FREE

January 2018 . Volume 6, 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

December Hours:

Tuesday, Wednesday, Thursday 11:00 a.m. – 6 p.m. Fridays 9:00 a.m.-1:00 p.m.

The RAC Library will be closed the last week of the month (Dec. 26-29)

DONATE TO OUR BUILDING FUND! www.GoFundMe.com/RACLibrary



RAC Library Leaves



Blessed 2017 Endings and Entry of Exciting 2018



RAC Library hosted its annual Holiday Pot Luck Party on December 21st and it was better than ever!



The food was overflowing with the widest variety of homemade cookies, the typical chips but a super great chili cheese dip, a huge tray of shrimp cocktail with sauce, cakes, and teas, coffee, cider, punch, and water.



Everyone was invited to make their own Christmas ornament and the creativity was inspiring. Even the littlest creators were able to find additional inspiration from those working at the table.



The other exciting event at the party was supplied by Socorro Police Department's Toys from Cops to Tots.

A mass exodus of the Library occurred when Assistant Chief Angel Garcia pulled the huge Socorro Police Department van into our parking lot. The curiousity reached fever pitch as Asst. Chief Garcia, Officer Will Brennan and crew stepped out of the van. When the announcement was made that they came with gifts, the children's faces could have glowed in the dark!

This is the first time in memory that Toys for Tots came out to

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northern Socorro County, and it has been promised that they will be back next year!

All of the youth were able to pick out multiple items of their choice. It was fascinating to watch them go for much needed items (like backpacks) first, then the toys were selected. It was wonderful to watch older siblings help the little ones. And, it brought tears to the eyes of everyone who heard one little lad turn to his parent and say, "Gee, we weren't gonna have a Christmas this year, but now we will."

Thank you to everyone that came to share your company and goodies at our annual Party to share. It was so much fun to be able to completely enjoy each other's company and to see the talent and creativity exhibited in the making of the ornaments. A special Thank You to the Socorro Police Department for making it possible to provide the youth proof of love and care by the police and the community. **X**



New Year Plans

We are on pins and needles this new year. We are one of the finalists for several grant programs, including one to pay for teens to work next summer as Library Interns. It would be great to be able to pay some of our local youth to help our summer program plus get some pre-college credits! We keep our fingers crossed.

Our work for the summer reading program is already on the go. This year the theme is "Libraries Rock," so you can just imagine what this summer will be like!

We also have started working on our St. Paddy's Day Bingo. So much fun. We want to have bigger and better prizes this year, so we are open for donations and good leads!

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 💥

Northern Socorro Senior Center

By Patricia White-Johnson, Director

After the holidays and being gone for two weeks, things are a little in limbo. There was a transition of a new year and the transition of other unexpected events.

Raquel Trejo's father passed away on December 31st, so my key Assistant will be in and out the first few weeks of January. We all extend our sincerest condolences.

We will only be holding one dance this month, but we do not have an exact date at this time. We believe the January dance will occur on either the 12^{th} or the 26^{th} . Feel free

-F- 	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)
\$5979.72	Help our Library get its own building!
0	Donations accepted at: RAC Library and on-line at www.GoFundMe.com/RACLibrary
2	KAC Library and on-line at www.GoFundMie.com/RACLibrary

RAC Library Leaves December 2017

to call to get more information.

The first Pool Tournament of the year will be held at our Senior Center on January 18th. Please join us in cheering on our first winner of the year! The excitement begins at 10 a.m.

The Rio Abajo Community Library will have their Senior Book Mobiles on January 10th and January 24th. Don't forget to return any books or movies – or better yet, check out what new items they have!

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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 about the program, come by the Center (894 Highway 60, Veguita) or call (505-861-2860).

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

Have something to sell?

There's no better deal than 25 words for \$1.00. Reach everyone in northern Socorro County with your offer! See page 10, stop by the RAC Library, or call (505) 861-8289 for more info!



Should **I** A Know About Lead Poisoning

What

Parents

Where is Lead Found? Lead is sometimes found in paint that was made before 1978, ceramic dishes, crystal, imported food cans, water pipes, solder and fittings, dirt, some ethnic and cosmetics. Some occupations and hobbies may cause children and adults to be exposed to lead.

How Does Lead Affect the Body?

- Lead gets into the body by swallowing or inhaling lead contaminated dust or materials.
- No amount of lead is safe and causes permanent damage. It can damage the brain or nervous system, interfere with growth, cause hearing loss and learning disabilities.
- Many children do not show signs of lead poisoning, but include vomiting, upset stomach, irritability and restlessness.
- If a woman is pregnant and exposed to lead, she and her unborn child may become lead poisoned.

How to Reduce the Risk

Replace, repair or manage all lead hazards in a lead safe manner. Until this can be done:

- Keep children and pregnant women away from all lead hazards.
- Always clean up lead dust and chips by wet wiping or wet mopping.
- Place furniture or other barriers to block areas with peeling or damaged paint.

- Cover window sill that have deteriorated paint with contact paper.
- Move your child's bedroom or play area to a room that has no deteriorating paint.
- Place washable doormats in and outside entry doors and remove shoes before entering the home.
- Don't allow your child or pet to play in bare soil areas.

Work and hobbies can expose people to lead. Your children can be exposed when work clothes are worn home and laundered with the family laundry or when scrap and waste materials are brought home. Occupations that may involve lead include: exposure to adults painters, remodelers. bridge workers. aircraft workers. smelters, renovators, plumbers, mechanics, construction workers, auto body workers.

Hobbies that may involve exposure include artistic painting, stained glass making, homemade products (fishing sinkers. ammunition), jewelry making, renovations, home ceramics/pottery making. and indoor firing ranges. 💥

This Month's Events

January 1, 2017 – Monday *New Year's Day*



January 5, 2018 – Friday 9:00 am at RAC Library *Rio Abajo Community Library Board Meeting*

Everyone welcome to attend!

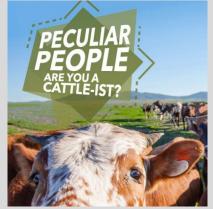
January 8, 2018 – Monday National Male Watchers Day

This Month's Events

January 8, 2018 -- Monday 6:30 pm at RAC Library LAJOYA CRAFTING CIRCLE

Work on projects, learn crafts, and visit. We also have coloring for our sophisticated folks. For info call 864-0666

January 10, 2018 – Wednesday PECULIAR PEOPLE DAY



January 10, 2018 -- 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 15, 2018 – Monday Martin Luther King Day

January 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 lowincome households. To enroll, come in one hour early.

January 18, 2018 – Thursday *Winnie The Poon Day*



This Month's Events

January 18, 2018 -- Thursday 10:00 am at Northern Socorro County Senior Center, Veguita SENIOR POOL TOURNAMENT

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

January 24, 2018 -- 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 27, 2018 – Saturday *PUNCH THE CLOCK DAY*



It is unclear whether this means clocking in at work or taking revenge on your alarm clock....

DEADLINE FOR SUBMITTING FEBRUARY NEWS: 5:00 P.M., JAN 24, 2018



Specialty Crop Funds Available

NMDA to offer January workshops; proposal due March 1st

If you have a specialty crop, you may be eligible for federal funding as part of the Specialty Crops Block Grant Program (SCBGP).

The United States Department of Agriculture's (USDA) Agricultural Marketing Service (AMS) provides grants to state departments of agriculture solely to enhance the competitiveness of specialty crops in either domestic or foreign markets. Increasing competitiveness may include

developing local and rural food systems, improving food access in underserved communities, specialty crop research, feasibility studies, marketing projects and much more.



Specialty crops are defined as fruits, vegetables, tree nuts, dried fruits, horticulture and nursery crops, including floriculture.

The funding cycle begins September 29, and grant funds are disbursed on a reimbursement basis only. Funds cannot be awarded to projects that solely benefit a particular commercial product or provide a profit to a single organization, institution or individual.

The NM Department of Agriculture will offer three workshops to assist growers and other agribusinesses in January. The workshops will provide an overview of the grant program and the application process.

NM Secretary of Agriculture Jeff Witte said the funding provides a unique and beneficial opportunity to agriculturalists in New Mexico.

"The USDA's Specialty Crops Block Grant Program provides an avenue through which growers and processors may leverage their business to grow the New Mexico economy," Witte said. "The grant program has allowed New Mexicans to develop new opportunities and maintain a

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competitive market, both locally and globally."

Funds may not be used for the following:

- § Capital expenditures (equipment, buildings, land) or expenditures to make improvements to capital assets that materially increase their value or useful life
- § General purpose equipment (equipment not limited to research, scientific or other technical activities)
- § Equipment (nonexpendable, tangible personal property having a useful life of more than one year and an acquisition cost equal to or greater than \$1,000)

Proposals must be submitted to NMDA via email by 5 p.m. March 1 using the template to be provided by NMDA at http://www.nmda.nmsu.edu/marke ting/under competitive grant programs. Projects may begin September 29, as long as a sub-

> SHOPPING ON-LINE? Sign up for Amazon Smile (www.Smile.Amazon. com)

Make purchases as you normally would and Amazon donates a percentage of <u>their</u> profits to the nonprofit of your choice – and of course – you want to pick **Rio Abajo Community Library**! award is in place.

Workshop dates and the application template will be available at the website above. Other questions may be directed to NMDA Marketing **Specialists** Felicia Frost or Sarah Hacker at specialtycrops@nmda.nmsu.edu or (575) 646-4929. 💥



Winterizing Chickens

By Lori Leigh

It's like anything worth doing right... the preparation is key! Before the snow and cold hits

make the necessary repairs to your coop. If your coop has damage, holes or cracks, now is a good time to fix them, before the cold air creeps in, which may cause frostbite or illness to your flock.

Although I use the deep litter method all year long, I add more straw this time of

year, making for a cozy coop for my ladies. Making sure there is plenty of straw in the nesting boxes also helps to prevent eggs from freezing before I am able to collect them.

FOOD AND WATER

Chickens don't overeat, so try to make sure they always have access to food. Layer crumbles or pellets should be the main source of food for hens year round, with treats and kitchen scraps added as a bonus. Hanging vegetables or tucking them into a suet cage feeder, offers exercise and added nutrients and helps aid natural survival skills in the chickens.

Having water available at all time is crucial to a chicken's health, which may mean extra work for us on those bitter days. Busting ice or changing the water more frequently may be necessary. For the cold, winter months I change from using the galvanized water containers to using the plastic ones. The plastic containers absorb the sunlight and don't seem to freeze as fast.

A BATHING AREA

Dust baths are chickens' way of keeping clean and fending off parasites such as mites and lice. Chickens naturally make dust bathing holes in warmer months, but they may need a little extra

help when the ground is frozen.

Using wood ash from a fireplace or wood burning stove is a great addition to help them have a dust bathing area. It is important to use only ash from a fireplace or wood burning stove. Do not

use briquettes, ash from burning trash, or any other ash that had lighter fluid or other chemical coating on it. Those can be hazardous to a chicken's health.

Putting wood ashes in a weather protected area is an added benefit of



helping to keep the ashes somewhat free of rain or snow. You could also put the ashes in a container such as a kiddie pool or black rubber water/feed trough for your chickens to enjoy. You could



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also put some type of covering, like a tarp or constructed roof, over a part of the run to allow a weather protected area.

Offering chickens winter activities will help to keep your flock active and healthy.

Community Chickens' magazine blog, Dec 14, 2017 (https://www.communitychickens. com).

Word of the Month



Bombogenesis:

(noun) the process that creates "bomb

cyclones" or "weather bombs." Bomb cyclones can carry hurricaneforce winds and cause coastal flooding and heavy snow.

EXAMPLE: The entire eastern coast of the U.S. has been hit by a *bombogenesis* weather front.

1940-50s **ORIGIN:** In the meteorologists began calling some storms over the sea "bombs" because they developed with a great ferocity rarely seen. By the 1970s the terms "explosive cyclogenesis" and "meteorological bombs" were used by MIT. In the 1980s the reference of *bombogenesis* was coined. **X**

Rio Abajo Community Celebrations

January 1

Kayliss Sanchez's birthday Daniel Espinosa Jr's birthday

January 2

Joemma Castillo's birthday

January 3

Carolynn Hammer's birthday

Rio Abajo Community Celebrations

January 4 Kyla Rodgers' birthday January 5 Leslie Haugness' birthday January 6 Beth Coombs's 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 14 Jeannie Haymaker's birthday

January 15

Merrie Bigham's birthday Macie Crownover's birthday January 16

Kendra Rodgers's birthday

January 17

Faith Stone's birthday

January 17

Andrew Carrillo's birthday Valerie V Martinez's birthday

January 19

Raven Sanchez's birthday

January 21

Kimberly Bilbrey's birthday Elijah Carbajal's birthday

January 22

Celso J Magdaleno's birthday January 25

Sierra Cordova's birthday Lovelia Jaramillo's birthday

January 26

Andrea Vazquez's birthday January 27

Robert Martinez's birthday

January 30

Ryan Davisson's birthday

Rio Abajo Community Celebrations

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

Natural Health



Tips 10 Super Herbs

By Donna

Hernandez, ND, MH

1. Basil - Basil is an antiinflammatory herb with healing benefits that work for arthritis, allergies, and inflammatory bowel conditions. In addition, basil helps kill harmful bacteria that cause food poisoning including: Listeria, Staph, and E. coli.

Basil is a powerful antioxidant that prevents free radical damage.



Free radical damage is the primary cause of heart disease, cancer, and many other serious health conditions, as well as aging. Because of its dark green color, it is an excellent source of vitamin K, calcium and magnesium, which is good for the bones. It is also a great source of iron, manganese, vitamin C and potassium.



2. Cinnamon - This ancient, antioxidant spice is highly effective at helping to stabilize

RAC Library Leaves December 2017

blood sugar levels, making it very effective for those with diabetes (type 1 and type 2). Cinnamon powerful also has antiinflammatory properties, and helps relieve pain and stiffness in muscles and joints, including arthritis. Cinnamon has a positive effect on brain function, and smelling cinnamon, or chewing cinnamon flavored gum, can possibly help improve memory and attention. Cinnamon also reduces inflammation in blood vessels that leads to atherosclerosis and heart disease, as well as having antifungal and antibacterial properties.

3. Cayenne -This heats up your dishes and your body, plus



raises metabolism, which burns fat faster. Cayenne pepper is actually healing to stomach tissues, it stimulates digestive enzymes, and helps prevent stomach ulcers. Cavenne reduces LDL blood cholesterol, triglyceride levels, and decreases the formation of harmful blood clots, which prevents heart attacks and strokes. Its a very effective anti-inflammatory and pain remedy for everything from headaches to arthritis and sore muscles, as well as clearing nasal congestion and boosting immunity.

4. Cloves - Cloves have a unique flavor and have strong antiseptic and germicidal ingredients that

help fight infections, relieve digestive problems, and arthritis



pain. Cloves is commonly used to relieve tooth and gum pain. The oil in cloves kills bacteria and is very effective when applied to scrapes, cuts, fungal infections, itchy rashes, bites, burns, or bruises. Cloves also help digestive problems like gas, indigestion, nausea and vomiting, and parasites. eliminate harmful bacteria and fungus in the digestive system. The smell of cloves helps to encourage mental creativity too.

5. Cumin - Cumin is high in antioxidants and good for digestion. It stimulates the

gallbladder and pancreas to break down food into usable nutrients for your body and helps detoxify the

Its highly effective for body. respiratory disorders like asthma and bronchitis. Cumin helps keep blood sugar levels stable (working as well as some diabetic drugs at regulating insulin and glycogen), which is great for diabetics or prediabetics, and reduces weight gain

and excess body fat. Cumin is also a very good source of iron.



vitamin C and vitamin A, which benefit the immune system.

6. Turmeric - Turmeric's yelloworange pigment, curcumin, has anti-inflammatory benefits that are comparable drugs to like hydrocortisone over-theand counter anti-inflammatory medicines but, is non-toxic. Curcumin slows the development of Alzheimer's disease, because it decreases inflammation and oxidation in the brain, and speeds up the recovery time from strokes. Turmeric is highly effective against diseases like irritable bowel disease, ulcerative colitis, Crohn's, and arthritis. It improves function, liver lowers homocysteine and prevents heart disease. Most importantly, turmeric is one of the most potent anti-cancer spices.



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7. Rosemary - Rosemary contains

potent antioxidants as well as antiinflammatory agents. Rosemary is known to improve concentration, boost memory, and lift depression. Rosemary also



strengthens the immune system, improves circulation, stimulates digestion, and fights cancer. Rosemary is highly effective for respiratory problems including asthma, chest congestion, and respiratory infections. It also helps digestion by stimulating the gallbladder to release bile. Rosemary will protect your body harmful carcinogenic against toxins and prevents colon cancer, stomach, breast, and lung cancer

8. Ginger - Ginger contains over 25 different antioxidants, which

makes it extremely effective at fighting free radicals in many different body



systems. Ginger is best known for its ability to reduce nausea and vomiting, as well as motion sickness and morning sickness. Ginger's antiviral properties make this a soothing remedy for sore throats from colds and flu, helps coughs and is an effective expectorant. Try a soothing tea made with hot water simmered with a few slices of ginger and a small amount of honey and lemon. Because ginger is such a strong anti-inflammatory, it helps reduce the pain and swelling of arthritis, and muscle aches. Ginger also fights cancer, reduces cholesterol, and prevents blood clots that lead to strokes or heart disease.

9. Oregano - This herb contains an oil that is a very potent anti-

bacterial, anti-fungal and anti-viral agent, rosmarinic acid (also found in rosemary). Oregano oil has

been used to treat a wide range of conditions from bacterial and viral infections, to parasites and stubborn fungal



infections. Oregano also relieves inflammation, internal or external, and can offer relief from allergies, aches and pain, without side effects. Oregano has a high measured antioxidant value.

10. Thyme -- Thyme's active ingredient is used to treat bronchitis, sore throats, chest

congestion, laryngitis and asthma. Thyme is often in cough drops and mouthwash to treat inflammation and infections. Thyme is effective as a soothing stomach



aid to relieve gastritis, indigestion and colic, plus calms nerves, helps prevent cancer, improve memory, treat Alzheimer's, and alleviate depression, nightmares, and insomnia.

Spice up your life a bit, and enjoy all of those super health benefits!

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



Open letter from Ms Peggy Legg:

"This is an explanation to those friends and family who have experienced mysterious switches of their body parts. This effect is especially noticeable in January.

"You may have read of the scare story about the man whose kidneys were stolen while he was passed out. Well, read on. While the kidney story was an urban myth, my story is true - it occurs to me practically every day.

"My thighs were stolen from me during the night a few years ago after Christmas. It was just that quick. I went to sleep in my body and woke up with someone else's thighs."

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A Texas farmer was on holiday in New Mexico. He could not resist exploring the farms north of Socorro. At lunch time he dropped into a pub and fell into easy conversation with a local farmer.

"How big is your spread?" asked the Texan.

"Well, it's about 20 acres," the farmer answered.

"Only 20 acres?" the Texan responded. "Why, back in Texas I can get up at sunrise, saddle my horse and ride all day. When I return at supper time, I'll be lucky to cover half my farm."



"Huh," said the New Mexican, "I once had horse like that, but I sent him to the slaughter house."

Future Events

February 2, 2018 – Friday 9:00 am at RAC Library *RIO ABAJO COMMUNITY LIBRARY BOARD MEETING* Everyone welcome to attend!

Future Events

February 12, 2018 -- Monday 6:30 pm at RAC Library LAJOYA LADIES' CRAFTING CIRCLE

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

February 14, 2018 --Wednesday VALENTINE'S DAY



February 14, 2018 – Wednesday 9:30 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

February 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 lowincome households. To enroll,

Future Events

come in one hour early.

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

DEADLINE FOR SUBMITTING FEBRUARY News: 5:00 p.m., Jan 24, 2018

Classified Ads

NEED HELP BUILDING YOUTUBE-TYPE VIDEOS from photos and film clips with audio. Pay negotiable. For more information call (505) 864-3749.

NEED HELP WITH HORSES? Grooming, exercising, feeding -price starts at FREE; Husband and I have extensive experience. (575) 517-0280 or (505) 337-0970. **CHICKEN FRUIT FOR SALE.** No additives, preservatives, hormones, dyes or chemicals. All natural deliciousness. \$3 per dozen if picked up. (505) 864-3662

PAID TRAINING POSITIONS OPEN.

Any low-income adult, 55 years or older, veterans, disabled and/or displaced homemakers are eligible. Pay is \$7.50/hour, 15+ hours per week, and tax exempt. These Goodwill positions will benefit the Senior Center and the RAC Library. Call Minnie at (505) 861-0497 for more information.

Want to run an ad in next month's newsletter? It's only \$1/month for 25 words or less. Deadline for listing: January 24, 2018. For display ad rates, call at (505) 861-8289.

Rio Abajo Community Library Board

President Vice Pres Secretary Treasurer Directors Ken Hansen, La Joya Minnie Presley, Veguita Mary Lampkin, Veguita Dolores Phillips, Sabinal April Esquibel, La Joya Kathy Esquibel, Veguita Quentin Lawson, Veguita Irene Saiz, La Joya

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 donaton) to cover the costs of copies and postage (enclose a check or money order made out to Rio Abajo Community Library).

Advertising

 \Box 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

 \Box 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

ADDRESS CORRECTION REQUESTED

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