

Sandoval County Fair



Parade



Saturday, July 31st

Line-up begins at 9 AM
Parade Starts at 10 AM
No Cost to Participate
Prizes will be awarded

For More Information please feel free to call
Amanda at 505-269-1727

Village of Cuba Joins National Bicycle and Pedestrian Count

Utilizing the National Bicycle and Pedestrian Documentation Project guidelines, staff from the University of New Mexico Prevention Research Center (PRC) and volunteers from the Cuba community positioned themselves at three locations in Cuba to manually count bicyclists and pedestrians. The counts provide a measure of the current level of pedestrian and bicyclist activity along main roads in Cuba. The counts will be repeated in the future to document changes in the amount of walking and biking in the Village over time. There may be changes due to efforts of the Step Into Cuba Alliance to make Cuba more walkable and the Village's current work with the NM Department of Transportation to plan safety improvements along U.S. 550. Cuba volunteer fire-fighters, area youth and staff from the Nacimiento Medical Foundation joined PRC staff on May 11, 13 and 15 during two hour "shifts" in the afternoon and early evening to take the counts. After a brief training, counters put on their safety vests, grabbed their official counting forms and their clipboards, and went to their assigned posts at the Intersections of US550 and Cordova, US550 and Miera and NM126 west of St. Francis Park. Each volunteer patiently sat on folding chairs borrowed from the Village Eichwald Center and carefully watched and counted. In addition to collecting data for local use, Cuba is contributing to the collection of data for the National Bicycle & Pedestrian Documentation Project, which is an effort led by Alta Planning & Design, in collaboration with the Institute of Transportation Engineers Pedestrian & Bicycle Council. The project's purpose is to gain a better understanding of pedestrian and bicyclist activity within communities across the United States. Data regarding motor vehicle trends and use is abundant however there is a shortage of data with respect to walking and bicycling. Without sufficient data, it can be difficult to estimate existing and future bicycle and pedestrian activity or obtain the funding needed to build trails and walkways and implement the safety improvements many communities need. This ongoing effort to collect pedestrian and bicycle data can assist in planning and implementing ideas and improvements for the benefit of communities nationwide, including Cuba.

Cowbelles Beef Cook-off Dutch Oven Style

Saturday July 31, 2010

Sandoval County Fair Grounds

Cash prizes awarded for overall top placement.

IMPORTANT INFORMATION

4 LB Roast is provided by the local Cowbelles
 Contestants may pick up their beef at the exhibit hall —
 between 7:00 A.M. – 8:00 A.M.

A copy of the rules for the contest will be provided
 by e-mail or US mail on request.

2 Pot Competition
 Beef Main Dish
 Dessert-Cooks choice

Registration Deadline

July 24, 2010

Entry Fee \$10 due by July 24, 2010
 Late entry \$20

Check in 7:00 A.M. – 8:00 A.M.

Cooking Time 8 A.M. – 12:00 noon.

Judging 12:00 P.M.
 Awards Ceremony 2:00 P.M.

Contact: Lena Bates (505) 977-1918 or lcjbates@msn.com

Entry Form Cowbelles Beef Cook Off Dutch Oven Style

Please fill out the following form and return it along with the entry fee of
 \$10.00 / \$20.00 late fee to
 Cowbelles Beef Cook-Off - Dutch Oven Style
 C/o Beverly Johnson
 P.O. Box 65
 San Ysidro, NM 87053

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____

e-mail _____

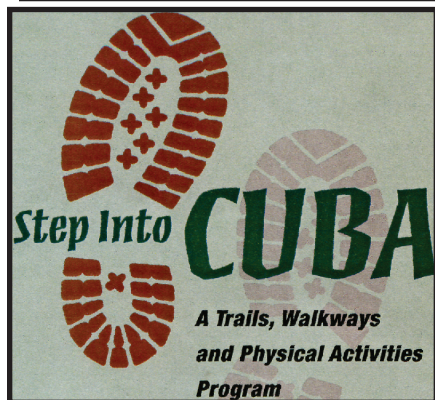
Beef Main Dish _____

Dessert /Cooks Choice _____

Check _____ enclosed

Cash _____ enclosed

Signature _____ Date _____



Spring Fun Fitness Camp 2010

Thirteen students at the Cuba Elementary School successfully completed the 6 week 'Spring Fun Fitness Camp' which was held from

April 12 through May 17, 2010, on Mondays after the school day, for two hours from 1:30pm to 3:30pm. Dates and time were carefully chosen to avoid overlap of school and community activities.

At the end of the 6 weeks, each participant who had attended at least 4 times received a certificate of completion. 100% of students enrolled completed the camp. They are:

Kyra Crespin, Darrelcia Cowboy, Jeri Etcitty, Abigail Gurule, Marisol Hernandez, Carlos Herrera, Tamara Lewis, Mikayla Pruitt, Jadrien Rivera, Stephanie Sanchez, Adam Segura, Zachanda Trujillo, and Kaitlynn Velarde.

A mini grant from the New Mexico Department of Health was awarded to Cuba Independent Schools Wellness Center Coordinator, Beth Hamilton-Ignacio and Nacimiento Community Foundation's Healthy Communities Coordinator, Anna Schulte for the Fun Fitness Camp.

The purpose of the 6 week Fun Fitness Camp was to increase fruit and vegetable consumption, while decreasing junk food consumption AND to increase physical activity while decreasing 'screen time'. No electronics or junk foods were allowed at camp.

Each week had its own theme from one of these following six foundations of health: **Outdoors/Sunlight/Nature, Water, Rest, Fresh Air, Exercise, and Eating a Plant Based Diet.**

Each of the 6 lessons included the following:

* **Art Project:** Making a wellness collage, with a guided discussion on theme of the week, allowed kids to visualize and explore ideas.

* **Physical Activity:** Using appropriate, specific venues and equipment, kids participated in fun physical activity related to the weekly theme. Activities included: Going on nature walks; Jumping and bouncing on a giant crash pad; Learning a relaxation technique; Yoga; Dancing; Gardening.

* **Take-home Item:** The goal was to help kids incorporate the weekly theme into their daily lives. Items given include: Sun Crystals (light refractive); Stainless Steel Water Bottles, Blankets, Yoga Mats; Hula Hoops; Cookbooks. The hula hoop was given to help incorporate the lesson of 'getting plenty of exercise', and this had a wonderfully unexpected effect! Participants siblings, parents, grandparents and/or caregivers in the homes where the hula hoops went have been 'playing' with them, too! Entire families are being physically active and having fun!

* **Nutrition Education:** Snacks that included protein, vegetables, fruits were provided. An effort was made to carry the weekly theme through the snack/nutrition education portion of the Fun Camp. Rosemary Anslow, ICAN Nutrition Educator, did a wonderful job of engaging the students while leading food preparation demonstration and discussion. Snacks included: Trail mix; Smoothies; Tuna Casserole; Fruit Platter; Spaghetti with Soy Meatballs; Vegetable Platter. Water with lemon and/or ice was always served as the beverage.

Each of the final two lessons, a special guest presenter was involved in delivering the theme of the week. This was successful because it demonstrated that other adults place importance on healthy lifestyle, too, in a variety of ways.

Sarah Sanders, RN, Exercise Scientist from the University of New Mexico Prevention Research Center, came up to Cuba to lead the folk dancing and teach the students about 'body cues' of exercising.

A near by resident and former teacher, Esther May Cordova, invited the students to her garden and showed them how to plant seeds. She then had each student plant an onion or garlic bulb, letting them get their hands in the dirt, which they thoroughly enjoyed.

Overall, the 6 week Fun Fitness Camp was successful in demonstrating a healthy lifestyle by increase fruit and vegetable consumption, while decreasing junk food consumption AND to increase physical activity while decreasing 'screen time'.

Special Thanks:

Special thanks to all who helped make our camp a success. Rosemary Anslow for her always cheerful, engaging lessons, Dr. Paddy Domier, Elementary School Principal and her entire staff, for graciously allowing the use of the Elementary School, Sarah Sanders, UNM PRC for traveling to Cuba and sharing her dancing, Esther Cordova May, for letting us experience her garden, and Beth Hamilton-Ignacio, Coordinator for the School Based Health Center, my collaborator on this grant, and my friend, I could not have done this without you.



Healthy Communities
www.stepintocuba.org

June 2010 Walks Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 AM		Library Trail WALK 15 - 30 minutes		Library Trail WALK 15 - 30 minutes	
10:00 AM	Weekday Morning WALK 60 minutes				Weekday Morning WALK 60 minutes
12:00 PM	Lunch Break WALK 15 - 30 minutes		Lunch Break WALK 15 - 30 minutes		
01:00 PM			Senior Center	Senior Center	Senior Social WALK 15 - 30 minutes
05:00 PM		Library Trail WALK 15-30 minutes		Library Trail WALK 15-30 minutes	
06:00 PM			St. Francis Park WALK 20-60 minutes		

Call Anna Schulte @ 575-289-3718 to sign up for a Walk, or e-mail: walkingchampion@stepintocuba.org

St. Francis of Assisi Park Enhancement Project 100 Trees and Shrubs Native to the Cuba area are planted for the enjoyment of all.



Thanks to all Volunteer Planters and to our Sponsors:



Coffee or tea: enjoy both in moderation for heart benefits

Coffee and tea drinkers may not need to worry about indulging – high and moderate consumption of tea and moderate coffee consumption are linked with reduced heart disease, according to a study published in *Arteriosclerosis, Thrombosis, and Vascular Biology: Journal of the American Heart Association*.

Researchers in The Netherlands found:

- Drinking more than six cups of tea per day was associated with a 36 percent lower risk of heart disease compared to those who drank less than one cup of tea per day.

- Drinking three to six cups of tea per day was associated with a 45 percent reduced risk of death from heart disease, compared to consumption of less than one cup per day.

And for coffee they found:

- Coffee drinkers with a modest intake, two to four cups per day, had a 20 percent lower risk of heart disease compared to those drinking less than two cups or more than four cups.

- Although not considered significant, moderate coffee consumption slightly reduced the risk of heart disease death and deaths from all causes.

Researchers also found that neither coffee nor tea consumption affected stroke risk.

“While previous studies have shown that coffee and tea seem to reduce the risk of heart disease, evidence on stroke risk and the risk of death from heart disease was not conclusive,” said Yvonne T. van der Schouw, Ph.D., study senior author and professor of chronic disease epidemiology, Julius Center for Health Sciences and Primary Care, University Medical Center Utrecht, The Netherlands. “Our results found the benefits of drinking coffee and tea occur without increasing risk of stroke or death from all causes.

Van der Schouw and colleagues used a questionnaire to evaluate coffee and tea consumption among 37,514 participants. They followed the participants for 13 years for occurrences of cardiovascular disease and death.

Study limitations included self-reported tea and coffee consumption, and the lack of specific information on the type of tea participants drank. However, black tea accounts for 78 percent of the total tea consumed in The Netherlands and green tea accounts for 4.6 percent. Coffee and tea drinkers have very different health behaviors, researchers note. Many coffee drinkers tend to also smoke and have a less healthy diet compared to tea drinkers.

CUBA SWIMMING POOL

It's that time of year again!! Everyone is wearing shorts and spending endless amounts of time outside. I'm sure everyone wants to go swimming--well our swimming pool is ready for everyone!! We have made some great changes and will continue to make them throughout the summer. I hope everyone will stop by to see what's been done to our pool. One of the great changes is to our staff: Anita Maestas has joined our ranks. She has been an incredible asset to our pool program. She works incredibly hard and has a lot of energy she brings to the pool. We also have an incredible staff of Lifeguards. Ashley Morales is returning. This will be her third year as a lifeguard. She is also an EMT basic and is training to become a paramedic. We are truly fortunate to have such an incredibly well trained lifeguard. Shayna Ashe is also rejoining our staff! She is an incredible swimmer and instructor. This is also Shayna's third season at our pool. She always takes the time to help any person trying to learn technique. She is a really great dive coach. Our third lifeguard is Amber Pitts. She is a returning lifeguard. She worked a season before and is returning for a second season. Amber is incredible with our kids. She really loves the kids and is an incredible swimming instructor too. What a powerhouse staff we are fortunate to have this year at the pool.

This year we have made changes to facility. Our pool looks so nice and inviting. We have added some Adirondack Chairs and are planting grass around the facility. We are hoping to add a cement pad around one side of the facility for those of you that enjoy lying out. We have painted, patched and refreshed many aspects to our pool. Something to look forward to is the return of our pool basketball hoop. We are purchasing a new one for the pool. The kids loved it in the past so it's coming back for a second showing. We added a new sign to our facility that clearly shows anyone where our pool is. We also made a price change. All patrons are now at a flat rate of \$2.00. Of course kids under two are still free.

Our hours of operations are the same. 1st Session 9:00- 11:45; 2nd Session 1:00-3:45. We will have Water Aerobics available Monday, Wednesday, and Friday. We will have two sessions of water aerobics on Monday and Wednesday: one shallow at 4:00-5:00 and one deep workout from 5:00-6:00. There will be one session on Fridays. We will have swimming lessons available. Please call for schedule of upcoming classes. We will also have adult swimming classes. We are looking into opening once a month on Saturdays for family swim. Please contact pool for dates.

This year I'm planning on creating a swim league for our kids. I want to help them learn form and compete for ribbons or medals. If this is something you're interested in please contact the pool. We have to have interest in order to make this a reality. It will be a lot of fun and the kids will learn what it's like to be on a swim team.

Don't forget to wear appropriate swimwear, tie your hair back, bring a towel and appropriate footwear. Remember that you can bring a lock for the lockers. I look forward to seeing you all at the pool.

Heather Lucero
Aquatics Director

Coffee or tea continued

Researchers suggest that the cardiovascular benefit of drinking tea may be explained by antioxidants. Flavonoids in tea are thought to contribute to reduced risk, but the underlying mechanism is still not known.

Co-authors are: J. Margot de Koning Gans, M.D.; Cuno S.P.M. Uiterwaal, M.D., Ph.D.; Joline W.J. Beulens, Ph.D.; Jolanda M.A. Boer, Ph.D.; Diederick E. Grobbee, M.D., Ph.D.; and W.M. Monique Verschuren, Ph.D. Author disclosures and funding sources are in the study.