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# El Paso Times

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ABOVE: El Paso mom Theresa Troia, center, returned to Las Palmas Medical Center with her quintuplets to celebrate their first birthday recently. BELOW: The quintuplets were born on June 3, 2025. The babies spent 23 weeks in the hospital's Neonatal Intensive Care Unit (NICU). PROVIDED BY LAS PALMAS MEDICAL CENTER

## Best free things to do this season with kids

**Maria Cortes Gonzalez**  
El Paso Times  
USA TODAY NETWORK - TEXAS

Many El Paso area families still have a month at home with the kids before summer is over and school begins again.

The economy remains a financial burden on the budget, adding to the challenge of finding things to do with the kids that won't break the bank.

We've done some of the work for you by gathering a list of free things to do in July (and part of August) that are sure to keep families entertained.

Among the events are the city's Movies at the Park, returning to various neighborhoods for the second season.

"We're excited to continue offering Movies at the Park as a safe and welcoming experience for everyone," said Parks and Recreation Department Director Pablo Caballero in an email. "These free movie nights are a great way to celebrate summer, enjoy our parks, and bring the community together."

Here is a list of inexpensive things to do in July before summer ends.

### Cool Canyon Nights continues through July

The popular Cool Canyon Nights Music Series, presented by WestStar,

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Fungi Mungle will close out Cool Canyon Nights on July 30 at the McKelligon Amphitheatre.

MARK LAMBIE/EL PASO TIMES

# Quintuplets celebrate their first birthday

Maria Cortes Gonzalez El Paso Times | USA TODAY NETWORK - TEXAS

El Paso mom Theresa Troia returned to Las Palmas Medical Center with her quintuplets to celebrate their first birthday. • Doctors and nurses at Las Palmas Medical Center were thrilled to welcome the family back in June, one year after helping deliver the rare quintuplets. • Kyla Rose, Joseph Anthony, Jaxon Thomas, Viviana Lily and Isabella Gianna were born by cesarean section on June 3, 2025, and recently returned to celebrate the milestone with the medical team that cared for them from the start.

Her delivery marked the hospital system's first-ever quintuplet birth.

Troia's babies had quite a journey going home on a staggered schedule.

The babies spent 23 weeks in the hospital's Neonatal Intensive Care Unit (NICU).

Her first baby, Kyla Rose, came home on July 29, 2025, followed by Jaxon and Isabella on Aug. 11, 2025 and then Joseph on Aug. 22, 2025.

Viviana Lily was the last baby to come home on Nov. 17, 2025.

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## El Paso among U.S. cities with biggest surge in summer heat

**Natassia Paloma**

El Paso Times

USA TODAY NETWORK - TEXAS

If each summer feels hotter than the last in El Paso, a new study suggests residents aren't imagining it.

El Paso ranks among the five U.S. cities with the largest increases in summer temperatures, according to a new report from Climate Central, an independent, nonprofit research organization led by scientists.

From 1970 to 2025, summer warmed by an average of 2.6 degrees across 236 cities — El Paso warmed by 6.3 degrees,

earning it the third spot in the report.

The biggest jump was recorded in Reno, Nevada, where summers have warmed by 11.3 degrees, while Boise, Idaho, also saw a notable increase of 6.3 degrees.

El Paso also recently ranked No. 3 for Climate Central's list of Fastest-Warming U.S. States and Cities. The Sun City has warmed by 5.9 degrees since 1970. The report also found that Las Cruces has gained 53 additional summer days, one of the largest increases among U.S. cities.

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El Paso ranks among the five U.S. cities where summer temperatures have increased the most, a study finds. GETTY IMAGES

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