



New Heart Gets a New Name

The Blake Chanslor New Heart Wellness Center has been renamed to better reflect its programs and services. According to Meg Lueker, operations manager, New Heart: Wellness, Fitness and Cardiac Rehabilitation showcases the full spectrum of services at the facility.

Blake Chanslor, who has long been a proponent of the name change, explained that New Heart Wellness, Fitness and Cardiac Rehabilitation clarifies programs and services provided and best serves the center's interests.

New Heart, founded in 1975, is a nonprofit heart disease prevention and rehabilitation facility. It offers traditional program elements such as exercise, cholesterol management and nutritional guidance, key factors impacting the progression or regression of disease. In addition, New Heart also explores other practices of health and healing in order to address all dimen-



sions of wellness. A wide range of ongoing therapies such as Mindfulness Meditation, Tai Chi, Health Coaching, Journaling for Wellness and Music Therapy are available. Educational classes as well as patient and spousal support groups are also important New

Heart program components.

New Heart is located at 601 Lomas Blvd NE in Albuquerque. (505) 881-8195. www.newheartnm.org.

For more information email news@newheartnm.org.

Mark Your Calendar...

... for a really big celebration that will take place at New Heart on October 19 from 4-8 pm.

New Heart is celebrating its First Anniversary in the new spacious building. The lively evening will feature Dick Rock's Dixieland Band, a terrific silent auction, great wine and tempting food.

Proceeds from the event will replace some of New

Heart's old, tired equipment.

Here are just a few auction items to dazzle your interest: Round trip tickets for two anywhere Southwest Airlines flies, two Symphony seasons tickets to the seven-concert Classic Series, and an Explora Family Package.

Ticket prices are \$25.00.

New Heart Announces Board and Staffing Changes



John Moore

New Heart Center for Wellness, Fitness, and Cardiac Rehabilitation has named John Moore President of the non-profit corporation. Moore, a Registered Investment Advisor and Principal of John

Moore & Associates, Inc., has served on New Heart's Board of Directors since April of 2005. As a corporate officer, John will have a more active role in financial and management decisions affecting New Heart. Current Board members include Noel Behne, Blake Chanslor, John Cordova, Dennis Falk, John Gustafson, Alan King, June Kulinna, Richard Lueker,

Meg Munson Lueker, Patricia Montoya, David Poling, Rodney Shoemaker, Ina Simmons, Tom Taylor, Harvey White, and Margaret Williams.

Moore becomes President of New Heart. Dr. Richard Lueker remains Chairman of the Board and Medical Director of New Heart.

Giving Can Also Mean Getting

John Moore

As a patient at New Heart, I have seen the benefit in my own life of the personal care provided by the New Heart staff. As a member of the Board of Directors of New Heart, I have seen what it costs to deliver such high quality care. As financial supporters of New Heart, my wife and I have had the joy of knowing that our investment in this organization is being used to help many people change the way they live in order to live longer and enjoy a better quality of life.

Did you know that New Heart can use your help? In addition to financially supporting the organization, you can also volunteer to help the staff continue reaching out to the community. Whenever I volunteer to help someone else, I always seem to get more out of it than I put in it.

There's a way to get something back from your financial

gifts as well. For example, a donor who is age 75 can earn more than 7% by investing in a Gift Annuity with New Heart. If you are age 80, the return on a Gift Annuity can be as high as 8%. These rates of return are higher than other investment alternatives and a Gift Annuity will help New Heart continue changing the lives of people around New Mexico.

If you have an interest in learning more about how you can give a gift that can give back to you, please contact Ina Simmons at (505) 881-8195.

John Moore is the President of John Moore & Associates, inc. an Albuquerque-based asset management and consulting firm. He serves on the New Heart Board of Directors.

New♥Heart Gift Form *I'd like to donate to New Heart!*

Name _____

Address _____

City _____ State _____ Zip _____ Phone (_____) _____

E-mail _____ Amount of my gift \$ _____ My check is enclosed.

Charge my: Master Card Visa Discover Number _____ Expiration ____/____/____

Send to: **New Heart, Inc.** 601 Lomas Blvd. NE, Albuquerque, NM 87102

Tony Hillerman *Lunch and Learn*

In February, Tony Hillerman, nationally known New Mexico author, visited New Heart to share some of the wonderful experiences from his long writing career. After recounting some favorite scenes and episodes from his life, Mr. Hillerman answered questions from the audience.

The event kicked off New Heart's Lunch and Learn quarterly series, which was held on Tuesday, February 21, 2006 at the Blake Chanslor New Heart Wellness Center, located at 601 Lomas Blvd. NE. Registration and lunch followed. A large crowd attended and the cost of the event was \$30.00. Proceeds will be used for equipment replacement and programs for New Heart, which was found-

ed in 1975 by Dr. Richard Lueker, New Heart's current Medical Director.

New Heart is a nonprofit heart disease prevention and rehabilitation program based in Albuquerque, New Mexico. Its purpose is to aid in the fight against heart disease, and to reduce the incidence and recurrence of cardiac events by fostering a close collaboration between patients and their medical/cardiovascular specialists. New Heart's integrated program includes risk factor modification, dietary counseling, medically supervised exercise, cholesterol management and education classes.

The telemedicine outreach at New Heart is in the process of rapid expansion. Our

telemedicine program in Gallup has been successful for three years now. We are in the process of expanding as we collaborate with the SBIRT project, a substance abuse intervention program that is establishing telemedicine links with 30 rural sites around the state. It is our hope to be involved with many more sites by year-end.

New Heart moved into the new 12,000 sq. ft. Blake Chanslor Wellness Center at 601 Lomas Blvd NE late last February a year ago. The land and beautiful facility were provided through the generosity of Blake Chanslor, Founder of Blake's Lota Burger. New Heart Inc. provides services to hundreds of patients a year.

Healthy Heart Program

Through a generous grant from the McCune Charitable Foundation, New Heart was able to invite 100 residents of Martineztown and members of the Second Presbyterian Church to participate in a yearlong cardiovascular risk reduction program.

During the program, participants underwent a baseline assessment, a mid-point assessment and a post-program assessment to evaluate the changes they were able to make in their cardiovascular health during the course of the program. Participants were encouraged to exercise three days a week at New Heart and to attend educational lectures and nutrition consultations. Exercise physiologists designed personalized exercise programs using a combination of cardiovascular and resistance training equipment to

maximize the positive impact of the program for each participant.

With the funds we received from the



McCune Foundation, we were able to provide this program free of charge to participants. However, on completing

the yearlong program, a large majority of participants signed up to continue coming to New Heart.

The table below shows the changes that occurred in the risk factors we measured. The data are average values for the entire group. The positive outcomes and the fact that many participants chose to remain at New Heart, even for a monthly fee, suggest that the Risk Reduction Program is effective and enjoyable. This program, which is open to the general public, provides an opportunity for individuals of all ages to stop heart disease before it gets serious and to maintain a healthy high-quality lifestyle.

We would like to thank the McCune Charitable Foundation and all participants in the Health Heart Program for making this project a success.

Healthy Heart Program Outcome Data

Outcome variable	Baseline	Post program	% change
Stress score	14.2 ± 5.6	11.8 ± 5.0	- 16.9
Fat intake score	10.6 ± 5.2	8.0 ± 4.5	- 24.5
Energy expenditure (kcal/wk)	306 ± 368	1062 ± 535	+ 247.0
Aerobic Fitness (mL/kg/min)	29.1 ± 7.3	34.9 ± 6.2	+ 19.9
Systolic BP (mmHg)	130.5 ± 16.7	110.8 ± 14.3	- 15.1
Diastolic BP (mmHg)	78.9 ± 11.2	67.1 ± 7.7	- 15.0
Total cholesterol (mg/dL)	217.9 ± 36.8	206.9 ± 37.9	- 5.0
HDL (mg/dL)	53.5 ± 13.8	54.0 ± 12.4	+ 0.9
LDL (mg/dL)	134.3 ± 32.0	125.2 ± 33.5	- 7.3
Triglycerides (mg/dL)	150.0 ± 54.8	135.9 ± 52.2	- 9.4
Blood glucose (mg/dL)	99.0 ± 13.6	92.3 ± 12.6	- 6.8
Body mass	168.0 ± 36.5	165.7 ± 35.7	- 1.4
Body mass index	28.7 ± 5.9	28.4 ± 5.7	- 1.1

Values are Mean ± standard deviation.

Naming Opportunities

As we begin a fundraising campaign to replace aging exercise equipment we would like to give you the opportunity to be recognized for an important contribution to New Heart. You can have your name on a plaque on any piece of equipment you would like to purchase for us. Just specify on your check what the contribution is for.

Treadmill	\$4,200	Recumbent Bike	\$2,000
Crosstrainer	\$3,500	Arm Ergometer	\$1,500
Elliptical Trainer	\$3,500	Stationary Bike	\$1,100
Nu Step	\$3,200	Rower	\$950
Stair Master	\$2,200	Air Dyne	\$600

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Guillermo Figueroa Lunch and Learn Program: A *Big Success!*

Guillermo Figueroa, Music Director for the New Mexico Symphony was the featured speaker at the Lunch and Learn Education Program series sponsored by New Heart, Inc. in June.

Approximately 60 community leaders attended with a box lunch format.

National author, Tony Hillerman spoke at the previous Lunch and Learn event.

Mr. Figueroa spoke about his intense, passionate musicianship as Music Director of the Puerto Rico

Symphony which he shares half time with the New Mexico Symphony. As a Guest Conductor he has appeared with the New Jersey Symphony, the Memphis Symphony, the Colorado Symphony, the El Salvador Symphony and many others.

Mr Figueroa has collaborated with many of the leading artists of our time, including Itzhak Perlman, Yo-Yo Ma, Hiliary Hahn, and Olga Kern. He has also performed at Carnegie Hall and the

Kennedy Center in 2004.

He spoke about a personal illness he had many years ago while living in New York. His music played a major role in the healing process.

New Heart, Inc. is a nonprofit heart disease prevention and rehabilitation program based in Albuquerque and serving the entire state of New Mexico.

Look for our next Lunch and Learn program in November '06.

New at New Heart!

Mindfulness Meditation and Journaling for Wellness

Judy Hayes, New Heart's yoga therapist, is introducing two new programs designed to enhance your ability to live a relaxed, thoughtful and balanced life. Mindfulness Meditation is a practice of sitting quietly and observing our inner space with attention, while noticing our breath, our thoughts and our feelings, without judgment, blame or denial. Everything we experience happens within a vast and open field called

awareness, and in our meditation we will become more familiar with this field of awareness as well as the experiences of thoughts, emotions, feelings and sensations that are contained within it. Journaling for Wellness is a unique program that combines guided relaxation techniques with journal writing as a means of exploring health and wellness issues while helping you develop a mindful approach to living. These programs can help us relax the body and calm the mind, enabling us to move forward in life with enhanced energy, enthusiasm and self-confidence.



Tai Chi with Steve Wong and Chi Gong and Personal Expressions with Diane Chase

Steve Wong, a New Heart member and 30-year practitioner of Tai Chi, has brought his expertise to the staff so that we may expand our group fitness program. The gentle forms of tai chi can improve energy flow, reduce stress, enhance breath-

ing and balance and invigorate the heart. Join Steve once, twice or three times a week.

Diane Chase has a richly varied background including training in art education, massage therapy and Chi Gong. She has combined these skills to create a unique program that combines the gentle movements of Chi Gong, invigorating self-massage techniques and personal expression through artistic media. This class is not intended to teach drawing or painting. Rather it is designed to allow participants to use artistic materials as a means of expressing personal emotions and feelings.

Aging and the Compression of Morbidity

This summary is based on an article by James F. Fries, M.D., Stanford University (www.welcoa.com/freeresources/pdf/fries_interview.pdf)

The concept behind compression of morbidity is to squeeze (compress) the time horizon between the onset of chronic illness or disability and the time in which a person dies. In short, this means an individual will be healthier and experience only a short amount of disability or chronic illness just prior to death.

There are two relevant points on a typical life span: the first point represents the time at which a person becomes chroni-

of those years, chronic disease or disability is minor, but it increases nearer the end of life. It is common for health enhancements, like increased physical activity, to result in not only greater longevity, but also postponement of morbidity.

Exercise can delay the onset of disability by as much as or more than 12 years. Data also show that exercise has a two-year effect on mortality. Two studies between 1982 and 1999 showed a

decrease in disability of approximately 2 percent per year among US seniors. In the same time, mortality decreased by ~ 1 percent. In perspective, a decrease in disability of just 1 percent would be sufficient to save Medicare.

A study of 2000 graduates from the University of Pennsylvania followed subjects from age 68 onward. Many subjects are now in their 80s. Three lifestyle components were tracked: smoking, body weight and

physical activity. Those with low risks in all three areas developed disability 8 years later than those with higher health risks. The 70-year-old runners in the group delayed the onset of disability by 12.6 years. The message is that people can delay disability by as much as 12 years and add an additional two years to their lives.

How does compression of morbidity impact healthcare expenditures in the last year of life? If we look at reducing healthcare costs, or controlling rate of growth, it is necessary to pay attention to healthcare expenditures in the last year of life. Medicare payments show that 18% of a person's expenditures occur in the last year of life. Some thought that compression of morbidity would increase healthcare expenses, for as people lived longer, more sickness would occur. The results show that increased life expectancy does not equate to decreased quality of life. A JAMA article reported that lifetime medical expenditures are remarkably constant regardless of whether the last year of life occurs at age 65 or age 85. In fact, there is a tendency for last-year-of-life expenditures to be greater for younger individuals than for older individuals.



cally ill or disabled, and the second point represents the time at which the person dies. Today the time between these two points is 20 years. During the early portion

Programs for You at New Heart!



Cardiac Rehabilitation – This 12-week program includes pre- and post-program walk tests, periodic physician visits, and a personalized exercise program designed to strengthen your heart slowly and safely after a cardiac event such as a heart attack, bypass surgery or other invasive treatment. *Insurance reimbursement.*

Prevent Heart Disease (PHD) – You can choose either a self-managed exercise program or a personalized program in which our team of exercise physiologists create a work-out regimen that's right for you. Staff will monitor your program, keeping track of blood pressure, heart rate and blood sugar (if needed), and guide you through a progression that will help you achieve your health and fitness goals. *\$25, \$35, or \$40 per month.*

Cardiovascular Risk Profile w/HRA & Health Coaching Sessions – This package is a great tool for establishing health goals and getting you on the road to making lifestyle changes that will help you reach those goals. The cardiovascular risk profile includes a lipid and blood sugar test, a target heart rate walk test, body weight and measures and a discussion of your results. You will also complete an online health risk assessment that gives you information about a wider range of health issues. You will then have one in-person and 3 telephone consultations with a health coach who will help you focus your goals into a manageable, sustainable plan. *\$175.*

Cardiac Risk Assessment – We will test your cholesterol and blood sugar levels, take some body weights and measures, do a short walk test to establish a good exercising heart rate and discuss your overall risk of heart disease and what you can do to lower your risks. *\$40.*

Stress Skills Seminar – This 4-session series is in an educational/experiential format that is designed to help you learn your own personal stress response pattern and ways to more efficiently handle the stress in your life. *Free. Instructor: Erin Tooley.*

Gentle Yoga – This weekly class is a gentle form of yoga that uses mindfulness, breathing, yoga movements and guided relaxation to enhance flexibility and energy and reduce the stress of daily living. *\$10 per 75-minute session or \$48 for 6 weeks. Instructor: Judy Hayes (Certified Yoga Therapist).*

Stretch, Relax & Renew – These weekly 45-minute sessions are specially designed for those who wish to take it very slow and easy, with particular focus on reducing stress through proper breathing, gentle stretching, and guided relaxation while seated in a chair. *Free. Instructor: Judy Hayes (Certified Yoga Therapist).*



New programs are posted every week.

Mindfulness Meditation – Mindfulness meditation is a practice of sitting quietly while observing our inner space with attention, noticing our breath, our thoughts, our feelings, without judgment, blame or denial. Everything we experience happens within a vast and open field called awareness, and in our meditation we will become more familiar with this field of awareness as well as the experiences of thoughts, emotions, feelings and sensations that are contained within it. *\$80 for 4 weeks.*

Instructor: Judy Hayes (Certified Yoga Therapist).

Weight for Wellness – This 6-week course is designed to help you be mindful of the way you eat and of the pitfalls you might encounter when trying to maintain a healthy diet. The program includes a cooking demonstration as well as guest speakers who discuss topics such as stress reduction and exercising at home. *\$9 per 1-hour session or \$50 for 6 weeks. Instructor: Pam Fletcher, RD MA*

Diabetes Education – If you suffer from diabetes, this program will help you learn when and how to measure your blood sugar, how to read your glucose meter, how to eat well and how exercise can help improve your health. *Will bill insurance, no out-of-pocket cost for patients. Instructor: Valerie Quinn (Certified Diabetes Educator).*

Support Group – New Heart has support groups for men and women with heart disease and for caregivers of heart patients. These informal groups are facilitated by volunteers and designed as a place where you can talk to others who have had experiences similar to yours. *Free. Facilitators: Robert Lewis, MA MLFT; Erin Tooley; Kathy Wiggins.*

Health Coaching – Using the principles of motivational interviewing, our health coaches help individuals identify their personal values and goals and begin taking the steps necessary to reach those goals and live a more healthy and fulfilling life. *\$20 per 30-minute session.*

Journaling for Wellness – This unique program combines guided relaxation techniques with journal writing as a means of exploring health and wellness issues while helping you develop a mindful approach to living. *\$90 for 6 weeks. Instructors: Judy Hayes (Certified Yoga Therapist) and Rhoda Parker (Journaling Specialist).*

Health Education Seminars – This changing series of seminars addresses issues related to heart health and overall wellness. Topics include mindful eating, emotions and heart disease, relaxation in a hectic world, exercise at home and life in balance. *\$3 per 1-hour session.*

Tai Chi – The gentle forms of tai chi are used to improve energy flow, reduce stress, enhance breathing and invigorate the heart. *\$11 per 1-hour class. Instructor: Steve Wong.*

Programs for You! *Continued*

Chi Gong and Personal Expressions – This creative program uses Chi Gong, which is a form of gentle movements used to enhance energy flow and relax the body, in combination with artistic media, such as painting and drawing, to help individuals reach the creative and spiritual center that is in each of us. \$15 per 90-minute class. Instructor: Diane Chase.

Weight Training for Seniors – This series of three half-hour one-on-one sessions helps seniors develop a weight training program that will improve balance, reduce the risks of osteoporosis and strengthen muscles. \$60.

Life in Balance – This seminar introduces the importance of addressing the physical, emotional, social and spiritual elements of health in order to have the best possible quality of life. Free. Instructors: Gail Nowosadko and Judy Hayes.

Smoking Cessation – Our counseling staff uses the proven techniques of motivational interviewing to help those who wish to quit smoking reach their goals and maintain their achievements. \$60 per hour for individual counseling and \$10 per one-hour class for groups of 6 or more. Counselor: Paulette Christopher.

Healing Music – Researchers are finding that music has a healing quality that is a unique experience for each of us. This series of four group sessions helps participants identify the music that resonates for them personally. Includes creation of a personalized music CD participants can pop in the CD player to enjoy again and again. \$45. Instructor: Bonnie Schmader.

Private Music Lessons – Flutist Bonnie Schmader offers private lessons on flute, piano and guitar at New Heart. \$15 per half hour. Instructor: Bonnie Schmader.

**Give It
a Try!**

Guest Pass 1

Present this Guest Pass
to attend any of our special classes.
Complete schedule above.
Offer good for 1 free class per quarter
per person. Expires 12/31/06.

**Try It!
You'll Like It!**

Guest Pass 2

Present this Guest Pass
on any Tuesday or Thursday
to tour our facility
and enjoy workout time
in our Gym facility.

Literature Abstracts

Statins for the Prevention of Cancer

May 20, 2005 – Orlando. Statin use in U.S. female veterans has been associated with a 51% reduction in risk of breast cancer. A retrospective case-control study compared statin use between 556 women with a history of breast cancer and 39,895 women without disease. The study did not account for some factors such as family history and hormone replacement therapy. However, the results were statistically significant.

Other observational studies have shown an approximate 50% reduction in lung, prostate and colorectal cancers. In prostate and lung cancer studies there was a 48% to 54% risk reduction in cancer associated with statin use. The duration of statin use was particularly important in prostate cancer, where a 90% reduction of cancer risk was observed in those who used statins for more than 4 years.

(Medscape www.medscape.com/viewarticle/505266)

Coffee... It's good!!!... No it's bad!!!... Which is it?

We have a contrarian view about the effects of coffee. Previous studies have indicated increased cardiovascular morbidity and mortality. Now comes a study suggesting benefits from coffee. So...What is the effect of coffee on myocardial

blood flow (MBF)? Coffee blunts dipyridamole-induced hyperemia, thus it should be avoided prior to radionuclide stress imaging. Until now, there has been no data regarding impact of caffeine on MBF with exercise. This study shows that, 50 minutes after two cups of coffee (200 mg caffeine), there is a significant decrease in exercise-induced hyperemic MBF. This may raise concerns in patients with CAD and reduced MBF, particularly before physical exercise at high altitude. (JACC 2006; (47):405-10).

Cardiovascular Aging: What can we learn from caloric restriction?

Caloric restriction diet is the only environmental factor known to consistently slow the aging process in experimental models. When started at an early age, a 30% to 60% reduction in caloric intake significantly increases maximal lifespan in laboratory animals. In a recent human study, 25 individuals with an average daily caloric consumption of 1671 kcal/day for a mean of 6.5 years were compared with a control group consuming 2445 kcal/day. No difference in systolic function was noted between groups when assessed by left ventricular fractional shortening. However, measures of diastolic function (E/A ratio, deceleration time, etc.) all demonstrated "younger values" in the calorie-restricted group. CRP and tumor necrosis factor alpha were both significantly lower in the calorie-restricted group. (JACC 2006; (47): 403-4)

New Heart Member Profile

From time to time we would like to profile a New Heart member to illustrate the wide range of backgrounds among the people here and to show the many ways a person can stay active. Our first profile is of Ohio Knox, who has kindly consented to share a bit of his life with us.

By Ohio Knox

Unlike many of the members here, my health problems are not cardiac but diabetic. However, exercise is a large component in my disease management program. Also I retired early so staying active, both mentally and physically, is important.

Here are some of the things I do to stay active:

Immediately after returning from a 500 mile, three day, time-speed-distance (TSD) car rally in Arizona, I went up to Alaska to measure the '08 ALCAN 5000 Rally. This rally consists of 16 TSD sections and 3 speed sections over 8 days and 5,000 miles. We started in Seattle, quickly crossed into Canada, and drove up Canada RT 97 to Dawson Creek, mile 819, via the Fraser River Canyon. This is the start of the Alcan Highway. Day 3 is the long day, 842 miles, crossing into the Yukon to White horse. The next morning we headed north on Canada rt. 2 to Dawson City and Inuvik NWT. We got up the next day (5) made a right out of the Hotel, a right onto the

Mackenzie River and drove 110 miles of ice to Tuktoyaktuk NWT, 305 miles north of the Artic Circle. There's nothing north of here but ice and Russia. After backtracking to White Horse, we rejoined the Alcan Highway and followed it to Fairbanks, mile 4264. The last day, day 9, led us down the Parks Highway to Anchorage, our final destination, and 4668 miles from the start. Once at the finish we still had to drive back to Seattle, exchange our studded tires for our normal highway tires and get back to Albuquerque. The total trip was just over 10,000 miles.

My other activities are ballooning, (last year was my 26th Fiesta.) and whitewater rafting. In fact I'm in the gym right now training to launch on the 18-day Grand Canyon trip in late April. It's a Trip of a Lifetime that I've been lucky enough to make 8 times. Organizing the trip and running the river are quite a challenge. Once you push off the beach at Lees Ferry you have to have everything you need (including enough TP) for 18 days. There's no way out until you reach Diamond Creek, 225 miles down stream.

Last month I put in for permits on other western rivers. Hopefully I'll hear soon if I had any luck. That and various balloon rallies in New Mexico and Colorado will determine the rest of my summer.

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