FREE

July 2018 . Volume 7, Issue 1 .

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

July Hours:

CLOSED JULY 4-6 (WED-FRI)

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



The Interns are Here!

Thanks to the the YALSA/Dollar General Grant and the ALA Intern

Initiative, we were given two interns to work at the Rio Abajo Community
Library this summer – Maritza Garcia and Ashley Camarillo.





These are two amazing young women!

The kick-off program was held in



Washington,
DC, so one
intern,
Ashley
Camarillo,
was able to
go. It was a
whirlwind of
classes and
activities!



Interns and their mentors from all over the country had the

opportunity to meet each other, compare their similarities and differences in locale, and make new friends.

Some of the classes were held at the hotel's



conference rooms, and some were held at the Library of Congress (pictured above).



On the closing day, the final classes were held at Georgetown University,

and a tour of the historical school was also provided.

In addition to learning about libraries, and helping us keep our books in order, the interns have to work on a project that coincides with our reading program. And the ladies came up with a doozy!

Our reading program this year is "Libraries Rock!" and they are supplementing it with a focus each week in July with "All Around the World."

In short, they will be focusing on a different ethnic group every Tuesday (from 3:30-5pm) – see page 9 for more details.

They plan on offering a story or fable from that country, provide matching music, and then an

ethnic project/craft. As the summer progresses, new updates will be provided!

Northern Socorro Senior

By Patricia

Center

White-Johnson, Director

NOTE: The Center will be closed on Wednesday, July 4th, in observance of Independence Day.

To beat the heat, many new Seniors are coming in and enjoying everyone is the opportunity to meet new people or to reconnect to old friends. We encourage everyone needing a cool refuge to come on in!

One new thing that is being investigated is the possibility of a regular Crafts Program. If enough people are interested, the debate will then be whether to make this a once-a-month or weekly event. Some of the projects look like so much fun!

Our dances this month will be on July 13th and July 27th from 10:00-12:00. Nothing special is planned this month - just the normal toetapping, smile producing music that everyone loves.

This month's Pool Tournament will be at the Socorro Senior Center on July 19th (10:00 until a winner is announced). Pom-poms are welcome for anyone to wave in support of our billiard champs!

The Abajo Community Rio Library will have their Senior Book Mobiles on July 11th and July 25th (the second and fourth Wednesday). Don't forget to return any books or movies - or better yet, check out what new items they have!

Our Socorro shopping trip this month will be on Thursday, July All Seniors (60+) are welcome. Please call and reserve your spot by Wednesday (July 18th) so we can be sure to have enough seats for everyone. We leave at 9 am and should return around 1:00 pm.

Great eating tips and recipes will be provided by Lupita on Tuesday, July 18th, from 10 am-12 pm. Lupita leads our nutrition program. Some of the recipes have become household classics!

ggg

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 304, Veguita) or call (505-861-2860).

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

Word of the **Month**

Here's a word that all politically argumentative persons can use!

Pernicious (adjective): (1) Deadly, fatal; (2) causing insidious harm or ruin; ruinous; injurious; hurtful; (3) obsolete, evil; wicked.

Origin: 1515-25. Latin "perniciosus" meaning ruinous combined with the form of "nex" meaning death and murder.

Examples:

I spoke to my children about mobilizing against this *permicious* threat to our country.

There is a permicious effect of money on the legislative process.

RAC Library News

Summer Reading is Fun



We kicked off our summer reading program with a presentation from Gair Linhart (Director of Special Orchestra).



With the instruments that Gair provided, it was possible for everyone to participate and have a chance to demonstrate this year's



theme: "Libraries Rock."

We also had the Wonder Bus arrive with a special presentation on Native American Art & History.



Jaimie Brytowski, WOW Program Director, even came to see us on the bus. Heidi Heidgerken and Scott Green were wonderful guides and teachers for everyone



that came to enjoy the exhibit. The exhibit was made for touching and feeling, so everyone of all ages enjoyed it!

For the remainder of the month our Interns (Maritza & Ashley) are taking over. Although they will maintain the Libraries Rock! Theme, they are focusing the July program on "All Around the World," which will include a story, music and project from each featured culture. The programs will be every Tuesday (July 3-31), from 3:30-5:00 (see page 9).

Word to the wise! Participattion includes the Close-Out Party on Thursday (August 2nd), with snacks, beverages, goodie bags,

prizes and a champion-ship balloon fight!



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

July 2, 2018 – Monday World UFO Day"



July 3, 2018 – Tuesday BEGINNING OF "DOG DAYS"



July 3 -- Tuesday 3:30-5:00 pm at RAC Library LIBRARIES ROCK "ALL AROUND THE WORLD" -SUMMER READ PROG

Its free, its fun, and participating means joining the fun in cool surroundings!

July 4, 2018 --Wednesday INDEPENDENCE DAY



July 4, 2018 -- Wednesday ALL COUNTY OFFICES CLOSED -INCLUDING SENIOR CENTER

July 4-6 – Wednesday-Friday RAC LIBRARY WILL BE CLOSED

This Month's Events

July 10 -- Tuesday 3:30-5:00 pm at RAC Library LIBRARIES ROCK "ALL AROUND THE WORLD" -SUMMER READ PROG

Its free, its fun, and participating means joining the fun in cool surroundings!

July 11, 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.

July 11 -- Wednesday 7:00 pm at RAC Library LA JOYA ACEQUIA MEETING

The summer watering schedules will be decided.

July 13, 2018 – Friday 9:00 am at RAC Library RIO ABAJO COMMUNITY LIBRARY BOARD MEETING

Everyone welcome to attend!

July 13, 2018 – Friday EMBRACE YOUR GEEKNESS DAY



July 13, 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.

July 14, 2018 – Friday International Nude Day



July 16, 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.

This Month's Events

July 17 -- Tuesday 3:30-5:00 pm at RAC Library LIBRARIES ROCK "ALL AROUND THE WORLD" - SUMMER READ PROG

Its free, its fun, and participating means joining the fun in cool surroundings!

July 18, 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.

July 19, 2018 -- Thursday 10:00 am at Socorro Senior Center, Socorro SENIOR POOL TOURNAMENT

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

July 19, 2018 -- Thursday 9 am-1 pm at North Soc. Senior Center, Veguita SOCORRO SHOPPING TRIP

All Seniors welcome. Call to reserve your seat! (505-861-2860).

July 23, 2018 – Monday National Gorgeous Grandma Day



July 24 -- Tuesday 3:30-5:00 pm at RAC Library LIBRARIES ROCK "ALL AROUND THE WORLD" -SUMMER READ PROG

Its free, its fun, and participating means joining the fun in cool surroundings!

July 25, 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.

This Month's Events

July 27, 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.

July 29, 2018 – Sunday NATIONAL LIPSTICK DAY

It was once expected that nails and lips matched. Black polish & lips? How about green?

July 31 -- Tuesday 3:30-5:00 pm at RAC Library LIBRARIES ROCK "ALL AROUND THE WORLD" - SUMMER READ PROG

Its free, its fun, and participating means joining the fun in cool surroundings!

DEADLINE FOR SUBMITTING AUGUST NEWS: 5:00 p.m., July 25, 2018



Elk Hunting for Youth

More than 1,800 youth, antlerless elk licenses will go on sale through the NM Department of Game and Fish's Online License System at 10 a.m. MDT July 11th.

The sale is designed to encourage youth hunting and includes almost



1,500 licenses for hunters using any legal weapon and 390 licenses for hunters using a muzzleloader or bow.

Licenses will be sold online only on a first-come, first-served basis.

To purchase a license, customers will need to log in to their Online License System account.

For more information and details, go to their website at www.wildlife.state.nm.us.

Joke of the Month



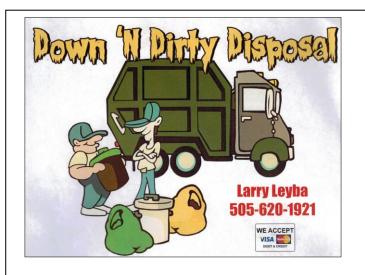
The Fourth of July weekend was approaching, and Miss Pelham, the nursery school teacher, took the opportunity to tell her class about patriotism. 'We live in a great country,' she announced. 'One of the things we should be happy is that, in this country, we are all free.'

Trevor, who was a little boy in her class, came walking up to her from the back of the room. He stood with his hands on his hips and said loudly, 'I'm not free. I'm four.'

Once, in the 1820's, a little boy called Sam was playing in the yard behind his house. During his pretend fighting game, he knocked over the outhouse. Now Sam was upset and worried that he would get into trouble so he ran into the woods and didn't come out until after got dark. When he arrived back home, his pappy was waiting for him. He asked suspiciously, "Son, did you knock over the outhouse this afternoon?"

"No, pappy," Sam lied.

"Well, let me tell you a story," said the father. "Once, not that



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long ago, Mr. Lincoln received a shiny new axe from his father. Excited, he tried it out on a tree. swiftly cutting it down. But as he looked at the tree, with dismay he realized it was his mother's favorite cherry tree," his pappy paused. "Just like you, he ran into the woods. When he returned, his pappy asked, 'Abraham, did you cut down the cherry tree?' Abraham answered with, 'Father, I cannot tell a lie. I did indeed chop down the tree.' Then his father said, 'Well, since you were honest with me, you are spared from punishment. I hope you have learned your lesson, though.'

"So," the Sam's father asked again," did you knock down the outhouse?"

"Pappy, I cannot tell a lie any more." said the little boy. "I did indeed knock down the outhouse."

Then his pappy father spanked Sam boy red, white, and blue. The boy whimpered, "Pappy, I told you the truth! Why did you spank me?"

Pappy answered, "That's because Abraham Lincoln's father wasn't in the tree when he chopped it down!"



Beneficial Garden Weeds

In 2007, U.S. home gardeners used between 5-8,000,000 pounds of glyphosate to eradicate weeds. What if I told you weeds could actually be here to help?

Weeds require certain nutrients to grow. Some weeds feed off a surplus of one nutrient that is created by the deficiency of another. Some mop up surpluses and gather small amounts of deficient nutrients and concentrate them. Until the soil improves, your garden is a great place for that particular weed to grow.

Get to know your weeds to make them a free workforce in your garden rather than enemy combatants. Burdock (Arctium lappa) is a biennial that is best known for its burrs, and is most effective for improving soil. Its deep roots reach down about two feet and pull buried nutrients up into the topsoil. In year one, the plant is just a rosette of leaves and the root extends down into the subsoil to pull nutrients. At the end of the second year, the roots rot inside the new spaces they created, release their stored nutrition, plus leave new space open for air, water and soil workers such as

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!

worms to get in.

Work with this Weed: Allow burdock to grow, but gather the seeds before they disperse. Each plant will die in the fall of the second year.

Read the Weed: Take a hint add in some rock powder. Get a detailed soil test to know what minerals you are lacking and then fold them back in.

Chamomile (Matricaria chamomilla) is an annual that self-seeds. It effectively breaks up crusty soils, and shows up where the soil is especially acidic. These annual plants grow from spring through the first frosts and then fall back to the soil where their high levels of potassium and calcium enrich the topsoil. Stirring the whole plant into compost activates decomposition.

Work with this Weed: Chamomile should be allowed to decompose in place. Harvest a handful whenever you are making a new batch of compost to add to the pile as an activator.

Read the Weed: If chamomile is taking over, add some potassium and/or calcium fertilizer to the top layer of your garden. Great options are potassium sulfate, oyster shell lime or a high-calcium compost blend.

Red Clover (*Trifolium pratense*) shows up in newly disturbed soils. Tilling disrupts mycorrhizal fungi by physically breaking them apart and encourages a loss of nutrition. Red clover is one of the best plants for fixing atmospheric nitrogen into a form usable in the soil. Letting red clover grow is the same as buying a nitrogen-fixing inoculants. It improves the nitrogen content in soil for the benefit of neighboring plants.

Work with this Weed: Red clover may appear on its own,

or plant it as a cover crop. The plants should be allowed to decompose in place.

Read the Weed: Your best option is to add good compost and avoid tilling your soil.

Dandelion (Taraxacum officinale) is beneficial European import, breaking up hardpan, pulling up deeply buried nutrition (calcium especially) and creating channels for earthworms to move freely. As the dandelion roots loosen the soil, they ensure that water can move freely, allow toxic salt levels to leach downward and prevent unhealthy



accumulation. The roots of dandelion do not compete with shallower root systems; they do not feed in the upper three feet of topsoil. It is when the flower blooms that the plant begins to cause a negative effect, slowing growth in the plants nearby. Managed well, dandelion is a valuable asset to the garden.

Work with this Weed:

Scrupulously dead-headed or harvest before it flowers. Turning the leaves and roots back into the garden as mulch or via compost teas can be highly beneficial.

Read the Weed: Learn from dandelions that your soil is packed too tightly. Invest in a good soil test and look into adding some rock powders to bring in minerals and loosen things up. You might also want to try a broadfork instead of a tiller.

Thistle (Cirsium spp., Carduus spp. and Silybum spp.) Thistles tend to grow where potassium is lacking, pulling it up into their



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!



roots while they bust up the hardpan layers.

with this
Weed: Cut off
the top half of
thistles after
blooming



throughout the season. They will wither and die. Turn the plants back into the soil with all of their accumulated "green manure" or collect the seed and allow the plants to decompose in place.

Read the Weed: If you've got to pull the thistles, consider adding some potassium fertilizer (potassium sulfate is a great option) to your garden. You might also look into the biodynamic technique called ashing -- burning

thistle and applying it back onto the soil.

NOTE: This article first appeared in the May/June 2017 issue of Mother Earth Living magazine This excerpt was printed with permission. See www. motherearthliving.com.

Rio Abajo Community Celebrations

July 2

Thomas W. Alberto's birthday

July 3

Maritza D Garcia's birthday Eva J. Ortega's birthday

July 9

Rhonda M Millhollin's birthday

July 12

Lorraine Barela's birthday Damacio Gutierrez's birthday

July 14

Ventura Morales' birthday Raquel Trejo's birthday

July 16

Robert Bright's birthday Valerie Hernandez's birthday Karen Sutherland's birthday

July 17

Bill E. Mareth's birthday

July 19

Sabrina Barela-Moore's birthday

July 21

Teresa Armijo's birthday Charlotte Solorio's birthday

July 22

Jace W Ford's birthday

July 24

Oscar Fox's birthday Matthew Saiz's birthday Javier Quintana's birthday

July 25

Lorena Chavira's birthday

Rio Abajo Community Celebrations

July 27

Rita McKinley's birthday

July 29

John Carangelo's birthday (98 this year!

July 30

Tracey Ballou's birthday Ken Hansen's birthday

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

Natural Health Tips



Natural Allergy Remedies

By Donna Hernandez, ND,

MH

It is snifflingsneezingitching season. Pharmaceutical treatments



relieve symptoms, but are often expensive and frequently come with unwanted side effects. Annual bouts with pollen also take a toll on mental well-being. Natural remedies prevent a reaction before it occurs.

Neti Pots. Neti pots, small vessels shaped like Aladdin's lamp flush the sinuses and keep them clear.

You could use your cupped hand instead of a neti pot to rinse sinuses, but netis are inexpensive and easier to use. Mix 1/4 tsp-1/2 tsp of noniodized table salt into a cup of lukewarm water and pour it into the pot. (Adjust the amount of salt, depending on what feels most comfortable.) Lean over a sink with head slightly cocked to one side, then put the spout of the neti into one nostril and allow the water to drain out the other nostril. Use half of the solution, then repeat on the other side, tilting head the opposite way. Gently blow out each nostril to clear them completely. Use your pot about twice a day during allergy season, especially in the morning and being outdoors. Also use a neti pot before bed to prevent snoring caused by allergies and promote optimal overnight breathing.

Quercetin prevents your body from releasing histamine. Citrus fruits, onions, apples, parsley, tea, tomatoes, broccoli, lettuce and wine are naturally high in quercetin, but allergy sufferers need supplements. The recommended dosage is about

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Robert Langston, La Joya
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Federal non-profit #83-0398943

1,000 milligrams a day, taken between meals, and started six weeks before allergy season. Those with liver disease shouldn't use quercetin, so please consult

your doctor before using this or any other supplement especially if you



are pregnant or nursing.

Allergy-Fighting Foods. Omega-3s help fight inflammation and can be found in cold-water fish, walnuts, flaxseed oil, grass-fed meat and eggs. Add a dash of horseradish, chili peppers or hot mustard to your food — all act as natural, temporary decongestants. Avoid foods that you allergic to until the air clears; you can be hypersensitive to those foods, causing more severe reactions than usual.

Stinging Nettle (*Urtica dioica*) inhibits production of histamine and behaves in much the same way as the drugs sold to treat allergies, but without the side effects. It's a common weed, but the most practical medicinal form is a freeze-dried extract of the leaves sold in capsules. Taking about 300 milligrams daily will offer relief for most people, although the effects may last only a few hours.

Butterbur is a common weed in Europe, though hard to find in the U.S. Butterbur is as effective as the drug cetirizine, the active ingredient in Zyrtec, butterbur does not cause drowziness. However, butterbur is in the same family as ragweed, so it could worsen allergy symptoms. Effects of taking butterbur over a long period of time also are unknown.

Whether you suffer from seasonal or ongoing allergies, these natural remedies should let you get out there and harvest those late tomatoes!

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



Ladrones Vista Trail Hike

Join Refuge staff and Volunteer Naturalists to celebrate the completion of our newest trail – Ladrones Vista Trail!

Get outside and enjoy the scenery. This trail has spectacular views of the Ladrones and the Middle Rio Grande Valley. Hike will be approximately 5 miles over uneven surfaces: lace up your boots, grab your hat, sunscreen and bring plenty of water.

The hike begins at 7:00 a.m. on Saturday, July 14th at the Sevilleta National Wildlife Refuge. Reservations are NOT required.

Jeannine Kimble is the Visitor Services Manager at the Sevilleta National Wildlife Refuge. If you have questions, call at (505) 864-4021, ext. 26106.



Rate Comparisons

By Jimmy Capps, SEC Dir. of Communications & Public Affairs

Based on 2017 Annual Reports filed with the New Mexico Public Regulations Commission, the rate comparisons for electricity for residential consumers are as follows:

Electric Utility	Charge Per kWh	
Southwestern Electric Co. (EC)	\$0.2067	
Sierra EC	\$0.1879	
Otero County EC	\$0.1859	
Springer EC	\$0.1795	
Kit Carson EC	\$0.1736	
Northern Rio Arriba EC	\$0.1731	
Central New Mexico EC	\$0.1669	
Mora-San Miguel EC	\$0.1653	
Columbus EC	\$0.1648	
Socorro EC	\$0.1625	
Jemez Mountains EC	\$0.1405	
Continental Divide EC	\$0.1315	
Farmers' EC	\$0.1175	
Roosevelt County EC	\$0.0942	
Lea County EC	\$0.0942	
Central Valley EC	\$0.0877	

For information, to pay a bill, order new service or report a problem, members can call one of our friendly staff at 575-835-0560 or visit our website at www.socorroelectric.com.

Future Events

August 1, 2018 – Wednesday 7:00 pm at RAC Library

Future Events

LA JOYA ACEQUIA MEETING

August 2, 2018 – Thursday 1:00 pm at RAC Library SUMMER READING PARTY

All participants invited to bring a towel! Fun, drinks, snacks and prizes!

August 8, 2018 – Wednesday 9:30 am, Sr Center, Las Nutrias RAC MOBILE LIBRARY

August 10, 2018 - Friday

`Future Events

9:00 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING

Everyone welcome to attend!

August 11, 2018 – Tuesday END OF "DOG DAYS"



August 20, 2018 -- Monday 11:00 am at Las Nutrias Parish Hall (Hwy 304) ST. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

`Future Events

Free food is distributed for lowincome households. To enroll, come in one hour early.

August 22, 2018 – Wednesday 9:30 am, Sr Center, Las Nutrias RAC Mobile Library

DEADLINE FOR SUBMITTING NEWS: 5:00 p.m., July 25, 2018

Ass Fround the World



Where?

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

When?

Tuesdays, 3:30 - 5:00 pm

July 3rd Mexico & Azteca

July 10^{th--} China and Arabia

July 17th Greece and Germany

July 24^{th--} Mayan and Teotihuacan

July 31st-- Columbia and Brazil

Why?

This program is a great chance for everyone of all ages in the community to get together and learn more about different cultures and their beliefs

Please join us, program is free For any questions, comments or concerns, you may reach us at: (505)861-8289

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	on (with gifts and extras) to the monthly newsletter (\$15/5) tage (enclose a check or money order made out to Rio A	
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☐ I want more information about direct and advise the Library (one ☐ I want to donate goods and/or	t at the library for one hour per week. t serving as a Board Member on the Rio Abajo Commune meeting a month for about one hour). services for RACL fund-raising efforts.	
	(make check or money order: to Rio Abajo	Community Library).
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