

## CUBA HEALTH CENTER WALKS AND BEGINS PRESCRIPTION TRAILS

Walking can be one of the most important activities to preserve or increase your health. Consider these facts:

- People who walk regularly live longer than those who don't,
- Regular walking provides protection against heart attack,
- Walking frequently lowers blood sugar,
- Regular walking prevents weight gain, especially after a successful diet,
- Persons who walk have less job stress and more job satisfaction, and
- Persons who walk regularly experience less anxiety and more confidence.

Recognizing the value of walking for themselves and their patients, Checkerboard Area Health System/Cuba Health Center staff have begun walking during before, after and during breaks at work. On Wednesday August 26, the entire staff walked together during a staff meeting break, and plans to make this a regular event.

In order to emphasize the value of walking to patients at the Cuba Health Center, practitioners have begun a program named Prescription Trails. Already in place in Albuquerque and Santa Fe, Cuba joins these communities in offering walking plans or "prescriptions" to clinic patients. If you would like to discuss the safety of regular walking or design a program that meets your present condition, be sure to ask a practitioner. National guidelines published in 2008 recommend 2 ½ hours of walking or other moderate physical activity per week for all adults. The walking time can be broken down into intervals of 10 or more minutes. Children and youth should have one hour of physical activity each day.



PRESBYTERIAN MEDICAL SERVICES

*Building a Healthier State*<sup>®</sup>  
**CHECKERBOARD AREA  
 HEALTH SYSTEM**  
*Call now for an appointment!*  
**(575) 289-3291**



- Family Medicine
- Behavioral Health
- Dental Care
- Sports Physicals
- Immunizations
- Teen Health
- Sick and Well Child Care
- Chronic Disease Care
- Disease Prevention

**Cuba Health Center (575) 289-3291**

M-Th 8-5 Friday 8-4

Monday & Thurs evenings 5-7

**Torreon Clinic (505) 731-2284**

M-F 8:30 – 4:30

**Counselor Clinic (575) 568-4328**

M-F 8:30 – 4:30

**Ojo Encino Clinic (505) 731-2268**

M-F 8:30 – 4:30

**Jemez Valley Medical Clinic**

(575) 834-0802

M, W, Th 8:30 – 4:30 Friday 8:30 - 12

### Our Providers are:

Tim Garcia, MD

Merle Wiseman, MD

Elena Snyder, FNP

Richard Kozoll, MD

Carol Findley, FNP

Aurelia Staley, FNP

Sally Rae Goble LMFT

Carol Mills, FNP

David Schlottman, DDS

Albert Brown, DDS

**Payment Options: Medicare, Medicaid,  
 Presbyterian Salud, Lovelace Salud,  
 Molina Salud, most private insurances accepted.**

**Uninsured patients welcome –  
 Sliding fee scale services available.**

**CUBA HIGH SCHOOL  
GIRLS VOLLEYBALL SCHEDULE**

**2009**

Date	Opponent	Squads	H/A	Time
Sept. 22, 2009	East Mountain	A	Home	5:00 p.m. x
Sept. 24, 2009	Laguna**	A, B, & C	Home	4:00 PM x
Sept. 25, 2009	Sandia Prep Invit	A	Away	T.B.A x
Sept. 26, 2009	Sandia Prep Invit	A	Away	T.B.A x
Sept. 25, 2009	Tse Yi Gai	B & C	Home	4:30 p.m.
xSept. 30, 2009	Jemez	A & B	Home	4:00 p.m. x
October 2, 2009	Sandia Prep**	A, B, & C	Away	4:00 PM x
October 3, 2009	Thoreau**	A, B, & C	Home	1:00 PM x
October 6, 2009	Hope**	A, B, & C	Home	4:00 PM x
October 10, 2009	Laguna**	A, B, & C	Away	1:00 PM x
October 17, 2009	Hope**	A, B, & C	Away	1:00 PM x
October 20, 2009	Sandia Prep**	A, B, & C	Home	4:00 PM x
October 24, 2009	Thoreau**	A, B, & C	Away	1:00 PM x
Dist. Games **				

**CUBA HIGH SCHOOL  
FOOTBALL SCHEDULE**

**2009**

Date	Opponent	HOME/AWAY	Time
September 22, 2009	Questa	Home	1:00 p.m.
September 26, 2008	Dulce**	Home	1:00 p.m.
October 2, 2009	Laguna**	Away	7:00 p.m.
October 10, 2009	Navajo Pine**	Home	1:00 p.m.
October 17, 2009	Navajo Prep**	Home	1:00 p.m.
October 24, 2009	Hope	Home	1:00 p.m.
October 30, 2009	Newcomb**	Away	7:00 p.m.
District Games **			

**CUBA HIGH SCHOOL  
CROSS COUNTRY SCHEDULE**

**2009**

Date	Opponent	Site	Time
September 19, 2009	Laguna Acoma Invite	Away	TBA
September 26, 2009	Cibola Invite	Away	TBA
October 01, 2009	Cuba Invite	Home	TBA
October 09, 2009	Bloomfield Invite	Away	TBA
October 17, 2009	Rio Rancho Invite	Away	TBA
October 23, 2009	Grants	Away	TBA
October 30, 2009	District 5-AAA Meet	Away	TBA
November 7, 2009	State X-CC Meet	Away	TBA



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We're on the Web!**

For the latest news, current events, athletic schedules  
menus & more . . . .

Visit us at <http://cuba.k12.nm.us>



**Healthy Communities Fall 2009**

Step Into Cuba Walks & Activities Calendar  
(All Walks & Activities Free of Charge)

	Monday	Tuesday	Wednesday	Thursday	Friday
09:00 AM	Village Complex WALK 15 - 30 minutes	Village Complex WALK 15 - 30 minutes	Village Complex WALK 15 - 30 minutes	Village Complex WALK 15 - 30 minutes	Village Complex WALK 15 - 30 minutes
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 WALK or YOGA 15 - 20 minutes	Senior Center WALK or YOGA 15 - 20 minutes			Senior Center WALK or YOGA 15 - 20 minutes
01:00 PM		Credit Union & Clinic WORKDAY WALK 30 minutes	Credit Union & Clinic WORKDAY WALK 30 minutes	Credit Union & Clinic WORKDAY WALK 30 minutes	
02:00 PM			Senior Center Bingo Break 10-15 minutes	Senior Center Bingo Break 10-15 minutes	
04:00 PM	Cuba Schools TRAILS or ROADS WALK 30-60 minutes	YOGA 60 minutes	Cuba Schools TRAILS or ROADS WALK 30 - 60 minutes	YOGA 60 minutes	Cuba Schools TRAILS or ROADS WALK 30-60 minutes

Call or email to sign up for an activity or to schedule an Individual Walk.  
Anna Schulte, [walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org)/ 505-288-2733 cell/ 575-289-3718 office  
Senior Citizen's Center 575-289-3510, Melissa Crespin  
Cuba Independent Schools 575-289-3211 x607, Beth Hamilton Ignacio

**CUBA  
INDEPENDENT  
SCHOOLS**

**MEMBERS OF  
THE SCHOOL  
BOARD**

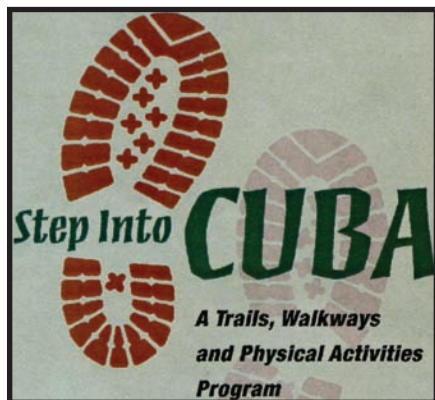
**Marty Vigil,**  
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**Marcellino Crespin,**  
Vice President

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Secretary

**Marlene Waukazoo,**  
Member

**Darlene Chiquito,**  
Member



## Village Task Force Workers Strike Again!

Our community has a new walking trail, thanks to the efforts of 'Step Into Cuba' and to the Village of

Cuba. In addition to all of the other great work they have been doing in our community this summer, Task Force Workers Pam Ramirez and Leonard Jake made this happen - Go Task Force Workers!

The new half mile walking trail begins just off the parking lot of the new library, and continues around the perimeter of the field, behind the Village Housing Complex. Along the walk,

you can get out in nature and enjoy sweeping views of the mountains and the mesas. Of course, you are guaranteed a show by the prairie dogs. Just watch out for their holes! They have no appreciation for our new trail! And, if you are lucky enough, you might catch a glimpse of the beautiful birds

who frequent the open field, wire fence lines and wild olive trees. There is a path that cuts across the field to these lovely shade trees, and hopefully by the time you read this, we will have a natural stone 'birdwatching bench' under the branches.

Lots of people have already started making use of the trail during their work breaks or lunch hour. Other users include children on their bikes. The new trail provides a safe place for them to ride, away from streets and cars. There is also a shorter loop, approximately a quarter mile, that some of our senior citizens really appreciate.

Our new trail needs a name! Go check it out and if you get an idea, please submit it to 505-288-2733 or [walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org) or call locally 289-3718, or fill out the form below and drop it off at the WIC building or mail to: Walking Champion, P.O. Box 880, Cuba NM 87013.

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New Walking Trail at the Village of Cuba Complex Name idea(s)

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Your name and contact info:

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**Pam and Leonard on the new Walking Trail**

## Thank you Heather Lucero for another great pool season!

Thanks to the hard work of Heather Lucero, we are fortunate enough to have a pool in our small community. Its important to have a variety of activities in your exercise routine, and swimming is a great option. Don't have an exercise routine? Swimming is the perfect way to start one! Don't know how to swim? Heather is a pro at making you feel comfortable and confident in the water and teaching people how to swim. People of all ages and physical condition can benefit from swimming, especially if you are unable to do any other kind of exercise. Here's how:

The support and resistance of the water takes your weight off the joints and muscles, allowing you to work them to their full range, without injury. This gives your whole body a deep, safe stretch, while at the same time, a full body workout. While swimming, you engage every major muscle group: arms, legs, gluts, chest, shoulders, back, core. This continuous stretching and strengthening produces long, lean muscles and builds endurance. You can actually exercise for longer periods of time in the water without getting tired. You can build up the strength and flexibility that will improve your everyday life on land.

Swimming is an aerobic activity that naturally causes your breath to be deep and rhythmic. This type of breathing strengthens the heart and lungs while reducing the effects of stress on your body, a major factor in overall health.

Swimming is good for your brain, too. The alternating action of the arms and legs improves coordination and balance. Then there is the calming, meditative effect of being in the water, a place you can slip away from the stresses of daily life. Being in the water is completely different from the rest of your day on dry land. You can focus on the feeling of the water or your own thoughts. If you prefer socializing, the pool is a great place for it! Exercise makes you feel good and so does being around other people in a relaxed, positive atmosphere. Together, you get lots of fun and laughter – proven immune boosters!

To stay in shape for the next pool season Heather recommends walking and yoga to keep you strong and breathing deeply, until the next swim season.

When I first tried Water Aerobics classes this summer, I was not sure I would like them.... but now I'm totally hooked!! I am stronger, leaner and I can breath more deeply. Thank you so much, Heather! You are an asset to our healthy community! Because of the wonderful experience I had with you and your pool, swimming will be part of my exercise routine for the rest of my life!

Anna Schulte,  
Healthy Communities  
Coordinator  
[walkingchampion@stepintocuba.org](mailto:walkingchampion@stepintocuba.org)  
505-288-2733



**Beverly Johnson and Heather Lucero in the pool**