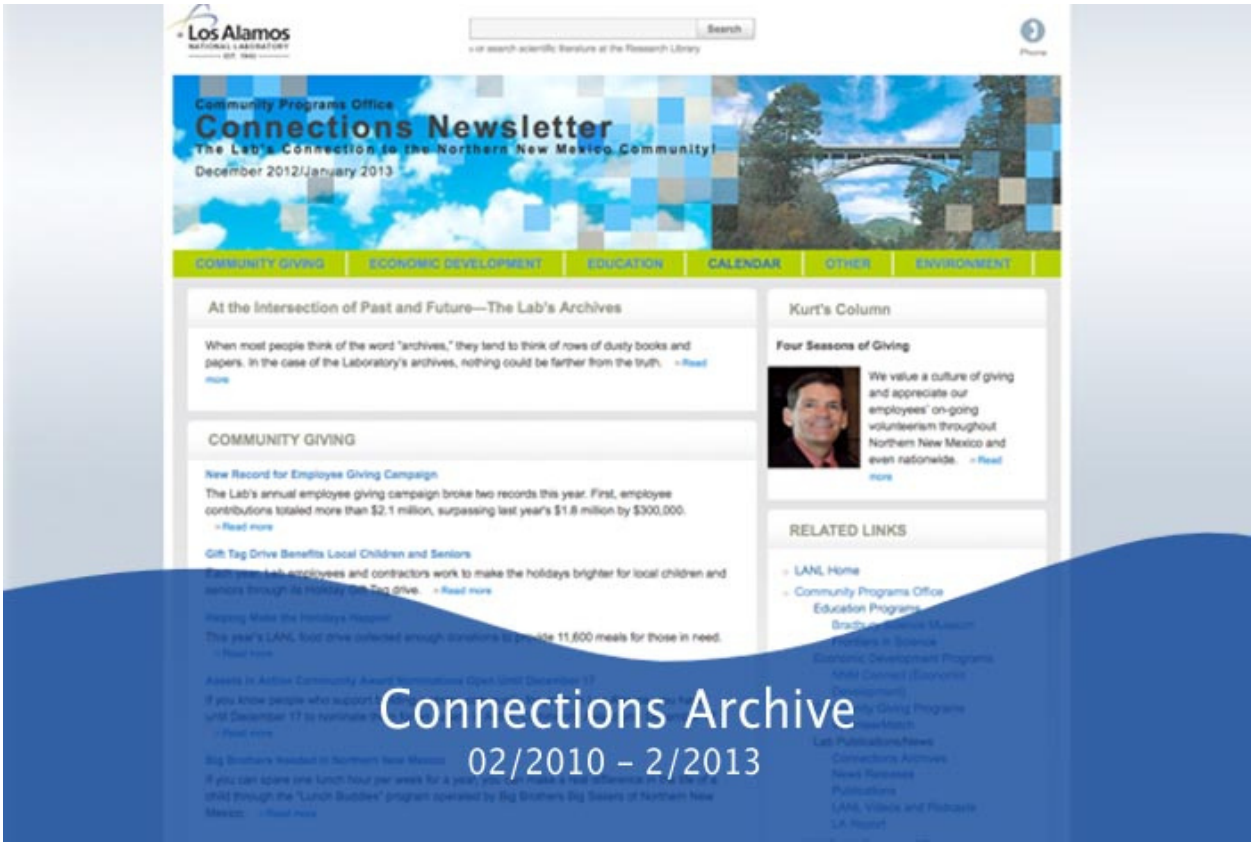
Empty Bowl Project needs volunteers and attendees

February 1, 2013



Join Self Help, Inc. as it holds its 20th anniversary Empty Bowl event on Saturday, March 16 from 11 a.m. to 2 p.m. at the Betty Ehart Senior Center, 1101 Bathtub Row, Los Alamos.

For a donation of $15, participants get soup, bread and dessert from generous local restaurants, and they get to choose a hand-painted bowl to keep. In addition to food and fun, music by the Craig Martin Experience and other musicians, as well as a silent auction, are planned.

Volunteers are needed during the evening of March 15 to help set up the kitchen and on March 16 to assist cleanup. If you'd like to volunteer, contact Gillian Sutton at (505) 663-1490.

The event funds support Self Help, Inc. in its efforts to provide “consultation and advocacy, emergency financial assistance and seed money grants to residents of Los Alamos, northern Santa Fe, Rio Arriba and Taos counties.”

For more information on Self Help, Inc. and the event, go to http://selfhelpla.org/.