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Cuba News

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Dedicated to our Faith in God and Country – Hope for the Future – Charity for All

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October 21, 2011

EXPECT SOME SMOKE FROM THE CHAPPARAL PRESCRIBED BURN



The Chapparal prescribed burn is currently underway on the Santa Fe National Forest Cuba Ranger District following a weather delay, Monday. Approximately 250 acres will be treated with an anticipated completion date of Friday, October 21, if conditions allow.

The treatment, which began last week, is expected to take place one to two miles south of the Rancho de Chaparral Girl Scout Camp in Cuba, NM, encompassing a total of 800 acres treated by way of thinning, mastication, and hand ignitions. The purpose of the prescribed burn will be to reduce the risk of future high intensity fire and restore forest health.

The fuel wood areas along Forest Road 532 will be closed on the prescribed burn days.

Smoke levels will likely vary from day-to-day and possibly be visible to residents of Albuquerque, Rio Rancho, Bernalillo, Cuba, La Cueva, Jemez Springs, Jemez Pueblo, Gilman and San Ysidro, as well as from Highway 4, Highway 126, and Highway 550.

Smoke from prescribed fire can be a nuisance to some people and a health concern for others, such as children, pregnant women, senior citizens, and those suffering from allergies, asthma, chemical sensitivities, or other heart or lung diseases. To reduce exposure to smoke, stay indoors as much as possible with windows, doors and vents closed. Avoid or limit physical activities outdoors.

In the evenings, smoke settles into low lying areas, including drainages; however, lifts by mid- morning when the sun rises. Residents living in such low-lying areas may be most affected. Information on health impacts from smoke can be found by calling the New Mexico Department of Health at 1-888-878- 8992.

For more information on the planned prescribed burn, William Maestas at (575)289-3264. Also, follow us on Twitter: SantaFeNF@SantafeNF.



US 550 Sidewalk Project Gets Underway in Cuba!

Orange barrels, equipment, paint, and flags signal the beginning of project work for the US Highway 550 Sidewalk Improvement project in the Village of Cuba. The project includes the addition of curbs, gutters and sidewalks along US 550 from the intersection of NM 197 northeast to Cordova Ave. (to the recently installed sidewalks at the Family Dollar Store).

Earlier this year, staff from the New Mexico Department of Transportation held two public meetings to provide information about the project and answer questions on the proposed improvements. Interested members of the public were invited to attend and provide input. The engineering plans were



then finalized and the project work was scheduled. The NMDOT incorporated safety recommendations into their sidewalk designs so that pedestrians will feel safer and more comfortable walking along the new stretch of sidewalk. Construction is now underway.

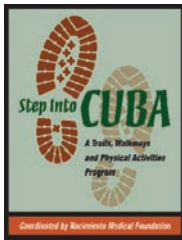
Through the leadership of the Mayor and Village Council, as well as efforts by the Step into Cuba Alliance and the UNM Prevention Research Center's Healthy Kids Healthy Cuba project, interest in making U.S. 550 more walkable and safer has gained momentum. The hope is that the NMDOT will be able to continue its work to make US 550 more pedestrian-friendly with future enhancements such as the installation of crosswalks and other safety measures that will make it safer to cross the highway. It will be great to see the new sidewalks and hopefully more people using them!



Photo submitted by Brigette Burns

MARK YOUR CALENDARS,
USPS MEETING November 3 at 5 p.m. at the school gym.
Please Plan to attend and save the Post Office in Lindrith

EVENTS CALENDAR ON PAGE 8



New Sandoval County Fair Food Favorites!

Did you notice that the 2011 Sandoval County Fair had a slightly different taste this year from some new menu items?

Many of us look forward to all kinds of food at the fair, and in an effort to help fairgoers make healthier choices, vendors offered fresh fruit cups, turkey wraps made with fresh spinach, green salad, hamburgers on whole wheat buns, baked potato chips, and granola bars, and healthier beverage choices such as water and unsweetened iced tea!

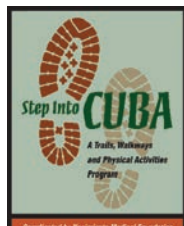
As part of the UNM Prevention Research Center's Healthy Kids, Healthy Cuba project, support was provided to participating food vendors at the fair to buy, prepare, and sell healthier foods. Some of the food and drinks served were new, while some were healthier twists on classic fair favorites, such as hamburgers on whole wheat buns instead of white buns and with baked chips, salad or a fruit cup as a side, rather than french fries. In a survey, fairgoers enjoyed having more food options at the fair and thought the healthier choices were tasty ones!

Thank you to the Sandoval County Fair Board and Betty Gunn for helping to make this project a success. A very special thank you to the vendors who made it possible: Mary Rhodes with the Cuba Coyotes 4-H group and Marla Rafael and Paula Enyeart with the Torreon Wolf Pack 4-H group. We look forward to seeing everyone next year and expect to have even more choices available!

Fair Vendor Marla Rafael and daughter Alyssa participated in the Healthy Vending Project at the Sandoval County Fair

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	Forest Service STRETCHES 45 Minutes	Morning Park WALK 30-60 minutes		Morning Park WALK 30-60 minutes	
10:00 AM		WIC Office STRETCHES 15 minutes		WIC Office STRETCHES 15 minutes	
12:00 PM	Health Center Lunch Break WALK 45 minutes		Health Center Lunch Break WALK 45 minutes	Cuba Credit Union STRETCHES 15 Minutes	
01:00 PM	Cuba Credit Union STRETCHES 15 Minutes	Senior Center WALK 15 minutes	Senior Center STRETCHES 15 Minutes	Senior Center STRETCHES 15 Minutes	
2:30 PM	Senior Center Staff, WALK 15 minutes				
03:30 PM	CUBA Schools Staff STRETCHES 15 Minutes				

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



Healthy Communities

Nacimiento Community Foundation
www.stepintocuba.org
October 2011 Activities Calendar



Cuba Farmers' Market Students Complete Internship

As the 2011 Season began, the Cuba Farmers' Market was pleased to be able to offer an opportunity for two students to participate in a summer gardening/farming Market internship. Made possible by funding from the UNM Prevention Research Center's Healthy Kids, Healthy Cuba project, an announcement was publicized, interviews with local youth ages 14 to 18 were held, and two students were chosen for the internship.



The students, Danielle Montoya and Elias Deshnod, worked with a total of 11 different growers, who all appreciated the opportunity to share their knowledge and were thankful for the students' eager assistance. The students' activities included preparing new garden beds, building a garden fence, harvesting a variety of vegetables and fruits, weeding, rooting and transplanting flowers and strawberries, learning about mulching and composting, butchering chickens, installing a water catchment system, and plowing with a horse drawn plow. They also helped vendors and managers

at the Cuba Farmers' Market. The students said that they learned a lot and each of them submitted a report about their experiences at the end of the internship.

The Cuba Farmers' Market hopes to be able to continue the internship program next Season and encourages all youth ages 14 to 18 to keep a look out for announcements about the opportunity next summer. The Market is held at the Village of Cuba St. Francis of Assisi Park every Saturday from 9:00 to NOON though October. For more information on the Market please contact Shari Smoker at 575-289-0244.



Work Site Wellness

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



Dried Chili at the Cuba Farmers' Market

Photo submitted by Bridgette Burns



"Fresh Tomatoes at the Farmers' Market"

Photo submitted by Bridgette Burns

Cuba Employers Invest In Their Most Valuable Resource: Their Work Force.

Congratulations to the following work sites who are participating in the Healthy Communities Work Site Wellness Program:

Cuba Credit Union
Cuba Independent School District
Nacimiento Community Foundation
Presbyterian Medical Service Checkerboard Area Health Center
Public Health/WIC Office
Sandoval County Cuba Senior Center
U.S. Forest Service Cuba Rangers District
UNM PRC Cuba Office

Studies show that even 15 minutes of physical activity a day can positively impact your health. The Healthy Communities Work Site Wellness Program provides 15 minutes of stress relieving stretches and easy strength building movement at your place of work. Try it out and see how good it makes you feel!

If you would like information on the Healthy Communities Work Site Wellness Program, please contact Anna Schulte @ 575-289-3718.

Funding provided by NM DOH Diabetes Prevention and Control Program.