

Bernalillo County



Board of County Commissioners

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Tom Zdunek, County Manager
468-7000

UPCOMING EVENTS

Spring Break
Friday, April 6th
COUNTY OFFICES CLOSED

Neighborhood Outreach Grant Solicitation
April 3 - May 3

Health Fair
Thursday, May 24th
9:00 am - 5:00 pm
Westside Community Center

Memorial Day
Monday, May 28th
COUNTY OFFICES CLOSED

2nd Annual Taste of New Mexico
September 28th-30th



COMMISSION MEETINGS

Administrative Meeting
Tuesday, April 10; 5 pm
Tuesday, April 24; 5:30 pm

Zoning Meeting
Tuesday, April 24; 3 pm

County Planning Commission
1st Wednesday of each month 9 am

Meetings are held in the Vincent E. Griego Chambers in the basement of the City/County Government Building



Neighborhood Newsletter
Volume III, Issue 4 April 2012

COUNTY GOVERNMENT MONTH "Healthy Counties & Healthy Families"

National County Government Month (NCGM) is celebrated each April by counties around the nation to raise public awareness and understanding of the roles and responsibilities of county government. The 2012 theme is "Healthy Counties, Healthy Families."

Four areas of health will be highlighted through activities, events and information during each week in the month of April.

Table with 3 columns: Week, Dates, and Health Area. Week 1: April 1-7, Financial & Occupational Health; Week 2: April 8-14, Physical & Intellectual Health; Week 3: April 15-21, Behavioral Health; Week 4: April 22-28, Community Health

Week 1 / April 1 -7: Financial & Occupational Week

Economic Development Summit / April 4 / South Valley Multi-Purpose Center
Family Self Sufficiency Program

Week 2 / April 8-14: Physical & Intellectual Week

"Feria De Salud" (Free Healthcare Day) / April 14 10:00 a.m. - 2:00 p.m.
Shadow a Commissioner/ April 10 Bernalillo County Commission Meeting
Prescription Trails

Week 3 / April 15-21: Behavioral Health Week

MATS / DSAP Programs and Services
Poetry Slams at MDC (National Poetry Month)

Week 4 / April 22-28: Community Health Week

Environmental Health Grant, "Collective Impact for Neighborhood and County Health"
Diabetes Awareness
Centennial Tree Naming and Plantings / April 28
Nutrition and Cooking Information / Bernalillo County Cooperative Extension Office
New Mexico Clean and Beautiful Grants / Community Clean-Ups

Bernalillo County, Cottonwood Gulch Foundation Forge New Partnership at Bachechi Open Space

Bernalillo County and the Cottonwood Gulch Foundation have formed a new partnership to offer services and environmental education at the county's Bachechi Open Space in the North Valley. The Cottonwood Gulch Foundation, a wilderness education organization, has assigned a full-time staff member to serve as caretaker of the 27-acre open space, which includes a 2,000 square-foot education building. The foundation and the county will partner to provide the many outdoor education opportunities available to the public at the Bachechi Open Space throughout the year, including learning opportunities about wildlife, agriculture and the Bosque. The foundation rents the caretaker's quarters from the county, and the county pays the foundation for light maintenance work and operational support at the newly-opened facility. The Bachechi Open Space is located south of Alameda and west of Rio Grande Blvd. N.W. Amenities include trails, access to the regional bosque trail network, a rose garden, wildlife viewing blinds, a pecan tree orchard, educational signs and a solar-powered education building.

Bernalillo County's Open Space program manages about 1,000 acres at 12 properties in the North and South Valleys, and the East Mountains. Currently, the county's Naturalist Series offers a variety of free events for people to learn more about the natural world at the Bachechi Open Space. For more information visit www.bernco.gov/openspace.

For more information about the Cottonwood Gulch Foundation, visit www.cottonwoodgulch.org.

Need Assistance or Resources?

COUNTY GOVERNMENT MONTH "Healthy Counties & Healthy Families"

Diabetes Awareness

According to the American Diabetes Association, 25.8 million children and adults in the United States, or 8.3 percent of the population, have diabetes. During County Government Month, diabetes information and prevention will be included in the county's neighborhood newsletter and disseminated at the neighborhood association meetings. Don't know much about the disease? Think you might have the disease?

Symptoms

Diabetes symptoms vary depending on how high your blood sugar is elevated. Some people, especially those with prediabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, however, symptoms tend to come on quickly and be more severe. Some of the signs and symptoms of type 1 and type 2 diabetes include:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough insulin)
- Fatigue
- Blurred vision
- Slow-healing sores
- Mild high blood pressure
- Frequent infections, such as gum or skin infections and vaginal or bladder infections

Although type 1 diabetes can develop at any age, it typically appears during childhood or adolescence. Type 2 diabetes, the most common type, can develop at any age and is often preventable.

When to see a doctor

- If you suspect you or your child may have diabetes. If you notice any possible diabetes symptoms, contact your doctor. The earlier the condition is diagnosed, the sooner treatment can begin.
- If you've already been diagnosed with diabetes. If you've been diagnosed with diabetes, you'll initially need close medical follow-up until your blood sugar levels stabilize.

Visit the below links for helpful information:

<http://www.diabetesnm.org/facts.htm>

<http://www.diabetes.org/in-my-community/programs/alert-day/?loc=DropDownIMC-alertday>

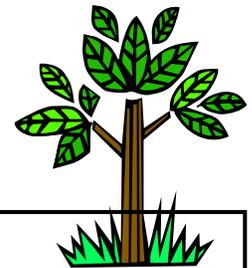
<http://www.diabetesnm.org/documents/DiabetesFactsTheLatestNumbers2.10.pdf>

<http://www.diabetesnm.org/>

<http://health.nytimes.com/health/guides/disease/diabetes/overview.html>



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Centennial Naming & Planting

Bernalillo County along with its partners, the Boys Scouts from the Great Southwest Council, will be joining in an effort to plant 2012 "Centennial Trees" in the county. The planting will take place on Saturday, April 28, 2012. (April 27 is Arbor Day) Scout troops from Bernalillo County will lead the effort. Trees will be planted in open space properties, parks and along trails. The Scouts will earn an Arbor Day merit patch or a community service merit patch. <http://www.bernco.gov/openspace/>



The New Mexico Hispanic Medical Association's

Feria de Salud
A DAY OF FREE HEALTHCARE

Saturday, April 14th 11 am - 3 pm
National Hispanic Cultural Center, 1701 4th Street SW
FREE EVENT



PUBLIC WORKS DIVISION



Alameda Trail

A recreational trail will be constructed along the south side of Alameda Boulevard from Fourth Street to the east side of Edith Boulevard. The project includes a pedestrian bridge over Edith Boulevard, a trail connection from Edith Boulevard to the recreational trail, and the installation of railroad crossing signals. The project also includes improvements to the pedestrian crossing signals and ramps at Second and Fourth Streets that are needed to comply with current ADA requirements. The construction began back in January 2012 and will be completed in June 2012.

Public Hearing and Availability of the Environmental Information Document for the Rio Grande Valley Utilities Project for the North and South Valley

Monday, April 16, 2012; 6:00 PM – 7:30 PM

Bernalillo County Public Work, Bldg. N Conference Room; 2400 Broadway, SE

The purpose of this public hearing is to present applicable laws and/regulations, to review the environmental information document, seek public comment, identify issues of concern, present the range of alternatives considered, and enlist public participation in continuation of the project plan.

Bridge Boulevard / Isleta Intersection Safety Improvement Project

This project consists of the realignment of the existing intersection to improve vehicular and pedestrian safety. Included in the project will be a plaza where a portion of the intersection currently exists. Roadway improvements will include new curbs and gutters, new pavement, new roadway striping, new traffic signalization, new street lighting, and a new sidewalk. The park improvements will complete the plaza area. Construction began in late February 2012 and is scheduled for completion in late June 2012.

Bosque del Rio Trail

This project consists of reconstructing a segment of the Bosque Trail from Bridge Boulevard to the South Diversion Channel. Also included are additional signage, improved connections to nearby facilities and a new 400' connection at Woodward with the bridge going over the channel. This project will be designed in-house and plans should be finalized in summer 2012 with construction anticipated to begin in late 2012. Construction should take approximately three months. A public meeting is being scheduled. Notice will be forthcoming.

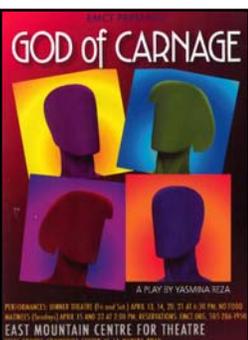
For more details about each of the projects or to find out about other county projects in the works, please visit www.bernco.gov/projects.

COMMUNITY SERVICES DIVISION

Prescription Trails Information

Bernalillo County's Open Space Program has partnered with the New Mexico Healthcare Takes On Diabetes program, the National Park Service, Blue Cross Blue Shield of New Mexico, City of Albuquerque, New Mexico State Parks, and Albuquerque Alliance for Active Living to designate safe, accessible walking trails and wheelchair rolling routes located at several county open space properties and parks. These walking trails and wheelchair rolling routes are known as prescription trails. Prescription Trails are prescribed by healthcare professionals to their patients and provide a great outdoor experience to improve one's health and quality of life.

Residents are encouraged to take some time to visit the designated prescription trails at our open space properties and parks throughout Bernalillo County. For more information on prescription trails near you, and the county's open space properties, please visit: <http://prescriptiontrails.org/about-us/about-us.shtm> or <http://www.bernco.gov/openspace/>



East Mountain Centre for Theatre (EMCT)

presents

"God of Carnage"

Vista Grande Community Center

15 La Madera Road, Sandia Park, NM 87047

Dinner Theatre Performances at 6:30 pm Fridays and Saturdays, April 13, 14, 20, 21

Matinee Performances (no food) at 2:00 pm, Sundays, April 15, 22

Dinner Theatre: \$35 adults, \$30 seniors (65+), \$30 students

Matinee: \$15 adults, \$12 seniors (65+), \$12 students

Advanced reservations are required for dinner theatre performances. Tickets available online at www.emct.org

COMMUNITY CALENDAR

Community Celebrations

Please join the Bernalillo County Commission celebrate our neighborhoods!

Join commissioners and other county leaders for great food, activities and entertainment at the following events:

South Valley Clean Up Day

Saturday, April 14, 8:30 a.m.

Park at Westside Community Center, 1250 Isleta Blvd. S.W.

South Valley Pride Day

Sunday, April 15, 11 a.m.

The parade begins at Blake and Isleta Blvd. S.W. at 11 a.m. Parking is available at St. Anne's Catholic Church after 1 p.m.

Call 505.314.0179 for more information.

Fiesta de Alameda

Saturday, April 21, 11 a.m.

Park at Raymond G. Sanchez Community Center
Call 505.468.7800 for more information.

Day In Paradise

Sunday, April 29, from 12 to 5 p.m.

Park at Paradise Hills Community Center.
Call 505.314.0245 for more information.

East Mountain Celebration

Sunday, May 6, from 12 to 4 p.m.

Park at Los Vecinos Community Center and nearby school parking lots. Call 505.314.0240 for more information.

VIN Etching

Saturday, April 28th

Central & Coors

Parking lot between Walgreens & Smiths

9:00 am - 3:00 pm

Etching the VIN on all of the main windows of your vehicle may prevent your vehicle from being stolen by thieves. VIN etching is also a tool that can be used by law enforcement to identify your vehicle if all of the public VIN plates are removed.

CIP Commission District Meetings Schedule

Every two years the Bernalillo Board of County Commissioners updates the Capital Improvement Plan (CIP) to prepare for future major capital projects. The process includes gathering project ideas from citizens and neighborhood groups, then evaluating and prioritizing them.

Commissioner Maggie Hart Stebbins, District 3

Tuesday, April 17, 2012 @ 6:00 p.m.

Hiland Theater, Studio A or B
4800 Central Avenue SE

(Tour of the facility will be conducted at 5:15 pm for interested parties.)

Commissioner Michael C. Wiener, District 4

Thursday, April 19th @ 6:00 p.m.

Lt. William Sibrava Substation
10401 Holly Avenue NE

Commissioner Art De La Cruz, District 2

Monday, April 23, 2012 @ 6:00 p.m.

Westside Community Center
1250 Isleta Blvd. SW

UNM Sustainability Expo & LOBO Growers' Market

Come celebrate Earth Day at the University of New Mexico 4th Annual Sustainability Expo and LOBO Growers' Market! The event will be held on the main UNM campus at Cornell Mall (just east of the Student Union Building) on **Thursday, April 19th from 10 am to 2pm.**

The LOBO Growers' Market will feature local growers, prepared food vendors, as well as arts and crafts. There will also be an Alternative Transportation Fair and general sustainability displays and activities. This is a great opportunity to pick up your weekly produce, score some lunch, or simply enjoy the fun, energetic atmosphere and learn about sustainability. Bring your reusable shopping bags, and don't forget your cash! Love Red, Live Green!

Contact Info: Jessica Rowland at (505) 277-3431

jrowland@unm.edu or Web info - abqstew.wordpress.com/lobo-growers-market/

Prescription Drug Disposal

Saturday, April 28th

Central & Coors

Parking lot between Walgreens & Smiths

10:00 am - 2:00 pm



Is your medicine cabinet filled with expired drugs or medications you no longer use? How should you dispose of them? Bring them to the Prescription Drug Disposal Event and let

LAW-LA-PALOOZA FREE LEGAL FAIR

For low income people and families

- Meet with Attorneys -



- Divorce/Custody/Support
- Public Benefits
- Probate
- Guardianships
- Bankruptcy and Foreclosure
- Creditor/Debtor
- Landlord/Tenant
- Immigration

Thursday, April 12, 2012

3:00 p.m. to 6:00 p.m.

Raymond G. Sanchez Community Center

9800 4th Street NW

Albuquerque, New Mexico

505-243-7871

First-come, first-served basis

– Interpreters and bilingual attorneys available –