

## Positive Partnerships

### Thank You!!!

UNM PRC VIVA/Healthy Kids Healthy Communities and Nacimientos Community Foundation wish to thank all of the valuable Volunteers who have helped make our projects successful this year:

- Step Into Cuba Walking & Physical Activity Program
- Village of Cuba St. Francis of Assisi Park Improvements
- Fisher Trail Development
- Farmer's Market
- Community Garden
- Pedestrian Safety Improvements
- Community Input
- Healthy Vending
- Food Pantry



Nacimientos Community Foundation and AMIkids Sandoval are working together to make a positive difference in the community of Cuba, NM.

Beginning this summer, AMIkids Sandoval students have helped with distribution at the Food Pantry, worked on the Fisher hiking trail, and maintained landscaping along the walking trail at the Village of Cuba St. Francis of Assisi Park. While we have appreciated this help with our work, AMIkids Sandoval students say that they appreciate the opportunity to come out and interact with the community in a positive way.

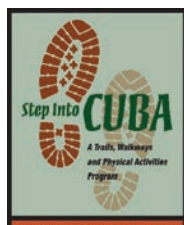
Partnering with the local community is an important part of the AMIkids Sandoval Program. Giving back to the community is one way students learn to be responsible and productive citizens. The goal is to teach kids that they are an integral part of the local area and a part of something bigger than themselves.

The staff at AMIkids Sandoval continually demonstrates compassion and discipline. They are committed to providing a supportive, structured environment to foster personal growth, with a focus on rewarding good behavior.

JM, student resident, says that he is looking forward to returning home and getting involved in community service there. He wants to repair his reputation with family, friends and neighbors by demonstrating that he can be a positive contributor.

AMIkids knows what research shows: Volunteering improves overall health and well being. When you volunteer, you strengthen your sense of purpose, and your connection to your community, which improves your own well being. Volunteering also helps keeps you active. Having an active lifestyle is a must for weight management, chronic disease prevention, and overall health.

Thank you, AMIkids Sandoval! We look forward to continuing this positive partnership and the good work we are doing for all of us in Cuba.



## Healthy Communities

Nacimientos Community Foundation

[www.stepintocuba.org](http://www.stepintocuba.org)

### November 2011 Activities Calendar



	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	
02:30 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](mailto:walkingchampion@stepintocuba.org)

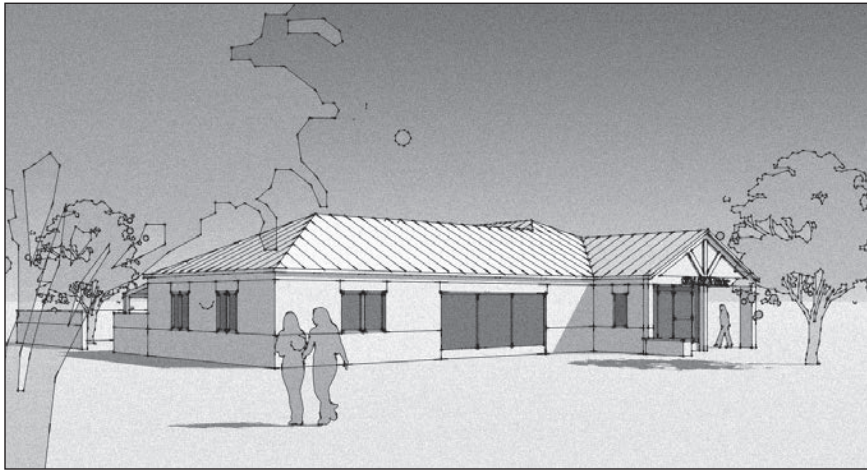


## Positive Partnerships



*AMIkids building cairns on the Fisher Trail*

***Free coupons-What's on special-Shopping-Projects-Ideas  
ww3.truevalue.com/richards***



### Architect's Drawing of Future Cuba Soil & Water Building

see article on page 1

**Hey Cuba! Know someone who's made a difference in our community?**

**Nominate them as a 2011 Volunteer Star!**



Call or e-mail:

Anna Schulte, Healthy Communities Coordinator- 575-289-3718 [walking-champion@stepintocuba.org](mailto:walking-champion@stepintocuba.org)

Shari Smoker, UNM PRC Community Coordinator-575-289-0244 [shsmoker@salud.unm.edu](mailto:shsmoker@salud.unm.edu)

## CHRISTIAN RADIO

### NOW BROADCASTING LOCALLY

**Two Christian Radio Stations, KPCL and KTGW out of Farmington are currently broadcasting from the new La Jara tower.**

KPCL- Christian Contemporary Music can be heard at 103.5 fm

KTGW- Christian Teaching can be heard at 100.1 fm

**TUNE TO 100.1 EACH SATURDAY AT 12:30PM TO HEAR "LIFE'S ANCHOR" WITH LOCAL PASTOR JACK STRICKLAN**

**Set buttons to these frequencies and enjoy the programming.  
Pass the Word!**

## RESIDENTS SPEAK OUT IN SUPPORT OF THE LINDRITH POST OFFICE

On November 3, more than 100 residents of the Lindrith area met at the Lindrith School to express their concern to US Postal Service representatives about closing the Lindrith



*photo submitted by Bridget Burns*

Post Office. Because the USPS anticipates losing \$10 billion nationwide in 2011, it has been considering closures of small, rural post offices which do not generate very much money. Closing the Lindrith Post Office would save about \$54,000. If all 3,700 post offices being considered for closure saved the USPS that amount it would come to nearly \$200,000 million.

Many of the residents spoke out because the Lindrith Post Office is where they meet neighbors and visit. One real concern is that the Post Office is the only way people can pay their bills. Internet service is not always reliable, cell phone service is poor in many areas, and the community relies heavily on the Post Office. Another concern is the distance many of the elderly residents would have to drive for their mail (18 miles to Gallina or 21 miles to La Jara) if this one was closed.

Representatives from the offices of U.S. Senators Tom Udall, Jeff Bingaman, U.S. Rep. Ben Ray Lujan attended the meeting and expressed their concerns about the proposed closure. State Rep. Deb-

bie Rodella, Rio Arriba County Commission Chairman Felipe Martinez and County Manager Tomas Campos also attended the meeting and spoke out in support of the Lindrith Post Office.

US Postal Service manager Jacqueline Glenn dismissed the idea that the decision to close the Lindrith Post Office was already final. "No decision has been made and there are no decision-makers in the room," she said. "We are here to hear what you have to say and document it." She encouraged the residents of the Lindrith area to submit written comments and concerns, which the Service will evaluate. If the Service decides that closing the office will not have a significant impact on the community, a written proposal will be sent to the Service district manager. The district manager will review the proposal before sending it to Dean Granholm, vice president of Delivery and Post Office Operations, who will make the final decision. If Granholm decides to close the office, customers will have 30 days to appeal the decision to the Postal Regulatory Commission.