

A Legacy Local Monthly Publication

June 2025

# The Historic

Mesilla Valley



Rio Grande Yacht Club

# CELEBRATES 65 YEARS

of Sailing Fun and Community Works

Calendar  
of Events

Fit4Mom

Menopause & Sex: It's Time  
to Rewrite the Narrative

Cocktails:  
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**Featured on the Cover:**  
Rio Grande Yacht Club  
65th Annual Anniversary Cup

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# FROM THE publisher's desk



**T**he Historic is happy to have you with us for our June issue. As you enjoy looking through our community partners, be sure to try out their great offerings while you support the locally-anchored businesses aggrandizing our community.

We are celebrating a very special year with the Rio Grande Yacht Club turning 65. In May, they hosted an anniversary regatta full of adventurous twists and turns as gale force winds and microbursts excited the waters of Elephant Butte.

For our readers with young children, you'll be happy to learn of a group that meets with their little ones and focuses on fitness. It's a great way to connect, gain support, and build community. Summer is upon us!

Sheila Bardwell, DNP and owner of B-Well, is introducing a great column focused on getting back on track both physically and intimately. Struggling with focus? Not connecting with your partner? Feeling burdened by lack of time? Join us as she brings to light resources and support for individuals or couples. You can contact B-Well in Mesilla to get a copy of the upcoming schedule for her co-ed sex classes.

For entertainers or beginner cooks, enjoy one of our in-house curated recipes that has been tested in our very own kitchen. For those looking to cool down with a summer cocktail, enjoy our featured drinks sponsored by Chilitos, a locally-owned legacy restaurant based in Las Cruces. If you don't want to hassle with a mess or the purchase of ingredients, stop in to enjoy their delicious food and beyond phenomenal wait staff.

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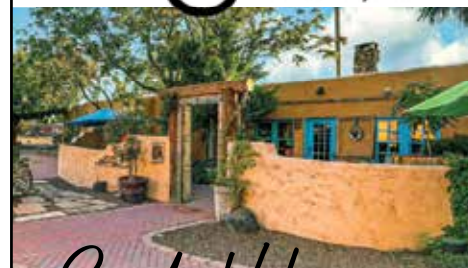
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# Calendar OF EVENTS

## June 15

– Juneteenth: The Branigan Cultural Center, the Las Cruces Museum System, and New Mexico Music Commissioner, Derrick Lee, present the fifth annual Juneteenth Jazz Arts Festival. The first of three events will be Celebrating Black Voices. The show will be headlined by Joe Dunn and his big band. Vendors, food trucks, dance performances and more. Please bring your own chairs to enjoy the show on the plaza. Free. 4-9 p.m. Plaza de Las Cruces, 100 N. Main St., Las Cruces.

– Geocaching 101: Looking for an outdoor adventure with dad this Father's Day? Consider geocaching. This event will teach you how to use GPS to participate in the world's biggest geocaching. Use coordinates and clues to find hidden catches left by other geocachers from around the world. Reservations are required: please call (915)-444-9100. Space is limited. Bring water, snacks, hiking boots, and comfortable clothes. Meeting location is at the new Visitors Center in the Tom Mays Unit. Adults and children 13 years and older are \$8. Texas State Park pass holders are \$3 and children ages of 5-12 are \$1. These fees include both the day entrance fee to the park and the activity fee for the workshop. 8-9:30 a.m. Franklin Mountains State Park, 2900 Tom Mays Park Access Rd., El Paso, Texas.

## June 16

– Summer Camp: Salle De Long Fencing School is hosting a week-long Fencing Summer Camp. All skill levels are welcome. The camp will run from June 16-20 and will be taught by experienced instructors. Other camp dates this summer include July 16-18 and July 21-25. \$180 per camper; free for spectators. 8 a.m.-noon. 3525 Pershing Dr., El Paso, Texas.

## June 21

– Food Fest: The Wild West Food Fest is the largest free admission food festival in El Paso. The event will have food vendors showcasing four items per table. Guests can taste food from as many food vendors as they'd like. Food and drinks at the festival can be purchased with Wild West Fest Bucks, which will be sold at the event for \$2 each. Craft beer and non-alcoholic drinks will be available. Games, DJs, artisan vendors, and more. Free. 12-11 p.m. DeadBeach Brewery, 3200 Duranzo Ave., El Paso, Texas.

– Stargazing: Monthly, the Leasburg Dam Observatory is open to the public for stargazing night. Members from the

Astronomical Society of Las Cruces operate the 16' Meade SCT telescope for guests to view the Milky Way Galaxy. \$5 per vehicle for New Mexico residents and \$10 per vehicle for out-of-state residents. Star show begins at sundown. Leasburg Dam State Park, 12712 State Park Rd., Radium Springs, New Mexico.

– Beer Festival: The Sun City Craft Beer Festival is both an indoor and outdoor festival. In addition to indoor beer tasting with over 100 beers to sample, the festival also has outdoor activities like Beerlympics and a beer bash. General admission tickets are \$22.73 and include 10 two-ounce sample tickets, access to 100+ beers, and a commemorative glass (while supplies last). VIP tickets are \$79.57 with GA admission benefits, an exclusive fanny pack, free team entry to Beerlympics (music be a team of 4), complimentary meal and snacks, and more. VIP Early Access starts at 4 p.m. General admission doors open at 5 p.m. Event runs until 10 p.m. El Paso Convention Center, C St., El Paso, Texas.

## June 28

– Tournament: Belles & Chimes Las Cruces, a women's inclusive pinball league, will be hosting a pinball tournament to celebrate the launch of the new Barrels of Fun Labyrinth game. Registration begins at 1 p.m. and the tournament begins at 2 p.m. Pace match tournament with a \$1 entry fee. Labyrinth themed prizes and more. 2 p.m. Rad Retrocade, 201 N. Main St., Las Cruces.

– Books and Brews Festival: The El Paso Matters Book Club and Old Sheepdog Brewery present Pages and Pints, a 915 Books and Brews Festival. The event is a celebration of local literature and culture. There will be a Q&A and book signing with author Tara López. Come enjoy the book market with local authors, live music, food and craft beer. Free. 3-10 p.m. Old Sheepdog Brewery, 3900 Rosa Ave., El Paso, Texas.

## July 4

– Fourth of July: The annual City of Las Cruces Fourth of July Celebration Concert and Fireworks display will return to Pat and Lou Sisbarro Community Park located on the New Mexico State University campus. Free. 4-11 p.m. 3205 Arrowhead Dr., Las Cruces.

## July 12

– Sing-along Screening: The Rio Grande Theatre is hosting a special sing-along screening of "Wicked". Tickets available at the door only. \$5. 7 p.m. 211 N. Main St., Las Cruces.

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By Sylvia Quintanilla

{Promotes pre and postnatal health and fitness programs}

It is often said that it takes a village to raise a child. Children need support and guidance from extended family, neighbors, educators and more to thrive and realize their potential. Parents also need a village.

Fit4Mom is a national fitness franchise that not only promotes pre and postnatal health and fitness programs, but also builds communities for its members. Tori Cummins, instructor and owner of the only New Mexico Fit4Mom chapter, found Fit4Mom after her daughter was born in Sacramento, California.

“She was my first and I had a lot of postpartum anxiety,” Cummins said. “I had had a C-section, so I was doing that recovery, and I just didn’t feel like myself mentally or physically. But I tried a Stroller Strides class with Fit4Mom there in Sacramento and just fell in love with it right away.”

She was a part of Fit4Mom until her family moved to Las Cruces in 2020, when Cummins welcomed her son.

“He was two months old, so when we moved here, I was so sad. You know, it was hard to leave California, but the hardest thing for me was leaving behind that village, because I had found so much support there and regained my confidence, regained my strength mentally and

physically, and just was welcomed into motherhood by Fit4Mom,” Cummins described. “When I moved here, I was sad to leave that all that behind.”

After a year in New Mexico, Cummins couldn’t shake the idea of opening a Fit4Mom chapter here. In October 2021, she did just that. The group started with eight members, and now, nearly four years later, they have almost 70.

Fit4Mom has a clientele of either newly pregnant or newly postpartum moms. The children in the group can range in age from newborn to four years old. A few of the classes offered are Strides 360 (cardio) and Stroller Barre (elements of barre and pilates). They also offer night classes for working moms or those who can’t make their daytime sessions.

“Our heart and soul is our Stroller Strides class, which is a mommy and me workout,” Cummins began. “You bring your kiddo on the stroller, and we do cardio strength training and we move around the park to different areas. We’re usually at Sagecrest Park. We sing songs; we entertain the kids. Our instructors have bubbles and stories and all sorts of activities. So, we make it fun and educational for them as well.”

In addition to classes, members have a lot to look forward to and add to their calendars, such as mom meetups, a

dad meetup in June for Father’s Day, charitable events like canned food drives in November, and the monthly mom’s night out. Every Friday morning after Stroller Strides, they have play groups that are free and open to the community.

As Fit4Mom has filled a gap in Las Cruces, Cummins described it as a whole village of supportive, non-judgmental moms that are helping walk each other through this phase of motherhood. Friendships created here can be long-lasting, as not only the moms are able to connect, but the children socialize and become friends, as well.

“I think this village means so much to our members,” Cummins reflected. “Las Cruces has a lot to offer, but there’s not a ton of resources for moms in this phase of life. I do feel like it was a whole gap that needed to be filled in our community for those moms, especially the moms who are home with their kids during the day and need safe, fun activities to do. I think that this stage of life can be so overwhelming and difficult and isolating for a lot of moms. I think the friendships that are built at Fit4Mom are so strong.”

Interested moms can get their first class free by signing up online via the group’s website, [lascruces.Fit4Mom.com](https://lascruces.Fit4Mom.com). Follow them on Instagram @Fit4Mom\_lascruces.



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### LA POSTA SWEET SAVORY CHIPOTLE QUESADILLA

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- 2 10-inch flour tortillas ¾ cup Asadero cheese\*
- 2 tsp. vegetable oil, divided ¾ cup shredded Cheddar cheese
- ¼ cup La Posta Hatch Green Chile Cherry Chipotle Salsa
- 2 green onions, mostly green ends, finely chopped
- 8 oz. precooked rotisserie chicken, skinned and shredded, divided\*\*

#### Directions

- (1) In a small bowl combine grated cheese. Mix well and set aside.
- (2) In a large skillet, heat 1 tsp of the oil over medium-high heat. Brush to coat pan evenly with oil. Place one tortilla in the skillet and cook until air bubbles begin to form, about 1 minute.
- (3) Reduce heat to medium and carefully spread half of the salsa evenly over the tortilla covering to the edges. Top with half of the cheese mixture, and cook until the cheese starts to melt, about 1 minute.

- (4) Top one side of the tortilla with half of the green onions and shredded chicken, spreading to the edges of the tortilla.
- (5) Gently fold the tortilla in half to create a half-moon shape, covering the onions and chicken. Cook for 1 minute then flip folded tortilla over and cook until tortilla is lightly toasted, and cheese filling is completely melted, about 1 to 2 minutes. Transfer quesadilla to a cutting board.
- (6) Add remaining oil to skillet and repeat with 2nd tortilla. Cut each quesadilla into 3 wedges and serve immediately.

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Notes \*Mexican cheeses are rich and flavorful. You can typically find them in your local or specialty markets. Asadero cheese has a smooth texture, is yellow in color and has a tangy yet mild flavor. Queso Blanco is mild in flavor and white in color. Manchego is a buttery yellow cheese with a salty, nutty flavor. Mix them with cheeses you are familiar with such as cheddar, Monterey Jack, Pepper Jack, and gruyere cheese for a delightful treat! \*\*For a Beefy Sweet Savory Chipotle Quesadilla substitute 8 oz. of precooked seasoned and grilled skirt steak for chicken. Follow Steps 1 - 6.



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# cover story

## Rio Grande Yacht Club CELEBRATES 65 YEARS of Sailing Fun and Community Works

By Ryan Mouton



On Saturday, May 18, the Rio Grande Yacht Club (RGYC) held its 65th annual Anniversary Cup, celebrating its founding in 1960 with a sailboat race at Elephant Butte Lake. This year's winner was Lonnie Lane, a longtime member of the club who won the race piloting a 6.9 meter S2 sailboat. In second place was Sue Strasia, the club's Immediate Post Commodore. Coming up in third was John Scallon, who had Marti Henshaw at the helm.

They celebrated the event at Turtleback Mountain Golf & Resort in Elephant Butte with speakers who touched on the organization's history and their current

community works.

The RGYC has a history of working alongside local government to accomplish their goals. Based at Elephant Butte Lake, the club sails on an artificial reservoir fed by the Rio Grande that was completed in 1916. Unfortunately, the reservoir is currently embroiled in a water shortage crisis that will affect the club.

According to Kathleen Kambic for American Roundtable, the reservoir held only 3% of its maximum capacity in 2013, the lowest level ever recorded. Per her reporting, this drought not only had permanent effects on farming and agriculture, but also depleted the water

supply of nearby villages, some of which were forced to rely on bottled water for several weeks during that time.

This is complicated by the fact that the water in the lake does not belong to New Mexico alone. The Rio Grande Compact, an interstate agreement that apportions the waters of the Rio Grande among Colorado, New Mexico, and Texas, was struck in 1938. Claims have been made by Texas lawmakers that New Mexico is not delivering enough water, while New Mexico lawmakers strive to prevent more troublesome water shortages in their own state.

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Manager, Bill Swingle, spoke on this issue at the anniversary event, hoping to establish a minimum pool of water for the reservoir — 5% or more — for the sake of wildlife preservation. This minimum pool would help the population of striped bass, white bass, largemouth bass, crappie, walleye, and catfish known to live in the lake, and additionally, preserve the lake for recreational use to some effect.

Resolving water politics around Elephant Butte would positively affect RGYC's mission of sailing education and supporting local charitable causes. The club offers "mast up" storage, which allows sailboats to be stored fully rigged and ready to sail, a process that can take several hours to accomplish otherwise. The revenue they gain from this storage goes to many worthy causes. One is Heroes on the Water, an organization that provides no-cost, therapeutic kayak fishing experiences to veterans, first-responders, active-duty military members, and their families. Another is Sierra Vista Hospital

Development Organization, which helps fund the only nearby hospital servicing the community. Additionally, the revenue funds Open Arms Pregnancy Center, which helps educate and support families experiencing unexpected pregnancies. The club also supports other causes dear to the hearts of locals, while providing social events, sailing races, for-sale boat listings, and a mast-up pole for sailors to rig their boats after trailering in.

Their success is still contingent upon water levels at Elephant Butte, which they update regularly on their website, [rgyc.net](http://rgyc.net). They meet regularly on the second Saturday of each month, unless otherwise posted, at the Mast Up storage facility inside the state park above Marina Del Sur. On meeting days, there is a racing event and a skipper's meeting at 10 a.m. for the event brief and crew assignment for anyone who wants to participate. Racing starts at noon. Contact Ken Tighe for any questions. His contact information can be found on [rgyc.net](http://rgyc.net).

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# Menopause & Sex: It's Time to Rewrite the Narrative

By Dr. Sheila Bardwell, DNP, Certified Sex Coach & Functional Medicine Expert

**L**et's face it: For decades, vulva owners have been left in the dark about menopause and sex. Blame outdated stigmas, dismissive healthcare, and a giant misunderstanding about hormone therapy. But here's the good news: We're in the middle of a menopause rebrand. Today, we have innovative treatments, pleasure-forward care providers, and clinics like B-Well designed to help you thrive — not just survive — this transition.

## The Menopause Breakdown

Menopause officially begins 12 months after your last period, typically in your early 50s. But the real story starts earlier, during perimenopause — the hormonal rollercoaster that can last four to 10 years. Think irregular periods, sleep disruptions, mood swings, and libido changes. By menopause, estrogen plummets, leading to hot flashes, vaginal dryness, brain fog, and even bone loss. Eighty-five percent of vulva owners will experience these symptoms, yet only 44% discuss them with doctors. Why?

## The Shame Spiral

Many providers still minimize menopause concerns. Medical schools spend less than 2% of curriculum time on it, and outdated fears about hormone replacement therapy (HRT) linger. Earlier studies linked synthetic HRT to cancer risks, but modern research — and groups like the North American Menopause Society — confirm that bioidentical hormone therapy (BHRT), which mirrors your body's natural hormones, is safer and more effective. At B-Well Clinic, we use customized BHRT pellets (tiny implants under the skin) to deliver steady, bioidentical estrogen and testosterone. As we tell our patients: "Welcome to your second life."

## Testosterone: The Libido Powerhouse

Testosterone isn't just a "male hormone" — it's critical for women's sexual health. A 2024 "Journal of Sexual Medicine" study found that testosterone therapy in postmenopausal women improved libido, arousal, and orgasm intensity by 75%. Yet, most providers ignore it. At B-Well, we test levels

routinely and use BHRT pellets and other modalities to restore this vital hormone, because desire isn't a luxury — it's a biomarker.

## Reclaiming Pleasure

Estrogen isn't just about fertility — it's the VIP of arousal. When it drops, vaginal tissues thin, lubrication dwindles, and orgasms may feel elusive. But silence isn't the answer.

## Your toolkit:

- BHRT pellets. Steady hormone levels mean fewer hot flashes, thicker tissues, and reignited desire.
- Lube is non-negotiable. Swap discomfort for silicone or water-based options.
- Solo sex is healthcare. Regular arousal boosts blood flow, maintains tissue health, and rebuilds body literacy. (Try Womaness' "Gold Vibes" bullet vibe — it's a game-changer. You can thank me later.)

- Demand better care. Ask providers: "Can we discuss BHRT?" or "What about testosterone for my libido?"

## The New Menopause Economy

The pleasure market is finally catching up. From CBD-infused intimacy serums to pelvic floor trainers, innovators are centering your needs. This isn't just about symptom management — it's about rewriting a narrative that's sidelined vulva owners for too long.

*"Your body isn't broken — it's evolving. Let's treat it that way." — Dr. Sheila*

## Your Next Step

Menopause isn't an expiration date — it's a new chapter. If your doctor dismisses your concerns, find one who won't. If shame whispers, "Don't ask," ask louder. And if your sex drive feels lost? Remember: Pleasure is your birthright, not a privilege.

Enough. Enough suffering in silence. Enough settling for "just deal with it." The revolution starts when we stop hiding and start demanding care that honors our bodies, our pleasure, and our power.

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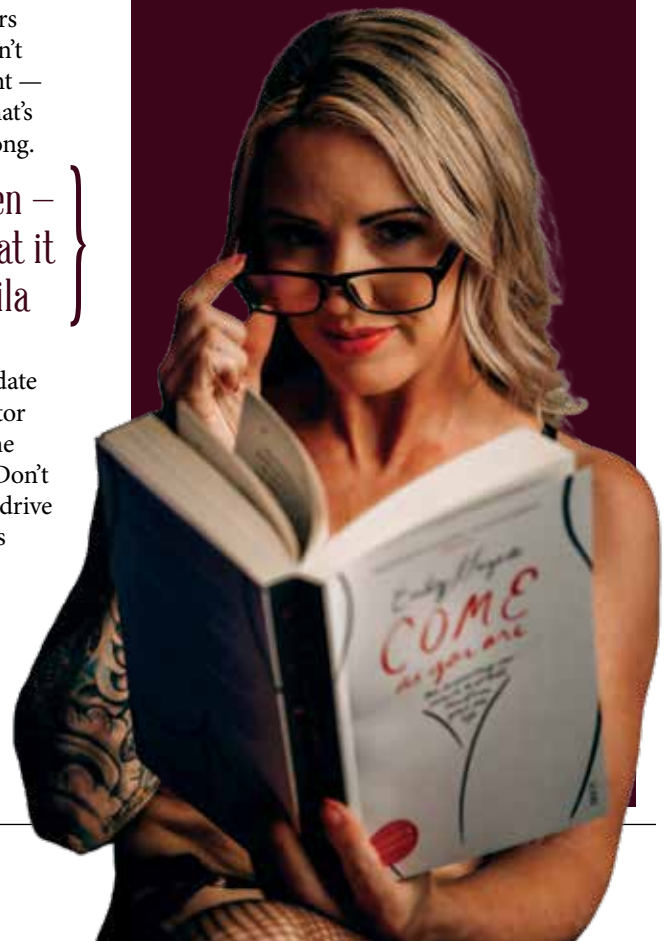
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# Recipes

## HOMEMADE Mayonnaise

By Gordon Buck

### INGREDIENTS:

1 whole large fresh egg  
1 cup of neutral oil olive or vegetable oil  
1 tbsp red wine vinegar or white wine vinegar  
1 tbsp dijon mustard  
½ tsp salt, or more to taste  
½ tsp pepper, or more to taste  
1.5 tsp lemon juice  
2 tsp smoked paprika  
A dash of parsley

### DIRECTIONS:

Use a small food processor for this amount of ingredients – otherwise, the egg will not properly emulsify. Drizzle oil slowly through vents in top of lid as you blend. You can also make a larger batch by doubling the recipe and using the standard bowl attachment. Add egg to the small bowl of a

food processor and process for 20 seconds. Add mustard, vinegar, and salt. Process for another 20 seconds.

Scrape the sides and bottom of the bowl. Turn the food processor on low and begin to slowly add oil in small drops until about a quarter of the oil has been added (this step is critical for proper emulsification).

When you notice that the mixture is beginning to thicken and emulsify, you can be a little less strict. With the processor on, continue to add oil slowly, but increase to a very thin stream instead of drops.

When all of the oil has been added, scrape the bottom and sides of the bowl and process for an extra 10 seconds, or until thick like a dense whipped cream. Taste mayonnaise for seasoning, then add salt and



pepper, lemon juice, or extra vinegar to taste. Incorporate parsley and paprika once mayonnaise is thickened.

Mayo will last up to two weeks in the fridge.

I like to spice things up and meld the flavors with a variety of mustards. La Posta offers a fantastic Green Chile Honey Mustard which

I'm constantly shipping to Texas for a sweet heat. Alternatively, you can find flavorful heat with a tang at Zia Chile Traders with their Duro Red and Green Chile Mustard. I also like to substitute garlic salt or pink Himalayan. If you are going to use spiced up mustard options, consider omitting pepper, paprika, and herb additives.



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## SUMMER Onion Crudit 

By G. Buck

### INGREDIENTS:

One packet Lipton Regular Onion  
Recipe Soup & Dip Mix  
1 cup sour cream

### OPTIONAL:

Switch one cup of sour cream for  
homemade mayonnaise

### DIRECTIONS:

Combine ingredients in bowl and set  
for several hours, preferably overnight.  
Enjoy all summer or yearlong and  
impress your friends. Serve as a dressing  
or a dip for chips and crudit .

# Cocktails

By Perez Family, Owners of Chilitos



## Mexican Sunset

### INGREDIENTS:

1 1/2 oz. tequila  
1/2 oz. amaretto  
1/2 oz. peach schnapps

### DIRECTIONS:

In mixing glass, combine ingredients. Shake  
and strain over ice. Garnish with pineapple  
juice and a splash of grenadine



## Aggie Rita

### INGREDIENTS:

1 oz. lime juice  
1 oz. simple syrup  
1.5 oz. Cantera Negra Silver Tequila  
1 oz. raspberry liqueur

### DIRECTIONS:

In mixing glass, combine ingredients. Shake  
and strain over ice. Serve in margarita glass  
rimmed with black and crimson salt

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