



## City Profile



# MARCH IS NATIONAL NUTRITION MONTH

Simple Tips from Registered Dietitians Make It Easy to 'Get Your Plate in Shape' This National Nutrition Month



March is here, and in addition to being Women's History month and American Red Cross Month, it is also National Nutrition month.

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) encourages everyone to include healthy foods from all food groups through this year's theme: "Get Your Plate in Shape."

"Vegetables, fruits, whole grains, lean proteins and low-fat dairy products contain the nutrients we need to maintain healthy lifestyles," says registered dietitian and Academy Spokesperson Andrea Giancoli. "Make sure your eating plan includes foods from all the food groups and in appropriate portions. USDA's MyPlate is a great tool to guide and help us be mindful of the foods that make up our balanced eating plan."

Giancoli offers the following recommendations to "Get Your Plate in Shape":

### Make half your plate fruits and vegetables.

- Eat a variety of vegetables, especially dark-green,

- red and orange varieties, as well as beans and peas.
- When buying canned vegetables, choose "reduced sodium" or "no salt added" whenever possible. Rinsing whole varieties like beans, corn and peas can also reduce sodium levels.
- Dried and frozen fruits and those canned in water or their own juice are good options when fresh varieties are not available.
- Make sure every meal and snack has at least one fruit or vegetable or both.



### Make at least half your grains whole.

- Choose brown rice, barley and oats and other whole grains for your sides and ingredients.
- Switch to 100-percent whole-grain breads, cereals and crackers.
- Check the ingredients list on food packages to find

(Nutrition Continued on page 3)

## Let's Get Active Alamogordo



In addition to a healthy nutritional program, being active is an essential component of a healthy lifestyle. For some, the immediate reaction to physical activity is to make an excuse or two. The following article is designed to help you to start thinking differently about being active and eliminating some of the most common excuses.

### I don't have the time

So you have a family, you work 40 hours or more a week and barely have time for your kids or yourself, let alone any physical activ-

ity. The last thing you want at the end of the day is to go for a walk or jog. Or maybe you tell yourself, I'm too tired in the morning to hop in front of some "as seen on TV" home workout video. Well, did you know that getting active is a perfect way to spend some quality time with your family, do something good for yourself and give you more energy, all at the same time? Carving out as little

as ten minutes a day three days a week can get you started. A walk or bike ride after dinner is a perfect opportunity to be active



and really spend quality time with one another. Or if a few minutes of quiet is what you need, take a brisk stroll and enjoy a sunrise before your busy day begins. Not only will getting active improve your health, many believe that energy and productivity is increased as well. Whatever your lifestyle, taking ten minutes a day to carve out some healthy activity is well worth finding that extra time in your schedule.

### I can't afford a gym membership

Gyms and Fitness Clubs are a great resource, but if it's just not in the budget,

(Get Active Continued on page 2)



(Get Active Continued from page 1)



there are plenty of free or relatively inexpensive options to getting yourself active. Alamogordo's Parks offer over 300 acres of parks and sports related areas to walk, run, ride bikes, swing, slide, play Frisbee, Baseball, Basketball, Tennis and much more. In addition, the surrounding areas lend to some great trails for hiking and mountain biking. Pick a trail near the foothills one weekend and go exploring or hit one of the walking paths on Oregon or Indian Wells for a jog with your favorite furry friend. The bottom line is that paying a yearly membership somewhere isn't the only way to be active.

### I prefer to be indoors



If indoor activity is more your speed, the Alamogordo Family Recreation Center offers a Weight Room with over 30 pieces of equipment for as little as \$1.28 a day (for a monthly pass). Day passes and annual memberships are available as well, simply stop in to the Alamogordo Family Recreation Center at 1100 Oregon for more information.

The Alamo Senior Center offers over 66 classes a week with a wide variety of Fitness Activities. From Aerobics to Zumba and everything in between.

Not yet a senior? No Problem. Participants age 60 and under can attend for \$20.00 a month or \$5.00 per class. For more information on the fabulous fitness offerings at the Senior Center, call 439.4150 or visit the city website and download the 2012 Fitness Activity List.



Not only does becoming active improve overall health and well being, it sets an example for younger generations in our community on how to live healthier. When it comes to our children and future generations, their health should be one of our top priorities. With obesity rates in the United States tripling in the last thirty years, and healthcare costs continuing to rise, there are no excuses when it comes to improving our health. For more ideas to get moving or to help in your community, visit [letsmove.gov](http://letsmove.gov).

## ALAMOGORDO PUBLIC LIBRARY



### **Friends of the Library Call for Volunteers**

Friends of the Library (FOL) is the advocacy group for the library. It works to build public and government support for our library. The FOL has opportunities for volunteers in planning and presenting cultural events to focus public attention on the library and to stimulate use of its many resources and services.

Join today and put your time and talents to a really worthwhile organization. For more information visit or call:

Alamogordo Public Library  
920 Oregon Avenue  
575-439-4140

coalibrary@ci.alamogordo.nm.us  
FOL Website: <http://folbookworm.com>

Come see what's new in our Children's Room - from new educational toys donated by the Early Childhood Directors Association of Southern New Mexico, to a whole new way of organizing our juvenile fiction that we think kids are going to love.



## CAREER OPPORTUNITIES

Are you looking for a change? Are you bored with your current employment? Why not give us a try? We invite you to stop by the Human Resources department to put in your application for a rewarding position with the City of Alamogordo. We offer competitive salaries and an excellent benefits package that includes paid time off, Public Employees Retirement (PERA), and the availability of health, dental, vision, and life insurance coverage.

Currently we have openings for the following positions:

- **Public Safety Officers (open until filled)**
- **Certified Public Safety Officers (open until filled)**
- **Reference Librarian (open until filled)**

To view the full vacancy announcement or to print an application you can visit the City website. You may also get a complete listing of jobs available by calling our job hotline at (575) 439-4100 or by picking up a vacancy announcement at City Hall 1376 E. Ninth Street, Alamogordo, NM 88310. For further information you may contact: [swoolen@ci.alamogordo.nm.us](mailto:swoolen@ci.alamogordo.nm.us) or the Human Resources office at (575) 439-4399.

(Nutrition Continued from page 1)

foods that are made with whole grains.

### Switch to fat-free or low-fat milk.

- Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and fewer calories.
- If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.



### Vary your protein choices.

- Eat a variety of foods each week from the protein food group like seafood, nuts and beans, as well as lean meat, poultry and eggs.
- Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame.
- At least twice a week, make fish and seafood the protein on your plate.
- Keep meat and poultry portions lean and limit to three ounces per meal.

### Cut back on sodium and empty calories from solid fats and added sugars.

- Drink water instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees. Choose 100-percent fruit juice.
- Compare sodium in foods and choose those with the least amount listed on the Nutrition Facts Panel.
- Season foods with spices or herbs instead of salt.
- Select lean cuts of meat or poultry and fat-free or low-fat dairy products.
- Use heart-healthy oils like olive, canola and sunflower oil in place of butter or shortening when cooking.



Giancoli recommends cooking more often at home, where you are in control of what is in your food. "And don't forget that exercise and healthful eating are crucial to maintaining a healthy lifestyle," Giancoli says. "Choose activities you enjoy like going for a walk with your family, joining a sports team, dancing or playing with your children. If you don't have a full 30 minutes, carve out 10 minutes three times a day. Every bit adds up and health benefits increase the more active you are."

As part of National Nutrition Month, the Academy of Nutrition and Dietetics' National Nutrition Month website includes helpful tips, recipes, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the "Get Your Plate in Shape" theme. Visit the Academy of Nutrition and Dietetics at [www.eatright.org](http://www.eatright.org).

Reprinted from a press release published Wednesday, February 01, 2012 at [www.eatright.org/media](http://www.eatright.org/media).

## Women's History Month Quiz

1. What year did women gain the right to vote?
2. Who was the first woman to be the vice-presidential nominee of a major political party?
3. Who was the first woman on the Supreme Court?
4. Who was the famous teenage diarist from the Holocaust?
5. Who Founded the American Red Cross?
6. In what year did Congress Pass the Equal Pay Act, which made it illegal for employers to pay a woman less than a man for doing the same job?
7. Who was the first woman to run for the U.S. House of Representatives, even though she was not even eligible to vote?
8. What Prestigious University named its first woman president in 2007?



Vol. 6, No. 3

The City Profile is a publication of community groups and articles submitted entries for length, clarity, style, spelling, and grammar. The City of Alamogordo and is that may contain opinion will be considered if sent to: Published material containing opinions does not necessarily reflect the views of the City of Alamogordo. The City Profile is provided as a community service to City residents. The City Profile does not accept commercial, classified, or political advertisements. Comments, suggestions and unsolicited materials by Alamogordo residents, including reports by We reserve the right to edit all

community groups and articles submitted entries for length, clarity, style, spelling, and grammar. Published material containing opinions does not necessarily reflect the views of the City of Alamogordo.

**Megan Wade**, Senior Executive Assistant, City Manager's Office, 1376 E. 9th St. Alamogordo, NM 88310.

# MARCH 2012

SUN	MON	TUE	WED	THU	FRI	SAT
NATIONAL NUTRITION MONTH AMERICAN RED CROSS MONTH WOMEN'S HISTORY MONTH				1	2	3
4	5	6	7	8 International Women's Day	9	10
11 Daylight Savings Time Begins 	12	13 Commission Meeting 7:30 pm	14 Pi Day $\pi$	15 The Ides of March 	16	17 St. Patrick's Day 
18	19	20	21 Spring Begins 	22	23	24 The COPE Benefit "Breakaway" 7:30 pm @ the Flickinger
25 Bataan Memorial Death March @ White Sands	26	27 Commission Meeting 7:30 pm	28	29	30	31 Lake Lucero Tour

### Easter in the Park

Join Us April 7, 2012! The Parade begins at 10:00 a.m. in the City Hall parking lot and continues South to Washington Park.

Registration begins March 7, 2012 at the Alamogordo Family Recreation Center located at 1100 Oregon Ave.

FREE GAMES and PRIZES for children 10 and under! Games will begin immediately after parade.

Co-sponsored by 94KEY, KZZX, CoolFM, and FAST BUCKS

### Answers to Women's History Month Quiz

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1. 1920                       | 5. Clara Barton                  |
| 2. Geraldine Ferraro (1984)   | 6. 1963                          |
| 3. Sandra Day O'Connor (1981) | 7. Elizabeth Cady Stanton (1866) |
| 4. Anne Frank                 | 8. Harvard                       |



Mail to:  
Resident or  
Current  
Occupant

PRSR STD RATE

ECR

U.S. POSTAGE PAID

ALAMOGORDO, NM  
88310

PERMIT 12