

Walking Tips

Wear comfortable walking shoes.

Wear comfortable clothes.

Wear a hat, sun block, and lip balm.

Find a buddy. It's a great motivator and safer.

Be watchful for walking hazards.

Drink plenty of water.

Don't overdo it!

Allow your body to adjust to the new activity.

Consult your physician before beginning any physical activity.

CUBA PUBLIC LIBRARY LAUNCHES SUMMER READING PROGRAM

"Be Creative @ Your Library" this summer at the Cuba Public Library and explore the worlds of music, dance, art, books, and more. The 2009 Summer Reading Program is open to young people, preschool through sixth grade, with programs, prize drawings, story hours, a reading club, and more. Families are invited to join the Read-to-Me portion of the program. Registration for the Summer Reading Program begins on June 3, 2009. For more information, call the library at 575-289-3100.

All programs are free of charge.

INTERESTED IN PROMOTING YOUR NEW OR EXISTING BUSINESS?

LEARN INTERNET MARKETING

CREDO is embarking on a journey to assist and empower you with the tools and knowledge you need to successfully market your business. Connect with thousands of people through the internet. What better way to advertise your product or service. Make a substantial income advertising from your home or workplace.

Starting in June, we are offering our residents free business classes each month to assist you. We will have 2 classes on INTERNET MARKETING and have computers available for you to use in our office. With experienced, qualified technical instructors you will learn how to market your business on the web and how to develop your own website. Class sizes will be limited, so call CREDO today to make your reservations. 289-9454

Submitted by Cuba Regional Economic Development Organization

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UPCOMING EVENTS

**Cuba High School Graduation Friday,
May 22 10:00 a.m., High School Gym**

**SWOT (Small Wood Opportunity Team) Meeting
MAY 21st, 11:30 a.m. in the CREDO conference room
(next to Morningstar Realty) – Public Invited**

**NHT (Nacimiento Heritage Team)
May 21st, 5 p.m. - 7 p.m., in the CREDO conference room
(next to Morningstar Realty)**

**Step Into Cuba/Step Into Health
schedule on page 13**

BOOKMOBILE SCHEDULE

JUNE 2

GALLINA POST OFFICE 12:00-1:00

REGINA STORE 1:15-2:15

LINDRITH POST OFFICE 2:30-3:30

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Step Into Cuba – Step Into Health

Come and join us! There are 3 walking groups to choose from that will fit your schedule and current fitness level.



BEGINNER Walking Schedule: (Arletta Hogan 575-289-3718)

SUN	MON	TUE	WED	THUR	FRI	SAT
	*2:00 pm St. Francis Park	*2:00 pm St. Francis Park	*12 noon Senior Center *2:00 pm St. Francis Park	*12 noon Senior Center *2:00 pm St. Francis Park	2:00 pm St. Francis Park	

INTERMEDIATE Walking Schedule (Anna Schulte 575-289-2890)

SUN	MON	TUE	WED	THUR	FRI	SAT
	*12:00 noon School *4:00 pm location varies	*12:00 noon Clinic *5:00 pm St. Francis Park	*12:00 noon Clinic *4:00 pm Cuba Mesa	*12 noon Clinic *4:00 pm location varies	*5:00 pm St. Francis Park	

HIKING SCHEDULE

Hikes are scheduled for every other Sunday beginning April 19, 2009. The HIKING group meeting place is St. Francis Park at 1:00 pm. For more details, contact Julie Pederson at PMS Health Center @ 575-289-3291.

Please keep in mind that these schedules are to give you an idea of the walks that are available. These schedules can and will change to meet the needs of our participants. Contact the person listed for more information.



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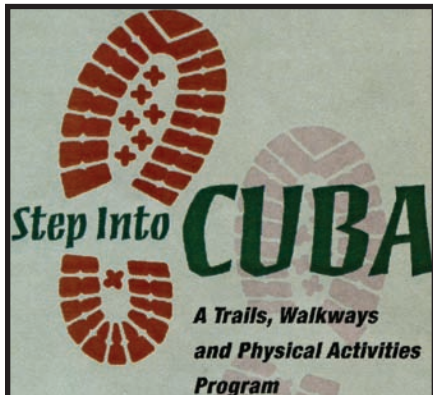
PICK UP A NEW
SCHEDULE AT AREA
BUSINESSES

HELP MAKE CUBA MORE WALKABLE

Step Into Cuba Alliance to Host Community Workshop

The Step Into Cuba Alliance invites Cuba residents to a Trails, Parks & Walkability Workshop on Thursday, May 28th from 4 – 7:30pm. Light refreshments will be served. The workshop will be held at the St. Francis of Assisi Park Recreation Center (Eichwald Center).

According to Attila Bality of the National Park Service, the workshop will provide an opportunity for Cuba residents to give ideas on how to make the Village friendlier for everyone to walk and hike. “We also want to get ideas on how to improve St. Francis of Assisi Park so it better serves the community” said Bality.



Workshop participants will learn about creative solutions to solving traffic and pedestrian conflicts, trail design for all people, safe routes to schools and, park improvements for

increased physical activity. Participants should plan to spend time outside looking at some of our trails and sidewalk issues. The ideas generated at this workshop will become the foundation of a Cuba Trails & Walkability Plan to be developed over the next 12 months.

The Step Into Cuba Alliance represents many agencies and organizations that share a goal of making Cuba a healthier community by focusing on the built environment such as sidewalks, safer street crossings, safe routes to school, and trails leading to wilder places like Cuba Mesa or the Continental Divide Trail. “Walking around town is a challenge,” noted Dr. Richard Kozoll, “sidewalks are deteriorating or missing, and we are well aware of the pedestrian safety issues along State Route 550.”

For more information on the Trails & Walkability Workshop or the Step Into Cuba Alliance please contact Nacimiento Medical Foundation at (575) 289-3718 and ask for Jeanette or Arletta.

Continental Divide Trail Alliance and Volunteers Install Nature Trailhead Sign at St. Francis of Assisi Park – New Trees On the Way

On a cold wet Easter Sunday morning, volunteers installed a beautiful new sign provided by the Continental Divide Trail Alliance. The sign has information about Cuba’s nearby Continental Divide National Scenic Trail and the Step Into Cuba program and current walking and hiking activity schedule. We hope to link the Park Nature Trail and the Continental Divide Trail with future walkable paths and sidewalks through the Village.

The Continental Divide Trail Alliance is a non-profit organization created to construct, maintain, promote, and link communities to the Trail. More information is available at www.cdtrail.org.

Volunteers also spread mulch over the 340 new seedlings. We are grateful to the Sandoval County Public Works Department for providing the excellent mulch.

Many thanks to the following volunteers: Cory Hanson, Fort Worth, TX; Sally Davis Kozoll, Cuba; Richard Kozoll, Cuba; Paula Lozar, Santa Fe, Stuart



America Votes: St. Francis of Assisi Park Nature Trail Will Benefit From Save the Trails Grant

The Nacimiento Medical Foundation has won a \$5000 Save the Trails grant from Nature Valley and the American Hiking Society, after 20,000 consumers cast online votes at www.wheresyours.com to decide the winners.

More than 150 nonprofits from across the country competed for the grants. Nine other organizations are receiving \$5000 in funding. The Nacimiento Foundation will use the money toward finishing the St. Francis of Assisi Park Nature Trail in the summer and fall of 2009.

Our project was one of the few aimed at expanding trails to improve the health of people who live near them. “Cuba serves as commercial center of a rural population of several thousand people in New Mexico,” said Richard Kozoll, Board Member of the Foundation and Volunteer Coordinator of the project. “In our area, improving the level of fitness could go a long way towards improving rates of chronic disease. Accessible walkways and trails are an important feature of a healthy community. They are also an attractive place for individuals to seek solitude or families and groups to be together and enjoy fabulous views of nearby mountains and mesas.”

Martin Abrams, Nature Valley marketing manager, explained that funding for trails is crucial and allows people to enjoy these outdoor corridors now, while preserving them for future generations. “Through Save the Trails, we encourage individuals of all ages to get outdoors and enjoy nature on well-established accessible trails,” Abrams said. “These donations will benefit hikers across America, from the hills of Massachusetts to the ancient forests of California.”



Masse, Albuquerque; Anna Schulte, Cuba; Bebe Smith, Albuquerque; and Bob Woods, CDTA New Mexico Regional Representative, Las Cruces.

The next major development at the park will be the planting of up to 40 new trees along the east and west ends of the Nature Trail. Trees up to 12 feet tall will be taken from the Sandoval County Fairgrounds to make room for new roadways and structures. Look for the new trees to begin appearing by the end of May. Many thanks to Vandora Casados, Faustino Gallegos, Mark Hatzenbuhler, Arletta Hogan, Loretta Jacquez, Ray Sisneros, Mayor Richard Velarde, and the Cuba Village Council for their help on this challenging project.

For further information about Step Into Cuba or to offer volunteer help, contact Jeanette Linville or Arletta Hogan at 289-3718.