Empowering Our Community: Glucose Guardians’ Successful Diabetes Education Week and Ongoing Initiatives

Hey everyone! The Glucose Guardians here, bringing you an exciting update on our HOSA Community Awareness Campaign against diabetes. Kaylia, Nathan, Taryn, Alexandra, Kioni, and Kaleyah checking in!

We are thrilled to share that our Diabetes Education Week at ZHS and TBCA was a huge success! The week was packed with informative and enjoyable activities aimed at educating students and staff about diabetes. We kicked things off with a Zoom meeting where we shared essential information about diabetes.

The rest of the week was filled with engaging activities like a healthy snack swap, designing a healthy lunch menu, and even squeezing in some physical activities within the classroom spaces.

Now, we’re reaching out to you, our awesome community! We’re on the lookout for volunteers to contribute healthy, diabetes-friendly recipes for our upcoming cookbook, which will soon be available to the Zuni Community.

Additionally, we’re calling for 10 volunteers to share their personal challenges and lifestyle changes while dealing with diabetes. Check out the fliers on page 4 for more details on the call for recipes and for volunteers – your support means the world to us!

But wait, there’s more! We’re excited to extend our outreach to the Shiwi Ts’ana Elementary, where we’ll be reading stories like “Through the Eyes of the Eagle” and “Knees Lifted High” with the students. Together, we’ll create “My Healthy Plate” to emphasize the importance of healthy living from a young age.

Thanks to everyone who has supported us so far, and we can’t wait to continue making a positive impact in our community. Stay tuned for more updates!

#GlucoseGuardians #HOSACommunityCampaign #DiabetesAwareness

A:shiwi College Director Lewis Honored for Dedication to Tribal Sovereignty

Hayes A. Lewis, Executive Director of A:Shiwi Tribal College, was recognized through an Honor Circle on March 6, 2024 at the college. Mr. Lewis ensures educational accessibility for all tribal members of Zuni Pueblo. Having served in the United States Army and survived the Vietnam War, he vowed that when he returned to Zuni he would create positive educational change. Mr. Lewis’ vision of quality education for Zuni students and community members has been realized.

In August, 1976, Mr. Lewis and his colleagues opened the Zuni Learning Center, an alternative school that graduated Zuni students with high school diplomas. The school emphasized the use of Zuni language, highly individualized instruction, and field trip experiences, all to enhance learning and strengthen Zuni culture.

Prior to 1980, Zuni schools had been controlled by the Gallup McKinley County School District. Racial, social, and emotional mistreatment of A:shiwi students – including punishment for speaking their language in classrooms, teacher racism that resulted in fights with students, and disciplinary action against students who participated in ceremonial practices critically important to our culture during instruction time – prompted then-Governor of the A:shiwi, Robert E. Lewis, to seek institutional change.

These founders’ expertise and knowledge, combined with the leadership of Mr. Lewis, accomplished what was previously unattainable.

OPD: Community Design Session Brainstorms Skatepark; Fair Building Groundbreaking Rescheduled

Multi-Sports Complex

As part of the overall Multi-Sports Complex project, improvements will be made to the Shiwi Ts’ana Park. A community design session was held on March 26 to brainstorm ideas for the new Skatepark.

Project updates are posted on the project website www.zunisportscomplex.com. This project is funded by the New Mexico Indian Affairs Department Capital Outlay fund.

Zuni Fair Building

The Groundbreaking Ceremony for the new Fair Building – bird’s eye layout shown at right – was to have been held on March 14, but because of inclement weather the event was postponed. Notices will be distributed to the community when a new date has been selected.

#GlucoseGuardians #HOSACommunityCampaign #DiabetesAwareness

New Mexico now has very low COVID rates – thanks in part to vaccinations
A pre-construction meeting for the project was held on March 14 with the project architect, Huitt-Zollars, project contractor Murphy Builders, various tribal programs, tribal administration and Tribal Council. We are excited to see this community facility go into construction. It undoubtedly will be a great facility for our community! Construction will begin in April.

The latest aerial view and floor plan are shown below. For more information about Shiwi Ts’ana Park plans and Zuni Fair Building please contact the Office of Planning and Development at (505) 782-7282.
seemed an impossible feat: the formation of the first public school district in New Mexico controlled by a tribe. Their purpose with the newly minted Zuni Public School District: to validate Shiwi language and culture; to provide safe learning environments; and to ensure academic success for all A:shiwi students.

In the spring of 2019, under the leadership of Governor Valentino Panteah, the Zuni branch of the University of New Mexico became A:Shiwi Tribal College and Career Readiness Center, with Mr. Lewis as Executive Director, and opened its doors to Zuni and Navajo students.

At present a learning site of Navajo Technical University, A:shiwi College is nearing completion of the requirements to become a fully accredited college, a further realization of Mr. Lewis' early vision for quality education for the Zuni community. Already in this short time, Zuni and Navajo students have earned a range of certificates along with Associate and Bachelor's Degrees in various programs.

In addition, under Mr. Lewis' leadership A:shiwi Tribal College will sponsor a Zuni Language Immersion Pre-K school that will redefine education for Zuni students. This school will be based on the Zuni Curriculum, Indigenous Montessori Methods, and A:Shiwi Ways of Knowing. See the flier at right announcing a naming contest for this major development in the promotion of Shiwi language fluency.

The Honor Circle for Mr. Lewis was an amazing event. Many friends, colleagues and relatives, including Zuni Governor Kucate, members of the Zuni Tribal Council, and members of the A:Shiwi Tribal College Board of Trustees, shared their gratitude, prayers, and songs, and presented Mr. Lewis with a warrior blanket to honor him for his leadership in the long quest for Zuni education sovereignty.

Zuni is blessed by Mr. Lewis' dedication to overcoming inequalities and injustices in federal and state education systems, and by the fulfillment of his vision for equitable and high quality education for all Zunis.

A special thanks to Cheryl Fairbanks, Christie Chapman and A:Shiwi Tribal College staff who led the organization of this event. Elahkwa!

Zuni Youth Enrichment Project and Partners Welcome Over 200 Community Members to Delapna:we

The Zuni Youth Enrichment Project recently announced that more than 200 community members watched this year’s Delapna:we Project performances, which incorporated two stories about Suski (Coyote) in one play titled Suski an Delapna:we. The performances took place at 6 p.m. on Friday, February 16, and at 2 p.m. on Sunday, February 18, at the Zuni Educational and Cultural Resources Center.

Made possible with support from New Mexico Behavioral Health, the Substance Abuse and Mental Health Services Administration (SAMHSA) and New Mexico Arts, the 6th annual Delapna:we Project was a community affair at every possible level. For starters, it is made possible by Ho’n A:wan Productions, a collaboration between the Zuni Youth Enrichment Project, A:shiwi A:wan Museum and Heritage Center, Edaakie Arts, ShiwiSun Productions, Zuni Public Library, KSHI Radio and Zuni community members.

On February 16, 73 community members gathered at the resources center for the evening performance, with more than 60 joining via Facebook Live. Zuni Public Library provided cotton candy and water for the gathering, while mentors from ZYEP’s Rooted In Healthy Traditions after-school program, and members of the Zuni Middle School National Junior Honor Society, were on hand to assist as needed.

Delapna:we continues next page
Prior to the performance, families had opportunities to view a special Delapna:we exhibit from the A:shiwi A:wam Museum & Heritage Center. The exhibit shared the historical context for traditional Zuni storytelling, a timeline of the Delapna:we Project, and a display of artifacts and videos from the first Delapna:we performance during the 2018-19 winter storytelling season.

“Our executive director, Tahlia Natachu-Eriacho, welcomed everyone, and then Curtis Quam, the museum’s director, shared a little more information about the Delapna:we Project and how it came about,” said Kiara “Kiki” Zunie, ZYEP’s youth development coordinator. “I took a few minutes to talk to the audience about our participants’ progress and acknowledge our partners, and then Tahlia gave the cue to start the play.”

On February 18, 93 community members gathered for the encore matinee performance. Thanks to the Facebook Live stream on both ZYEP’s page and the ShiwiSun Productions page, the performance had received 4,000 views at press time, when the winter storytelling season officially ended.

Along with cotton candy, popcorn and water provided by the Library, ZYEP Arts Leader Liam Simplicio contributed chutsi'a:we (sweet tamales). The Rooted In Healthy Traditions mentors and NJHS students returned to help out, with additional support provided by Shiwi Ts’ana Elementary School staff members.

According to Kiki Zunie, both performances seemed to resonate with audiences, who provided overwhelmingly positive feedback.

“People told us they enjoyed seeing young people having fun learning their language, performing in front of the community, and keeping traditions alive,” she said. “One person told me their favorite thing about Delapna:we is coming back every year — they said they love how we bring Delapna:we to life.”

Since the program began in 2019, Delapna:we has taken the form of live theatrical performances, animations with voice-overs shared via Zoom, a film production, a puppet show and more. Along the way, participants improve their language and performance skills, as well as their confidence.

“They also learn to step outside their comfort zone, even if they make mistakes,” Zunie added. “And, they learn to support one another.”

This year, the Delapna:we Project had 23 participants ranging in age from 8 to 56. Two are members of the Zuni Royalty Organization: Zuni Prince Jacob Gia, 8; and Zuni Princess Mya Edaakie, 9.

Gia said the Delapna:we Project has kept him busy since it began on January 2. To prepare for the live performances, he and fellow participants engaged in a variety of activities designed to build confidence, teach voice projection, and develop acting skills.

“They teach us to take deep breaths,” he said. With a grin, he added, “And they always have good snacks!”

While Gia said it was fairly easy for him to learn his lines in Zuni, the kids helped each other if anyone was struggling. He has been involved in Delapna:we since 2021, and said the project is always a great experience.

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Deapnawe continues next page
“It brings joy and excitement to the kids,” he explained. “You get to be happy, make characters come to life, and speak your language.”

Edaakie has been involved with Delapna:we since 2018, at the beginning of the project’s first season. She said she likes having opportunities to make new friends with different people.

Delapna:we, traditional stories, are priceless treasures for the Zuni people. After being shared and passed down for generations, they were in danger of being lost forever by the mid-20th century. Fortunately, the Doris Duke Foundation in New York provided necessary funding in the 1960s so the Zuni community could record 19 elders sharing more than 800 stories.

Quam digitized nearly 400 hours of those archived stories. He approached ZYEP in 2018 to see if there might be a way to bring the stories to life through the performing arts, which would bridge the learning gap between elders from more than half a century ago and today’s Zuni youth.
Zuni Youth Enrichment Project Launches Watercolor Apprenticeship; Introduces Youngest Art Instructors

At the Zuni Youth Enrichment Project, the start of a new year also means the start of a new cohort in the Emerging Artist Apprenticeship Program. Ten young people ages 12 to 21 participated in the latest 10-week apprenticeship in watercolor painting, which launched in early January.

ZYEP kicked off the apprenticeship with a meeting for families on January 3, a visit to the Ancestral Rich Treasures of Zuni (ARTZ) Cooperative Gallery on January 4, and a financial event called “Spending Frenzy,” facilitated by First Financial Bank, on January 5. The apprentices began their classes on January 9 and continued through March 15.

“The apprentices will have opportunities to show and sell their work to the public this spring,” said Kandis Quam, ZYEP’s arts assistant coordinator. “We will have an art showcase at the ARTZ gallery in March, and the students also are welcome to create artwork inspired by the Missing and Murdered Indigenous Relatives movement for ZYEP’s annual MMIR event in early May.”

In addition, the top three students will attend the 2024 Bernalillo Indian Arts Festival on May 4-5. The festival takes place in Bernalillo, New Mexico, just north of Albuquerque.

This is a special apprenticeship for ZYEP. Co-instructors are Liam Simplicio and Laken Epaloose, the youth project’s youngest art instructors to date; both participated in ZYEP programs prior to taking on these leadership roles. Simplicio, 22, has been participating in activities at ZYEP since its inaugural Summer Camp in 2009. In recent years, he has served as a ZYEP camp counselor and agriculture committee member, and he also took part in the first-ever Emerging Artist Apprenticeship in early 2022. Today, he works on staff as an art leader.

His co-instructor, 20-year-old Epaloose, first connected with the youth project in 2023, when Operations Manager Josh Kudrna encouraged him to apply for ZYEP’s backpacking trip in Grand Canyon National Park. It was a perfect fit, as Epaloose was deeply involved in projects to connect Zuni youth with sacred sites throughout his high school career.

His role as co-instructor has proved to be a good fit, as Epaloose is an artist as well. His passions include fashion design and painting, and he said he was looking forward to the busy pace of the apprenticeship.

Apprenticeship continues next page
Medicare Part A and Part B Plan and Benefit Assistance Available at the Zuni Senior Center

If you have Medicare Part A and Part B and need help with benefits or have questions about Medicare plans, stop by the Zuni Senior center on Thursdays and Fridays from 9am to 3pm.

You may qualify for extra benefits such as gas and food. We work with all major carriers in the Zuni area, and look forward to assisting you.

To set up an appointment or questions call Vernon Garcia at 505-728-6052.

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Apprenticeship continues from previous page

“I enjoy helping the students explore their potential and inspiring them to create what they’re truly passionate about and interested in without any fear of failure,” he said.

“Doubt and lack of motivation can hinder the creative process for any artist, regardless of their experience, so I would like to help provide the resources, knowledge and influence to help these students reach the next stages of their creative careers.”

To learn more about the Zuni Youth Enrichment Project and its programs, and for information about making donations, partnering with ZYEP, and volunteering, call (505) 782-8000 or visit zyep.org. Founded in 2009, the nonprofit Zuni Youth Enrichment Project is dedicated to promoting resilience among Zuni youth so they will grow into strong, healthy adults who are connected with Zuni traditions.

ZYEP fulfills its mission by providing positive role models, enriching programs, and nurturing spaces that contribute to the healthy development of Zuni youth. ZYEP strives to provide every child with the encouragement and opportunities they need to reach their full potential.
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<th>Product</th>
<th>Specifications</th>
<th>Rebate Incentive</th>
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<tbody>
<tr>
<td>Electric Clothes Dryers</td>
<td>Must be Energy Star® rated</td>
<td>$30/unit, $90 if ventless (heat pump)</td>
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| Induction Cooktops                     | Must replace existing electric or gas cooktop/range and have minimum surface width of 30 inches | • $100/electric-to-induction replacements  
• $350/gas-to-induction                   |
| Outdoor Electric Equipment            | • Mowers can be riding or walk-behind units  
• Applies to battery or corded equipment  
• Minimum purchase price of equipment must be $50  
• Additional batteries must be purchased at the same time rebate-eligible outdoor equipment is purchased | • Walk-behind - 25% of cost, up to $150  
• Riding - 25% of cost, up to $1,000  
• Snow blowers - 25% of cost, up to $150. Blowers w/two-stage motor - 25% of cost, up to $250  
• Trimmers, pruners, leaf blowers, power washers - 25% of cost, up to $50  
• Chainsaws - 25% of cost, up to $100  
• E-bikes - 25% of cost, up to $150  
• Additional batteries - 50% of cost, up to $25 |
| HVAC Equipment                         | • Base tier rebate  
- Energy-Star rated w/HSPF2 >= 7.8  
- Cold-climate tier rebate  
- Ductless must be Energy-Star rated with HSPF2 >= 8.5, 70% capacity and COP of 1.75 at 5-degrees Fahrenheit  
- Ducted must be Energy-Star rated with HSPF2 >= 8.1 | • Base tier rebate  
- $250 per ton, up to 5 tons  
- $125, per additional tonnage  
- $500 additional for ducted heat pumps, if dual-fuel is propane  
- Cold-climate tier rebate  
- $500 per ton, up to 5 tons  
- $250, per additional tonnage  
- $500 additional for ducted heat pumps, if dual-fuel is propane  
• Rebate cap of 50% of equipment cost |
| • Air-to-Water Source Heat Pump        | Reviewed on case-by-case basis                                               | Same tier structure as air-source heat pumps                                      |
| • Ground-Sourced Heat Pump            | New and replacement ground-source heat pumps with closed-loop or open-loop water source | • $500/ton for new systems  
• $250/ton for replacement systems                  |
| • Split-System Air Conditioners (Energy Star® Rated) | • Units 1 ton or greater  
• Minimum 16 SEER or 15.2 SEER2  
• Window units do not qualify                      | $100/unit                                                                       |
| • Evaporative Coolers                 | • Minimum 2,500 CFM  
• No window or portable units                 | $200/unit, limit of 2                                                             |
| • Smart Thermostats                   | Standard and line voltage                                                   | • $25/standard thermostats, limit of 2  
• $25/line voltage thermostats, limit of 5                                              |
| LED lamps (bulbs) & fixtures          | • 500 lumens or greater  
• Medium, GU24 or other residential-oriented base or fixtures w/built-in LEDs | 50% of lamp or fixture cost  
Capped at $8/lamp or fixture  
Per account cap of 50 lamps, per year                                                        |
| EV Charging Equipment                 | Level 2 EVSE (without network fee)                                          | 50% total equipment/electric service installation costs, up to $250            |