

FREE

October 2018 .
Volume 7, Issue 4 .

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

October 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



Triple Crown Winners!



These beautiful ladies are a prime example of everything we are so proud of!

This last year (left to right) Ashley Lucero of Veguita, Ally Aragon of Veguita and Loretta Chavira of La Joya not only graduated from Belen High School with honors, they are also the recipients of sizeable scholarships from Socorro Electric Cooperative.

All three enrolled and were accepted at the New Mexico State University and are putting the scholarship funds to great use – books and supplies.

Ashley, Ally and Loretta wanted to make a few points very clear:

1. They are so grateful to have been considered worthy of the scholarships by the Socorro Electric Cooperative;

2. That their appreciation is extended to SEC's Manager, Joseph Herrera, for his help during the application process; and

3. That SEC Board President, Dora Resident, and the SEC Board Members' work in extending this support for the youth has not gone unnoticed by the families and community.

In the past the scholarships offered by SEC to the Rio Abajo community have been very limited if offered to the community at all. With the new leadership (in-office and on the Board), our youth are seeing a bigger investment into our future. This includes scholarships as well as support to the various educational programs (i.e., computer programs, etc.) Although only a percentage of

extra funds are utilized for these efforts, we all say thank you to Socorro Electric!

Lastly, we send a big CONGRATULATIONS to Ashley, Ally and Loretta, with continued high hopes and best wishes! ❧

Northern Socorro Senior Center

By Patricia
White-Johnson, Director



Everything is gearing up for the upcoming holiday season. Snacks are usually donated and additional donations are always welcome! Any prepackaged goodie, uncut fruit/vegetables, and unopened baked item is very greatly appreciated by all the Seniors and guests!

The Center's Crafts Program, led by Judy Haugness, will be on Thursday, October 25th from 10 a.m. through lunch. If you don't have your own item to work on, you can choose one of Judy's pictures to work on – just reimburse \$5 to cover the cost of the item.

Our dances this month will be on October 5th and 19th from 10:00-12:00. Nothing special is planned this month – just the normal toe-tapping, smile producing music that everyone loves.

This month's Pool Tournament will be in Veguita at the North Socorro County Senior Center on Thursday, October 18th (10:00 until a winner is announced). Let's cheer on our neighbor pool sharks and bring that trophy home!

The Rio Abajo Community Library will have their Senior

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!

Book Mobiles on October 10th and 24th (the second and fourth Wednesday). Don't forget to return any books or movies – or better yet, check out what new items they have!

Great eating tips and recipes will be provided by Lupita on Wednesday, October 17th, from 10 am-12 pm. Lupita leads our nutrition program. Recipe swaps frequently take place!

Our Socorro shopping trip this month will be on Friday, October 12th. All Seniors (60+) are welcome. We only ask that you call and reserve your spot by Wednesday (October 10th) so we can be sure to have enough seats for everyone. We leave at 9 am and should return around 1:00 pm.

❧❧❧

The Senior Center in Veguita 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, come by the Center (894 Highway 304, Veguita) or call (505-861-2860).

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

Word of the Month



Portentous (adjective):

(1) ominously significant or indicative; (2) marvelous, amazing, prodigious.

Origin: From the Latin word *portentosus*, dating back to 1530-40.

Example:

"Behind these macho moves lie some pretty dramatic and *portentous* policy decisions." – Leslie H. Gelb: North Korea, U.S. Headed to Brink of War, Unnoticed; April 1, 2012. ❧

RAC Library News

High Hopes for NM Legislature



There is something new in the works to benefit us and communities like ours – the New Mexico Rural Library Initiative.

We are proposing legislation to create a \$50 million endowment, which would provide each rural library with about \$50,000 per year.

Most rural libraries don't have a source of sufficient and

dependable operating funds. Example, the Rio Abajo Community Library is provided with about \$7,000 each year from the State Legislature (the same as all NM libraries receive.) Most libraries use these funds for extra programs – we use these funds to cover our utility and internet bills.

Consequently, many rural libraries do not have paid staff and struggle to stay open. The NM rural Library Initiative seeks to establish a statewide endowment to fund existing rural libraries in perpetuity.

For more information see the website:

www.nmrurallibraryinitiative.org,
and on FaceBook at
www.facebook.com/NMRuralLibraryInitiative. And if
you get a chance sent

Also let our elected officials know
how important this is!

Gail Armstrong, House
Representative – (505) 269-2364
or gail@gailfornewmexico.com

Howie Morales, State Senator –
(575) 574-0043 or
howie.morales@nmlegis.gov



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

October 3, 2018 – Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

October 4, 2018 – Thursday



Oct. 5, 2018 -- Friday
9:30 am at North Soc. Senior
Center, Veguita
SENIOR'S DANCE

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

October 5, 2018 –
Friday
WORLD SMILE DAY



October 8, 2018 – Monday
THE VEGUITA SENIOR CENTER WILL
BE CLOSED

Oct. 10, 2018 – Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

Books, talking books and movies
will be available to borrow, plus
this month's newsletters.

This Month's Events

Oct. 12, 2018 – Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING

Everyone welcome to attend!

Oct. 12, 2018 -- Friday
9:00 am at North Soc. Senior
Center, Veguita
SOCORRO SHOPPING TRIP
All Seniors welcome. Call to
reserve your seat! (505-861-2860)

Oct. 15, 2018 -- Monday
11:00 am at Las Nutrias Parish
Hall (Hwy 304)
ST. VINCENT DE PAUL/ROAD
RUNNER FOOD BANK

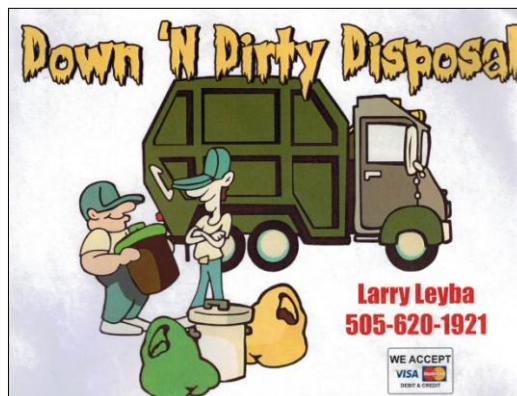
Free food is distributed for low-
income households. To enroll,
come in one hour early.

October 15,
2018 – Monday
INTERNATIONAL
DAY OF RURAL
WOMEN



Oct. 16, 2018 – Tuesday
6:30 pm at Veguita Senior
Center
SEC COMMUNITY MEETING

Everyone welcome to attend! See
page 7 for more info.



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

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

This Month's Events

Oct. 17, 2018 -- Wednesday
10:00 am at North Soc. Senior Center, Veguita
NUTRITION PROGRAM

Everything from nutrition questions to recipe exchanges are lead by Lupita. All Seniors welcome.

October 18, 2018 -- Thursday
MEATLOAF APPRECIATION DAY



Oct. 18, 2018 -- Thursday
10:00 am at Veguita Senior Center
SENIOR POOL TOURNAMENT

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

Oct. 19, 2018 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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



October 20, 2018 -- Saturday
SWEETEST DAY

Oct. 24, 2018 -- Wednesday
9:30 am, Sr Center, Las Nutrias
RAC MOBILE LIBRARY

Books, talking books and movies will be available to borrow, plus Charlie Landsborough's CDs.

Oct. 25, 2018 -- Wednesday
10:00 am at North Soc. Senior Center, Veguita
CRAFTS PROGRAM

All Seniors welcome. Bring your own or work purchase a kit! Note Lunch will be served at 11 am.

October 26, 2018 -- Friday

HOWL AT THE MOON

This Month's Events

October 30, 2018 -- Tuesday
6:30 pm at Valencia Sheriff Posse Hall, Belen
MASQUERADE BALL

Featuring the NM Special Orchestra and guest starring Dogstar. FREE admission!

October 31, 2018 -- Wednesday
HALLOWEEN DAY



November 1, 2018 -- Thursday
MEN MAKE DINNER DAY



DEADLINE FOR SUBMITTING AUGUST NEWS: 5:00 P.M., OCTOBER 24, 2018

Socorro County News



By Commissioner
Martha Salas, Dist. 1

Despite a minor glitch, the medical clinic is moving along nicely. Due to delays caused by state requirements, the initial permit was outdated, so the architect had to redo it. Although the clinic's financing has increased due to inflation, it is still projected that the "grand opening" will occur in January.

The Sabinal Community Center is also moving along with its water issue being addressed and worked on. This will enable the establishment of the commercial kitchen, which equipment was finally approved by the State.

After careful review it became obvious that inmates were being

better fed than our Seniors, so we are taking action.

We have established a contract with Summit Foods, who has a professional chef, on a trial basis. The chef will be preparing the food at the Socorro Senior Center, then that day's food will be delivered to the Veguita Senior Center. If this works out well (timely and Senior-approved), then the program will be expanded to include the Magdalena Senior Center.

It is, also, hoped that having chef-prepared food delivered daily will enable the staff in Veguita to focus on more services to the Seniors as well as providing tastier lunches!



Tree Felling Safety Tips

By Megan Wild

Trees are one of the oldest utilized resources in the history of man. Even before we developed the ability to cut through the trunks of trees or shape wood with tools, we would use their leaves and branches as shelter and building materials.

Some of the basic areas you should prepare for when tree harvesting include planning, felling, extraction, transport, the replacement of resources and, of course, safety. Here are a few tips and ideas to consider for protecting yourself, your family and your tools while felling and transporting trees.



Conduct Basic Prep

Initial preparation for the work ahead should include the basic safety gear checklist. This includes helmets, safety pants and chaps, which can be worn over your work pants, safety goggles, and glasses or a face screen. A first-aid kit should be kept nearby in order to address emergencies.

Also, prior to using any equipment, you should observe any and all external dangers. Elements of severe cold or strong winds, moisture or dry heat can negatively impact the harvesting operation and personal safety. Make sure you inspect the ground for stability and the area for power and electrical lines. Any and all hazardous materials should be labeled and stored properly. This includes oils, fuel and lubricants for your tools and equipment.

Clear the Way

Before you collect the trees you will use for your building and crafting purposes, cut down anything dangerous in your work area. Dead, dried out and rotting trees should be identified and either felled or marked to avoid. Adding these trees to your pile can result in any number of accidents or incidents to your person or team, including collapses and sudden fires.

Map out a proper landing area and skid trail for your cutting, skidding and piling needs. The area should factor in wind direction and the natural lean of the terrain, so when you cut down and collect your felled trees, they do not roll off or fall in a dangerous direction.

Use the Proper Equipment

Although you may not be gathering as much lumber as a professional logging operation, you are not simply gathering a few logs of firewood. The machine you end up using will depend on the method of harvesting and cut you intend, so identify your needs and overall goals for your resources.

Whether you intend to use the cut-to-length or the full-tree-length method, you will require heavy machinery to get the job done. Harvesters handle the felling, delimbing and bucking of the trees. Felling heads grip trees for safe removal, forwarders transport logs from the stump to a roadside landing, and skidders pull cut trees out of the forest and transport them to your designated landing site. These machines require proper training and supervision to ensure everyone's safety.



Megan Wild is a contributor to Grit Magazine. For more online information see www.grit.com ✂

Joke of the Month

We couldn't pass up the chance for at least one Halloween joke!

Chris Cross, a tourist in Vienna, is going passed Vienna's Zentralfriedhof graveyard on October 31st. All of a sudden he hears some music. No one is around, so he starts searching for the source. Chris finally locates the origin and finds it is coming from a grave with a headstone that reads: Ludwig van Beethoven,

1770-1827. Then he realizes that the music is the Ninth Symphony and it is being played backward! Puzzled, he leaves the graveyard and persuades Tim Burr, a friend, to return with him.



By the time they arrive back at the grave, the music has changed. This time it is the Seventh Symphony, but like the previous piece, it

is being played backward. Curious, the men agree to consult a music scholar. When they return with the expert, the Fifth Symphony is playing, again backward. The expert notices that the symphonies are being played in the reverse order in which they were composed, the 9th, then the 7th, then the 5th. By the next day the word has spread and a throng has gathered around the grave. They are all listening to the Second Symphony being played backward.

Just then the graveyard's caretaker ambles up to the group. Someone in the crowd asks him if he has an explanation for the music.

"Oh, it's nothing to worry about" says the caretaker. "He's just decomposing!" ✂



Rio Abajo Community Celebrations

September 1

Annette Sedillo-Ulibarri's birthday

September 2

Jeff Adams' birthday
Jericko Barela's birthday

September 3

Michael Esquibel's birthday
Theresa Sanchez's birthday

September 4

Rio Abajo Community Celebrations

- Christina Rodriguez's birthday
September 7
Cherokee Branson's birthday
September 9
Rodrigo Martinez's birthday
September 10
Michael Carbajal's birthday
September 11
Gabriel Mayse's birthday
Alexis Price's birthday
September 12
Earmer Alexander's birthday
September 13
Breannah Jones' birthday
September 15
Thomas Abeyta's birthday
Tim Abeyta's birthday
September 18
Valerie Neria's birthday
September 19
Maya Chacon's birthday
September 20
Benjamin Martinez's birthday
September 26
Abie V Chavez's birthday
Reba Wagner's birthday
September 28
Tony Vignali's birthday
September 30
James Magaleno's birthday
Mary Yost's birthday

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

Halloween Traditions



Bobbing for Apples

Bobbing for apples has been an autumn tradition for hundreds of years. Despite its presence at

Halloween parties and festivals today, however, its origins are more rooted in love and romance than tricks and treats. In fact, it began as a British courting ritual, popular among young ladies and their potential beaux.

There were several variations of game: In one set of rules, each apple was assigned to a potential mate. The bobber would then attempt to bite into the apple named for the young man she desired. If it only took her one try, they were destined for romance. If she succeeded with her second attempt, he would court her but their love would fade. If it took three tries, their relationship was doomed.

Another approach to the game was a race to be the first to bite an apple; the first to emerge successful would be the first to marry. A related superstition suggested that if a girl put the apple she had bitten underneath her pillow, she would see her future soul mate in her dreams that night.

Eventually, the game declined in popularity, and by the 1800s, it was common only in Ireland and certain areas of England. At the end of the century, though, Americans exploring their immigrant roots decided to bring back this Celtic fall tradition as a game for both children and adults at Halloween parties.



Today, some parents may keep their kids away from the tub of apples for fear of spreading germs, but bobbing for apples is

a comparatively safe tradition when compared to another old apple-centric Halloween pastime: Snap Apple.

In the game of Snap Apple, an apple was speared on one end of a stick while a lit candle was fixed at the other end. The stick was spun around, and the participants' goal was to take a bite of the apple, avoiding a face full of hot candle wax—definitely not a game to play with kids! ✂

Future Events

November 2, 2018 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

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

November 7, 2018 --
Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

November 9, 2018 -- Friday
9:00 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING

Everyone welcome to attend!

November 14, 2018 --
Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY

November 16, 2018 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

All Seniors welcome.

November 19, 2018 -- 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,



**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



SEC Applying for Rate Hikes

*By Jimmy Capps,
SEC Director of
Communications
& Public Affairs*



While the SEC Board of Trustees have managed your cooperative expenses for the last seven years without a rate increase, the fixed costs for providing your electric service have increased while the energy sales for SEC have been in a gradual decline for some time.

In 2016 the SEC Board of Trustees and Management commenced a very dedicated review of all operating expenses and the reduction in revenues from declining energy sales. The Board identified certain expense reductions including, for the first time in the history of SEC, requiring employees to contribute to the employee health benefits. The Board also hired a consulting firm to conduct an independent Cost of Service Study (COSS). The COSS not only identified the rates of each type of account and reviewed each rate design in an effort to recover an equitable rate of return from each rate class.

Two years later, the SEC Trustees adopted the findings of the COSS analysis. As a result, SEC will be applying to the PRC for an increase of approximately 5.06% or \$1,249,993 in revenue annually. Despite rising costs, this will be

the first increase in base rates for SEC in over 7 years.

This proposed increase will allow SEC to cover the cost of providing safe, reliable electric service to our Members, but does not provide the financial minimums necessary to enable SEC to borrow additional monies for system improvements.

At the SEC Board's direction, the General Manager will be providing a series of Community Meetings in order to educate our Members about this process and to provide greater detail on the impact of the proposed rates.

In the Rio Abajo Community the meeting will be held on:

Tuesday
October 16, 2018

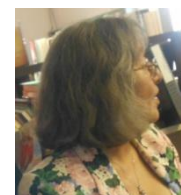
6:30 p.m. at the

Veguita Senior Center
(894 Hwy 304, Veguita, NM
87062

6:30 p.m. ✕

Natural Health Tips

Fight Strokes with Vitamin C



By Donna Hernandez, ND, MH

The benefits of vitamin C on the immune system have been well documented for a number of years. Vitamin C is crucial to the overall health of the body in its efforts to fight off infections - both bacterial and viral. Recent research has discovered another advantage to ensuring that levels of vitamin C are at the optimum.

Future Events

come in one hour early.

**November 22, 2018
– Thursday
THANKSGIVING DAY**



**November 22-23, 2018 –
Thursday-Friday
RAC MOBILE LIBRARY WILL BE
CLOSED**

**November 28, 2018 –
Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY**

**DEADLINE FOR SUBMITTING NEWS:
5:00 P.M., OCTOBER 24, 2018**

Strokes and vitamin C

At the American Academy of Neurology's annual meeting, evidence was presented that people who have normal levels of vitamin C showed a significantly reduced risk for hemorrhagic stroke when compared to those people whose vitamin C levels were deficient or low. Hemorrhagic stroke, while less common than ischemic stroke, is more deadly.

The results of this study pointed to low levels of vitamin C as a risk factor for strokes of this type. Other risk factors include being overweight, having high blood pressure and drinking excessive amounts of alcohol.

Out of all 130 people in the study, 45% had vitamin C levels that were classified as being very low. Another 45% of the study participants had levels of vitamin C that were normal. Of those 65 people in the study that had never had a stroke, all of them had normal levels of vitamin C.

Accumulating evidence shows stroke and vitamin C connection

This study data corroborates some earlier studies that showed similar



results. A University of Cambridge study showed that participants with high vitamin C levels in their blood had a 42% reduction in the occurrence of strokes.

Another study, cited in the *British Medical Journal*, showed that among elderly people, those with lower levels of vitamin C showed the greatest risk of having a stroke.

Recently, a 20-year research project was completed in Japan. Dr. Tetsuji Yokoyama, an epidemiologist who led the study, stated that his study showed that sufficient levels of vitamin C had positive effects on all types of strokes, including the type that is most common. Of the more than 2,100 participants in the Japanese study, those people who were in the group with the lowest amounts of vitamin C suffered more strokes.



Given all the research that points to the plethora of benefits that are possible with the correct levels of vitamin C, it makes sense to enjoy an extra serving of fruits and vegetables whenever possible. Men need 90 milligrams a day while women should get 75.

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

Classified Ads

PIGS FOR SALE. (505) 859-1901 or 249-1371

FREE COMPUTER. Nice old Dell XP desktop computer. Free to someone who can use it. (505) 864-3749.

OLD PIANO FOR SALE. (505) 859-1901.

MOTORCYCLE FOR SALE. (505) 859-1901.

WOOD FOR SALE. (505) 859-1901.

APPRENTICE(S) SOUGHT by Special Orchestra: nature retreat, music enablement, nonprofit administration. Valuable experience, stipend + extra benefits. (505) 864-3749.

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? It's \$1 per month for 25 words or less. Deadline for listing: October 24th. For display ad rates, call at (505) 861-8289.✂

Have something to sell?

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

Stop by the RAC Library, or call (505) 861-8289 for more info!

Rio Abajo Community Library Board

President	Ken Hansen, La Joya
Secretary	Mary Lampkin, Veguita
Treasurer	Dolores Phillips, Sabinal
Directors	Bobby Contreras, Contreras
	Elvera de Baca, Veguita
	April Esquibel, La Joya
	Robert Langston, La Joya
	Irene Saiz, La Joya
	Jodi Woods, Veguita

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 minimum donation) 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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