

ANTES

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In the huge basement of the building was a very large laundry for the use of the Sisters. In the laundry there was a coal-burning boiler for heating water.

There was also a large, ancient washing machine that looked like an oversized wooden barrel positioned on its side. It had legs beneath the barrel and what appeared to be a crank for turning the loads of washing. There were also large, deep sinks with hand-driven pumps with which to draw water. As well as the large laundry, there was an equally large kitchen in which meals were prepared for students. There was also a student dining area and one classroom. As well, there was an abundance of storage space in this basement. There were water pumps in the nuns' kitchen as well as in the student kitchen similar to those in the laundry. Since Cuba did not have running water until after World War II, it is obvious that the convent must have had a well. This well would have supplied all the water for the whole convent as well as for the rectory next door.

Remarkable as it may seem to us today, the only source of heat throughout the classrooms in this immense building were the wood-burning stoves in each classroom. As for the nuns' living area, perhaps there was a way in which that part of the building could have been heated with the coal-burning boiler that they used to heat water in the laundry. As big as the convent building was and as much activity as went on within its walls, it is difficult to imagine how much wood was burned each winter to keep everyone warm. This question is especially relevant given Cuba's reputation for long, hard winters.

Among the various unique qualities the convent building exhibited was its cement plaster exterior. At the time this building was constructed, cement plastering of structures was unheard of in this community. What is interesting

is that the church next door was plastered with "adobe" (mud plaster) and traditionally was plastered every year by the congregation just before "la fiesta" (the feast day). Apparently, when the school was finished, it was plastered in the new, "modern" fashion, with cement, and it remained so until

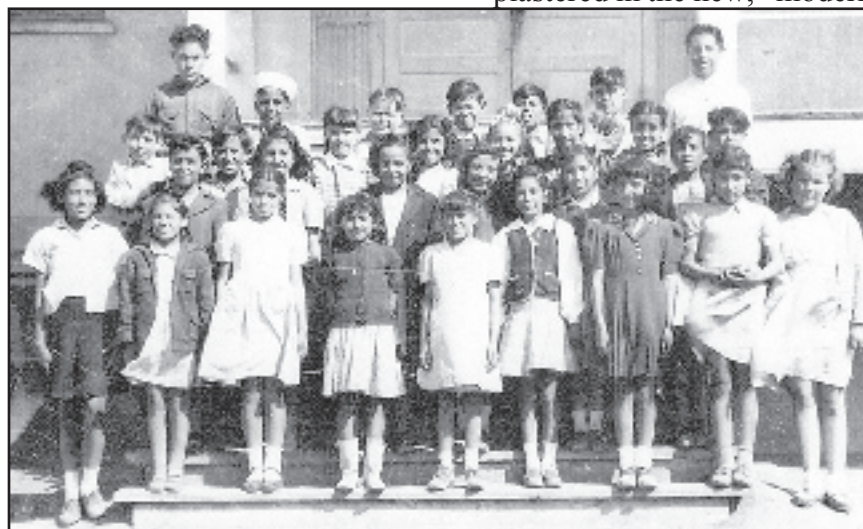
its destruction in the 1960's. Another unheard of feature on this building was its shingled roof. Again, this was a construction feature that was simply not used here. Recall that earlier in this article it was noted that \$5000 had been approved by the Archbishop's office in Santa Fé specifically to put the roof on this mammoth building so that it could be completed. These features, along with many that have been described in its interior, seem to imply that whoever designed this building was not from here. Perhaps even those who actually constructed or supervised the construction of this exceptional convent brought a very unconventional, non-Southwest world view into our midst. Whoever these people were, they certainly succeeded in providing the Franciscan religious order and the Catholic community with an impressive venue in which to accomplish their mission.

As stated earlier, the status of the community related to the convent and the services it provided motivated families from this community as well as surrounding areas to bring their children to school in Cuba. For many of the families from the outlying areas who brought children to school here, they did

so at tremendous sacrifice. However, that did not seem to matter. What was important was that their children came to "el convento en Cuba" to get their education. "El Convento" was seen as a place of learning, prestige and discipline and thereby a place of status.

There are many other stories to tell related to the era of "el convento." However, those stories will have to wait for another "Antes."

¡Hasta Luego!



One generation later, Sister Flora's 4th Grade class, 1946-47. This class would become Cuba High School's Class of 1955. Photograph courtesy of Herbert Wilson.

Top Row, left to right: Manuel ___?, Eddie Montaña, Herbert Wilson, Feliciano Valdez, Marcelino Montaña, Pedro Cebada, Epitacio Salas.

Second Row: Luis Casaus, Leonardo Valdez, Alice Sandoval, Lillie Blecher, Gladys Jeffcoat, Julia Maestas, Rosarito Herrera, Felix Atencio.

Third Row: Rosalio Jaramillo, Ferminia Casaus, Rosella Apodaca, Esther Cordova, Gloria Montoya, Irene De La O.

Front Row: Rita Sanchez, Erminda Lucero, Magdalena Mora, Laura Montoya, Rafaela Crespín, Helen Montoya, Bernice Cordova, Grace Sandoval, Mary Elizabeth Young.

Photo taken on the west steps of "el convento."

WALK TO SCHOOL

Well, it's hard to believe, but it's back to school time already! That means kids will be walking to and from school.

"But," I can hear you saying "its still Summer!" You are right and that is why I am writing today to give you and your children some Warm Weather Walking Tips.

1. Dress for the Weather: Wearing appropriate clothing for the temperature will help keep kids cool, as well as relaxed during their walk. Thin all natural fibers, such as cotton, are best for hot weather. A Sun hat should also be worn. Light colored clothing can keep you cool and will help drivers see you.

2. Wear Appropriate Shoes: Walkers of all ages need comfortable shoes. Good walking shoes should be

lightweight and durable. The flat sole should provide ample cushioning and support.

3. Bring Plenty of Water: One water bottle per person per walk.. Water is an essential part of warm weather walking, especially for kids! Water gives energy and keeps you cool and hydrated.

4. Snack on Nuts & Fruits: Nuts and fruits are a great source of energy. Combined with water, this type of snack will keep kids walking with enough energy to get to school and back home again at the end of the school day. Most kids love nuts and fruits like apples, oranges or grapes. Dried fruit is another option..

It is important that everyone stay energized, hydrated and cool during their walk. Dehydration and fatigue

is common in our dry climate and can be especially hard on kids. A walk should not be tiring, but refreshing. It should be a form of exercise, but also a form of enjoyment, relaxation and entertainment. We want to encourage more kids to walk to school, because these days kids don't get enough



exercise. But please be safe! Drivers, keep alert to student pedestrians

along roadways like NM 126, County Road 13 and even in town along 550. And student walkers, watch for cars and follow all traffic rules, like walking against the traffic. Also, stay safe by walking with a buddy or in a group. Hey parents, YOU could be your child's walking buddy! What a wonderful way to get your exercise, and keep kids safe.

The benefits of walking are many! Here are just a few: Weight Management, Lower Risk of Illness & Disease, Improved Mood and Sense of Well Being, Better Sleep, Stress Relief, Pain Relief.

Happy Trails to School!

Anna Schulte,

Healthy Communities Coordinator
505-288-2733

DRIVE SAFELY! WATCH FOR SCHOOL CHILDREN!

OUTSTANDING NATIONAL RESOURCE WATERS PROPOSAL

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focus their efforts on waters located within wilderness areas.

The Draft Proposal contains three sections: the proposed designation of ONRW waters, draft changes to 20.6.4.8 NMAC governing ONRW designations, and draft amendments to the state's antidegradation policy implementation procedures.

The Draft Proposal is available electronically at <http://www.nmenv.state.nm.us/swqb/ONRW/>

Questions and comments regarding the Draft Proposal should be directed to NMED using the following contact information. Comments will be accepted through August 31, 2009.

CONTACT INFORMATION

Marcy Leavitt
New Mexico Environment Dept.
1190 St. Francis Drive
P.O. Box 26110
Santa Fe, New Mexico 87502
or
ONRW.COMMENTS@state.nm.us

UDALL'S AIDE VISITS CUBA

Senator Udall solved the problem of holding open house meetings in Cuba and Jemez Springs by sending one of his staff to answer questions. The date was August 18, 2009.

Topics to be discussed were: Veterans' affairs: benefits, eligibility determinations, VA house loans and replacement of medals earned. Social Security: benefits and eligibility and missing checks. Immigration: assistance with naturalization applications, immigration petitions for relatives and adjustment of status applications that are delayed or lost. Housing: problems with housing vouchers, Federal loan programs and HUD. Passports: obtaining an emergency passport, help with a lost passport and overseas travel restrictions. The subject of national healthcare was not listed.

Udall's aide was scheduled for an hour in each town.

In the press release, the Senator stated, "As your United States Senator, it is my goal to provide every New Mexican with excellent representation and assistance."



Healthy Communities

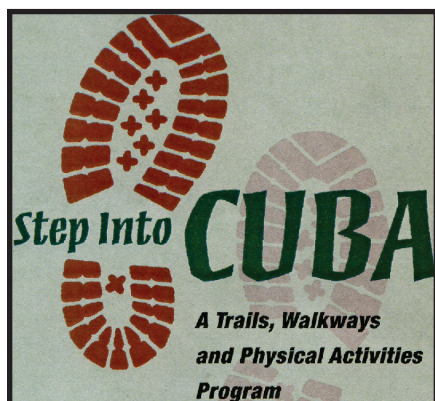
Step Into Cuba Walks & Activities Calendar

	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 YOGA 15 - 20 minutes	Senior Center EASY YOGA 15 - 20 minutes			Senior Center EASY YOGA 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 August 23 Julie Pederson (505) 328 - 5086
02:30 PM			Senior Center EASY YOGA 5-10 minutes	Senior Center EASY YOGA 5-10 minutes			
04:00 PM	Swimming Pool DEEP WATER AEROBICS 60 minutes	Cuba Schools TRAILS, TRACK or LOOP WALKS 60 minutes	Swimming Pool DEEP WATER AEROBICS 60 minutes	Cuba Schools TRAILS, TRACK or LOOP WALKS 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



Boulders Join Sand Dune as Natural Play Areas at St. Francis of Assisi Park

Granite boulders – 21 altogether – were moved to the future St. Francis of Assisi Park Nature Trail. They join our sand dune as developing natural play areas for children. The boulders were a much appreciated donation from Lynette

and Stanley Crespin. As usual, we would like to thank our hardworking crew. Curtis Lopez operated Village of Cuba equipment while Leonard Jake, also of the Village, provided valuable assistance. We could not have positioned the boulders without the help of Sam Smelser who designed and made rope and nylon slings, and worked hard using them while teaching the rest of us his techniques. Thanks also to other volunteers Nicholas and Stanley Crespin, Anna Schulte and Richard Kozoll

Creating environments that connect children to nature through play and exploration is emerging as an important strategy to improve health, mood, and thinking ability. Research shows that children today spend less time playing outdoors than those just a few years ago. They substitute “screen time” – time spent in front of television and other electronic devices. US youths between 8 and 18 now spend a staggering average of 45 hours a week in front of the “screen.” Today’s children have fewer places to play outdoors, fewer playmates, and are less likely to walk to school. The percentage of children and youth who are overweight is also rising.

Causes for this trend – other than “screen time” – are also being identified. Parents concern about safety of their children is an important factor. Children also have more structured and organized lives, leaving them less free time to play outdoors. Parents also have less free time to accompany their children outdoors.

There are many benefits for those children who frequently play and explore outdoors. They have healthier weight and enjoy better health. Natural play has been shown to improve a child’s ability to focus, think and problem-solve. He or she is less likely to suffer from attention deficit disorder and more likely to play cooperatively. Schools that use “outdoor classrooms” and other forms of nature-based educational experiences find their students perform better in social studies, science, language arts and math.

They need for safe, nearby natural play areas that parents and children can both enjoy has never been greater. We hope that the Step Into Cuba program can help St. Francis of Assisi Park and other areas develop into Cuba’s natural playgrounds.



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