



# WHAT'S HAPPENING



Healthy Kids Las Cruces Monthly Newsletter

July 2015

## Healthcare Setting

Lead: Dr. Danielle Nixon  
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Pediatrician at Full Bloom Pediatrics

## Summer Sun Safety Check List

- ◇ Cover up-wide brimmed hats, loose fitting shirts, shorts, pants block harmful UV rays
- ◇ Wear sunglasses
- ◇ Stay in the SHADE
- ◇ Schedule outdoor play time early in the morning or late in the afternoon.
- ◇ Keep infants under six months out of direct sun. Their skin is not yet protected by melanin.
- ◇ Sunscreen
  - ~ Apply regardless of SPF number
  - ~ Stick with lotion. Spray on sunscreens may pose serious Inhalation risks and inadequate coverage
  - ~ Beware of high SPF: avoid anything higher than SPF 50
  - ~ Skip sunscreen/bug repellent combos

(Information found at Healthy Kids-Healthy World)



## Upcoming Events

**July 3 Electric Light Parade at 7:00 p.m.**  
700 N. Main St.

**July 4 Fourth of July Event At Field of Dreams start at 12:00 pm with LC Parks and Rec "Teen Van" 3:00-8:30 pm various live music, 10:00 Mayor Presentation and Annual Fireworks Show**

**Music in the Park July Summer Series July 19 Border Jazz Orchestra (Jazz) Downtown Showtime begins at 7 pm Admission is FREE Apodaca Park**

**July 26 Mad Mozelle (Rockabilly/Blues/Rock) Ardk (Old Rock & Roll) Showtime begins at 7 pm Admission is FREE Apodaca Park**  
For more information call 575 -541-2550 or go to [www.las-cruces.org](http://www.las-cruces.org) for a online listing



**PARTNER**

Partner" Please e-mail Aimee @ [aimee.bennett@state.nm.us](mailto:aimee.bennett@state.nm.us) if you are interested.

Healthy Kids Las Cruces "NEW" brochures are printed and ready to be delivered. We also now have printed signs that say "Healthy Kids Las Cruces

Go to <https://www.facebook.com/HKLasCruces>





## Las Cruces Vaqueros Baseball Camp Remaining July Camps

The City of Las Cruces Parks & Recreation Department, in partnership with the Las Cruces Vaqueros baseball team, will provide baseball camps through July 24th.

Players assist the youth with the basic fundamentals of the game of baseball. All baseball camps will be provided at no charge to the participants.

The camps will be July 14, ages 10-13. July 21, ages 5-9; and July 24, ages 10-13. All camps will be held at 9 a.m. at Paz Baseball Complex,  
1875 East Hadley Ave.

For more information on the baseball camps, contact the Parks & Recreation Department at 575-541-2550.



### NEW DIABETES CLASSES

Reservations are being accepted for Diabetes Classes starting on Tuesday, July 7, 23, 2015 from 2:00 – 5:00 pm at the MountainView Senior Circle Association, 3948 E. Lohman Ave, Ste 1, (Behind Walgreens on Lohman) Las Cruces, NM 88011.

Please email your reservations to: [snmdo@snmdo.com](mailto:snmdo@snmdo.com) or call 575-522-0289. Class size will be limited to 12 and support persons are invited and encouraged to be present with each attendee. There is a one time \$10.00 registration fee for **these intense classes. Scholarships are available for those needing one.**

**Classes will be taught in English and Spanish by:  
Diabetes Educator, T. J. Jasso, RN, BS.**

For additional information, please call  
The Southern New Mexico Diabetes Outreach

(575) 522-0289

### Community & Regional Planning Setting

Lead: Andy Hume [ahume@las-cruces.org](mailto:ahume@las-cruces.org)  
Senior Planner-City of Las Cruces Community Development

#### RoadRUNNER Transit Proposed Route and Service Changes

The Las Cruces RoadRUNNER Transit System is in the process of revising its routes as part of a Short Range Transit Plan Update.

On July 1, from 2:30 - 4:30 p.m. at the Mesilla Valley Intermodal Transfer Terminal (MVITT), the staff of the Mesilla Valley Metropolitan Planning Organization (MPO) will hold an open house where the proposed routes and other material will be discussed.

On July 8, at 2:30 p.m. and on July 11, at 10 a.m. at the Las Cruces Community Enterprise Center (125 N. Main Street), the staff from the MPO will discuss the route changes and give a brief presentation. The presentations will begin thirty minutes after the doors open. During this time, the public will be invited to view the route maps and discuss them individually with staff. The final draft of the Short Range Transit Plan Update can be found on the Mesilla Valley MPO website at: <http://mvmpo.las-cruces.org>.

The Mesilla Valley MPO will make reasonable accommodations for individuals who wish to attend this public meeting. Please notify the Mesilla Valley MPO at least 48 hours before the meeting by calling 528-3043 (voice) or 1-800-659-8331 (TTY) if accommodations are necessary.

## Farmers Market Food Tastings Need Volunteers



If you're looking for a healthy snack at the Las Cruces Farmers and Crafts Market, you might consider passing by all those food trucks and come visit the booth of Healthy Kids Las Cruces partners, La Semilla.

La Semilla is providing cooking demonstrations as well as healthy eating information and selling items from their community garden!

The New Mexico Department of Health's HKLC team checked out a recent evening Farmers Market for ideas on how Healthy Kids Las Cruces can help. First off, if you have not been to the evening Farmers Market...you must go!! The evening market, which occurs usually the 2nd Wednesday of the month from 5 to 9 p.m. is especially family friendly and a lot like a street fair.

At the latest evening market, the folks from La Semilla brought the people flow to a halt as market-goers smelled what was being prepared at the cooking demonstrations, including an awesome healthy pesto recipe, wraps and more. They got so busy, in fact, HKLC's own Aimee Bennett got in there to help prepare some delicious treats.

Our partners at La Semilla could sure use some help from our great Healthy Kids Las Cruces Network.

To sign up and volunteer a little time for the next upcoming Farmers Market Demonstration  
e-mail Alex Bernal at [alex@lasemillafoodcenter.org](mailto:alex@lasemillafoodcenter.org)

The Las Cruces Farmers and Crafts Market is open year round!  
Saturdays from 8:30-1:00 p.m. & Wednesdays from 8:30-1:00 pm (expect the 2nd Wednesday of the month in which case the market is open from 5-9 p.m.) For more information go to [facebook.com/lascrucesmarket](https://facebook.com/lascrucesmarket)



## Fall 2015 - Spring 2016 After-School Program Registration

*The City of Las Cruces Parks & Recreation Department will hold lottery registration for the 2015-2016 After School Program from 8 a.m. to 8 p.m. Monday through Friday, July 6 through July 17, at Meerscheidt Recreation Center, 1600 E. Hadley Ave. Lottery drawing results will be online beginning on Wednesday, July 22<sup>nd</sup>.*

*The program begins with session I from August 10 to December 17. Session II will be from January 7 to May 19, 2016. Locations include Alameda, Cesar Chavez, Hermosa, Highland, Fairacres, Mesilla Park, Monte Vista, Sunrise, and Valley View elementary schools.*

*For more information regarding the lottery process or general inquiries, call 575/541-2550.*