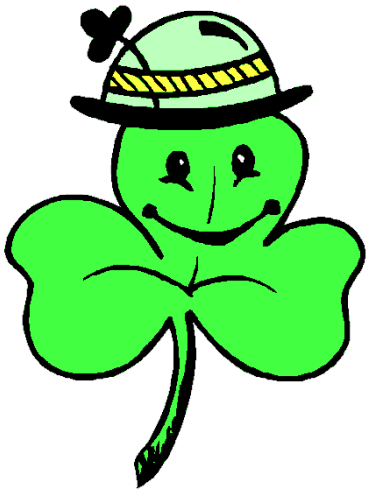
President	Carolyn Ueberroth, Contreras
Vice Pres	Minnie Presley, Veguita
Secretary	
Treasurer	Dolores Phillips, Sabinal
Directors	Loretta Carrillo, Abeyta
	A. Miguel Trujillo, Architect, Las Nutrias

Federal non-profit # 83-0398943

Rio Abajo Community Library
Presents
4th Annual

BINGO

Sunday – March 20, 2016
Beginning at 2:00 p.m.
Our Lady of Sorrows Parish Hall
NM Highway 304, Las Nutrias



Lots of GREAT prizes

Great Door prizes!

Great Snacks - Desserts - Beverages!

Great Fun!

$5 for 7 sheets (equals 21 chances to win!)
thereafter
$1 per sheet of 3 chances for each of the Specials

Proceeds are for the RAC Library Buildfing Fund

For more information – (505) 861-8289
Online at www.RACLibrary.info

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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