ANTES continued from page 3

a picture of a bride, Delfina Lucero Montoya, on her wedding day, with her cousin, World War I veteran Fidencio Olivas Sr.

According to Olivas family sources, Don Fidencio had just returned from the military when Delfina's wedding to Don Miguel Montoya occurred. Being family and being single, Don Fidencio went to the wedding. While at the wedding feast, the bride, Doña Delfina, insisted on having her picture taken with her dashing, newly returned veteran cousin, Don Fidencio.

This photograph, which documents this seemingly casual incident, could well imply how favorably the returning veterans were looked upon by other members of the community. It suggests that these veterans may very well have enjoyed a great deal of prestige and status for having served in the United States Army, short as their service must have been. Recall that the United States did not enter World War I until 1917 and the war ended in November of 1918. This limited involvement made service for Cuba's volunteer soldiers somewhat short but daring enough to give these men status among friends and family far beyond what they might have had before. Furthermore, having served in the war, these men now likely had more money than they could ever have earned herding sheep or staying at home.

We know from Herrera family members that Don José Leon Herrera came home from the war with a motorcycle. In those days following the end of the war, a motorcycle would have been quite a novelty in La Jara. Having such a vehicle would have been quite unlikely except that Don José Leon had served in the army where motorcycles were in common use. Imagine also the status that the motorcycle must have given this young man!

Turning now to a later war, on January 30, 1943, there appeared in the Albuquerque Journal two small pictures of soldiers in uniform, along with a short article about these men. Unfortunately, the quality of the newspaper photographs is not good enough to reproduce for this article. The soldiers pictured along with this article were from right here in Cuba. They were Sergeant J. Aparcio Gurulé and his brother, Corporal Merejildo Gurulé. The article stated that both brothers were stationed with the Allied Expeditionary Forces in North Africa. The article also reported that Aparcio Gurulé had been with the forces that landed at Casablanca, Morocco, early in the African campaign and that his brother was serving in a tank destroyer battalion that arrived somewhat later. At the time, neither the family here nor Aparcio had any idea where Merejildo might have been. This was a reality that was not at all uncommon during that war.

As far as the war was concerned, 1943 was a deadly time for all Allied Forces everywhere. Europe was still under the tight grip of a strong Nazi German army which, at that time, appeared to be winning the war. Yet, amid all the chaos, death and destruction that was going on, our very own Gurulé brothers happened to be in the same place at the same time, somewhere in North Africa. According to the Journal article, the two brothers met there and were able to visit with each other, but only for about five minutes. Following that fleeting visit, they each went their separate ways to attend to the crucial business of war.

Today's readers must simply try to imagine the excitement and the jubilation of the local people as word began to get out into the street that the Albuquerque Journal had pictures of these two well-known and beloved members of our community. Furthermore, the news that they were both alive and had miraculously gotten to see each other in the battlefields of North Africa was astounding.

These two little pictures and the story that accompanied them were, for Cuba's citizens during World War II, not only a topic of joyous conversation and great pride but a historical event. Despite the fact that not many people bought the newspaper in those days, those who did shared their papers or read the story of this miraculous meeting to their neighbors and family members. History had been made for the people of Cuba in some far-away place called North Africa.

The photographs shown and described in this two-part series of "Antes" are not unusual or remarkable in any way, except to us. When looked at and studied from a historical perspective, they serve our "Antes" well by preserving a glimpse into our past. They are a momentary look at those who came before us and reveal who we are as a community.

¡Hasta Luego!

Exercise for your well being.

Walking for 30 to 60 minutes each day is one of the best things you can do for your body, mind, and spirit. Here are 5 reasons to start walking.

1. Walkers live longer and have a better quality of life.
2. Walking helps prevent weight gain and promotes weight loss.
3. Walking reduces the risk of cancer, heart disease, stroke and diabetes.
4. Walking boosts brain power, improves mood and relieves stress.
5. It's easy to get started walking. Join a group, recruit a friend or go on your own.

The health and fitness benefits of yoga have long been reported by practitioners and are now being confirmed by scientific research. Here are 5 reasons to start yoga.

1. Yoga relieves pain and stress.
2. Yoga improves metabolism and weight management.
3. Yoga improves breathing, circulation and cardiovascular conditioning.
4. Yoga increases flexibility and strength.
5. Yoga can be tailored to fit your ability. Try it and see what yoga can do for you!

For more information contact:
Anna Schulte,
Healthy Communities Coordinator
505-288-2733
walkingchampion@stepintocuba.org

Calling all Volunteers!

Do you have some time on your hands?
Would you like to help
make our park more beautiful?

Volunteers are needed to:

- Water new trees & seedlings
- Clear weeds & trash
- Keep playground safe and clean

You can choose your own hours or days.

Bring a friend or join with others.

Call Anna Schulte, Healthy Communities Coordinator

Office (575) 289-3718
Cell (505) 288-2733

CUBA HIGH SCHOOL FOOTBALL SCHEDULE 2009

Date	Opponent	HOME/AWAY	Time
October 17,2009	Navajo Prep**	Home	1:00 p.m.
October 24,2009	Hope	Home	1:00 p.m.
October 30,2009	Newcomb**	Away	7:00 p.m.
District Games **			

CUBA HIGH SCHOOL CROSS COUNTRY SCHEDULE 2009

Date	Opponent	Site	Time
October 17,2009	Rio Rancho Invite	Away	TBA
October 23,2009	Grants	Away	TBA
October 30,2009	District 5-AAA Meet	Away	TBA
November 7,2009	State X-CC Meet	Away	TBA

CUBA HIGH SCHOOL GIRLS VOLLEYBALL SCHEDULE 2009

Date	Opponent	Squads	H/A	Time
October 17,2009	Hope**	A, B, & C	Away	1:00 PM x
October 20,2009	Sandia Prep**	A, B, & C	Home	4:00 PM x
October 24,2009	Thoreau**	A, B, & C	Away	1:00 PM x
Dist. Games **				

CALLING ALL PARENTS

Do you remember when you were in high school? What did you enjoy most? Was it the clubs you belonged to, athletics, or even your electives? What would you like to see at Cuba High School for our children? If you have taken the time to read these four questions and answer them to yourself, then we need you. The Cuba High School Parent Advisory Committee needs your help and input at our meetings. It is important that we take a role in our kids' education. Every parent has an opinion on their child's education and extra curricular activities. Now is your chance to be heard! Join us every third Monday of each month at 6:15 pm in the administrative building boardroom. Together we can make a difference. For further information or to add to our next agenda please contact Dianna @ 575-289-2116 or Karree @ 505-385-4969.

Cuba Independent Schools
We're on the Web!
For the latest news, current events, athletic schedules menus & more . .. .
Visit us at http://cuba.kl2.nm.us

NEW MEXICO DEPARTMENT OF HEALTH — DIABETES PREVENTION & CONTROL PROGRAM

Healthy Communities Fall 2009

Step Into Cuba Walks & Activities Calendar
(All Walks & Activities Free of Charge)

	Monday	Tuesday	Wednesday	Thursday	Friday
09:00 AM	Village Complex WALK 15 - 30 minutes	Village Complex WALK 15 - 30 minutes	Village Complex WALK 15 - 30 minutes	Village Complex WALK 15 - 30 minutes	Village Complex WALK 15 - 30 minutes
10:00 AM	Weekday Adventure WALK 60 minutes		Weekday Adventure WALK 60 minutes		Weekday Adventure WALK 60 minutes
12:00 PM		Credit Union & Clinic WORKDAY WALK 30 minutes	Credit Union & Clinic WORKDAY WALK 30 minutes	Credit Union & Clinic WORKDAY WALK 30 minutes	
12:30 PM	Senior Center WALK or YOGA 15 - 20 minutes	Senior Center WALK or YOGA 15 - 20 minutes			Senior Center WALK or YOGA 15 - 20 minutes
01:00 PM		Credit Union & Clinic WORKDAY WALK 30 minutes	Credit Union & Clinic WORKDAY WALK 30 minutes	Credit Union & Clinic WORKDAY WALK 30 minutes	
02:00 PM			Senior Center Bingo Break 10-15 minutes	Senior Center Bingo Break 10-15 minutes	
04:00 PM	Cuba Schools TRAILS or ROADS WALK 30-60 minutes	YOGA 60 minutes	Cuba Schools TRAILS or ROADS WALK 30 - 60 minutes	YOGA 60 minutes	Cuba Schools TRAILS or ROADS WALK 30-60 minutes

Call or email to sign up for an activity or to schedule an Individual Walk.
Anna Schulte, walkingchampion@stepintocuba.org/ 505-288-2733 cell/ 575-289-3718 office
Senior Citizen's Center 575-289-3510, Melissa Crespin
Cuba Independent Schools 575-289-3211 x607, Beth Hamilton Ignacio

CUBA INDEPENDENT SCHOOLS

MEMBERS OF THE SCHOOL BOARD

Marty Vigil, President

Marcellino Crespin, Vice President

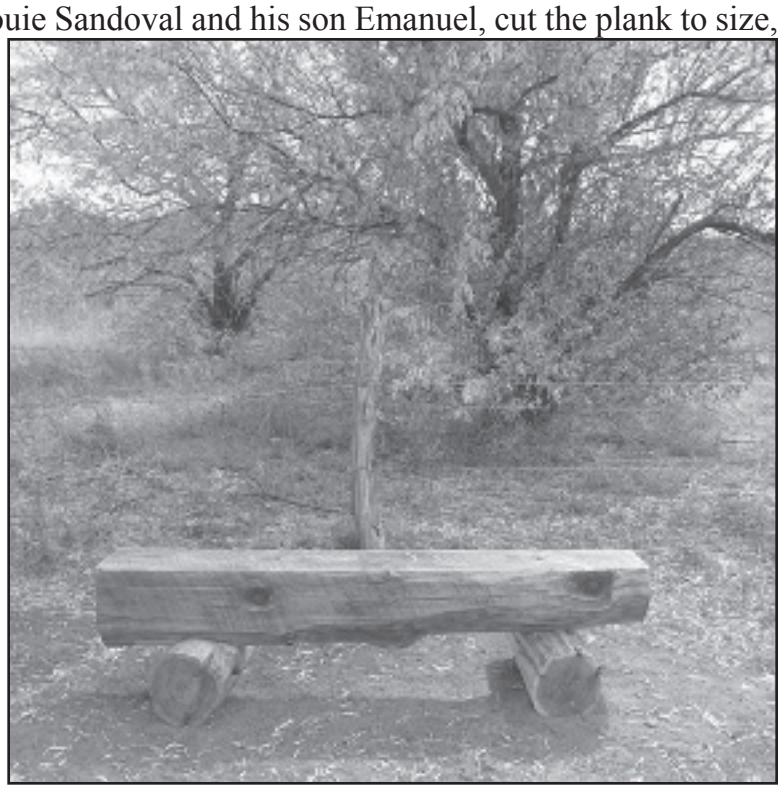
Happy Martinez, Secretary

Marlene Waukazoo, Member

Darlene Chiquito, Member

Walking Trail Improvements

Our newest walking trail (the one behind the Village Complex, just off the library parking lot) has a beautiful new bench. Rita Schoener donated a huge plank which she sanded and varnished, making a smooth, comfortable sitting surface. Rita's neighbors, Louie Sandoval and his son Emanuel, cut the plank to size, and donated cedar blocks for the bench legs. Together, these three citizens of Cuba assembled all the pieces under a lovely olive tree at the far end of the trail. It's a perfect place to rest, listen to song birds, and view the beautiful surroundings.



"Its very peaceful out here, you feel like you are away from the hustle and bustle of the Village, you feel like you are in the wilderness." said one of the trail walkers, who had stopped to rest on the new bench.

You can get to the bench directly on a path across the field, or you can walk around the whole trail and arrive at the bench halfway through your walk.

Thank you Rita, Luis and Emanuel. Your bench is a lovely gift to your community.

Step Into Cuba Receives Community Forestry Grant

Step Into Cuba was just notified of award of a Re-leafing grant of $6000 from the New Mexico State Forestry Division Urban and Community Forestry program. Urban and Community Forestry– in addition to its Re-Leafing grants - offers a variety of services for communities throughout the state including technical assistance for development of local community forestry programs, tree care, training for professionals, planning and outreach efforts, and participation in community events.

Our grant will be used for purchase and planting of deciduous trees for the walking trail at St. Francis of Assisi Park next spring. We look forward to a productive future partnership with the State Forestry Division.

New Step Into Cuba Kiosk, Park Wildflowers

On Saturday September 12, New Mexico Volunteers for the Outdoors and local volunteers installed a new kiosk next to the north entrance of the Cuba Post Office.

The three-panel kiosk will highlight the Continental Divide National Scenic Trail routes near Cuba, the Step Into Cuba program and its walking activities and other community events. It was provided by the Continental Divide Trail Alliance.

Volunteers for the Outdoors is an organization of people who donate time for trail-related projects. The group in Cuba spent two night at the Sandoval County fairgrounds and Saturday night heard future plans of the Fairgrounds and Step Into Cuba program.

The group also planted native wildflowers at the kiosk site and St. Francis of Assisi Park.

Many thanks to Mark Hatzenbuhler, Fairgrounds manager; Bob Woods, New Mexico Representative for the Continental Divide Trail Alliance; local volunteers Anna Schulte, Julie Pederson, Sally and Dick Kozoll; and John Thomas and other participants from New Mexico Volunteers for the Outdoors.

Thanks to Sam Gutierrez, the landscaping at our St. Francis Assisi Park has been further enhanced by the addition of several large, sandstone boulders. Sam used his truck, tailer, and ASV earth mover to harvest and haul these beautiful pieces from BLM wilderness just south of Cuba.

Kyle Martin, Sam Smelser, Richard Kozoll, and Anna Schulte were also part of the rock wrestling crew.

Thanks, also, to the Village of Cuba for their equipment and workers: Pam Ramirez, Curtis Lopez, Leonard Jake, Antonio Crespin, and Ralph Montoya. With the Village backhoe one day and the Village bobcat another day, the Village crew moved the sandstone boulders into place along the park's walking trail, and even took one especially gorgeous boulder to the library. It looks great and complements the lovely new landscaping done by Ray Sisneros.

New Bench & Sandstone Boulders
R-L Sam Gutierrez, Barbara Trujillo, Sam Smelser, & Kyle Martin's boots.

Come out to the park, walk along the trail and get a taste of the wonderful geologic features that surround our community. You won't be disappointed!