



WHAT'S HAPPENING

Healthy Kids Las Cruces Newsletter

February 2016

February Tasting Lesson is Citrus and will take place on the 25th. Students will try Cara Cara Oranges, Blood oranges, kumquats, and satsuma tangerines.

Student art contest in elementary, middle and high schools, one prize for each level, to promote salad bars through a logo and slogan. The student who develops the best slogan and logo to convince other students why salad bars are important wins a string backpack with their design on it for everyone at that student's school! In middle and high schools the prize will go to everyone in the student's art class. Contest will run during February.

LCPS Staff Wellness Program is starting thanks to a grant from Paso del Norte Health Foundation. Staff will be able to compete in exercise and health challenges through the use of the platform company [Wellable](#) who consolidates our steps and points using wearable devices, phone apps or hand entering. Staff will compete for prizes!

Children Get their Hearts Pumping with Active Parties in lieu of unhealthy snack parties at nine pilot schools. MacArthur Elementary reported that the students love it. Look at how much fun the kids are having with the new Active party equipment:



Upcoming Events

Feb. 3

DNAC Meeting from
3:45-5:00 pm at LCPS Profes-
sional Dev. Center Organ Mt.
Room

Feb. 3rd

National Girls &
Women in Sports Day

Feb. 5th

National Wear
Red Day

Feb 7th

Super Sunday Road Race
Details at
lascrucesrunningclub.com

Feb. 16 - 19

Downtown Masterplan Update
Sessions more information
and schedule at
lascrucesdowntownplan.org

Feb 27th

Run with your Doc
Details at
Raceadventuresunlimited.com

Education Setting

Lead: Barbara Berger
bberger@lcps.k12.nm.us
LCPS Health & Nutrition Specialist



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

Crop & Cuisine: Latino American Culture and Food at Branigan Cultural Center

Join us on Saturday, February 13 at 11 am for the first Crop & Cuisine workshop, "Latino American Culture and Food."

Food lies at the heart of our daily and communal identity. From planting seeds to preparing dishes to sitting down to a meal, our foodways celebrate our history and our future. In this four-part series hosted in conjunction with La Semilla Food Center and part of the *Latino Americans: 500 years of history* programming, we explore different aspects of the rich world of Crop & Cuisine in New Mexico.

In this program, we will look at two features of our local foodway heritage. Dr. Lois Stanford of NMSU will present a talk examining the ways that agricultural traditions and local recipes and techniques have intertwined over time in the Southwest. She will contextualize contemporary ideas about Latino cuisine within the broader history of agricultural innovation and cultural exchange that characterizes Southern New Mexico. Following this, a demonstration of ancestral wellness through diet will introduce participants to the varied ways that indigenous communities built healthy and healing meals out of local ingredients.

La Semilla Food Center's mission is to build a healthy, self-reliant, fair, and sustainable food system in the Paso del Norte region of southern New Mexico and El Paso, Texas. They envision a vibrant food system that prioritizes community and environmental health.

La Semilla was established in 2010, the result of community garden, youth development, and food system education efforts in southern New Mexico. Owing to these efforts, La Semilla is the only non-profit organization solely devoted to fostering a healthy Paso del Norte region food system. Since their inception they have taught thousands of elementary and middle school students how to grow and cook fresh food while establishing a 14 acre education and demonstration farm in Anthony, New Mexico. La Semilla is committed to building strong relationships that empower youth and families to grow and cook good food, create positive change, and foster connections between food, health, and local economies. Learn more at www.lasemillafoodcenter.org.

This program is part of the *Latino Americans: 500 years of history* programming series. *Latino Americans: 500 Years of History* has been made possible through a grant from the National Endowment for the Humanities and the American Library Association. Learn more about this and other upcoming events at tinyurl.com/LC-LA500.

The Branigan Cultural Center received the six-part, NEH-supported documentary film "Latino Americans," created for PBS in 2013 by the WETA public television station. The award-winning series chronicles the history of Latinos in the United States from the 16th century to present day. (Learn more about the series at www.pbs.org/latino-americans/en/.) The series will run through Saturday, March 19, 2016, excluding December. There will be open discussion panels after each showing with guest speakers. Check our website for updated schedule of programs.



The Branigan Cultural Center is joined by a number of community partners on this grant: the Amador Hotel Foundation, Community Cornerstones Partnerships, La Semilla Food Center, NMSU Museum, and Thomas Branigan Memorial Library, as well as a number of other regional scholars, organizations, and community members.

Food System

Lead: Aaron Sharratt

aaron@lasemillafoodcenter.org

Director of Development & Administration

Veterans Memorial Park prepares for Huey Helicopter

According to the [Las Cruces Sun News](http://www.lascruces.com/news/2016/02/05/veterans-memorial-park-prepares-for-huey-helicopter/) propeller blades were mounted onto a nearly restored Huey helicopter that will be erected atop the Vietnam War Memorial Monument, at Veterans Memorial Park. A few hours earlier, concrete was poured into a 10-foot deep foundation, immediately behind the monument, that will anchor a large steel pole the helicopter will soon be mounted on.

Before the helicopter is finally mounted above the Vietnam monument, it will be on display at two public events in February. From noon until 4 p.m. Feb. 6, interested residents, and veterans, can see the refurbished Huey at Wal-Mart, 3331 Rinconada Blvd. A fundraising event, to help pay for construction of the Vietnam War Memorial Monument, will be conducted. The public can make donations or buy T-shirts, caps, pins, posters and other items promoting the monument.

From 10 a.m. until 2 p.m. Feb. 27, the helicopter will be on display during a car show to be conducted in the parking lot of Allen Theatres' Telshor 12 Cinemas, 2811 N. Telshor Blvd.

Community & Families

Lead: Mark Johnston

mjohnston@las-cruces.org

City of Las Cruces Parks and Recreation Director

February 2016

Meet Our New NMSU Public Health Interns



Monica Orozco



Monica is a student in the Bachelor of Public Health program at New Mexico State University. Monica is expecting to graduate May 2016 and plans to continue her education, she wants to acquire a Master's degree in Social Work. When she is not in school or at the Department of Health she works as a stylist at Michael Kors. Monica will spend her internship assisting the health promotion team with the development of Las Cruces Park Prescription Survey and educating the community of Las Cruces on how to use the WIC vouchers. Monica will also be a volunteer in the 2016 Annual Conference that will be held here in Las Cruces.

Deanna Escobedo



Deanna is a student in the Bachelors of Public Health Program expecting to graduate in May of 2016. Following graduation she would like to continue her education to either get a Masters in Public Health or another Bachelors in nursing. She currently works at Memorial Medical Center and has been there for 9 years. She is a proud mother to a one and half year old son named Austin. She will spend her internship time working with the health promotion team assisting on Park Prescription Survey, educating clients on WIC vouchers, and other health related attractions.

Updating the Downtown Master Plan

We've enjoyed great success with our Downtown. Two thirds of the projects we targeted in the Master Plan we adopted in 2004 have been completed or are underway. We want to keep the momentum going.

We hope you'll help by joining us for part of the workshop beginning Tuesday, February 16, with four days of concentrated collaboration that will lead to the first rough draft of a new Downtown Master Plan. Read all about the project goals and the process to address them [here](#). And check out the [day-by-day schedule](#) of opportunities to participate over the four days.

Review the schedule of presentations and critiques that kick off with the opening event, Tuesday evening, February 16, and wraps with a summing-up of the week on the evening of Friday, February 19. Please plan to join us. Watch the project website, lascrucesdowntownplan.org.

Community & Regional Planning

Lead: Andy Hume

ahume@las-cruces.org

Downtown Coordinator, Las Cruces Community Development

Children's Dental Month

Did you know that teeth begin developing even before a baby is born? Teeth start forming in the womb as the first part of the development process, according to Stanford Children's Health. As February is Children's Dental Health Month, we want to remind parents about the importance of oral



health for their children.

Healthcare Setting

Lead: Dr. Danielle Nixon

drnixon@fullbloompediatrics.com

Pediatrician at Full Bloom Pediatrics