

FREE

January 2017 .
Volume 5, Issue 7 .

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

January 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



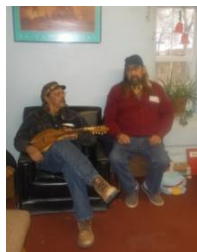
Rio Abajo: Holiday Party Central

Festivities, celebrations and all manner of fun pervaded the Rio Abajo Community this past holiday season.



The Rio Abajo Community Library hosted a Holiday Party on December 22nd which included lots of edible goodies provided by Library staff and community. In addition to eats and drinks, everyone got their Elf Name appropriately noted on their name tags, and everyone was invited to make a special ornament.

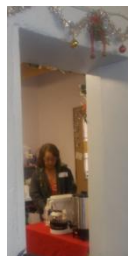
It was loads of fun and revelers included the smallest to the oldest.



We even had a musician, Billy Underwood (Elf name “Bouncy Peppermint Patty”) make an appearance and

he performed a few fun tunes on his mandolin. He’s pictured here sitting next to Ken Hansen (Elf name “Kindhearted Twinkle Toes”).

Some of folks were old friends and several new folks also came in. The new



folks thought this was the perfect time to learn about us, and they were an absolute delight!



Even our former Library Director, Martha (Elf name “Mighty Peppermint Patty”) joined the fun. She’s pictured above on the left. Juanita Hernandez (Elf name “Jumpy Jingle Bells”) from Michigan was also in town.

Fay Stone (Elf name “Fearless Sugar Plum”) was the Library Assistant that set up the ornament making. Everyone was invited to have their picture taken, which served as the centerpiece of their ornament. Then, everyone decorated their willow wreath and mounted their picture in the center. It was amazing to see the creative results and the unique personal touches everyone made.



We believe this will be an annual event, so if you missed this free event, be prepared for next year. Meanwhile, all the pictures we were able to take are on our Facebook page.

The holidays are now over and we are settling in for business as usual. We believe that most of the

Rio Abajo community had a wonderful December and we look forward to seeing and working with everyone in 2017! ❀

RAC Library News



Let's Cook Up Some Goodies!

We are now focusing on our Community Cookbook!

Have you a recipe that your family loves? Is there a family recipe that has traditionally always been available only during a certain feast or occasion? We are hoping you are willing to share!

We know the Rio Abajo community has some of the best cooks and traditions in New Mexico! We want to feature our best.



The cookbook is being organized to include a good collection of our community's tastiest foods, but most importantly, we hope to include pictures of our loved ones during their "hey day," plus stories

to treasure our history in this community.

We are setting a deadline of June 1, 2017 so we can get everything set up and ready for the printer. Some of the set up will include the artwork – for which more news and fun will be provided next month.

So take a minute, make some phone calls, and let's get cooking!

We have included the entry form on page 7 of this month's newsletter. We hope to hear from you!



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 ❀

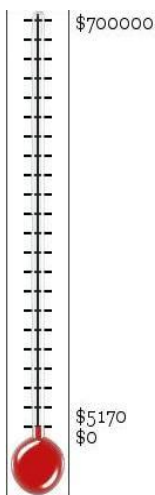
Why Bother Volunteering?



What is a volunteer? What is the value of volunteering? Volunteering is about giving, contributing, and helping other individuals and the community at large. It is working with others to make a meaningful contribution to a better community.

People volunteer for an endless variety of reasons. Many people want to gain experience, acquire new skills, meet new people, or expand their network of contacts as a way to get a new job or start a career. Others just want to give back to their community, to help a friend or promote a worthwhile activity. They do it because it makes them feel good – a "private smile."

To attempt to put a dollar figure on the value of volunteerism cheapens and undermines the basic concept, but there are economic benefits to the community. For example:



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

- 1 Nonprofit activities that are successful due to volunteers sends a loud signal to government officials that a community is viable and should have tax \$\$ invested; and
- 2 Foundations and funding sources prefer to donate resources and money to nonprofit agencies that are clearly needed and supported by the community's volunteers.

Volunteering is rich and diverse. Volunteering is not just about organizing volunteers for events. It is thousands of volunteers in minor league sports, a community library, food banks, homeless shelters, giving aid to seniors, or holding hands in a hospice. It is spontaneous acts of kindness like helping a neighbor shovel their walk or coming to the aid of a stranded motorist. These large and small acts, given freely, are what bind communities together. Volunteering is helping, not hiring; giving, not taking; contributing, not counting.

The value of volunteering is much deeper, much more fulfilling and much more important in contributing to a healthy and vibrant community than money can ever measure. In the end, we cannot and should not put a dollar value on volunteering. How can we put a monetary value on ordinary people doing extraordinary things? And our Library volunteers are absolutely extraordinary! ✨



This Month's Events

**January 4, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

Plans for the upcoming growing season will be made.

**January 9, 2017 -- 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

**January 11, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias**

RAC MOBILE LIBRARY

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

**January 16, 2017 -- Monday
11:00 am at Las Nutrias Parish Hall (Hwy 304)
ST. VINCENT DE PAUL/ROAD
RUNNER FOOD BANK**

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

**January 20, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

**January 25, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY**

**DEADLINE FOR SUBMITTING FEBRUARY
ANNOUNCEMENTS: 5:00 P.M., JANUARY
26, 2017**



What does it cost to get power? (Part 1)

By Mary Lucy Baca,
District 1
Representative



We are starting a three-part informational series this month titled "What does it cost to get power get to me?"

We will review the process of delivering power from the generation plant all the way to your home or business. The intention of this series is to help educate and engage you as our Member/Owner on what it takes to get your power to you, and the inherited costs associated with that process.

Part 1- From The G&T:

At the generation plant, energy can be generated with fuel from; coal,

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**

natural gas, bio-fuel, nuclear , or renewables like; wind, solar, and hydro. Once the fuel is purchased, it is moved (train, truck or pipeline) (freight costs vary by delivery) to the generation site to start creating your power.

After the power is generated it travels on large transmission lines to its first stop, the "Generation Switchyard". This distance can vary from yards to miles. The costs to move the power from the generation site to the "Generation Switchyard" include ancillary charges (taxes, regulatory compliance etc.), wheeling charges (associated with moving power around the national power grid), and transmission fees (essentially the "Wholesale" cost (it's like paying a toll) just to send the power down the line).

After leaving the "Generation Switchyard" the power is then pushed onto longer transmission lines that flow to the "Transmission Substation." The distances range from 10 miles to thousands.

The "Transmission Substation" is owned and operated by the Generation & Transmission Company (G&T). As the owner, the G&T has to maintain that substation and power lines in order to deliver power to the Cooperative. SEC is a member of our G&T and included in the cost of power are benefits like member services, communications, education "training", studies & analysis. The G&T also provides NERC & WECC compliance, renewable energy Credits, mutual aid...etc. The price we pay for your energy is greatly weighed down by Compliance (Federal Gov.) and regulatory (EPA) costs. These are just a few of the charges

that go into getting your power to YOUR Cooperative. So, as you can see, with all the charges that we encounter to deliver your energy we don't really pay that much.

Also keep in mind that 20 years ago we paid \$0.98 for a gallon of gas, \$0.99 for a loaf of bread, \$1.09 for a gallon of milk, and \$3.49 per pound for a Rib eye. Twenty years ago energy was around \$0.10 and today around \$0.12. How much has everything else gone up?

Look for Part 2-From the G&T to SEC, in next month's Coop Corner. ✂



Word of the Month + Joke of the Month

This month we're combining the two together. This tidbit was submitted and too good to pass up!



Lexophile: (noun) a lover of words, especially in word games, puns, puzzles, anagrams, palindromes, etc.

EXAMPLES: A devoted *lexophile*, Mr. Jones was heard saying:

- You can tune a piano, but you

can't tuna fish.

- To write with a broken pencil is pointless.
- When fish are in schools, they sometimes take debate.
- A thief who stole a calendar got twelve months.
- When the smog lifts in Los Angeles U.C.L.A.
- The batteries were given out free of charge.
- A will is a dead giveaway.
- With her marriage, she got a new name and a dress.
- A boiled egg is hard to beat.
- When you've seen one shopping Center you've seen a mall.
- Police were called to a day care center where a three-year-old was resisting a rest.
- Did you hear about the fellow whose whole left side was cut off? He's all right now.
- A bicycle can't stand alone; it is two tired.
- When a clock is hungry it goes back four seconds.
- The guy who fell onto an upholstery machine is now fully recovered.
- He had a photographic memory which never

Rio Abajo Community Library Board

President
Vice Pres
Secretary
Treasurer
Directors

Carolyn Ueberroth, Contreras
Minnie Presley, Veguita
Dolores Phillips, Sabinal
Loretta Carrillo, Abeyta
A. Miguel Trujillo, Las Nutrias

Federal non-profit # 83-0398943 ✂

developed.

- When she saw her first strands of grey hair she thought she'd dyed.
- Acupuncture is a job well done. That's the point of it.
- Those who get too big for their pants will be exposed in the end.✂

Rio Abajo Community Celebrations

January 1

Kayliss Sanchez's birthday
Daniel Espinosa Jr's birthday

January 2

Joemma Castillo's birthday

January 4

Kyla Rodgers' birthday

January 5

Leslie Haugness' birthday

January 7

Rebecca Cordova's birthday

January 8

Joanne Saiz's birthday

January 9

Francesca Martinez's birthday
Nathan Watt's birthday

January 10

Kim Johnson's birthday

January 15

Macie Crownover's birthday

January 16

Kendra Rodgers' birthday

January 17

Faith Stone's birthday

January 18

Andrew Carrillo's birthday

January 21

Elijah Carbajal's birthday

January 25

Sierra Cordova's birthday
Lovelía Jaramillo's birthday

Rio Abajo Community Celebrations

January 26

Andrea Vazquez's birthday

January 27

Robert Martinez's birthday

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

Natural Health Tips

Glyphosate aka Roundup



By Donna
Hernandez, ND, MH

A FDA-registered food safety laboratory tested iconic American food for residues of the weed killer glyphosate (aka Monsanto's Roundup) and found ALARMING amounts. Independent research shows that probable harm to human health begins at only **0.1 ppb** of glyphosate, but many foods have well above "safe" levels.

Why be concerned?

- Independent research links glyphosate to cancer and the childhood cancer rate is steadily rising
- Research also indicates that glyphosate disrupts hormones and leads to reproductive problems, early onset puberty, obesity, diabetes, and some cancers.
- Glyphosate kills the good bacteria in your gut, which is linked to inflammation and a host of diseases. This also contributes to antibiotic-

resistant bacteria in humans and farm animals

- Glyphosate binds with vital nutrients in the soil (like iron, calcium, manganese, zinc) and thereby makes food less nutritious!

This chemical is the world's most widely used herbicide. It has gone so main stream that glyphosate has infiltrated every facet of our environment – our water, air, soil.

GENERAL MILLS		
	Original Cheerios	Glyphosate – 1,125.3 ppb AMPA – 26.4
	Honey Nut Cheerios	Glyphosate – 670.2 ppb AMPA – 14.5
	Wheaties	Glyphosate – 31.2 ppb
	Trix	Glyphosate – 9.9 ppb
	Gluten Free Bunny Cookies Cocoa and Vanilla	Glyphosate – 55.13 ppb
KELLOGGS		
	Corn Flakes	Glyphosate – 78.9 ppb
	Raisin Bran	Glyphosate – 82.9 ppb
	Organic Promise Soft-Baked Cookies, Oatmeal Dark Chocolate	Glyphosate – 24.9 ppb Glyphosate – 275.58 ppb
	Special K	Glyphosate – 74.6 ppb
	Frosted Flakes	Glyphosate – 72.8 ppb
	Cheez-It (original) Cheez-It (whole grain)	Glyphosate – 24.6 ppb Glyphosate – 36.25 ppb
NABISCO		
	Ritz Crackers	Glyphosate – 270.24 ppb
	Triscuit	Glyphosate – 89.68 ppb
	Oreo Original Oreo Double Stuf Chocolate Sandwich Cookies Oreo Double Stuf Golden Sandwich Cookies	Glyphosate – 289.47 ppb Glyphosate – 140.90 ppb Glyphosate – 215.40 ppb
PEPSI CO		
	Stacy's Simply Naked Pita Chips (Frito-Lay)	Glyphosate – 812.53 ppb
	Lay's: Kettle Cooked Original	Glyphosate – 452.71 ppb
	Doritos: Cool Ranch	Glyphosate – 481.27 ppb
	Fritos (Original) (100% Whole Grain)	Glyphosate – 174.71 ppb
Campbell Soup Company		
	Goldfish crackers original (Pepperidge Farm)	Glyphosate – 18.40 ppb
	Goldfish crackers colors	Glyphosate – 8.02 ppb
	Goldfish crackers Whole Grain	Glyphosate – 24.58 ppb
LITTLE DEBBIE		
	Oatmeal Crème Pies	Glyphosate – 264.28 ppb
LUCY'S		
	Oatmeal Cookies Gluten Free	Glyphosate – 452.44 ppb
WHOLE FOODS		
	365 Organic Golden Round Crackers	Glyphosate – 119.12 ppb
BACK TO NATURE		
	Crispy cheddar Crackers	Glyphosate – 327.22

Its widely used at parks and other public spaces, and some farms use Roundup as a drying agent on crops, such as oats and wheat, but it cannot be washed off. It's taken up into the plant itself.

Glyphosate is contaminating organic and non-GMO foods, and it's even in our honey! However, the best way to avoid glyphosate is by choosing organic foods because it is prohibited on organic crops. Although contamination is a threat, the levels on organic foods are minimal compared to what's been found on conventional foods.

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



Training a Baby Goat to Become a Pack Goat

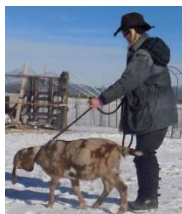
By Lauren Hall Ruddell, Planet Goat

Lead Training Standing

It's almost never too soon to begin lead-training your future pack goat. It's important to approach this task with patience and frequent breaks. What you are want is the end of resistance and the beginning of engagement. When a behavior is achieved, even a little, a release is given. Take teaching to lead, for instance. When tension on the lead is applied and you get even one step forward, release the tension and praise him. Count to 5 and reapply the lead pressure.

The hand closest to the leg you are stepping out on should hold the

lead and give a tiny tug with each step forward of the move forward you make with that leg, again, the one closest to him. That way, your little boy can connect the lead tension with a request to go forward, reinforced with a leg movement forward closest to his eye. Remember, as babies they cannot draw the cause-and-effect conclusions that an adult goat can.



In this exercise, the desired behavior is engaged standing. There is resistance at first, they will brace against the lead that is asking him to stay still. You can see in the picture above he is braced and straining, looking away and the lead is taught.

The moment he decided this was an uncomfortable posture and eased up, I eased up on the lead even further and rubbed him. Physical and verbal reinforcement is very important to goats, especially young ones. The more information your reinforcement carries, the quicker he will get the idea of just what you want.

You can see that he is braced a bit on the legs closest to me, and the lead is taught, but his head is up and he is thinking. Now he is released and praised again. He is starting to get the picture and feels more confident and eager to do the right thing.

Once he comes to a standstill on his own, he is again praised verbally and rubbed. He is receiving no edible treats at this point in training. When he has reached a level of training that

involves exertion, I offer peppermint horse treats.

I will know he has comprehended what is being asked when he stands still while making sustained eye contact, even though I am wearing dark glasses. I step back again. He steps forward, stops and looks up. Victory!

This entire exercise took 6 minutes. That is all you should do for about the first three repetitions of this initial behavior. Same with leading when you begin to teach staying at your side without pulling.

Always end each session with a good experience. Set them up for success, which some days may mean scaling back the lesson if he seems distracted or out of sorts. Never punish, only praise, and yet reinforce the idea with each lesson that "resistance is futile". Happy training!

NOTE: This article first appeared in the Mother Earth News Blogs on December 22, 2016. With permission, the excerpt was presented. For more info, see www.MotherEarthNews.com ✂



Future Events

**February 1, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING**

All the latest irrigation news will be exchanged.

**February 10, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING**

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

**February 13, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING**

Future Events

CIRCLE

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

February 8, 2017 -- Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY



February 20, 2017 -- Monday
11:00 am at Las Nutrias Parish
Hall (Hwy 304)
ST. VINCENT DE PAUL/ROAD
RUNNER FOOD BANK

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

**February 22, 2017 --
Wednesday
9:30 am at Senior Center, Las
Nutrias
RAC MOBILE LIBRARY**

March 1, 2017 -- Wednesday
ASH WEDNESDAY (LENT BEGINS)

March 17, 2017 -- Thursday
ST. PATRICK'S DAY

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

April 16, 2017 -- Sunday
EASTER SUNDAY

DEADLINE FOR SUBMITTING FEBRUARY ANNOUNCEMENTS: 5:00 P.M., JANUARY 26, 2017

Classified Ads

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

LAPTOP FOR SALE. Dell Latitude D820, Intel Centrino Duo, Vista Home Premium; 32-bit operating system, 1 GB memory; \$150 or

Rio Abajo Community Cookbook Entry Rules

The Rio Abajo community includes:

<p>Abeyta</p> <p>Bernardo</p> <p>Blue Springs</p> <p>Bosquesito</p> <p>Contreras</p> <p>Jarales</p> <p>La Joya</p> <p>Ladron Foothills</p> <p>Las Nutrias</p> <p>Sabinal</p>	<p>San Francisco</p> <p>San Juan</p> <p>Tierra Grande</p> <p>Veguita</p>
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All entries must be submitted by someone living in this community or by someone whose family came from this community. **DEADLINE FOR ENTRIES: June 1, 2017**

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

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

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

Recipe categories will include:

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

Rio Abajo Community Cookbook Entry Form

Person entering recipe(s): _____

Address: _____

City: _____ Zip: _____

Contact phone: _____

Email: _____

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

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

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

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

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

best offer. Available to be seen at
RAC Library. (505) 864-3662.

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

HOME COMPUTER FOR SALE. Dell Inspiron 537 computer with HP w1907 monitor. Has Intel Celeron processor (64-bit); 4 GB RAM, 1T memory, Windows 7 premium (activated) and Microsoft

Office 2007. WiFi enabled and includes computer desk. \$300 or best offer. (505) 417-1618

Want to run an ad in next month's newsletter? It's only \$1 a month for 25 words or less. Deadline for submissions: January 26, 2017. For display ad rates, call at (505) 861-8289. ✨

Order Form for Ads, Subscriptions and Volunteers

Subscription:

☐ Request an annual subscription (with gifts and extras) to the monthly newsletter (\$15/year) to cover the costs of copies and postage (enclose a check or money order made out to Rio Abajo Community Library).

Advertising

☐ I want to run an ad for \$1 and am enclosing what I want my ad to say (25 words or less) to include in the next newsletter.

☐ Contact me regarding display advertising.

Volunteering/Donations

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

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

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

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

☐ Other _____

Name _____

Address _____

Phone _____

Email address: _____

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

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