

A:shiwí A:wan Messenger



Issue 36 • March 27, 2024

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 Shiwí 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:shiwí College Director Lewis Honored for Dedication to Tribal Sovereignty



Hayes A. Lewis, Executive Director of A:Shiwí 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 grad-

uated 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.

The Zuni Public School District was established on July 1, 1980, through the vision and determination of eight community leaders: Hayes Lewis, Kirby Gchachu, Dany Unkestine, Martha Rose Wato, Lovella Tsalabutie, Arvella Latone and Carlotta Martza.

Prior to 1980, Zuni schools had been controlled by the Gallup McKinley County School District. Racial, social, and emotional mistreatment of A:shiwí 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:shiwí, Robert E. Lewis, to seek institutional change.

These founders' expertise and knowledge, combined with the leadership of Mr. Lewis, accomplished what

Honor Circle continues on page 3

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

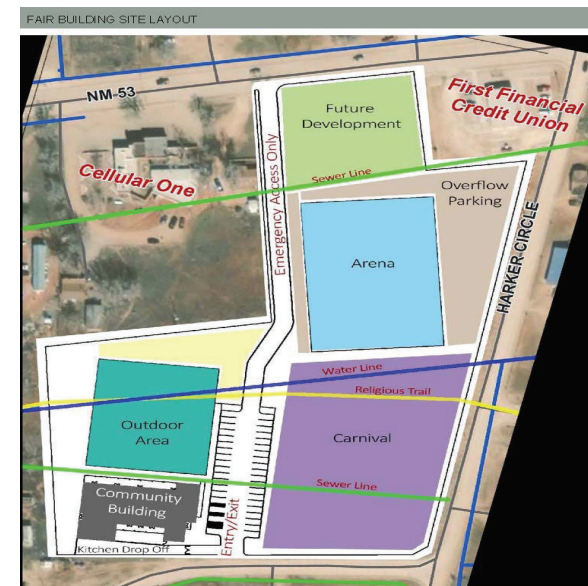
Multi-Sports Complex

As part of the overall Multi-Sports Complex project, improvements will be made to the Shiwí 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.



OPD continues on page 2

POST OFFICE BOXHOLDER
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87327

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ZUNI, NM 87327

New Mexico now has very low COVID rates – thanks in part to vaccinations

Have you been boosted?

A pre-construction meeting for the project was held on March 14 with the project architect, Huitt-Zollars, project contractor Murphy Builders, various tribal pro-

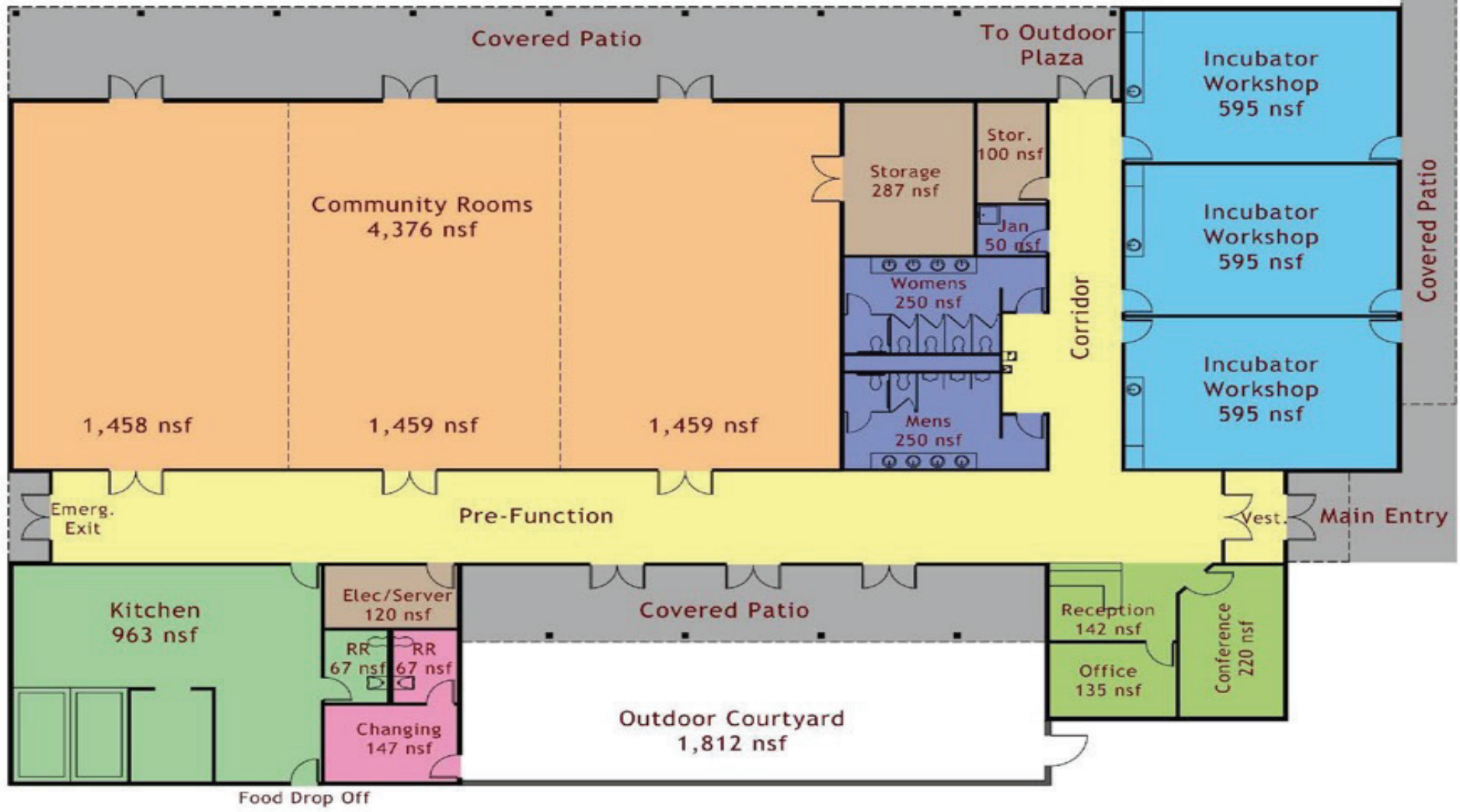
grams, tribal administration and Tribal Council. We are excited to see this community facility go into construction. It undoubtedly will be a great facility for our community! Construction will begin in April.

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.

AERIAL VIEW OF FAIR BUILDING



ZUNI FAIR BUILDING FLOORPLAN



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 Shiwí language and culture; to provide safe learning environments; and to ensure academic success for all A:shíwi students.

In the spring of 2019, under the leadership of Governor Valentino Panteah, the Zuni branch of the University of New Mexico became A:Shíwi 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:shíwi 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:shíwi 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:Shíwi Ways of Knowing. See the flier at right announcing a naming contest for this major development in the promotion of Shíwi 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:Shíwi 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, Christy Chapman and A:Shíwi Tribal College staff who led the organization of this event. Elahkwa!

Program Naming Contest

\$250 PRIZE FOR CHOSEN NAME

THE UPCOMING SHIWI LANGUAGE MICRO-LAB PRE-K NEEDS A NAME!

This future program will serve children under the age of 5 AND their families. Shíwi'ma Bena:dap Haydoshna: will be the cornerstone for all the teaching and learning in this space, so the name should reflect this and be written in Shíwi'ma.

(Don't worry about spelling; we can edit!)

Call: 505.782.6014

Email:

ece.coordinator@ashiwitribalcollege.org



SCAN ME



Special Project of Ashíwi Tribal College

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:wán Productions, a collaboration between the Zuni Youth Enrichment Project, A:shíwi A:wán Museum and Heritage Center, Edaakie Arts, ShíwiSun 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.



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.

Delapna:we continues next page

ZHS HOSA Glucose Guardians Presents

Share your Diabetes Friendly Recipe

Do you have a healthy diabetic-friendly recipe you would like to share? Scan the QR Code below and share your recipe!

SCAN ME

Brought to you by the ZHS HOSA Community Awareness Group Glucose Guardians

2024 HOSA- FHP Community Awareness Group: Glucose Guardians
Taryn Neha, Kaylia Baca, Kioni Kallestewa, Alexandra Eustace, Kaleyah Toya, Nathan Hall

ZHS HOSA GLUCOSE GUARDIANS

VOLUNTEERS NEEDED!

We invite you to share your diabetes story! Scan the QR code below to volunteer!

Ten participants needed

GUIDELINES:

- Be Honest and Authentic
- Must be willing to share your diabetes story including lifestyle choices and many more
- Focus on your experience and perspective
- Be mindful of language
- Get consent if you wish to share others’ stories
- Offer Support and Resources
- Willing to be published on our social media platforms

CONTACT US:

Instagram: @glucose_guardians24
Facebook Group: @Glucose Guardians
Phone (Text) : (505) 879-0707
Email: @glucoseguardians@gmail.com

SCAN ME

Glucose Guardians Members:
Taryn Neha, Kayliia Baca, Kioni Kallestewa, Alexandra Eustace, Nathan Hall, Kaleyah Toya

“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.



"This apprenticeship is a full-circle moment, as I started as a student and now I am an instructor," Simplicio said. "I enjoy the fact that I can give back to ZYEP in this way, after the education I received from this program."

"My goal for this apprenticeship is to strengthen our students' technical skills and give them an opportunity to express themselves through watercolor," he continued. "Our students have a promising future in this art form, and I am happy to know that I can help."



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

CONTINENTAL DIVIDE
AN ENERGY & TELECOMMUNICATIONS COOPERATIVE

2024 ANNUAL MEETING

SATURDAY APRIL 27 GRANTS HIGH SCHOOL GYM	CAST YOUR VOTE! BYLAW AMENDMENTS TRUSTEE ELECTIONS (DISTRICTS 5, 6 & 8)	REGISTRATION 8 AM – 11 AM BUSINESS MEETING 11:15 AM
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ATTEND THE BUSINESS MEETING AND YOU COULD WIN!

A TRIP TO Fabulous LAS VEGAS NEVADA

OTHER PRIZES INCLUDE: \$250, \$500, \$750, \$1,500 OR ELECTRIC BBQ SMOKER!

FREE HOT DOGS & CHIPS

NATIONAL PARK SERVICE JUNIOR RANGER DAY

CIBOLA GENERAL HOSPITAL 2024 HEALTH FAIR

CONTINENTAL DIVIDE
AN ENERGY & TELECOMMUNICATIONS COOPERATIVE

An Open Letter to Members of Continental Divide Electric Cooperative

Dear Continental Divide Member:

We'd like to clarify the position that we, CDEC, took on legislation that was voted down by the New Mexico House of Representatives this past legislative session.

CDEC lobbied state legislators to EXCLUDE electric cooperatives from the proposed New Mexico Family and Medical Leave (FML) Fund (Senate Bill 3), because:

- We provide essential services (electricity and internet) to our member-owners.
- We provide a robust Leave Policy, and our employees are already covered under the federal Department of Labor's Family and Medical Leave Act (FMLA).
- A large sum of the financial burden to fund the proposed additional state FML would have fallen on the co-op and our employees, even if they never use it.

Additionally, we've gone above and beyond our base benefits to assist dedicated employees, when needed, because they are "the co-op family."

When the decision was made not to exclude electric cooperatives, we then asked state legislators to vote "no" on the bill, so it could be reworked to hopefully exclude us and other essential service providers.

In addition, we lobbied against Senate Bill 43 and Senate Bill 45, which would have required electric co-ops and our members to grant for-profit utilities and telecommunication providers access to our poles (for equipment attachments) and easements without fair compensation.

Our efforts were successful and in the best interests of Continental Divide and our members. In no way were our efforts intended to give the impression that we don't value our employees, our members, or our integrity.

Thank you for your time and support.

The Board of Directors
Continental Divide Electric Cooperative

Keith Gottlieb, President and At-Large Trustee
Claudio Romero, Vice President and District 3 Trustee
Joe Hoskins, Secretary/Treasurer and District 7 Trustee
Mike Chambers, District 1 Trustee
Wes Malcolm, District 2 Trustee
Lloyd Ortega, District 4 Trustee
Alfred Saavedra, District 5 Trustee
Blanche Clawson, District 6 Trustee

Our employee benefits in addition to the federal FMLA are:

- Sick leave
- Short-term and long-term disability
- Medical (the co-op pays 80% of the medical cost)
- Life insurance (up to \$50,000, per employee)
- Defined pension plan
- Vacation and paid holidays

An electric distribution utility cannot simply hire a temporary worker or contractor to step into specialized and safety-related positions. We are bound by federal regulations and legal obligations to ensure electrical system reliability and public safety. Workers who can readily step in, when called upon, are few and far between in rural New Mexico, compared to urbanized areas.

To that end, Continental Divide is very fortunate to have the talented workforce we do. We boast a very low turnover rate because we value every co-op employee, and they are compensated well for their expertise and dedication to keep the lights on for our membership.

Headquarters: 1821 Cliff Lear Ave. / PO Box 1087 / Grants, New Mexico 87020
District Office: 2500 NM Highway 602 / PO Box 768 / Gallup, New Mexico 87305
505.285.6656 / Fax 505.287.2234

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 a appointment or questions call Vernon Garcia at 505-728-6052.

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.



P.O.Z.

"Eggs in One Basket"

College & Career FAIR

TIME 1:30 – 5:30 pm

Zuni Wellness Center

#31 Pinicion Street

APRIL

05th



EVENT HOSTED BY POZ H/R, ACCRC & ZECDC. MORE INFO @ 505-782-7086.
BOOTH SPACE APPLICATION DUE NO LATER THAN MARCH 25TH.



Purchase the Energy-Efficient Equipment Below in 2024 and Ring Up Rebate Savings through Continental Divide

Product	Specifications	Rebate Incentive
Electric Clothes Dryers	Must be Energy Star® rated	\$30/unit , \$90 if ventless (heat pump)
Induction Cooktops	Must replace existing electric or gas cooktop/range and have minimum surface width of 30 inches	<ul style="list-style-type: none"> \$100/electric-to-induction replacements \$350/gas-to-induction
Outdoor Electric Equipment <ul style="list-style-type: none"> Electric mowers and snow blowers Electric trimmers, chainsaws, pruners, leaf blowers, power washers Electric bicycles Additional batteries for eligible equipment above 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Air-Source Heat Pump <i>(Note: All air-source heat pump incentives are based on the total "size" of the heat-pump system's outdoor unit(s), specifically the coil capacity in tons. Indoor units impact system efficiency ratings.)</i> Air-to-Water Source Heat Pump Ground-Source Heat Pump Split-System Air Conditioners (Energy Star® Rated) Evaporative Coolers Smart Thermostats 	<ul style="list-style-type: none"> Base tier rebate <ul style="list-style-type: none"> Energy-Star rated w/HSPF2 \geq 7.8 Cold-climate tier rebate <ul style="list-style-type: none"> Ductless must be Energy-Star rated with HSPF2 \geq 8.5, 70% capacity and COP of 1.75 at 5-degrees Fahrenheit Ducted must be Energy-Star rated with HSPF2 \geq 8.1 	<ul style="list-style-type: none"> Base tier rebate <ul style="list-style-type: none"> \$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 <ul style="list-style-type: none"> \$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
	Reviewed on case-by-case basis	Same tier structure as air-source heat pumps
	New and replacement ground-source heat pumps with closed-loop or open-loop water source	<ul style="list-style-type: none"> \$500/ton for new systems \$250/ton for replacement systems
	Units 1 ton or greater Minimum 16 SEER or 15.2 SEER2 Window units do not qualify	\$100/unit
	Minimum 2,500 CFM No window or portable units	\$200/unit, limit of 2
	Standard and line voltage	<ul style="list-style-type: none"> \$25/standard thermostats, limit of 2 \$25/line voltage thermostats, limit of 5
LED lamps(bulbs) & fixtures	<ul style="list-style-type: none"> 500 lumens or greater Medium, GU24 or other residential-oriented base or fixtures w/built-in LEDs 	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> 50% total equipment /electric service installation costs, up to \$250