



TOWN OF
BERNALILLO
"The City of Coronado"



MAYOR: JACK TORRES

COUNCILMEMBERS: MARIAN JARAMILLO, RONNIE SISNEROS,
DALE PRAIRIE AND TINA DOMINGUEZ

www.townofbernalillo.org

OCTOBER 2014

A Message from the Mayor

Dear friends:

Please accept my sincere thanks for all the prayers and positive messages that my family and I have received since my heart attack on August 1st. Thanks to God, Secret Service, and medical and emergency personnel at the White House and George Washington University Hospital, I am well on the road to recovery. We know that all the prayers and support from so many people have been instrumental in the progress. I am back to the office on a limited basis, and attending Town functions. My doctors expect a full recovery and no permanent damage. We are blessed to live in such a wonderful community, with so many caring, kind friends. To all of you, God Bless You. I look forward to continue serving to the best of my ability.

- Jack

CPR TRAINING

The Town of Bernalillo Fire Department will be hosting a CPR Certification Course. Class size is limited to 20 people. Call 867-3311 to reserve your spot.

Saturday October 25th
at 10:00 am
Town Council Chamber
829 South Camino Del Pueblo
Bernalillo, NM 87004

CALENDAR

September 25th: Bernalillo High School Homecoming Parade on Main Street (Camino del Pueblo) @ 4:00 pm

October 7: Planning and Zoning Commission Meeting @ Town Hall @ 6:30 pm

October 13: Town Council Meeting @ Town Hall at 6:30 pm

October 25: CPR Class @ Town Hall at 10:00 am

October 27: Town Council Meeting @ Town Hall at 6:30 pm

Heart Healthy

Making time for a heart-healthy lifestyle can seem overwhelming. But the good news is that making a few small simple lifestyle changes can lead to heart-healthy habits that require little thought or effort.

Identify free times for activity. Keep track of each family member's daily activities for one week. You'll get a snapshot of when you might be able to get the family together for physical activity. It can also help you see which activities you can cut back on.

Pick two 30-minute and two 60-minute time slots for family activity-time. Weekdays are usually better for 30-minute activities and weekends are better for 60-minute activities. Try to spread out the time slots.

Make time to plan a weekly menu, go shopping and prep your meals. Keep track of how many times you grab food on the go for one week. Once you find blocks of time when you can do a little planning, it'll be easy to learn healthy preparation methods, fix healthy snacks and eat fewer fast and processed foods.

Take baby steps, not giant leaps. If you're the head of your household, making sure that all the heads and hearts in your home are healthy is a lot to handle. The key is to take baby steps. Getting heart-healthy is a journey; you don't have to do everything at once.

Ask everyone in the family to do their part. Depending on their ages, kids can help prepare healthy meals and help around the house.

Live by example. We all need to do our best to walk the walk. If we want our kids to eat healthy and exercise, we've got to model that behavior. You're not perfect, but if you're determined and persistent, there's not much that can stop you.





Library Corner

Library Corner

Looking for a job? Need information for a paper you are writing? Interested in space, space missions, or planets? How about learning a language or strengthening your language skills? Are you a senior looking for information on health and wellness, lifestyle, or entertainment? This list could go on forever. So, in deference to time and space... let's talk e-resource.

An e-resource is an information source that the library provides access too through the computer. You can access the library's e-resources on any computer, tablet, or phone that has internet connection. Most do not require you to have a library card. So, get on line and see what your library has to offer.











From the candy to the costumes, Halloween is a fun-filled time for kids and parents alike. But it can pose dangers to young revelers. To help make this year's festivity a trick-free treat, follow these simple safety tips:

Adorning Your Little Ghouls

- Add reflective tape or glow-in-the-dark tape to the front and back of the costume and to the trick-or-treat bag.
- Only buy a costume that is labeled "flame-retardant."
- Make sure wigs and beards don't cover your kids' eyes, noses, or mouths.
- Kids shouldn't wear masks — Use nontoxic face paint or makeup.
- Put a nametag with your phone number on your children's costumes.

Pumpkin-Carving Precautions

- Don't let kids use knives. Have them draw their designs on the pumpkin with a black marker — then you can do the carving.
- Skip the candles, which may cause fires. Instead, use a glow stick or flameless candle to safely illuminate your jack-o'-lantern.

Trouble-Free Trick-or-Treating

- Accompany young children (under age 12). Make sure they know how to call 911 in case they get lost. Check to make sure they know their home phone number.
- For older kids who are trick-or-treating on their own, find out the route they'll be taking and when they'll be coming home. Also be sure that they:
 - carry a cell phone, if possible
 - go in a group and stay together
 - only go to houses with porch lights on
 - walk from house to house (never run) and always walk facing traffic when walking on roads
 - know to never go into strangers' homes or cars
 - cross the street at crosswalks and never assume that vehicles will stop.
- When your kids get home, check all treats to make sure they're sealed. Throw out candy with torn packages or holes in the packages, spoiled items, and any homemade treats that haven't been made by someone you know.
- Don't allow young children to have hard candy or gum that could cause choking.
- Make sure trick-or-treaters will be safe when visiting your home, too. Remove anything that could cause kids to trip or fall on your walkway or lawn. Make sure the lights are on outside your house and light the walkway to your door, if possible. Keep family pets away from trick-or-treaters, even if they seem harmless to you.



Current Postings

- Water Superintendent
- Water Utility Worker

Get more information at:
www.townofbernalillo.org/employment.htm



The Town of Bernalillo is conducting their 3rd Annual Coat Drive

for Children. We are accepting donations of new or gently used coats at Town Hall which will then be distributed to local non-profit organizations for distribution in the town.

Please donate a coat to the 3rd Annual Town of Bernalillo Coat Drive for Children.