

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

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Cuba's New US 550 and NM 126 Crosswalks

It is very exciting to see so many Cuba residents walking in the community, thanks in part to the hard work and organizing efforts of Step into Cuba's walking champions. As you may have noticed, we have new cross-walks at the intersection of US Highway 550 and NM Highway 126. Please be safe as you continue to walk for exercise and for your daily errands around Cuba.

As you cross at the corner of US 550 and NM 126, be alert and make eye contact with drivers, especially when crossing busy 550. Continue to watch out for traffic while you are in the crosswalk. Even though you have the right of way, some drivers may not know it or may not paying attention to you.

When driving on our Cuba roads, please look for pedestrians and stop for them. Remember to look for pedestrians when turning; and keep in mind that when a car is stopped ahead of you, there may be a pedestrian crossing. Driving the same roads every day, it's easy to forget about pedestrians. So please always look out for the walkers in our community.

Nighttime visibility is one of the most important pedestrian safety issues. National statistics show that almost fifty percent of pedestrian fatalities occur between the hours of 6:00 p.m. and midnight. Stay safe walking at night: carry a flashlight and wear reflective materials when walking at night or early morning.

Some research suggests that pedestrians may have a false sense of security at marked crosswalks. Here is the recommended way to cross. Look left, then look right, then look left again before you enter the crosswalk. As you're crossing, check over your shoulder for turning vehicles. Watch vehicles coming both ways and don't hesitate to raise your hand if a vehicle does not seem to be slowing down.

Some of this information was found at http://safety.fhwa.dot.gov/local_rural/pedcampaign/ and <http://www.getstreetsmarts.org/safety.htm>. Please check these sites for additional pedestrian safety tips.

Photo and article courtesy Step Into Cuba
Richard Kozoll

THE RAINBOW GATHERING COMES TO A CLOSE

The Rainbow Family Gathering has officially ended and the majority of the participants have left the area. As of July 10th it was estimated that about 1,000 remained at the site. Peak attendance on July 4th at Parque Venado was approximately 10,500 according to the count from the US Forest Service. Cleanup and the rehabilitation of the area are in process and approximately 40-50 of the Rainbow Family participants are expected to work with the US Forest Service Resource Specialists on the rehabilitation plan. This will be completed in August, with nature completing the actual rehabilitation process.

Several of the Rainbow Family commented that they thoroughly enjoyed their visit to the area. They felt the businesses were very accommodating to such a large group of customers, they felt their visit went very well, and would like to come back. Cuba Village businesses felt the Rainbow Gathering was very good economically. Some businesses were not affected by the influx.

Some of the Rainbow Family felt that law enforcement was excessive. The US Forest Service reported that approximately 3% of the participants received violation notices, mostly for drug and alcohol related offenses and for violating New Mexico motor vehicle laws. 19 arrests were made for various offenses. There were over 20 medical transports from the Rainbow Gathering for conditions such as burns, overdoses, stab wounds, and severe back pain.

An outbreak of Canine Parvovirus was confirmed at the Gathering. Parvo is a highly contagious disease, which can remain in the soil for 5 months or longer. The US Forest Service recommends that the public refrain from bringing their pets with them if they intend on visiting the Parque Venado area in the near future. Visitors hiking through the area should disinfect their shoes with disinfectant spray or bleached water before entering their vehicles and returning home.

VILLAGE OF CUBA TOP IN THE STATE

Cuba has a surprise distinction — according to the US Census Bureau, the Village of Cuba has grown from 590 residents in 2000 to an estimated population of 1,358 in 2008. That's a 10.42% growth rate. Cuba was the fastest-growing city in the state during that time. Other small communities that experienced high growth rates were Jemez Springs, Edgewood, and Milan.

Largest Growth

Top five New Mexico cities by annual growth rate between 2000 and 2008:

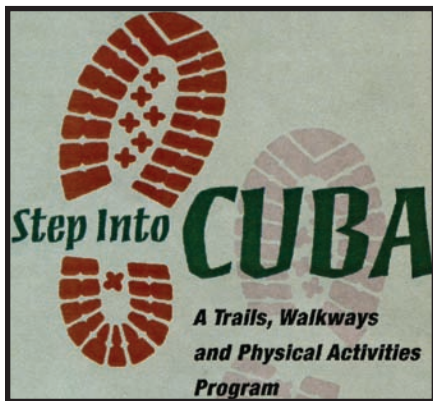
- Cuba — 10.42 percent
- Rio Rancho — 5.39 percent
- Edgewood — 4.67 percent
- Los Lunas — 4.25 percent
- Bernallillo — 4.14 percent

ATTEND THE SANDOVAL COUNTY FAIR !!!

JULY 30th ~ AUGUST 2nd

SEE PAGE 28 FOR MORE INFO

EVENTS CALENDAR ON PAGE 8



Hello, my name is Anna Schulte. Many of you (and your children) know me as the 'yoga lady', others know me as their Walking Champion or the 'walking lady', but today, I am honored to be writing to you as the "Healthy Communities Coordinator." Healthy Communities is a 5 year grant from the NM Department of Health which will support and grow Step Into Cuba, the program that has been encouraging walking among community

members; developing the walking trail and landscaping at St. Francis Assisi Park; and working with Sandoval County, the Forest Service, the US Bureau of Land Management and the Continental Divide Trail Alliance to connect the Continental Divide Trail through Cuba.

Do you remember the Walkability Workshop that was held at the end of May this year? Wasn't it cool how many of us turned out? That event was brought to you by Healthy Communities in collaboration with the National Park Service Rivers, Trail and Conservation Assistance Program (RTCA), UNM Prevention and Research Center, The Village of Cuba, PMS Clinic and Nacimiento Medical Foundation, Step Into Cuba.

As the Healthy Communities Coordinator, I am looking forward to working with all interested parties and the Step Into Cuba Alliance



members to implement ideas generated at the Walkability Workshop, such as: further park development; safe walk ways for our kids to and on school grounds; improving the sidewalks along 550; creating additional recreational and practical walking trails for all of us to use and enjoy in and around Cuba, including the Continental Divide Trail.

I envision walking trails along our many beautiful County roads, safe sidewalks along Highway 550 through Cuba, pleasant parks and walking loops near homes and places of work, people of all ages able to access all parts of our village by walking or biking and a population of exercise enthusiasts!

A Prescription Walking Program, already being developed by NMDOH Healthy Communities and PMS Clinic, similar to the ones already in use in Albuquerque and Santa Fe, will do a lot to bring about such a vision.

I am happy to say that I will continue in my role as a Walking Champion, walking with, supporting and encouraging each person in our community who wants to make walking and physical activity an integral part of their lives. I have really enjoyed getting to know each of you, and I look forward meeting new friends, like the senior citizens I had the pleasure of lunching with last week. Please feel free to contact me to get started walking or even just to talk about your goals and ideas, or if there is anything else I can do for you. The Healthy Communities policy is an open door policy.

Lastly, I would like to thank the incredibly hard working volunteers who have been involved with all the projects this year. Thank you to all the Step Into Cuba Alliance members, too. It is amazing to see how much attention, energy and resources are being poured into our community. It has already made a positive impact in our lives and will continue to do so for generations to come!

Anna Schulte, Healthy Communities Coordinator
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VOLUNTEERS WORKING ON ST. FRANCIS OF ASSISI PARK

The next time you are enjoying the St. Francis Assisi Park, be sure to notice a few improvements brought to you by some civic minded young people from Cuba: Cristal Arellano, Jonathan Begaye, Christopher Cordova, Estefan Cordova, Matthew Gutierrez, Janel Herrera, Briannah Jacquez, Tony Miranda, Amanda Negale, Amber Pitts, Isaiah Romero, Mariano Salaz, Samantha Salazar, Julius Sandoval, Thaddeus Toledo, Gil Martin, Marty Keetso, and Vanessa Montoya. They all worked this summer to give our park a facelift, with the help and guidance of the lovely Theresa Linney and Ann Massey.



These kids kept busy clearing trash from the entire park - including the playground area, clearing out dry weeds and debris along the western side of the park between the walking trail and the fence, and weeding the seedling plantings. These tasks generated over 40

large garbage bags! Thanks to the Village of Cuba Task Force workers, Pam and Leonard who hauled all the bags away, leaving a beautifully groomed area for all to enjoy.

Other major tasks they accomplished were: clearing dead and down trees and timber; clearing and leveling some portions of the walking trail; piling old road construction debris; and shoveling sand over a dirt burn to create a sand dune for kids to play on, "I would play on it if I were a kid," said Tony Miranda. So bring your family and try it out!

Step Into Cuba Alliance Member Organizations:

Continental Divide Trail Alliance
County of Sandoval, NM
Cuba Independent School District
Cuba News
Cuba Regional Economic Development Organization
Mid Rio Grande Council of Governments
Nacimiento Heritage Team
Nacimiento Medical Foundation
NM Department of Health
NM Department of Transportation, District 6
NM State Forestry Division
NM State Parks Division
NM Volunteers for the Outdoors
Presbyterian Medical Services
Rio Puerco Alliance/Rio Puerco Watershed Committee
UNM Prevention Research Center
US Bureau of Land Management
U.S. Forest Service
US National Park Service
US Congressional Delegation
Village of Cuba

Go to <http://stepintocuba.org> for more information
on the
[Step into Cuba Project](http://stepintocuba.org)



Healthy Communities

Step Into Cuba Walks & Activities Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 AM	Senior's Center WALK 15 - 20 minutes Swimming Pool OPEN SWIM 9am-11:45 am	Senior's Center WALK 15 - 20 minutes Swimming Pool OPEN SWIM 9am-11:45 am	Senior's Center WALK 15 - 20 minutes Swimming Pool OPEN SWIM 9am-11:45 am	Senior's Center WALK 15 - 20 minutes Swimming Pool OPEN SWIM 9am-11:45 am	Senior's Center WALK 15 - 20 minutes Swimming Pool OPEN SWIM 9am-11:45 am		
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 EASY WALK 15 - 20 minutes	Senior Center EASY WALK 15 - 20 minutes			Senior Center EASY WALK 15 - 20 minutes		
01:00 PM	Swimming Pool OPEN SWIM 1 pm - 3:45 pm	Credit Union & Clinic WORKDAY WALK 30 minutes Swimming Pool OPEN SWIM 1 pm - 3:45 pm	Credit Union & Clinic WORKDAY WALK 30 minutes Swimming Pool OPEN SWIM 1 pm - 3:45 pm	Credit Union & Clinic WORKDAY WALK 30 minutes Swimming Pool OPEN SWIM 1 pm - 3:45 pm	Swimming Pool OPEN SWIM 1 pm - 3:45 pm		Weekend Adventure WALK/HIKE Meet at the Park on July 12 & 26. August 9 & 23 Julie Pederson (505) 328 - 5086
02:00 PM	Senior Center EASY YOGA 20 - 30 minutes	Senior Center EASY YOGA 20 - 30 minutes			Senior Center EASY YOGA 20 - 30 minutes		
04:00 PM		High School Cross Country Trails HIKE 60 minutes		High School Cross Country Trails HIKE 60 minutes	Swimming Pool WATER AEROBICS 60 minutes		
05:00 PM	Swimming Pool WATER AEROBICS 60 minutes		Swimming Pool WATER AEROBICS 60 minutes		Swimming Pool YOGA 60 minutes		
06:00 PM	Swimming Pool YOGA 60 minutes	St. Frances Park FAMILY WALK 30 minutes	Swimming Pool YOGA 60 minutes	St. Frances Park FAMILY WALK 30 minutes			

WALKS subject to cancellation. You must call to confirm. Individual Walks can be scheduled, call to arrange.

Anna Schulte, Walking Champion 575-289-2890 home / 505-288-2733 cell / 575-289-3718 office

Senior Citizen's Center 575-289-3510, Melissa Crespin / Swimming Pool 575-289-3211 x 120, Heather Lucero

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