



June 2022

Dear Communities,

The VIVA Connects team hopes that you are all doing well and finding ways to safely enjoy activities outside. This newsletter has been designed to easily provide the most current and accurate health information to you all, so that you may keep yourselves and your community healthy. Please feel free to share this information with community members and loved ones.



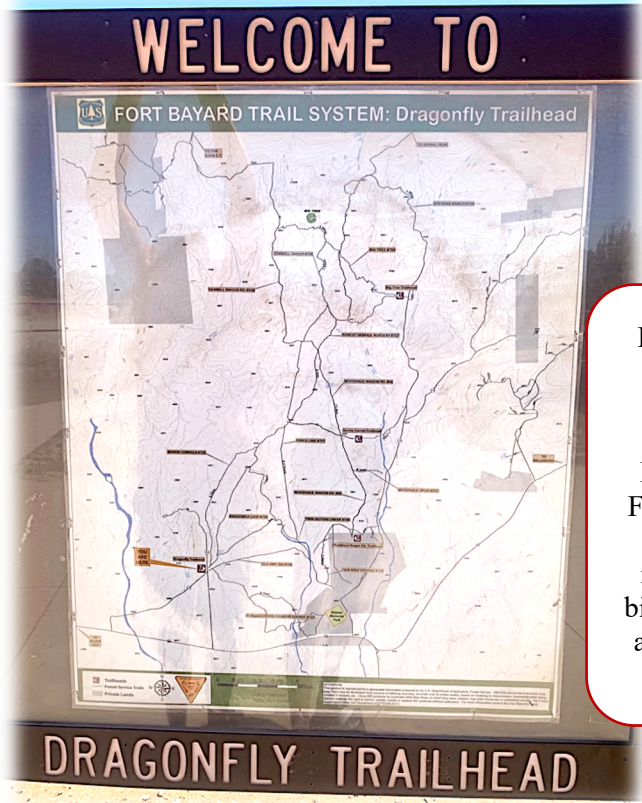
Historical information signage posted at the Dragonfly Trailhead

## VIVA Connects Site Visit with Silver City

Friday the 13<sup>th</sup> was a lucky day for me, Laurel Fimbel, as I was able to head to Silver City, NM for a site visit with the Southwest New Mexico ACT members!

I first visited the Dragonfly Trail, followed by the Waterworks Historical Building & Silva Creek Trail, San Vicente Trail, and Boston Hill Trails.





Left: Dragonfly trailhead map.

Right: Robert Billette (Laurel Fimbel's partner) exploring the newly installed bike repair station at the Dragonfly Trailhead

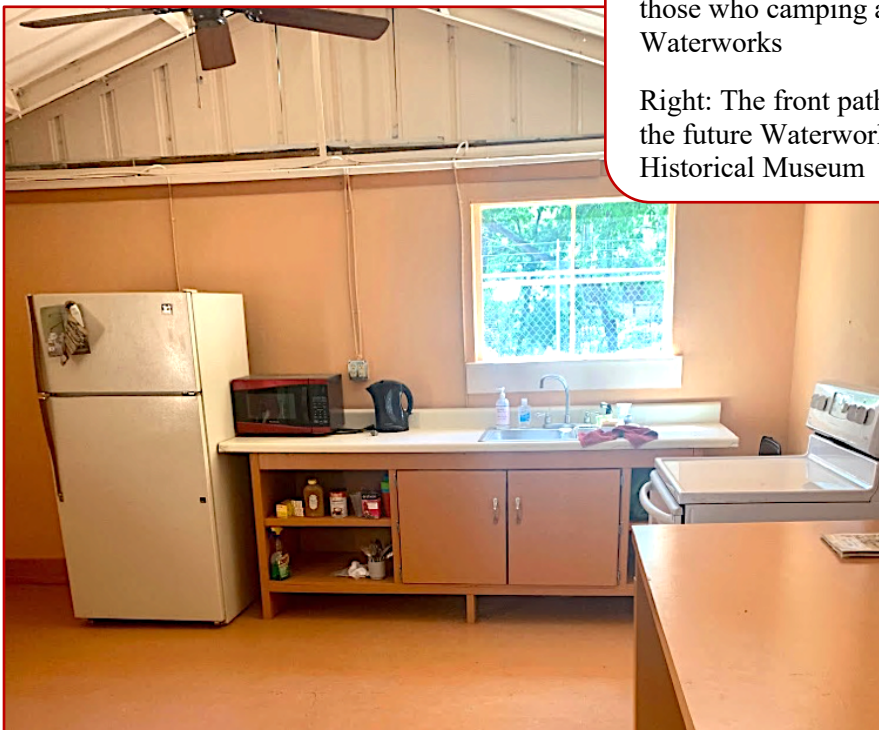


Bike repair stations have been installed at the Dragonfly Trailhead and at one of the Boston Hill Trailheads to encourage community members and families to use the local trails for not only walking, but also biking.

At the Waterworks building much work has gone into landscaping, cleaning and restoring structures, creation of campsites and an outdoor covered pavilion, kitchen, and work on the Silva Creek Trail as a connector trail from downtown Silver City to Waterworks.

Left: Simple kitchen for those who camping at Waterworks

Right: The front path to the future Waterworks Historical Museum







This Waterworks project is designed as an area for CDT hikers and campers to rest, community events, outdoor classrooms for education, and community museum in the Waterworks Historical building.

Left: Four composting toilets being built  
 Middle: (left to right) Bridgette, Bob, and Lee at the Silvia Creek connector trail  
 Right: Waterworks campsite area

The site visit ended with a bike ride along the San Vicente trail where a previous VIVA mini-grant project had been focused on installing trail signage. This beautiful area provides shaded trails for community members to walk, bike, run, and even commute along.

The VIVA Team is very impressed with all the hard work that the Silver City team has done to provide their community members with beautiful places for outdoor physical activity. Their dedication has paid off and continues to inspire other communities.

- *Special thanks to Lee Grubber, Bridgette Johns, and Bob Schiowitz for all their hard work and time spent during this site visit. For more information about their organization, visit <https://www.swnmact.org/>*



Left: Bob showing us around the San Vicente Creek trail

Right: Carsonite marker signs along the trail with infographic information





# Air Quality & Safety

With all the wind, dirt, dust, and wildfire smoke this spring, the air quality is not always safe for people to be outside. Below are ways to protect yourself this summer provided by the [NMDOH](https://www.nmdoh.org):

- Staying indoors during smokey days is one of the best things you can do. Keep your indoor air clean by closing windows and doors.
- Check the air quality in your area (<https://outlooks.wildlandfiresmoke.net/outlook>).
- When you don't have a monitor in your area, use the 5-3-1 Visibility Method created in New Mexico to estimate the air quality and the actions you should take based on your health circumstances and age.
- Pay attention to local air quality alerts to plan your day and travel. Air quality reports are often available through local news media and social media.

You can also check your weather app on your phone, tablet, or computer for current weather information in your area.

Helpful information about the air quality in your area can be found, and if you click on the “See More” you can read the health information.

**Albuquerque**  
78° | Mostly Sunny

**AIR QUALITY**  
52 - Moderate  
Air quality index is 52, which is similar to yesterday at about this time.  
See More

**Air Quality**  
**Moderate**  
Scale: United States (AQI)  
Air quality index is 52, which is similar to yesterday at about this time.

**Health Information**  
Air quality is acceptable; however, pollution in this range may pose a moderate health concern for a very small number of individuals. People who are unusually sensitive to ozone or particle pollution may experience respiratory symptoms.

**Primary Pollutant**  
PM<sub>10</sub> (particulate matter under 10µm)  
PM<sub>10</sub> particles are small enough to be inhaled and typically result from construction, agricultural and desert dust, or pollen.

Air Quality data provided by BreezoMeter

Is it smoky outside? Protect your health.  
Use the **5-3-1** Visibility Method

**During fires if you can see\* about:**  
\*when humidity is low

**5 miles**  
**3 miles**  
**1 mile**

**and you are:**

An Adult  
A Teenager  
An Older Child

**or you are:**  
Age 65 and Over  
A Young Child  
Pregnant

**or you have:**  
Asthma  
Respiratory Illness  
Lung or Heart Disease

Check visibility often.  
Reduce outdoor activity.  
Minimize outdoor activity.  
Stay inside.

**Stay inside.**

**NEW MEXICO ENVIRONMENTAL PUBLIC HEALTH TRACKING**  
<https://www.NMTracking.org/fire>  
DMS.2021

What about walking and physical activity outdoors?

According to the [Mayo Clinic](https://www.mayoclinic.org), on days that there are air quality alerts and/or if the air quality is unsafe for you, it is best to exercise indoors. Keep the windows closed, use an air filter, and keep activities shorter around 30-60 minutes to reduce inhaling as much unhealthy air. Try indoor dancing, yoga, meditation, and other indoor activities with family and friends to stay healthy and active this summer!

- For more information, visit:
- <https://nmtracking.doh.nm.gov/environment/air/FireAndSmoke.html>
  - <https://nmfireinfo.com/smoke-management/>
  - <https://www.airnow.gov/sites/default/files/2022-02/how-to-create-a-clean-room-at-home.pdf>
  - <https://www.cdc.gov/air/wildfire-smoke/default.htm>

Sincerely,  
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