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DISCLAIMER

This Handbook was created as a guide for students participating in the Cancer Teaching Fellows program through the FHCRC/NMSU U54 award. The internships and training opportunities hosted through the FHCRC/NMSU collaboration are supported in parts by NCI grants: 1 U54 CA132381 (FHCRC) and 1 U54 CA132383 (NMSU). For questions regarding the content of this Handbook, contact Jennifer Anderson, Project Coordinator of the U54 award at the FHCRC at: janderso@fhcrc.org.

The information contained in this Handbook is subject to modification and further development in order to accommodate changing program practices. Program staff reserve the right to modify or delete information in this Handbook without advance notice. This Handbook does not constitute a contract of employment, an offer to enter into a contract of employment, or a promise of specific treatment in certain situations.

About the Fred Hutchinson Cancer Research Center (FHCRC)/New Mexico State University (NMSU) Partnership

The National Cancer Institute (NCI) has awarded funds to expand an existing collaboration between the FHCRC and NMSU. This collaboration is designed to enhance the opportunities of minorities and underrepresented individuals, including Hispanics and Native Americans, to become trained and experienced in cancer research. This five-year grant was awarded in September 2007 by the NCI's Comprehensive Minority Biomedical Branch (CMBB), which is exploring a potentially powerful approach for addressing health disparities by funding collaborations between Minority-Serving Institutions (MSIs) and NCI-designated Cancer Centers (CCs).

The overarching collaboration, titled, *Partnership for the Advancement of Cancer Research* (FHCRC PI: Beti Thompson, NMSU PI: Mary O'Connell) supports initiatives to recruit and train minorities in cancer research and directly sponsors five pilot and two full research projects involving 22 investigators between the FHCRC and NMSU. One of the collaboration's objectives is to create a long-standing partnership in cancer research training and education. The *Undergraduate Student Training in Cancer Research* program (FHCRC Co-PI's: Drs. Gloria Coronado and Karen Peterson, NMSU Co-PI's: Drs. Mary O'Connell and Michèle Shuster) is a full project that involves training in cancer research through the undergraduate and post-baccalaureate internship programs, as well as cancer education through a Cancer Teaching Fellows program and a Cancer Biology 385 course taught at NMSU. The *Graduate Training in Cancer Research and Health Disparities* pilot project (FHCRC co-PI's: Drs. Maxine Linial and Steve Schwartz, NMSU Co-PI's: Drs. Mary O'Connell and Hugo Vilchis) has established a reciprocal training program for graduate students.



Laura Buttita, post doctoral fellow in Dr. Bruce Edgar's lab. Photo credit: Aida de la Cruz.



Student presenters at the SACNAS

Biology 385 (Introduction to Cancer) course; and 2) enhance the cancer education curriculum at NMSU.

The internships and training opportunities offered through the *Undergraduate Student Training in Cancer Research* program includes a 9-week summer internship that provides research experience and mentorship for underrepresented or minority undergraduate students attending NMSU. Additionally, a nine-month internship is offered to underrepresented or minority post-baccalaureate students at NMSU. The Cancer Teaching Fellows Program provides an opportunity for FHCRC post doctoral fellows to complete a two-week residency at NMSU that is designed to: 1) provide mentored teaching experience and diversity training by observing and teaching lectures in the Cancer

The *Graduate Training in Cancer Research and Health Disparities* program offers a number of training opportunities, including a 9-week summer internship that is designed to provide field experience and mentorship for MPH students at NMSU who are interested in public health aspects of cancer research. Furthermore, Ph.D. candidates at New Mexico State University are invited to conduct cancer research related to their dissertation project in a laboratory at the FHCRC for a period of six to nine months. In order to learn more about health disparities in the U.S.-Mexico border region, University of Washington Health Sciences graduate students are invited to apply for a unique, 2-week experience to gain familiarity with the Mexican and U.S. health systems and how the Hispanic and border populations interact and respond to their health needs.

To learn more about the FHCRC/NMSU collaboration and/or the training opportunities available to NMSU students, UW graduate students, and FHCRC post doctoral fellows, visit: www.fhcrc.org/science/pacr/ or <http://cancer.nmsu.edu/>
To learn more about the FHCRC/NMSU collaboration and/or the training opportunities available to NMSU students, UW graduate students, and FHCRC post doctoral fellows, visit: www.fhcrc.org/science/pacr/ or <http://cancer.nmsu.edu/>

About New Mexico State University

New Mexico State University is located in Las Cruces, New Mexico, which the 2000 census concluded is now a minority-dominated state, with a population that is 52% minority. Currently, undergraduate enrollment is 52% minority, whereas graduate enrollment is approximately 33% minority. The minority enrollment effectively makes NMSU a minority-majority institution for undergraduate education. As the state's land grant university, it has a presence in every county in the state through its branch campuses and Extension Service,

allowing much of New Mexico's population ready access to educational opportunities. The University's main campus is organized into six colleges and a Graduate School. There are more than 16,400 students enrolled in programs at NMSU's main campus, including 3,205 in graduate and professional degree programs, with approximately 675 regular faculty members of whom 82% hold doctoral degrees.



Goddard Hall, NMSU. Photo credit: Lené Loest.

New Mexico State University



New Mexico State University 2001 Parking Map and Guide to Buildings and Locations

<u>Building Name</u>	<u>ID</u>	<u>Grid</u> <u>Coord.</u>	<u>Residence Facility Name</u>	<u>Grid</u> <u>Coord.</u>
Academic Research (A, B, C)	AR	E-7	Alumni Avenue Residence Center	F/G-2/3
Activity Center, James B. Delamater	AC	F-3	Cole Village Student Family Housing	C/D-5/6
Astronomy Building	AY	D-2	Garcia Hall Residence Center	F-1
Biology Annex	BX	D-3	Garrett Hall	E-1
Bookstore Warehouse	BW	F-6	Greek Complex	F/G-4/5
Branson Hall Library	BL	D-2	Hamel Hall	E-1
Breland Hall	BD	E-3	Regents Row Residence Center	E-3
Business Complex	BC	D-1	Rhodes Hall	E-1
Central Heating Plant	CH	C-3	Sutherland Village Student Family Housing	C/D-4/5
Chemistry Building	CB	C-1	Tom Fort Village Student Family Housing	C/D-5/6
Clinton P. Anderson Hall	PSL	C-3	Vista del Monte Student Apartments	D/E-6/7
Computer Center	CP	D-3	Women's Residence Center	E/F-1/2
Corbett Center	CC	F-2		
Doña Ana Branch Community College	DABCC	B-4		
Dove Hall	DH	D-1		
Educational Services Building	ED	G-2		
Engineering Complex I	EC1	C-3		
Engineering Complex II	EC2	C-3		
Engineering Complex III	EC3	C-3		
English Building	EN	E-1		
Facilities and Services	OFS	E-5		
Fire Department	FD	E-5		
Food Court	FC	D-3		
Foster Hall	FH	D-2		
Garcia Annex	GX	F-2		
Gardner Hall	GN	D-1		
Genesis Center (A, B, C, D)	GC	E-7		
Gerald Thomas Hall	GT	B-2		
Goddard Hall	GO	C-2		
Guthrie Hall	GU	D-2		
Hadley Hall	HH	D-2		
Hardman Hall	HA	E-2		
Hershel Zohn Theatre	TH	D-2		
Jacobs Hall	JA	D-2		
James B. Delamater Activity Center	AC	F-3		
Jett Hall	JH	C-2		
Jornada Experimental Range Building	JER	B-2		
Kent Hall Museum	KH	D-1		
Knox Hall	KN	B-2		
Milton Hall	MH	E-2		
Music Building	MC	C-1		
Natatorium (Swimming Pool)	NA	E-3		
Neale Hall	NH	B-3		
New Mexico Department of Agriculture	NMDA	B-4		
O'Donnell Hall	OH	D-3		
Pan American Center	PAC	H-2		
Physical Science Laboratory	PSL	C-3		
Police Department	PD	A-1		
Rentfrow Gymnasium	RH	D-3		
Science Hall	SH	D-3		
Skeen Hall	SKH	B1		
Speech Building	SP	E-1		
Stucky Hall	SY	B-4		
Student Health Center	SHC	E-3		
Tennis Clubhouse	TNC	D-4		
Theatre Scene Shop	TS	F-5		
Thomas-Browne Hall	TB	C-2		
Walden Hall	WH	D-2		
William Conroy Honors Center	WCHC	C-1		
Williams Annex	WX	E-1		
Williams Hall / Art Gallery	WA	E-1		
Young Hall	YH	D-2		
Zuhl Library	ZL	E-2		

<u>Colleges and Service Offices</u>	<u>Building</u>
Administration for NMSU	HH
Admissions Office	ED
Agriculture and Home Economics, College of	GT
Alumni Association	DH
Arts and Sciences, College of	BD
Associated Students of NMSU	CC
Athletics	PAC
Auxiliary Services	CC
Bookstore	CC
Business Administration and Economics, College of	BC
Business Office - for Administration	HH
Business Office - for Students	ED
Disabilities, Services for Students with	GX
Education, College of	OH
Employee Health Services	GC
Employee Relations/EEO	HH
Engineering, College of	GO
Facilities and Services	OFS
Financial Aid Office	ED
Graduate School	ED
Health and Social Services, College of	ED
Information and Communication Technologies	CP
KRUX Radio	CC
KRWG - FM/TV	MH
Learning Assistance, Center for	HA
Parking Office	GC
Personnel Office	HH
Police Department	PD
Post Office	CC
Printing and Duplicating Center	MH
Purchasing Office, Central	AR
Registrar's Office	ED
Round Up Newspaper	CC
Safety Office	AR
Special Events	PAC
Student Affairs, Office of the Vice President	CC
Telecommunication and Networking Services	CP
University Communications	MH
Waste-Management Education and Research Consortium	PSL

Need help finding a building or office? Call us at 646-1839.

About the Cancer Teaching Fellows Program

Cancer Teaching Fellows will complete a two-week residency at NMSU that is designed to: 1) provide mentored teaching experience and diversity training to FHCRC post-doctoral fellows; and 2) enhance the cancer education curriculum at NMSU. In preparation for this experience, the Cancer Teaching Fellows will complete between three and five pre-residency assignments that will take an estimated 20 hours of time over the course of four to



six weeks. During residency, the Fellows will observe lectures in the Cancer Biology 385 (Introduction to Cancer) class, hold office hours for students in the class, develop assessment activities, and practice teach their lectures to Dr. Michele Shuster. Dr. Shuster will attend all lectures given by the Cancer Teaching Fellows and provide feedback. Fellows will have an opportunity to interact in a less formal atmosphere (i.e. non-lecture) with a broader NMSU audience through small

meetings with Minority Access to Research Careers [MARC], Research Initiative for Scientific Enhancement [RISE], and Howard Hughes Medical Institute [HHMI] students. During these meetings, Fellows will be able to provide insight and advice to NMSU students about pursuing a research career, particularly a career related to cancer research. Fellows can also inform students about some of the research opportunities available through the FHCRC/NMSU partnership, including the summer intern programs offered to NMSU undergraduate, post-baccalaureate, MPH, and Ph.D. students. Cancer Teaching Fellows will also have the opportunity to meet with several NMSU faculty members (associated with the FHCRC/NMSU partnership) to discuss the balancing of research, teaching, and service in academic positions.

In an effort to showcase some of the challenges and opportunities of teaching at a primarily undergraduate, minority-serving institution, Fellows may also be invited to participate in activities specific to those of a faculty member. The activities offered during residency can be tailored somewhat to accommodate the interests and desired learning and experience outcomes of the individual Fellow.

The program's start and end dates are flexible and will be negotiated between the Fellows and Drs. Michele Shuster and Karen Peterson; however participation in the two-week residency must take place between **September 10th through November 30th, 2010.**



Compensation and Transportation/Housing

Cancer Teaching Fellows will receive a \$1000 honorarium for their participation in the program and the local per diem for food and housing in Las Cruces. The *Undergraduate Student Training in Cancer Research* project will also cover the cost of airfare. CTF's are responsible for securing local transportation for the duration of the two-week residency (if desired); rental cars are available at the El Paso International Airport. To rent a vehicle from Enterprise, call: (575) 523-5351, from Hertz, call: (575) 521-4807 or Avis, call: (575) 522-4406.



Corbett Center during Noche de Luminarias.

Upon selection to participate in the CTF program, CTFs will be asked to complete a Vendor Questionnaire, which is required to establish a Banner ID Number (students, consultants, and any other outside vendors cannot be paid for any services rendered at NMSU without a Banner ID Number). CTF's will receive a per diem advance upon their arrival in Las Cruces.

New Mexico State Income Tax

If an individual lives in Washington State and receives payment [such as an honorarium] and/or a per diem from an institution in the state of New Mexico, the individual will need to file a New Mexico State tax form. Cancer Teaching Fellows will receive a 1099 from NMSU (similar to a W-2, but for reporting miscellaneous income), which provides an official record of the income received for submission with the federal forms. You can call (505) 827-0700 to obtain a NM tax form or go to:

http://www.tax.state.nm.us/trd_form.htm to download the PIT-I, which stands for 'Personal Income Tax,' the 'I' stands for 'Individual' (use the sidebar to navigate to NM State's taxation homepage). The estimated tax on the CTF honorarium was \$18 in 2009.

About Doña Ana County

Demographics

Doña Ana County is situated in the south-central region of New Mexico. It borders El Paso County, Texas to the east and southeast. The county also shares its borders with the state of Chihuahua, Mexico, directly south, Luna County to the west, Sierra County to the north and Otero County to the east. As the second-largest county in the state, Doña Ana County is 3,807 square miles in area. According to the U.S. Census Bureau, the population for



Doña Ana County, NM.

2000 was 174,682 and the estimated population for 2006 (U.S. Department of Commerce, Bureau of the Census, Population Division, Population Estimates Program) was 193,888; a 11% population growth.

Four incorporated municipalities: Las Cruces, Mesilla, Hatch, and Sunland Park lie within the county. The City of Las Cruces, located centrally in the county, accounts for about half of the total population (U.S. Census 2000). The remaining residents live outside the city limits, many in rural communities with limited access to services.

Doña Ana County includes 37 of New Mexico's 55 federally designated underdeveloped communities, also referred to as "colonias." The New Mexico Environment Department claims 97% of colonias residents are Hispanic with an average annual income of \$5,000. About 85% of colonias residents are U.S. citizens. These rural areas are without safe, sanitary and affordable housing, drinkable water, sewer, and/or drainage systems (U.S. Department of Housing and Urban Development). Many of the colonias are located in the northern and southern areas of the county.

According to U.S. Census 2000 for Doña Ana County:



Housing in the Vado colonia.

- Total Population: 174,682
- Urban Population: 80%, Rural Population: 19.9% (colonia residents)
- Total Hispanic or Latino population: 63.4%
- Native residence (born in state or in other state): 81.3%
- Foreign Born (naturalized citizen or not a citizen): 18.7%
- Median household income: \$29,808 versus the state of New Mexico: \$34,133

- Per capita income: \$13,999 versus the state of New Mexico: \$17,261
- Population below poverty level: 25.4%

Climate

Las Cruces is classified as an arid, subtropical climate. Winters alternate between cool and windy weather, with warm, sunny periods in between; light frosts occur many nights. Spring months are warm and can be windy, particularly in the afternoons, sometimes causing periods of blowing dust and short-lived dust storms. Summer begins with extremely hot weather, with some extended periods of over 100F,



Organ Mountains overlooking Las Cruces, NM

while the latter half of the summer has increased humidity and frequent afternoon thunderstorms, with slightly lower daytime temperatures. Autumns quickly cool into warm to mild weather and precipitation decreases.

Health Profile of the County

The 2004 Data Compendium published by the NM Primary Care/Rural Health Bureau estimates that 33% (60,115 people) in Doña Ana County are medically indigent. In the year 2000, there were 39,242 individuals in Doña Ana County who were eligible for Medicaid and 56.1% of female-headed households with children under the age of 18 were living below the poverty rate (2003 Doña Ana County Health Profile).

Doña Ana County has a large contingency of immigrant and migrant workers, along with their families, which are predominately monolingual in the Spanish language. It is estimated that 30% of the population in the New Mexico border area is uninsured or under insured. The 3,969-migrant/seasonal farm workers and their non-working dependents are not included in the 33% of people who are considered medically indigent in Doña Ana County.

The county is a designated Medically Underserved Area and a Dental Health Professional Shortage Area. There are 1.8 physicians per 3,000 residents (2000 NM Border Health Office). The Medicaid, uninsured, and underinsured residents currently receive care from a variety of locations throughout the county. Two Federally Qualified Health Centers (Ben Archer Health Center and La Clinica de Familia) provide primary/dental care via 11 clinic sites throughout the county. In addition, the county also has two acute-care hospitals: Memorial Medical Center and Mountain View Regional Medical Center, both in Las Cruces.

According to the Doña Ana County, NM data for Healthy Gente/Healthy Border 2010

- The female breast cancer death rate is 23.6%
- Deaths due to Diabetes 36%, compared to New Mexico 27.5%
- Hospitalizations caused by Diabetes 9.9%
- HIV positive incidence 10.%, compared to New Mexico 8.4%
- Achieved immunization coverage in children aged 19-35 months 61.7%, compared to New Mexico 65%
- Hepatitis A rate 5.7%, compared to New Mexico 3.8%
- Hepatitis B rate 8.6%, compared to New Mexico 7.9%
- Tuberculosis incidence rate 3.4%, compared to New Mexico 2.5%
- Infant mortality rate 5%
- 68% of women begin prenatal care in 1st trimester
- Pregnancy rate in adolescents 15-17 years of age 48.5%, compared to New Mexico 39.1%
- Suicide mortality rate 15.4%
- Asthma hospitalization rate 6.9%
- Percent of population residing in counties exceeding EPA air quality 7.4 %



Photo credit: Hugo Vilchis.

Cancer in New Mexico

- According to Cancer Facts, cancer is the second leading cause of death in New Mexico. In 2001, the American Cancer Society (ACS) estimated that approximately 6,900 new cancers would be diagnosed among New Mexicans and approximately 3,000 people in the state would die of the disease. In New Mexico and the United States, four cancer sites - lung/bronchus, colon/rectum, prostate, and breast - comprise the majority of cancers diagnosed in adults.
- On average, 700 New Mexicans are diagnosed with lung and bronchus cancer each year. Approximately 600 New Mexicans die from the disease each year.
- Cancers of the colon and rectum are diagnosed in approximately 600 New Mexicans annually. Colorectal cancer is the states third leading cause of cancer deaths for both men and women, causing approximately 270 deaths each year.
- Each year in New Mexico, approximately 1,000 men are diagnosed with prostate cancer and almost 200 men die of the disease.
- Breast cancer is the most frequently diagnosed cancer among women of all racial and ethnic groups in New Mexico. Approximately 900 cases of breast cancer are diagnosed among New Mexico women each year and more than 200 women die from the disease every year.
- Approximately 80 women in New Mexico are diagnosed with invasive cervical cancer each year and another 22 die from the disease.

Preparing for the CTF Experience

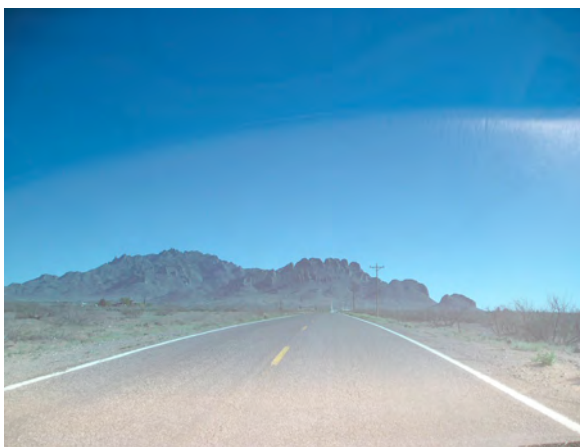
Travel to and from Las Cruces: Airfare and Shuttle Service

The *Undergraduate Student Training in Cancer Research* project will cover the cost of airfare to and from El Paso, TX. Lené Loest, the NMSU Program Coordinator, will advise on making the travel arrangements.

CTF's are responsible for the cost of transportation to and from the Seattle-Tacoma International Airport; as well as from the El Paso International Airport to Las Cruces and back. Shuttle arrangements can be made by calling: 1-800-288-1784 or visit:

www.lascrucesshuttle.com for more information. The cost is \$88 round trip or \$49 one-

way, but each additional companion is only \$15 per leg of the trip. The Las Cruces Shuttle will accept payment over the phone via credit card or the driver can accept payment via cash or check.



Housing

Housing

Cancer teaching Fellows will receive the local per diem per day for food and housing; however, CTF's are responsible for securing their housing while in Las Cruces. Housing options near the NMSU campus include:

***The Extended Stay: Value Place**

www.valueplace.com • 2080 South Triviz Drive • (575) 528-2046

This facility includes one- and two-person studios that feature a full size refrigerator, two-burner stovetop, microwave, dining table and chairs, cable and high-speed internet, access, laundry, and vending machines. Utensils, dishes, cookware, and other appliances can be purchased for an additional fee. Rates: One-person studio, \$209.52 (including tax) per week; two-person studio, \$220.52 (including tax) per week. *Please note:* A \$100 refundable deposit is required.



Chili fields. Photo credit: Hugo Vilchis.

Note: Previous Fellows' recommend requesting a room on the top floor of the Value Place, opposite the highway to avoid noise from traffic and other residents.

**The Value Place Las Cruces is recommended because the units feature amenities for guests on an extended-stay, such as:*

- ✓ Fully furnished, air conditioned studios
- ✓ Desk and two chairs
- ✓ Flat screen TV and remote, phone, alarm clock
- ✓ Two-burner stove, sink, refrigerator, microwave
- ✓ *On-site washers and dryers (for a minimal fee)

*Laundry service is available on-site for a fee of \$1.00 per wash, \$1 per dry; \$1 for travel-size Tide or Gain; \$1 for 2 Bounce dryer sheets.

- ✓ Vending machines
- ✓ *High speed internet access

High speed internet access is available on-site for a fee of \$10.71 (including tax) per week. The hotel does not have wireless internet, so be sure to bring your power and internet cables.

The Value Place Las Cruces is located at 2080 S. Triviz Drive Las Cruces, NM 88001.

Office hours are Monday through Friday, 9:00 a.m. – 6:00 p.m., Saturday, 10:00 a.m. – 2:00 p.m. The hotel is closed on Sundays; however guests may call the safety attendant, who is on-site 24 hours a day, at extension 5100. For more information about the Value Place Las Cruces, call: (575) 528-2046 or visit: www.ValuePlace.com

Note: Residents are asked to complete and submit a 24-hour Check-out form to the Value Place one day prior to departure. Failure to submit a 24-hour Check-out form will result in a \$40 fee.

Comfort Suites

www.comfortsuites.com • 2101 S. Triviz • (575) 522-1300

Hotel amenities include a free continental breakfast, wireless internet, heated swimming pool, copier and fax machine. Rate: \$65 - \$115 per night

Hilton Garden Inn

<http://hiltongardeninn.hilton.com/en/gi/hotels/index.jhtml;jsessionid=HIIMW0AEJMRSMSGSGBJBNEWQ?ctyhocn=LRULCGI> • 2550 Don Roser Drive • (575) 522-0900

Hotel amenities include rooms equipped with microwave, refrigerator, and coffee/tea maker, oversized work desk with telephone and data port, complimentary wired and wireless high-speed internet access, 32 inch high definition television, and evening room service from 5:00 p.m. to 9:00 p.m Rates: \$119 - \$149 per night.

Ramada Palms

www.ramada.com • 201 E. University Ave. • (575) 526-4411 or (800) 2RAMADA

Hotel amenities include free continental breakfast, airport shuttle, fitness center, pool, and restaurant. Rates: \$55 - \$99 per night.

Sleep Inn

www.choicehotels.com • 2121 S. Triviz • (575) 522-1700

Hotel amenities include a free continental breakfast, high-speed internet access, and a swimming pool and/or exercise room. Rates: \$55 - \$95 per night.

Local Transportation Options

CTF's are responsible for securing local transportation for the duration of two-week residency (if desired). Renting a car is recommended for ventures outside the city. To rent a vehicle from Enterprise, call: (575) 523-5351, from Hertz, call: (575) 521-4807 or Avis, call: (575) 522-4406.



RoadRUNNER Transit is the public transportation system of the City of Las Cruces.

The fare is \$.50 per trip. To view the bus routes, maps, and schedule, visit: www.las-cruces.org/publicservices/roadrunner/index.shtm

Meals

Cancer Teaching Fellows will receive the NMSU per diem of \$99 per day for food and housing during their two week residency. CTF's will receive a per diem advance upon their arrival in Las Cruces. Please reference the list of nearby grocery stores on page 11 and see page 15 for a list of NMSU student's favorite dining spots in Las Cruces.



Photo credit: Jennifer Anderson

Laundry

Laundry service is available on-site at the Value Place Las Cruces for \$1.00 per wash, \$1 per dry; \$1 for travel-size Tide or Gain; \$1 for 2 Bounce dryer sheets. Towel service is included; used towels can be exchanged for clean towels at the front desk.

Internet

High speed internet access is available at the Value Place Las Cruces for a fee of \$10.71 (including tax) per week.

Note: The hotel does not have wireless internet, so be sure to bring your power and internet cables.

Attire

CTF participants will observe and deliver lectures to students enrolled in Cancer Biology 385, in addition to interacting with other faculty and staff on-campus and are therefore encouraged to wear business casual attire during their residency. Dresses and/or shirts with spaghetti straps are discouraged, as are short skirts, dresses, or short shorts. Long pants and short sleeve button-up shirts are recommended for men, but ties are not necessary. Open-toed shoes [other than casual flip-flops] are acceptable.

Don't leave home without it!

- ✓ Valid passport (if planning to visit Mexico or other nearby attractions)
- ✓ Drivers license (if planning to rent a car in Las Cruces)
- ✓ Cell phone (only if you already own one)
- ✓ Digital camera and USB cable

Note: Participants are asked to share some photos taken during the CTF Experience with program staff.

- ✓ Laptop and power and internet cables (not required)
- ✓ Memory stick
- ✓ Writing utensils and notebook
- ✓ Water bottle
- ✓ Bag or backpack
- ✓ Coffee mug
- ✓ Business casual attire
- ✓ Comfortable walking shoes
- ✓ Recreational or gym attire (if planning to hike or use a gym facility)
- ✓ Sunscreen
- ✓ Sunglasses and/or hat
- ✓ Non-perishable snacks
- ✓ Prescription medication

Note: If you are taking any prescription medication, **make sure to keep the container(s) that are prescribed to you in your possession when and if crossing the border into Mexico.** DO NOT carry medication(s) belonging to or prescribed to any persons other than you when crossing the border.



CTF Personnel Contact Information

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Cell Phone:

Email: kpeterso@fhcrc.org

Office:

Mail Stop: C3-168

Lené Loest, Program Coordinator

Phone: (575) 646-5104

Cell Phone: (575) 640-8734

Email: hloest@nmsu.edu

Office: Gerald Thomas, 178

Mail Stop: MSC 3Q

Jennifer Anderson, Project Coordinator

Phone: (206) 667-7480

Cell Phone: (206) 234-5366

Email: janderso@fhcrc.org

Office: M3-A886

Mail Stop: M3-B232

Living in Las Cruces

A city of more than 80,000, Las Cruces is located in the fertile Mesilla Valley with 9,000 foot peaks of the Organ Mountains to the east and the Rio Grande to the west.

Las Cruces is 45 minutes from the El Paso airport, 1 hour from White Sands National

Monument, 1 hour from Elephant Butte Lake,

2.5 hours from Ski Apache, 2.5 hours from

Gila, 3 hours from Albuquerque, 4 hours

from Tucson, Arizona, and 8 hours from

Pueblo, Colorado



Garden in Las Cruces. *Photo credit: Hugo Vilchis.*

Grocery Stores near the Value Place Las Cruces

Albertsons

General groceries, cleaning supplies, toiletries.

1285 El Paseo Road Las Cruces, NM 88001, (575)

523-5538

Dollar Tree (within walking distance)

Cleaning supplies, dry foods, miscellaneous.

1701 E University Avenue Las Cruces, NM 88001

Mountain View Cooperative Market

Organic foods and general groceries

1300 El Paseo Road Las Cruces, NM 88001, (575)

523-0436



Purple Opuntia. *Photo credit: Alex Quistberg.*

Toucan Market (within walking distance)

Organic foods and general groceries

1701 E University Avenue Las Cruces, NM 88001, (575) 521-3003

Wal-Mart SuperCenter

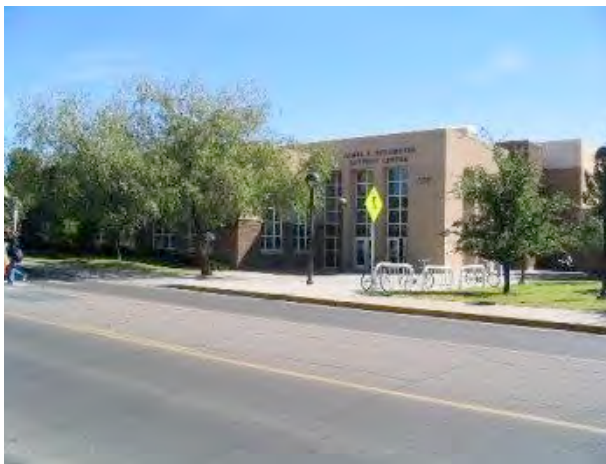
General groceries and miscellaneous

571 Walton Blvd. Las Cruces, NM 88011, (575) 523-6627

Gym Facilities

BEC participants may use the gym facilities on NMSU's campus. The James B. Delamater Activity Center offers a weight room, elevated indoor jogging track, racquetball courts, and basketball-volleyball play areas. The cost to guests of the University is \$5 per single visit.

Directions to the Activity Center



NMSU Activity Center.

From Value Place, turn south (right) on Triviz. Proceed to first stoplight. Go straight on Triviz. Take first right at Payne. Take first right at Stewart. Activity Center is approx. 2 blocks down on left on the corner of Stewart and Locust.

SNAP Fitness is located at 1763 E University Avenue (next to Dairy Queen) and is within walking distance of the Value Place. The cost is \$5 per day. Hours are 10 a.m. – 6 p.m. daily. Call (575) 521-7627 or visit

www.snapfitness.com/lascrucesnm/ for more information.

Other shopping needs

FedEx-Kinko's

1001 E. University Avenue Las Cruces, NM 88001, (575) 522-5758

Mesilla Valley Mall

700 S. Telshor Blvd. Las Cruces, NM 88011

The Mesilla Valley Mall is home to major stores like Dillard's, J.C. Penney, Sears, and Barnes & Noble Bookstore. Visit: www.mesillavalleymall.com for more information about the Mesilla Valley Mall.

Target

2541 E. Lohman Avenue Las Cruces, NM 88011, (575) 532-5899

Wal-Mart SuperCenter

571 Walton Blvd., (575) 523-6627 **OR** 1550 South Valley Drive (575) 523-4924

Health Services

Travel Health Insurance

Students without insurance are encouraged to consider purchasing Travel Health Insurance prior to departing for Las Cruces. Travel insurance can cover the following unexpected events:

Your mother gets hurt at home and you must cancel your trip.	You need to recover your non-refundable deposits or payments.
You become ill and must cancel your trip.	You need to recover the non-refundable money you've already paid for your trip.
You arrive on time, but your luggage does not.	You need help finding it if it's lost, paying for necessities if it's delayed or replacing it if it's stolen.
You slip and twist your knee while hiking up to Baylor Pass.	You need help finding an orthopedic doctor who specializes in knee injuries.
Your bag was lost with your insulin inside it.	You need help finding your bag as soon as possible and help filling your emergency prescription.
Your passport and wallet are stolen.	You need emergency cash and help replacing your travel documents.

The following is a list of Travel Insurance Providers and a brief description of the services offered. You are encouraged to research other travel health insurance providers and select a plan that best fits your needs. Please ensure the insurance you select covers domestic travel!

Global Travel Shield

You can select from one of four comprehensive insurance packages: Standard, Classic, Premium, or Deluxe to cover the following:

- ✓ Emergency Medical and Dental Expense
- ✓ Emergency Medical Evacuation/Repatriation
- ✓ Baggage Loss
- ✓ Baggage Delay
- ✓ Airflight Insurance
- ✓ Trip Delay
- ✓ Trip Cancellation/Interruption
- ✓ Travel Assistance

Packages start at \$35.95 per person. Please visit: <https://www.globaltravelshield.com> for more information.

STA Travel

When you insure your trip through STA Travel, insurance is provided by the National Union Fire Insurance Company of Pittsburgh, PA. Additional assistance services can be purchased through AIG Travel Assist. The STA Insurance Plan includes the following:

- ✓ Trip Coverage (delays/cancellations)
- ✓ Baggage Coverage
- ✓ Medical Coverage

- ✓ Travel Accident Coverage
- ✓ 24-Hour Worldwide Emergency Assistance

Packages start at \$70.00 per person. Please visit: www.statravel.com for more information.

NMSU Student Health Center

The Student Health Center offers out-patient primary health care services to visiting scientists and students participating in the FHCRC/NMSU partnership [a Memorandum of Understanding will be provided prior to departure, which should be presented upon check-in at the SHC]. The cost is \$30 per visit, in addition to the cost of services performed and the cost of medication, if any. Guests will receive a receipt for services provided, which can be submitted to one's insurance for reimbursement [if one has insurance]. Prescriptions written by non-campus providers can be filled at the SHC Pharmacy.

Hours of operation: Monday – Friday, 7:30 am - 4:40 pm.

Appointments (Patient Services Center): (575) 646-1512

Pharmacy: (575) 646-8302

Directions: The Student Health Center is located on the corner of Stewart and Breland.

Urgent Care Center

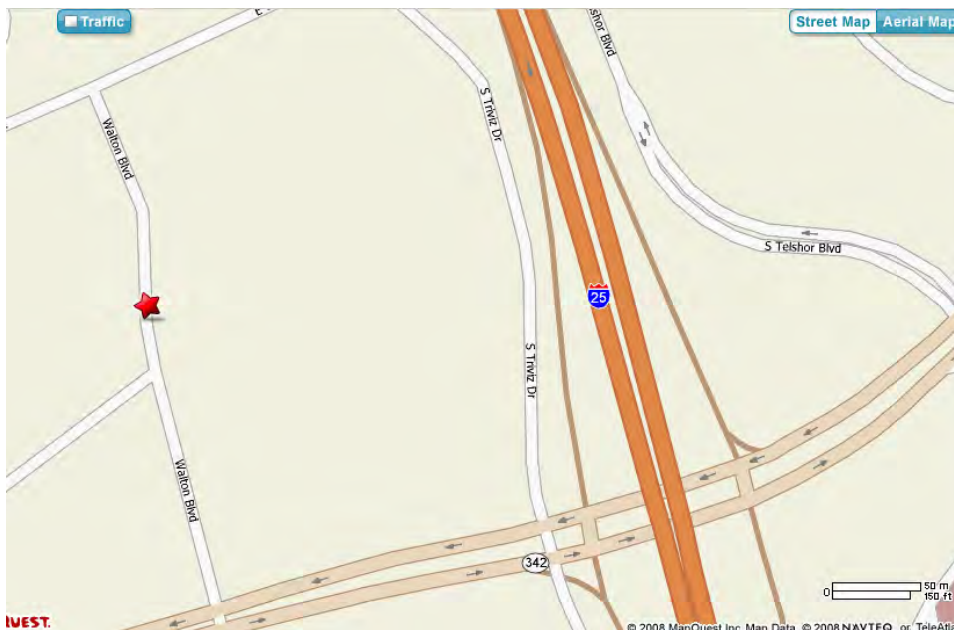
For medical services during evenings and weekends, please visit the local Urgent Care Center.

Hours of operation: Monday – Friday, 6:00 pm - 10:40 pm.

Saturday – Sunday, 10 am to 10 pm.

Appointments (Patient Services Center): (575) 525-2700

Directions: 540 Walton Boulevard, Suite C. Las Cruces, New Mexico 88001



NMSU students' recommendations for things to do/see in Las Cruces



White Sands National Monument, NM.

- White Sands in the summer is a must! Taking a moonlight walk is even better (the National Park is only open at night on full moon nights). **Note:** Bring your passport - the Park is located after a border checkpoint.
- Take a day trip to Juarez (bring your passport).
- The Silver City/Gila Cliff Dwellings offers great hiking. **Note:** Bring your passport - the town is located after a border checkpoint.
- Old Mesilla for a nice meal/afternoon walk. Ask around to find out whether there are any weekend festivals/events.
- The Fountain Theatre in Mesilla (this is a very cute theater that shows good films).
- Hiking by Dripping Springs.
- Check out the cultural events!
- Take a weekend trip to Ruidoso. **Note:** Bring your passport - the town is located after a border checkpoint.
- Hike the Organ Mountains.
- El Paso is a fun place to go, although it's about 45-minutes away. There's fun clubs and bars to go to.
- Silver City is a really cute town with shops, hot springs, and antiques (it's about a 2-hour drive). **Note:** Bring your passport - the town is located after a border checkpoint.
- Check out the Las Cruces Farmers Market –it's open Wednesday and Saturday Mornings.
- Drive up to Albuquerque or Santa Fe for the weekend. **Note:** Bring your passport – these cities are located after a border checkpoint.

NMSU students' favorite dining spots in Las Cruces

Coffee shops and light meals

- Boba's
- International Delights (on El Paseo and Idaho). Open the latest - offers food, too.
- Milagros has awesome coffee and is a great place to study or just read.
- Spirit Wind Café has great coffee and is a cute store.



La Posta Restaurant in Mesilla, NM.

- The Bean (in Old Mesilla, on Avenida de Mesilla). This shop also offers wireless internet access.
- The Planet

Restaurants

- 5 Brothers serves Chinese food (on University Ave, near Fedex Kinko's) and they deliver
- Andele's
- Cafe Don Felix for Mexican food (in Old Mesilla)
- Chachi's (on Locust Street) has really good Mexican food and they deliver!
- Chopes Bar and Restaurant for authentic southern New Mexican food and a good look at the local community. It's a little drive outside Las Cruces (about 15 miles) and is always packed!
- Chilitos has great fajitas!
- DG's Deli & Coffee House (on University Ave)
- Dions Pizza
- Dicks Cafe (good green Chile hamburgers!)
- El Comedor for Mexican food (in Old Mesilla)
- Great American Pizza (on University Ave, close to Fedex Kinko's)
- Keva Juice (on University Ave, close to Fedex Kinko's)
- Farleys
- La Posta (in the Mesilla Plaza)
- Lorenzo's for Italian food (the restaurant in Old Mesilla has the best atmosphere)
- Nellie's has really good Mexican food. There's usually a long wait, but it's well worth it!
- Metropolitan Deli (on University Ave, next to Fedex Kinko's)
- Peppers
- Risottos
- Si Señor
- St. Claire's Bistro
- Taste of India (on University Ave, close to Fedex Kinko's)
- The Mix and The Mix Express (they're next door to each other) for Pacific Rim cuisine and sushi (on University). There's also live music on Friday nights.
- We put green Chile on everything here. Go to Sonic and order Sonic-size Tots with green Chile and cheese. It's really good. Pizza Hut puts roasted green Chile on their pizzas - try that also. If you go to Ruby Tuesdays or any restaurant of that nature, ask for green Chile on your burger. Green Chile is really good!

Breweries

- High Desert Brewery has the best brewed beer and nachos in town (on Hadley and Valley). There's great music on certain nights, too.

Bars

- Azul (located in the Hotel Encanto). This is a great place for students looking for a place to go and relax. I guess you could say the scene is a little more sophisticated.
- Benigans (directly across from the University). There are bound to be students there from 5 p.m. and on and this is a good place for the younger college crowd.
- Double Eagle bar (in Old Mesilla). Swanky!
- El Patio (Old Mesilla) This is a really fun bar with live music on certain nights
- Grahms
- Hurricane Alley (on Missouri and Espina)
- Q-Time Billards
- Rain Forest (on Valley Drive, near NMSU). This is the new 'hip' hang out in LC!
- St Claire's Winery

Other things to do in or near Las Cruces

Art Community

With over 40 galleries and over 200 artists, the Mesilla Valley is a great place for art lovers seeking high quality productions at reasonable prices.

Bataan Death March Memorial

This is the only federally-funded memorial dedicated to the memory of the victims of the Bataan Death March during WWII. The monument was dedicated in April 2001 and was designed and sculpted by Las Cruces artist Kelley Hestir. The memorial is located in Veterans Park along Roadrunner Parkway.



Bataan Death March Memorial.

Ghost Towns

There are several historic towns within an hour or so drive of Las Cruces.

Historic Old Mesilla

One of the most popular trade centers between the mid-west and the West Coast 150 years ago, Mesilla is now a quaint town centered around a plaza filled with shops, boutiques, and restaurants. Located south of Las Cruces on Avenida de Mesilla, and only minutes from anywhere in Las Cruces. Be sure to check out the jail where Billy the Kid was held, opposite Las Posta restaurant.

Las Cruces Farmers & Crafts Market

You'll find locally grown produce, hand-crafted arts and crafts, jewelry, and much more. The Market is open every Wednesday and Saturday morning from 8 a.m. - noon on the Downtown Mall.

Museums

Check out any of Las Cruces' several museums dedicated to preserving the history of the Mesilla Valley, surrounding areas, and the state. Collections range from ancient historical

artifacts to generations-old family heirlooms. Make sure to stop by the Farm & Ranch Heritage Museum!

Organ Mountains

Overlooking Las Cruces to the east, the Organs provide excellent hiking, mountain biking, and camping opportunities. See the recreational map at the end of this section for further information about outdoor activities.

Recreational Activities

Hiking: Dripping Springs trail, Agguire Springs trail. Cloudcroft is one-and-a-half hours east of Las

Cruces. **Note:** Bring your passport - the town is located after a border checkpoint.



The ocotillo is a unique desert plant that blooms annually.

Stahmann Farms

One of the world's largest producers of pecans offering weekly tours of their candy and pecan processing plants. The farm is located seven miles south of Las Cruces on Highway 28. You may call: (575) 526-8974 or visit: www.stahmanns.com for more information.

White Sands National Monument

This monument has over 275 square miles of naturally produced gypsum, creating one of the most unique sites in the world. Located 45 miles east of Las Cruces on Highway 70. See the recreational map at the end of this section for further information about outdoor activities. You may call: (575) 479-6124 or visit: www.nps.gov/whsa for more information.

Did You Know?

While the wind piles the sand grains into dunes, the dunes move forward under the force of gravity. As the leading edge of the dune ("slipface") gets steeper, gravity pulls an avalanche of sand down the slipface, moving the dune forward. The dunes move from west to east as much as thirty feet per year.

Wineries

New Mexico started producing wines in 1629, making the state's wine industry the oldest in the country. Today, several New Mexico wineries produce a wide variety of fine wines and each year Las Cruces hosts the Southern New Mexico Wine Festival, La Viña Jazz and Blues Thing, and the New Mexico Wine Harvest.

Recreational Map



Top 10 International Travel Tips

The following tips for international travelers were compiled by the U.S. Customs and Border Protection.

1. Have all the required travel documents for the countries you're visiting, as well as identification for re-entry to the U.S. Passports are required for re-entry to the U.S. by air.
2. Declare everything you are bringing from abroad, even if you bought it at a duty-free shop. This merchandise is subject to U.S. duty fees and other restrictions.
3. Be cautious when buying items from a street vendor. Keep in mind the merchandise may be counterfeit and/or unsafe and you may have to surrender it to U.S. Customs and Border Protection upon your return.
4. Items bought abroad for personal use or as gifts are eligible for duty exemptions.
5. Know the difference between prohibited merchandise (ivory, tortoise shell products, absinthe, and counterfeit items) and restricted merchandise.
6. Be aware that many foreign-made medications are not FDA-approved and you cannot bring them into the U.S.
7. You cannot bring any Cuban-made products into the U.S. no matter where they were purchased.
8. Don't bring any food into the U.S. without first checking to see if it is permitted.
9. Understand that CBP officers can inspect you and your belongings without a warrant. This may include your luggage, vehicle, and/or personal searches.
10. Visit www.travel.state.gov for destination information.