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Of The Cuba Community**

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Aparcio Herrera &
Cynthia Herrera
6388 Hwy 550
Cuba, NM 87013



The place to be on Saturdays in Cuba!!!

**Stop by the Market to visit with your neighbors and
purchase fresh produce plants and flowers!**

**Every Saturday through October 29, 2011
9:00 a.m. to NOON
Village of Cuba St. Francis of Assisi Park**

WIC Accepted at the Market!

Need more information? Please call 575-289-0244.

*YOUR LOCAL PROVIDER FOR PERSONAL CARE OPTION
DISABLED AND ELDERLY WAIVER*

SOUTHWESTERN PRIVATE SERVICES

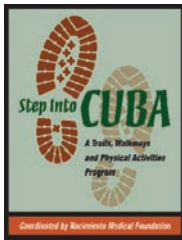


Now seeking a FT/PT Physical Therapist, Registered Nurse, Occupational Therapist and Home Health Aide for the Cuba Office; working primarily with geriatric patients. Requirements: active NM license. Positions offer great pay, full benefits and a strong management track. Salary is negotiable based on skills and experience. Applications can be picked up and turned in at 6382A Main St in Cuba between 8-5 M-F or mailed to P.O. Box 1388 Cuba, NM 87013.

(575) 289-2726

or

1-866-326-6024



Local Youth win in Cuba Farmers Market Poster Contest!

With its' second season underway, the Cuba Farmers' Market launched its' Second Annual Poster Contest. Using the theme "Cuba Farmers' Market- Grow and Eat your Fruits and Vegetables", children throughout the community took created colorful posters promoting the Cuba Farmers' Market and encouraging us all to eat our fruits and vegetables. It was a great opportunity not only for the children to be creative and learn about fruits and vegetables, but also to be part of an important community effort – Cuba's Farmers' Market.

Shanee Chiquito won the grand prize which was a brand new bicycle and helmet as well as the honor of having her art work on Cuba Farmers Market posters throughout the community. Kailee Casaus won second and Jeri Ettcity won third place, and both received gardening kits, books about growing, and garden tools.

The Farmers Market planning committee thanks all youth who entered the contest and encourages them to enter next year as well. The Cuba Farmers' Market runs through October 29, 2011. You can visit the Market on Saturdays from 9:00 a.m. to NOON at the Village of Cuba St. Francis of Assisi Park.

Should you wish to participate as a vendor at the market, attend planning meetings, or if you would like more information, please contact Shari Smoker, Cuba Community Project Coordinator,

UNM Prevention Research Center, at 575-289-0244.



First Prize Winner
Shanee Chiquito
Ojo Encino

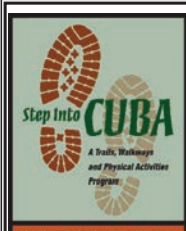


Third Prize Winner
Jeri Ettcity
Cuba



Second Prize Winner
Kailee Casaus
Cuba

A Great Big Thank You to Cliff Sandoval and Everett Jeffries for blading and mowing our community walking trails at the Village of Cuba St. Francis of Assisi Park, the Library Loop and the Presbyterian Health Center employee trail! We really appreciate your Volunteer work maintaining safe places to walk for our well being.



Healthy Communities

Nacimientos Community Foundation

www.stepintocuba.org

August 2011 Activities Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Forest Service STRETCHES 15 Minutes				
9:00 AM		Morning Park WALK 60 minutes		Morning Park WALK 60 minutes	
10:00 AM		WIC Office STRETCHES 15 minutes		WIC Office STRETCHES 15 minutes	
12:00 PM	Health Center WALK 45 minutes		Health Center WALK 45 minutes		
12:30 PM		Senior Center WALK 15 minutes		Senior Center WALK 15 minutes	
01:00		Senior Center WALK 15 minutes	Senior Center STRETCHES 15 Minutes	Senior Center STRETCHES 15 Minutes	

To sign up for an activity, call 575-289-3718, or e-mail: walkingchampion@stepintocuba.org
For Senior Center information, call 575-289-3510

Walk More. Stress Less. Feel Better.



To learn more about the **benefits of walking** visit www.stepintocuba.org

Every step counts!

New Signs in Cuba

Be on the lookout for our new Step Into Cuba signs encouraging healthy activity.

They have been installed at several locations around town. How many can you find?

4 Steps to Long Term Weight Loss Success

Source: National Weight Control Registry www.nwcr.ws/

The Basic Weight Loss Formula = Calories expended > calories consumed.

Losing 1-2 lbs a week is a safe, effective goal for long term success.

That equals 500 – 1000 calories a day.



1. Eat a high complex carbohydrate, low fat diet, and drink plenty of water. Complex carbs are whole grains, vegetables, fruits, nuts, seeds, and legumes. Vegetable oil, nuts and fish are 'good' sources of fat. Replacing sugar sweetened beverages with water can help cut out the 500 empty calories a day needed to lose a pound a week.

2. Exercise 60 minutes every day. Walking is a 10 minutes at a time several times throughout the day. Adding 60 minutes each day can help you lose a pound a week.



great form of exercise; you can even do of moderate exercise into your routine



3. Eat breakfast every day. Oatmeal is a great, easy breakfast that can be topped with your favorite flavors. Try a nut butter sandwich for protein in the morning. Even an apple is better than no breakfast at all. People who eat breakfast consume fewer calories throughout the day, and also burn more calories a day, than those who skip breakfast.

4. Track your weight and food. Simply writing down everything you eat and drink is proven to aid weight loss. Tracking your weight helps you stay focused on your goals. Losing weight is not easy, but it is worth the effort for reduced risk of chronic disease and increased quality of life! You can do it!!!!

