Zunis Help Open National Native American Veterans Memorial, and Remember World Wars

ZYEP Welcomes 350+ to Down Syndrome Awareness Event

This last fall, the Zuni Youth Enrichment Project welcomed its largest crowd since the start of the Covid pandemic in March 2020. On Sunday, October 30, more than 350 community members joined the nonprofit youth organization and community partners in Ho’n A:wan Park for a special “Buddy Walk” and “Turf or Treat” event.

The event commemorated Down Syndrome Awareness Month as well as the festive Halloween season. The 1-mile Buddy Walk and a Zumba class with instructor Andres Tucson started at 3 p.m.; afterward, ZYEP kicked off turf-or-treating fun and a costume contest, with winners taking home $25 Major Market gift cards.

“We could see smiles everywhere,” said Andrea Pepin, operations manager. “So many community members dressed in Halloween costumes, and some were absolutely amazing. Our staff served as judges in three categories for both adults and youth: scariest, most creative, funniest. It was a lot of fun.”

The afternoon revelry also included an educational component, with guest speakers Marissa Sanchez and Judy Luranc Sweeney talking with the gathered crowd about supporting young people with special needs. Sanchez works as a special-education educational assistant in a K-2 functional life skills class, while Sweeney is an occupational therapist with Dungarvin Early Intervention Services.

In addition, ZYEP invited community partners to set up booths so attendees could connect with them and learn more. Participating partners included the New Beginnings Program, Zuni Education and Career Development Center, Dungarvin ELFS, Zuni Veterans Program, Zuni Indian Health Service Nursing, the Panteah-Bowe katy family and “Team Carter: Down Syndrome Awareness,” Zuni Federation of United School Employees, and Western Skys.

ZYEP Food Sovereignty Leader Kenzi Bowekaty and Down Syndrome awareness continues on page 4

National Native American Veterans Memorial Procession and Ceremony

The Zuni Veterans Program represented the Pueblo of Zuni by participating in the procession dedicated to the opening of the National Native American Veterans Memorial in Washington, DC, on November 11, 2022.

There was an attendance of over 1,500 Native Americans who participated in the event. It was an honor to be a part of this momentous event along with many other Native American organizations across the United States. The staff were truly grateful for this opportunity and to have Zuni nationally recognized. More importantly, all the Zuni Veterans who have served in the military were represented.

WWI & WWII Recognition

The Veterans Program held their 1st WWI & WWII Recognition event on December 7, 2022 at the Zuni Wellness Center in conjunction with Pearl Harbor Day. The event recognized 4 WWI and 134 WWII veterans, and brought in over 220 family members. Certificates with participation ribbons were issued to the families by the Governor and Tribal Council with a t-shirt that listed all our honored veterans. Our Zuni soldiers fought bravely and honorably. Let us honor, respect, and appreciate our warriors, as it is because of them that we have our freedom.

Veterans continues on page 6

COVID’S WINTER WAVE IS HERE...

STAY SAFE – KEEP ZUNI OPEN!
Pueblo of Zuni Reports on 2022 General Election Voter Turnout

The Pueblo of Zuni Administration would like to thank the Zuni community (both native and non-native) in exercising the right to vote in the recent 2022 General Election. The state had the gubernatorial, House of Representatives and the U.S. House of Representatives races, as well as other county races. Of the 4,812 registered voters 1,559 people voted; the chart below shows the absentee, early vote and in-person votes. Although the turnout was good, we can still do better.

Comparing to the 2020 gubernatorial election year, our registered voters increased slightly to 4,812 from 4,770 with 2,688 voting, so that was a better turnout year. With the slight increase in voter registrations, there were two precincts added to the 2022 election cycle, which are close to the administration building. New precinct cards were mailed to registered voters in June of this year.

The highly contentious races were the Michelle Lujan Grisham (D) and Mark Ronchetti (R) for Governor, and Yvette Herrell (R) and Gabe Vasquez (D) in Congressional District 2; the two Democrats won the races. All those who won in this year’s races will have swearing in ceremonies in early January.

The three amendments and the General Obligation Bond (GOB) questions all met with favorable outcomes. Those that will highly affect the Pueblo will be Constitutional Amendment 1, the “Vote Yes for Kids” campaign, and the GOB questions for the senior programs, tribal libraries, and tribal colleges.

The Administration also extends great thanks to the “boots on the ground” with the Vote Yes for Kids campaign, the Democratic Party of New Mexico, NAEVA, CD-2 Vasquez campaign, and individuals who took part in getting people to register and vote.

McKinley County assisted with voter information that was also in Zuni (voice and written). A Zuni Outreach position is being advertised if anyone is interested.

The next election cycle will pertain to the Senate; Zuni has two Senators, George Munoz (SD-4) and Joshua A. Sanchez (SD-30). Although it will be two more years, it won’t be long before we’ll be back at the polls.

As a note, the State Legislature will open at noon on January 17 and will close on March 18 at noon (60-day session). The Pueblo takes part in the legislative process for capital outlay funding and other legislation.

For more information or to sign up for email construction updates, please contact Patti Watson, 505-245-3134, 1-800-687-3417 or 505-269-9691 or pattiw@cwastrategic.com

Construction Project on NM 53 in McKinley County Now in Partial Suspension; Road to Remain Open through End of February 2023

Update as of Wednesday, November 23, 2022

Construction on about 4.0 miles of NM 53 in McKinley County from milepost 15.5 to milepost 19.5 is now in partial suspension.

NM 53 now has one lane open in each direction (eastbound and westbound). However, crews may be working off the roadway during this time.

Construction on NM 53 is expected to resume in early March 2023 and will require lane restrictions. More information will be provided prior to construction resuming.

For more information or to sign up for email construction updates, please contact Patti Watson, 505-245-3134, 1-800-687-3417 or 505-269-9691 or pattiw@cwastrategic.com

2022 GENERAL ELECTION

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Data verified by the Secretary of State’s Office on 11/29/22.

Construction on about 4.0 miles of NM 53 in McKinley County from milepost 15.5 to milepost 19.5 is now in partial suspension.

Division of Public Safety Update

Department of Corrections

The Department of Corrections extends its appreciation to the Zuni Tribal Council and the Ramah/Pinehill Chapter for the Memorandum of Agreement between the Zuni Department of Corrections and the Ramah/Pinehill Detention Center. This MOA was established in September 27, 2022. This agreement allows for those sentenced through the Zuni Tribal Courts to be transferred to the Ramah/Pinehill Detention Center to serve their sentence.

Throughout the year, the Zuni Department of Corrections experienced an increase in arrests and convictions, and with the COVID pandemic still in existence, it is necessary to keep our population as low as possible. While this may be an inconvenience for family members of those who are transferred to the Ramah/Pinehill community, it allows our facility to operate within safe guidelines.

The Department’s medical team consists of Nicole Sanchez, Registered Nurse, and Sebastian Leekya, Graduate Nurse. Our Medical team addresses all medical/health related issues for all incarcerated individuals. Please: do not make any appointments for your adult family members who are incarcerated or try to pick up their medication. Due to safety and security, our Medical staff collaborates with the Zuni Hospital staff for all medical issues and medication. Involvement from family members for medical issues creates a negative situation that impacts the incarcerated individual.

Zuni Fire Department

With cold weather comes the need to keep the house warm. Please clean your stoves and stovepipes frequently and check all connections to ensure there are no leaks. Use proper safety precautions when placing ashes outside your home. Check on your elderly relatives to ensure they have enough firewood and their stoves and stovepipes are cleaned often. Tis the season to care for one another, and our elders will appreciate your support.

Public Safety Division Director

There are may issues in public safety where we need the community’s assistance. During these cold days and nights, please take time to check on family, relatives, and friends who may be living alone. Report any person who may be intoxicated to avoid cold weather exposure. Continue to use WE-TIP for any criminal activity and please take time to thank our First Responders who are always there to help our community. These include our service providers like the water department, social services, victims’ advocates, and all those who respond when needed. Thank you.

Tyler Lastiyano
Public Safety Division Director

ACCRC Spring Semester Registration Open

Keshitli, k’o’don dawanan a:deya’ye. The A:shiwi College and Career Readiness Center (ACCRC) has had their registration process ongoing since October 24th, for the Spring 2023 semester. The ACCRC Student Services Center is open Monday-Thursday from 8 am to 6 pm, and on Fridays from 8 am to 12 pm for advisement and/or registration, and to address any other student needs including help with financial aid processes.

The A:shiwi College campus has a couple of new courses offered in Spring 2023. One new course is Environmental Science I and the other is Natural Resources I. We also have courses being offered in Culinary Arts, including Baking Basics and Cooking I. Our Sewing Basics class has been a hit with traditional clothing making. There will be 3 workshops offered in January for entrepreneurial arts in Laser Etching as well as the opportunity to fire your pottery at ACCRC for a nominal fee. There are many exciting new things in store for a fresh new mindset here at our A:shiwi College campus.

We welcome all returning students and new applicants to register for the many courses we have to offer to fit your degree program requirements or to take classes for personal growth and fulfillment only. Feel free to browse our website and learn about all the exciting programs and courses that A:shiwi College has to offer. Come join us and develop a fresh new outlook in Spring of 2023 within our campus community. Don’t ketsanishshi a:deyaduy.
Keshi A:shiwi patrons! How fast 2022 is coming to an end. We hope all of you are feeling accomplished within your families and organizations from the various events you completed and participated in this year.

"Patience" has been a daily mantra for ZPL this year. We ask our patrons to be patient with us as we relocate to join the Zuni Census and Archives at 16 St. Anthony Drive. We do not have a definite date to give you, just know we will get this done. Community help would be appreciated as we move books and furniture to our new location. As plans become concrete, information will be shared with all of you of times and dates of when your assistance will be needed.

In 2022 we have purchased new books for all the collections. We have purchased new furniture for the children’s room, general collection room and so many more other cool resources to provide to you, our patrons.

The photos being shared in this issue address the vandalism we have been dealing with. Youth and patrons who use the free WiFi must be mindful and considerate of the space they are at.

ZPL is property of the Pueblo of Zuni. The acts of vandalism are considered criminal offenses. As a staff, we have requested police reports be written and photos have been taken for documentation. We would hope adults engage in conversations with the youth and children about vandalism. We aim to be a safe space for all patrons, a safe space minus the negative messages.

Please consider becoming a Zuni Public Library Board Member in 2023. We need board members to assist and guide us with creating strategic plans, assisting with expanding funds within our operational budget, and helping us improve upon the current services we offer. New voices, new ideas, and new input from new board members can only make a positive change at the Zuni Public Library.

Library Prepares to Move

The Zuni Education & Career Development Center (ZECDC) provides Adult Education services through the Adobe Center located at 1202 State Hwy 53. The program is available to any individual who lacks a high school diploma or needs a refresher on basic education (Math, Reading, Language Arts) in preparation for post-secondary school enrollment. ZECDC Adobe Center offers courses to work towards attainment of a high school equivalency diploma through the High School Equivalency Test, known as HiSET. Once a student passes the required tests, they will attain a New Mexico High School Equivalency Diploma, which by far is one of the greatest accomplishments!

HiSET

The HiSET (High School Equivalency Test) is a high school equivalency exam that covers the academic subjects taught in a typical high school curriculum. Subjects covered include: Language Arts-Reading, Language Arts-writing, math, science and social studies. HiSET has been available since 2014; the exam is for anyone who wants to receive their high school equivalency credential, including those still under the age of 18. HiSET testing takes place at NMSU Grants Branch.

Don’t wait any longer! Contact the ZECDC Adobe Center for more information at (505) 782-7230, or contact the ZECDC program at (505) 782-5998 and schedule an intake appointment.

You can do this!

A fireplace creates a warm and comfortable environment in any home. However, the smoke and soot that are by-products of the fire can leave behind hazardous leftovers. The chimney interior walls over time can become lined with creosote, a flammable substance from unburned tar vapors.

Chimneys should be cleaned at least once a year. The ideal time is before you start your fireplace in the fall or early winter.

1. Clear out and seal the fireplace
2. Remove the rain cap
3. Brush the Chimney Flue from the Top or Bottom
4. Brushing the Chimney by the Dual-Line Method
5. Remove the Dust and Debris
6. Enjoying the warmth of a fireplace means committing to chimney cleaning, maintenance and inspection on a regular basis.

Public Notice to the Zuni Community

Public Notice to the Zuni Community
DYn Syndrome awareness continues from page 1

her partner, Corey Seowtewa, have a son named Carter who has Down Syndrome. She said that raising awareness for this and other disabilities helps people realize how many uniquely abled people live in their communities, and how they can come together to nurture them.

“The Buddy Walk is so much more than just a walk,” she observed prior to the event. “It’s an opportunity to come together as a community while raising awareness and promoting inclusion for people with Down Syndrome. Everyone is born with a purpose, and a right to be accepted and loved. We all can be aware of Down Syndrome, but it’s when we can express acceptance that we truly start making a difference.”

On Monday, December 19, the Zuni Youth Enrichment Project and its partners at Ho’A:wan Productions officially launched the 5th annual Delapna:we Project. Adhering to the strict storytelling timeframe required to meet Zuni cultural protocols, the 2022-23 project will begin with theater camp in December and conclude with the final performance in February.

The Delapna:we Project is designed to bring traditional oral stories to life through the performing arts. These stories historically served as the primary sources of entertainment, history sharing, intergenerational bonding and cultural education for the Zuni community.

A collaboration between ZYEP, A:shiwi A:wan Museum and Heritage Center, Edaakie Arts, ShiwiiSun Productions and other Zuni community members, Ho’A:wan Productions launched this ambitious project in winter 2018-19. Since then, the community has experienced delapna:we through stage productions, animations on Zoom, and even a film set in Chaco Canyon National Historic Park.

“Storytelling is vital to who we are as Zuni people,” said Tahlia Natachu, ZYEP’s executive director. “Unfortunately, by the mid-20th century, these stories and our sacred storytelling tradition were in danger of being lost. Thanks to funding from the Doris Duke Foundation, the A:shiwi A:wan Museum and Heritage Center, said he digitized nearly 400 hours of those archived stories. Then, he contacted teachers.

“We experimented by playing the stories for the kids,” Curtis Quam, curator of the A:shiwi A:wan Museum and Heritage Center, said he digitized nearly 400 hours of those archived stories. Then, he contacted teachers.

“We experimented by playing the stories for the kids,” he recalled. “It was apparent that the kids didn’t understand the stories since they were in the Zuni language.”

Quam approached ZYEP in 2018 to see if there might be a way to bring delapna:we to life through the performing arts. With the shared vision of bridging that learning gap and creating a program that would resonate with the entire Zuni community, Ho’A:wan Productions and the Delapna:we Project were born.

The first two years involved live theater performances. After the Covid-19 pandemic erupted, project leaders adapted and produced a series of animations to share with the public using Zoom technology in February 2021. A year later, they produced the film “Turkey Girl” at Chaco Canyon, a sacred site that is part of the Zuni migration story.

“We knew we had to find a way, because the community looks forward to this every year,” said Keith Edaakie, the project’s leader and director. “We wanted to keep things safe but also have face-to-face contact with kids.”

Darren Lesarlley’s first Delapna:we Project was “Turkey Girl” in 2021-22. He said he enjoyed it so much, he’s planning to return this year.

“One of my favorite parts was probably Norene (Lona- see, ZYEP youth development specialist) teaching us about the Zuni language and how important our culture is,” said Lesarlley, now 11. “My other favorite parts were acting with my acting group, and watching the movie at the end when it was all put together.”

Also returning this year are Willard Sanchez and two of his daughters, 11-year-old Mariah and 9-year-old Deanna. The family has been involved since the beginning.

“It’s a real honor, teaching the significance of our delapna:we,” Sanchez said. “Having our girls and the other kids be part of the program is very humbling. It feels great to be with the kids, helping them and teaching them our traditions.

“I’m looking forward to where we’re going in the future,” he continued. “We’ve lost a lot of the elders who knew these stories. This is a fun way to preserve them and share them with the public. We all look forward to this time.”

During the 5th annual Delapna:we Project, participants will have opportunities to learn the different aspects of the main production. They also will be able to experiment with their creativity; planned activities include developing content for the local radio station, producing a podcast and puppet shows, writing their own stories, and creating a coloring book based on a traditional story.

According to Edaakie, the project seeks to provide an environment in which youth feel comfortable practicing the Zuni language and are actively engaged in cultural revitalization.

I grew up learning Zuni first and then English at school,” Edaakie said. “But for a lot of kids now, it’s the opposite, and that creates unique challenges. With our project, we utilize the language in our stories and scripts, and we want to give our kids a safe space to practice and speak.”

“If the culture is to endure major outside influences, we need to show our community why and how,” Quam added. “I feel we are in a blessed position to use modern tools and platforms to keep our culture and language relevant. My favorite experience has been seeing community members engaging, and refining ownership of where Zuni is going in the future. We now have a shared experience of Delapna:we.”

The youth project is currently raising funds to support this year’s Delapna:we Project.

To make a contribution, visit zyep.org/donate.
Pueblo of Zuni Office of Planning & Development Updates

Zuni Fair Building Project

This project has $6,315,000 in construction funds available to start the construction of the long-awaited fair building. The fair building will serve as a community building that will be accessible throughout the year. The request for proposals has been advertised and we are waiting to receive proposals from contractors to build the new facility. Construction is slated to begin in Spring 2023. Updates will be provided as project milestones are reached.

Zuni Multi-Sports Complex Project Survey Results

Full community and student survey results have been posted on the project website. Please visit www.zunisportscomplex.com to view the complete results.

Redbolt Broadband Project

All residential services and agreements are with the Pueblo of Zuni, not individual households. There are no risks or obligations to connect service. You are not required to receive Red Bolt Broadband service and do have the option to decline services if you so choose. This is solely a free service to the residents of Zuni provided by the Tribal Government for three years.

Current Installation Areas:
- North Side of Highway 53 in PON 1
- N. Sandy Springs Rd.
- Lesarlley Rd
- Weahkee Dr

If Redbolt is installing on your street and hasn’t scheduled your installation, please call Redbolt at 505.658.2487 ASAP. All this information and installation expectations can be found at www.redbolt-broadband.com/Zuni. If you have any questions about any of these projects, please feel free to contact the Office of Planning & Development at POZ.OPD@ashiwi.org or 505-782-7282.

Steps on How to Clean Your Chimney

Clear out and seal the fireplace
- Surround the floor around the fireplace with tarp or dropcloth to keep the room from getting sooty during clean up
- Remove unburnt wood and ash from the firebox section of the fireplace
- Cover the front of the fireplace with plastic liner and seal completely with duct tape or heavy duty tape to prevent dust as you brush the flue.
- Wear eye protection and a dust mask

Remove the rain cap
- Climb up a ladder, bringing the fire place cleaning tools with you

Remove the rain cap with screw driver or power drill and set aside.

Brush the Chimney Flue from the Top or Bottom
- After removing the rain cap, reach into the chimney with the wire brush and scrub the inner walls of the flue with an up-and-down motion
- Chimney brushes come with extensions, attach more as needed or until you reach the smoke shelf at the bottom
- Reach into the fireplace with wire brush and up into the flue with an up-and-down motion
- Extend the brush as needed until you reach the top

Remove the Dust and Debris
- Clean the bottom of the flue with a wire brush
- Sweep up the debris from inside the fireplace with broom and dustpan
- Reattach damper as needed
- Dispose of creosote appropriately according to local requirements
- Use a shop vacuum to clean the fireplace and any part of the room that is sooty if you have one on hand.

We do not offer any services to get your chimney cleaned. Please be safe and stay warm.

- Emergency Manager Mahkee
The Zuni Veterans Program will be bringing in their new year with the following events in January:

- Veterans Appreciation Dinner (Details to follow in early January)
- Continuation of Veterans ID cards, License plates, and state benefits
- Veterans Resource Fair
- On-going filing of Disability Claims
Zuni’s New Veterinary Technician Leads on Pet Vaccines and Spay/Neuter

Dear Pueblo of Zuni,

Hello, Ya’at’eeh my name is Kelvina Lee. I have been in the veterinary field for 8 years now. I have worked in various places throughout my career. I have chosen to work for the pueblo to be able to help your pets in this time of need.

As the new veterinary technician for the community I’d like to be able to get all the pets in the community vaccinated. I have seen a rise in disease in the area due to an over population of pets. I am also working on getting different organizations to come out to the pueblo to help with vaccines and surgeries. As for new organizations, I plan to have them try to come out quarterly, so we can hit all the cycles of pets before they go into heat.

I go by appointments only for vaccinations or cases that I know I can handle. I have seen patients for vaccines and some minor wound care treatments. If the case needs to be seen by a veterinarian, I would refer out. Pets I have seen are dogs, cats and 1 sheep so far since I have started. I have been trying to create a data base for the clinic to have all the documents in the system and filed away. I want to create this system so if a client needs their records I will be able to give them the proper documentation.

I am currently working out of the Earth Ship clinic. Everyone knows it as the place where we donated tires or cans, or as the old vet clinic area. The building is made out of recyclable materials such as cans, tires and bottles. It is run off of solar panels and free-catch water. They are currently working on a new building for the Veterinary clinic so we can hold bigger vaccination clinics and spays and neuters events.

I would like to Thank everyone for participating in bringing their pets in to get vaccinated or getting them spayed or neutered. We had such a successful vaccine drive in early September and continuing into October. I have also scheduled puppies and kittens to get their booster vaccines for their second and third distemper. I will be encouraging everyone to get their pets fixed, as there are so many unwanted litters in the community. I have also been making PSAs for the community to read, to send out over email to the POZ, or to hang up at the local stores.

Give a round of applause for our volunteers, Animal Control and Rangers, for helping with the vaccination drives and spay and neuter clinics. Without their help I would not be able to host such events. They do encourage the community to get pets vaccinated and fixed.

The new ordinance from animal control has been in effect since October. It states that all animals should be vaccinated or spayed and neutered. Only two pets per household. Please keep your records for proof of vaccination and spay and neuter certificates on hand as the Animal Control and Rangers will be looking for these documents. If you need to get your pets vaccinated, please set up an appointment.

Kelvina (Vet Tech)  Justin (Ranger), Daniel (Animal Control)

A:shiwi A:wan Museum and Heritage Center Partners with Google Arts and Culture

Keshshi (Hello)!

We hope all is well and that everyone is looking forward to the end and welcoming of the year. The Museum would like to share this special partnership with Google Arts and Culture (GAC). GAC has highlighted museums all over the world and now we have a special place on their platform. Feel free to take a look at what we have: https://artsandculture.google.com/partner/ashwi-awan-museum

Or keyword search any search engine to: Google Arts and Culture. Once on the site, search A:shiwi A:wan Museum and Heritage Center. Or scan the following QR code from any smart phone or QR reader:

For our current page, we have the framework that started the GAC partnership, which should give you an idea of what is possible.

With the first step taken, we would like to incorporate more community voices to truly make our Museum a place for everyone. We hope all is well and that everyone is looking forward to the end and welcoming of the year.

Elahkwa,
A:shiwi A:wan Museum and Heritage Center Staff

Pueblo of Zuni Emergency Management Offers Firewood Assistance to Households in Need

The Pueblo of Zuni Office of Emergency Management has a limited supply of firewood available to assist households in dire need of this resource to keep warm during the winter months.

The firewood assistance will be available for households who have elderly over the age of 65 and households with children under the age of 10.

To apply, call the Office of Emergency Management at (505) 782-7182. Applications are accepted from 11 am until 1 pm.

Eligible households will be contacted by the call center and be provided a day and time for pick up.

***Requestor must provide census card/s to show proof of age and residency.

Delivery will be available for those who have no transportation. Please be patient with us as delivery will take much longer than pickup.

For our current page, we have the framework that started the GAC partnership, which should give you an idea of what is possible.

With the first step taken, we would like to incorporate more community voices to truly make our Museum a place for everyone. We will continue to expand and refine this valuable tool. We understand this virtual presence can be a challenge. However, we have also seen an increase in our community’s push to build up our internet capacities, and having a Shiwi virtual presence may help juxtapose the community’s push to build up our internet capacities, and having a Shiwi virtual presence may help juxtapose the other sites that do not consider Zuni sensibilities. To give further context, we are now getting requests from our fellow Zuni university students, needing to reference online resources.

If you should have any questions, ideas or need any other clarifications, let us know.

Elahkwa,
A:shiwi A:wan Museum and Heritage Center Staff
Zuni Fought COVID With Knowledge, Precaution, Honesty and Mutual Support
— that’s how Zuni can fight crystal meth

Like COVID, crystal meth addiction thrives in communities that do not learn all they can about its prevention. Meth also thrives where people ignore precautions that can stop it — especially the precaution of talking openly about meth and without shame.

The Zuni community rallied against COVID:

• by learning about COVID and how it spreads
• by adopting and improving precautions against its spread, like masks and distancing
• through honesty about one’s risk of infection to others, and about emotional responses to the pandemic
• through mutual support of all kinds

We can rally against meth — and not only meth — in these same ways.

The information that follows can help you identify meth, and signs of its use and addiction.

What Is Crystal Meth/Methamphetamine?

Crystal meth is short for crystal methamphetamine. It is just one form of the drug methamphetamine. Its most common street names are ice or glass. Crystal meth’s effect is highly concentrated, and many users report getting hooked (addicted) from the first time they use it.

Methamphetamine usually comes in the form of a crystalline white powder that is odorless, bitter-tasting and dissolves easily in water or alcohol. Other colors of powder have been observed, including brown, yellow-gray, orange and even pink. It can also be compressed into pill form. People take it by snorting it (inhaling through the nose), smoking it or injecting it with a needle. Some even take it orally.

When taken, meth and crystal meth create a false sense of well-being and energy, and so a person will tend to push his body faster and further than it is meant to go. Thus, drug users can experience a severe “crash”, or physical and mental breakdown, after the effects of the drugs wear off. Because continued use of the drug decreases natural feelings of hunger, users can experience extreme weight loss.

Negative effects can also include disturbed sleep patterns, hyper-activity, nausea, delusions of power, increased aggressiveness and irritability. One also experiences decreased appetite. These drug effects generally last from six to eight hours, but can last up to twenty-four hours.

It is a dangerous and potent chemical and a poison that first acts as a stimulant but then begins to systematically destroy the body. Thus it is associated with serious health conditions, including memory loss, aggression, psychotic behavior and potential heart and brain damage.

Highly addictive, meth burns up the body’s resources, creating a devastating dependence that can only be relieved by taking more of the drug. The first experience might involve some pleasure, but from the start, meth begins to destroy the user’s life.

WHAT DOES CRYSTAL METH LOOK LIKE?

If you think someone you know may be at risk, what truer way to show love and friendship than to ask them about it.

If you are aware of criminal activity, including distribution of crystal meth:

SUBMIT A CRIME TIP ANONYMOUSLY

Whether it’s in your neighborhood, or down the street, the power is in your hands.

Make the call that makes the difference. Report crime anonymously with WeTip by calling 1-800-78-CRIME

or go to: https://www.wetip.com/submit-a-crime-tip/