

# A:shiwi A:wan Messenger



Issue 37 • July 15, 2024

## New Zuni Fair Building Breaks Ground



The groundbreaking event that was initially planned for March was postponed and finally happened on Thursday, May 2, 2024. The event took place in the southwest area of the fairgrounds. The Office of Planning & Development staff planned for this exciting event and were very happy with the outcome.

A total of 15 programs and vendors set up their booths to provide community outreach during the event.

The groundbreaking ceremony event began with the welcome from Interim Public Works Division Director Royce Gchachu, then continued with the invocation from Governor Kucate. Speakers during the event included Tribal Administrator Malcolm Bowekaty, project architect Joe Gallegos with Huitt-Zollars, project contractor Rick Murphy with Murphy Builders, and Governor Kucate, Lt. Governor Hooee, and the Tribal Council members that were present.

Rick Murphy and his colleagues presented the Governor and Tribal Council with a trophy bull elk mount during the event. The impressive bull elk was received in applause by the crowd in attendance. Following the bull elk presentation, the event continued with the

groundbreaking ceremony.

The tribal leadership, Zuni royalty, and the project architect and contractor turned the dirt to officially begin the construction of the much-anticipated community building. All attendees of the event were served lunch provided by Valerie Chuyate (Seowtewa Food Services).

The Office of Planning & Development would like to extend their appreciation to the Veterans Services Staff (Kathy Natachu, Angela Waseta-Rivera, Carlyle Quam), Mrs. Dawn Gashytewa, the Facilities Department staff (Lenny Chuyate, Marvina Dishta, Gregory Eriacho, Marlin Panteah, Evan Lesarley, Murray Tsatie, Dee Edaakie, Taydon Harker, Michael Allapowa), the Transfer Station staff (Leander Yamutewa, David Lucio), the KSHI radio station staff (Jaycee Nahohai, Lenore Gia, Paula Lallo), and the Tribal Roads staff for assisting us with the coordination, preparation, and setup of the event.

This event would not have been a success without your help! Thank you!

And now the work begins! The Zuni Fair Building will take approximately 12 – 15 months to complete.

## Major Market and Partners Host Earth Day

Major Market and Hawikku, in collaboration with First Nations Development Institute, Zuni Youth Enrichment Project, Ancestral Lands Conservation Corporation and others, organized an Earth Day event with the theme 'Hon Ulohnna Yaknaba' – We Hold the World.

This event's purpose was to celebrate Zuni's rich ecological traditions while initiating a conversation about the community's readiness to respond to climate change.

On April 22, 2024, the Zuni Earth Day Event brought together over 400 people for a day dedicated to initiating a community dialogue about Zuni's ecological heritage and climate resilience.

Distinguished speakers included cultural leaders Octavius Seowtewa and Presley Haskie, US Congressman Gabriel Vasquez, Zuni Tribal Councilmen Anthony Sanchez Jr. and Ricky Penketewa Sr., First Nations Development Institute's Jackie Francke, Zuni Youth Enrichment Project's Tahlia Natachu-Eriacho,

*Earth Day continues on page 6*



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**COVID is Surging in Zuni**

**Mask On!**

# Zuni Tribal Council Restores Mask Mandate to Counter COVID Surge

EXECUTIVE ORDER 2024 – 001

## COVID MITIGATION PRECAUTIONARY MEASURES

July 12, 2024

Under the authority of the Pueblo of Zuni and pursuant to the power vested in me by the Zuni Tribal Council and at the request of the Zuni Tribal Council, do hereby proclaim that the following COVID precautions will be implemented for the safety and health of our community members and businesses as an effort to mitigate the spread of COVID-19.

This Order shall be effective July 12, 2024, and will remain in effect until further notice.

This Order applies to any person within the Pueblo of Zuni Reservation, but nothing in this Order has any effect upon the COVID-19 related orders or any other law of another state or tribal jurisdiction.

### A. FACE MASK REQUIREMENT

All persons within the Pueblo of Zuni shall adhere to the following requirements for COVID-Safe P

1. Unless a healthcare provider instructs otherwise, individuals must wear a face mask or multi covering over his/her mouth and nose in public settings, except when eating, drinking, or exercising.
2. Face masks are required for all persons entering any building/facility operated by the Pueblo organization.
3. Other business and entities within in the Zuni community are strongly encouraged to adhere to mask mitigation measure.

### B. WHEN FACE MASKS ARE NOT REQUIRED

1. A face mask is not required when an employee is alone in a space not regularly visited by others such as a personal office, but the employee must wear a face mask when coworkers, visitors/clients/participants are strongly encouraged to wear face mask when in close proximity.

### C. COVID-19 VACCINATIONS

1. Zuni community members ages 5+ are strongly encouraged to remain up-to-date with all recommended COVID-19 vaccine doses, including boosters.
  - a. Zuni Indian Health Services provides walk-in services for COVID-19 vaccine doses every Wednesday beginning at 1:00 PM.


### D. PRACTICE GOOD HYGIENE:


1. Use proper handwashing technique.
2. Clean frequently touched surfaces, such as countertops, handrails, and doorknobs regularly.

As ordered by Governor and concurred by Zuni Tribal Council on the 12<sup>th</sup> day of July 2024.

Concurred:

  
Arden Kucate, Governor

  
Anthony Sanchez, Jr. Head Councilman

  
Virginia Chavez, Councilwoman

  
Edward Wemytewa, Councilman

  
Cordelia Hooee, Lt. Governor

  
Ricky Penketewa, Councilman

  
Birdena Sanchez, Councilwoman

  
Shirley Bellson, Councilwoman

# Shumak'olo:wa Health Center Spotlights Mental Health Awareness

by Tamika Neha

## Our Mental Health

Take a moment right now to visualize possibly what you may be going through and what your real life is looking like. Sometimes we change our life to make it look like a fairy tale of sprinkles and fairy dust of happiness, when really sometimes it's dust of dirt, hurting the inside of our eyes, and struggles that we may fear coming our way, or that we're already going through.

May was the month that we normally plan to share awareness about mental health. Although now we're in July, mental health awareness should be shared and spread every day of our lives.

We live in a world and walk a path of different views of colors and movement. The trees of mother nature speak upon our emotions, and feelings of different weather, for example rainy days, bring feelings of remembering our loved ones who have passed on, knowing they are present, so we feel that heavy heart.

Sunny days, for me, bring out a good day of just being outside and enjoying the outdoors of happiness. On windy days we get that irritated feeling of hair blowing, items flowing and sharp words. We all feel and encounter different feelings and emotions.

What is mental health? The Internet states that mental health means a person's condition with regard to their psychological and emotional well-being. In other words, mental health is the everyday of how we feel when we wake, through to how we feel when we go to sleep.

Mental health even affects how we speak to our kids. If we wake up grumpy, we may yell at our kids to hurry, which in turn negatively affects their mental health, making them feel upset.

Mental health is real; it's the health of who we wake up to be for the day. Mental health is us – who we are culturally, traditionally and spiritually through our prayers, through our blessings and through our language. So, we have good days and bad days of mental health. If you are able to get through those bad days still kicking,



you have the emotional resilience to deal with things that are sometimes hard, even traumatizing. Be proud of yourself to know that you have that strength.

Mental health is now, today, tomorrow and throughout the rest of your life. So, take a moment to learn to express your emotions in a good way, in a safe controlled environment, to achieve a better state of mental well-being.

We often think sometimes others are the problem of our involvement of life, but sometimes it could be our own mental health that is the problem, and we do not realize it because we don't see it. But you know what? You should be able to feel it. If you hurt over small words, that's an indication about mental health. If you react angrily toward little things, that also is a measure of your mental health. If you have behaviors or actions of negativity, these are indicators of mental health.

Many of us hold so much in, and don't speak, and try to heal in silence. Silence is sometimes needed. But know your definition of your own mental health; only you will know your mental state and where it's at. Use your experiences, your heart and your priorities to get yourself into balance with who you are and your mental health. Know that our actions, words and self-care starts with and mirrors our mental health.

Get yourself together to have a better view of being able to connect with your health, to be able to feel it. As mentioned, you won't see it, but you will see how others will treat you, how you treat others, and how you treat yourself, to be sure that you're safe, secure, and ready to go.

You can do it, and so can I, and so can they. It's time to speak, heal and build a positive mental state of mind. Elahkwa.

HON KO'HOŁ LEWUNA:WEDIYAHNAN, WAN HON I:TSE'MANNA.



# A:shiwí Tribal College Culinary Arts Students Visit Café Gozhóó in Whiteriver, Arizona

*A:shiwí Tribal College Culinary Arts students Yvette Cohoe, Kayla Hooee and Brittany Pedro traveled to Whiteriver, Arizona to meet Chef Nephi Craig, the owner of Café Gozhóó. Their reports follow. To learn more about A:shiwí College's Culinary Arts Program, call the college at 782-6010.*

## Yvette Cohoe

My experience at Café Gozhóó was monumentally healthy for me. The chef owner of the café, Mr. Nephi Craig, shared Native American history and cooking skills. He taught both topics in a combination that created a mix for resilient, empowered people.

“Participate in your own evolution” was a sign hanging next to the kitchen clock. Another sign read: Decolonization is the intelligent, calculated and active resistance to the forces of colonialism that perpetuate the subjugation and/or exploitation of our minds, bodies and lands, and it is engaged for the ultimate purpose of overturning the colonial structure and realizing Indigenous liberation.” This information next to the clock explains the kitchen’s uses and focus. The kitchen revolves around Native American history and empowers its present to future communities.

In their oven was a rabbit cooking, and it was my first time having this protein. It was delicious! Other ingredients in the kitchen were spices, wild herbs, and seeds. Their floor plan of the kitchen space was genius! The tables were positioned to better prep the food and serve as a team. The prep-room, walk-in, and freezer had some transparent walls for customers to see in. Lastly, the dish pit’s space was effective for anyone’s use. It is an impressive use of small space that feels inviting and productive.

As a class we practiced our knife skills dicing tomatoes and slightly mincing parsley. Then I was asked to sauté and season the oyster mushrooms. I cut the bottom of the mushrooms off, and separated them. Apache chile powder, herb salt, and pepper was what I worked with to season the mushrooms. Their kitchen stove had an extra kick to its heat that made me wonder about its price.

The short and simple timeline lesson from Chef Nephi about Native American history and the great cooks of France was an interesting lesson. The lesson was given by a Native American, which made it feel more effective. It was refreshing to see more Native Americans teach each other about the past, present, and future of Native Americans. The chef’s inspiration reminded me of an old idea I had: “Where is my story going to take me?”

I can benefit from this encounter with the chefs and workers at the café. As a future culinarian, I will use the café’s experience to help water my ideas for cooking. A new world to me is the Culinary Arts and it’s fun to learn about it. An intriguing thing about cooking is that it has endless potential for me. Someday, I’ll figure out my strongest abilities in the kitchen and work very hard at them. Currently, I’m still practicing the basics of professional cooking and with time I’ll grow. Thriving to grow and change will always be part of my goals.

Also, my son will benefit from me cooking healthier foods. So far, my son likes the veggie spring rolls and teriyaki beef wontons I’ve learned to make.

To know that other native American Chefs are helping themselves and helping others speaks volumes to me. Their dedication to recovery and sobriety is survival within Indigenous communities. It is comforting to know that Native Americans are still continuing their resilience and thriving for survival; it is what I witnessed at Café Gozhóó. I’m grateful to have lived and witnessed this experience with my college classmates and teachers in Whiteriver, Arizona.

## Kayla Hooee

The experience I had at Café Gozhóó with Chef Nephi was incredible. He presented a historical lesson about vegetables. In 8000 BC, chile and the vegetable squash were introduced. In 7000 BC, tomatoes were used in farming and cooking. In 6000 BC, beans were domesticated. In 5000 BC, chocolate began a long history with humans. Around 2000 BC, sweet corn originated in Mexico.

While practicing our kitchen skills we prepared a meal with a fabulous kitchen crew. The nice aroma of the rabbit was piquant, with herbs and marinated in a thick brown sauce. The dish was known as Red Chili Braised Rabbit Burritos.

Other dishes that we presented included tabbouleh and quinoa. We diced small tomatoes, and green onions diagonally. Parsley and shallots were also cut into small diced pieces. Lemon was squeezed, and proper seasonings of salt and pepper were added. The tortillas were freshly made from scratch.

The second plate was served with crisp, round tortillas, also served with tabbouleh on the side. The spruce sirloin was topped with red chili and Zuni salt, Swiss Cheese, and garnished with cilantro. ‘

Chicken, beef, pork, horse and sheep are essential Native Foods.

In culinary language, the French terms of the knife skills are known as fine Julienne, Julienne, Batonette, Fine Brunoise, Brunoise, small dice, medium dice, and large dice.

Having a foundation is having the knowledge that was shattered to the ground, to rebuild the bridge farther into the cooking journey.

What opened my eyes was the humbleness in the Café Gozhóó kitchen. We sanitized from the top to the bottom of the kitchen, with every piece of equipment scrubbed down. The floor was swept and scrubbed too.

I love the floor plan design as a small kitchen with a dish pit from right to left. The walk-in freezer was a gas station before. Through a window the customers can see how hard the crew is working.

How can this visit to Café Gozhóó benefit me as I grow into my culinary journey? It has given me the opportunity to express myself, to build my knowledge, to explore the culinary world, and to develop great self-esteem.

Here are a few notes that I took:

- Don’t be afraid of failure;
- Don’t give up, keep Going!
- Don’t cook Mad!

Elahkwa, Chef Nephi Craig!

## Brittany Pedro

Zuni did a lot of farming back in the days. The lecture that Chef Nephi gave to us went into detail about the plants, like squash that became domesticated around 8000 BC.

Zuni once had a river that flowed through the village. Our ancestors would haul water with pottery jugs on their heads. Water is an important thing in our daily lives. I would like to try out the old waffle techniques that were once used in the village.

Being in a kitchen classroom all the time, of course you’ll be excited for a class trip. We all prepared ourselves for this trip. The drive down was so bumpy but there were a lot of beautiful scenes. I wish we could have stopped for a picture at some more spots, but we made sure to take

plenty of pictures along the way.

As soon as we got there I could feel the welcome from Chef Nephi and his crew. Walking into the building I was shocked. The kitchen was the first thing that caught my attention. I was ready to run into that kitchen. We were given time to put on our chef coats. Once into the kitchen we were told we were going to be trying rabbit meat. I had never tried rabbit meat before, but it was so delicious when we had our lunch.

Time went by fast when we got into making samples for a group that would be coming in.

I wonder if we could host a youth cooking class for our community, and also for our surrounding communities. I believe that our kids and youth would enjoy the cooking. Would it also be possible to involve our elders in the cooking and the tasting of the foods?

I see other cooking classes that are being held but they get filled up fast. This would be another opportunity for other kids in Zuni to try out cooking classes that they have missed out on.

Watching and working along with Chef Nephi and his team was an amazing experience. The team was so helpful when we would ask questions. Hearing about the sobriety group doing cooking classes was interesting. I wonder if our own sobriety group in Zuni would be interested if we held a cooking class for them.

Café Gozhóó is still in the works of opening up to the public, but they’re clearly ready to succeed.

Being in their kitchen gave me ideas of how a kitchen should be set up. For example, cold foods should be prepared away from the heat of grills and griddles.

I asked Chef Nephi if they were accepting internship students, and to my surprise he had just been approved to start taking internships for students. If I were able to go there I would because he has a wonderful team that I would like to work with.

There was still a lot of great information that was still being passed, but time took over and we had to get back on the road. Chef Nephi has created a wonderful kitchen and also a very great team. I hope that we in our class can take what we learned and use it here in our kitchen.

This year I am doing my own garden at home. I would like to try out farm to table style foods.

Overall we all enjoyed the lecture and of course the food. A big thank you to Chef Billiman and Dr. Reynelle of A:shiwí College for taking the time to drive us to Café Gozhóó.

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## Theft and Vandalism at A:shiwí College Breach Community Trust

The coyote fence surrounding A:shiwí College’s garden and greenhouse was recently cut open late at night, and produce was taken from the college’s garden.

In a separate incident, one of the college’s water tanks, having been filled through multiple trips to Pescado, was drained onto the ground.

Breaches of community trust like these have led many households, along with POZ departments and other programs, to install surveillance cameras, and A:shiwí College can share its surveillance footage with the Zuni Police Department.

It’s much better for all, however, if we all respect each other’s boundaries. The less the need for security cameras, security gates, and security fencing, the stronger our community’s mutual trust.

# Sport Physical Exam's

According to New Mexico Activities Association (NMAA) Section VI Eligibility (Bylaws), 6.15 Physical Fitness

"A physical examination taken after April 1<sup>st</sup> is valid for the entire following school year, including the summer after the following school year."

**Beat the crowd!  
Schedule your child's exam**

**Call Shumak'olo:wa Health Center for more information and/or to schedule at (505) 782-5719**



# Garden Soil

Soils are one of the many key factors in growing healthy and productive plants. Zunis have understood the principles of soil health and perfected this for millennia. Here are a few ways to enhance your garden soils.

flower and fruit production in plants and help them resist some diseases. Vegetables and fruits use NPK in their building stages of starches and sugars, as a vital part of their health. The most common types of manure are: chicken, cow, horse, sheep, goat, and pig.

## Tree Soil

Organic matter (tree soil) is the most important way to improve your soil quality and health. Organic matter contains microorganisms that break down the organic material in the soil. The best tree soil for gardens is from Juniper trees. Junipers drop small needle-like leaves that decompose quicker and provide larger amounts of decomposed matter. Adding tree soil to your heavy clay soil will greatly improve drainage so it doesn't harden or stick. It also provides nutrients and retains moisture.

## Earth Worms

The benefits of earthworms are that they feed on plant debris (dead roots, leaves, grasses, and manure) and soil. Their digestive system concentrates the organic and mineral ingredients in the food they eat, so their casts (poop) add nutrients in the soil around them

## Soil Mixture

Mix 3-parts tree soil, 2-parts riverbed sand, and 1-part manure. The tree soil provides nutrients for your plants to feed on, while the riverbed sand locks in moisture and helps retain water within your growing areas and aids in decomposition. Manure adds the much-needed nutrients to your mix. Together they make the perfect growing medium.

## Riverbed Sand

Riverbed sand has small granules that lock in water molecules and are able to retain moisture for long periods of time. This soil has no nutritional value for plants and is only used for its moisture retaining properties.

For more information on soils and gardens, contact the [Zuni Agriculture Program](#) at 782-5852.

## Manure

Manure is a valuable fertilizer and contains many nutrients such as NPK: nitrogen (N), phosphorus (P), and potassium (K). These nutrients help in

**Have a happy growing season!**

**DEPARTMENT OF NATURAL RESOURCES  
- ZUNI CONSERVATION PROGRAM -**



# LEARN TO FLY: DRONE WORKSHOP!



**Are you ready to take flight and explore the world from a whole new perspective?**



**Join us for an exhilarating workshop on recreational drone flying, where you'll discover the thrill of piloting your own drone with expert guidance and hands-on training.**

**No experience needed - just a passion for exploration!**

**Watch for more news including dates and times on the A:shiwi College website and Facebook page. Also on local bulletin boards.**

CREATIVE ARTS & ENTREPRENEURSHIP CENTER



## WHY CHOOSE US FOR YOUR CARE?

**COMPREHENSIVE SUPPORT WITH AN EXPERIENCED MEDICAL TEAM**

Our highly skilled family doctors and nurses are here to provide round-the-clock care from prenatal to postpartum to well child checks.

**CULTURALLY SENSITIVE FACILITY**

Enjoy the comfort and safety of being on tribal land amongst staff who are dedicated to honoring and upholding traditions.

**TAKE CHARGE OF YOUR PREGNANCY**

We honor your birth preferences and support natural births! Our facility is a family-centered environment, welcoming partners and family members to be a part of this special journey.

**EDUCATIONAL RESOURCES AT ALL STAGES**

Access to our lactation support team, WIC colleagues, and Women's Health professionals! We are here to support you and provide you with educational, comprehensive support throughout your pregnancy.

Zuni Comprehensive Community Health Center

# WELCOMING NEW LIFE WITH EXCEPTIONAL CARE

**CONTACT US WITH ANY QUESTIONS OR TO TAKE A TOUR!**

(505) 782-7472



Zuni Comprehensive Community Health Center Labor and Delivery Unit N 21 B Avenue Zuni, NM 87327



Octavious Seowtewa, Shaun Tsabetsaye, Fabian Fontenelle, and Shelley Morningsong offer the opening prayer, song, and remarks.

Ashiwi College's Dr. Hayes Lewis, Hawikku's Calvin Chimoni, and MMI's Shaun Tsabetsaye, among many other notable voices.

Each speaker underscored the importance of honoring Zuni's ecological traditions and investing in strategies that build the community's resilience to the impacts of climate change. Together, they highlighted a shared commitment to safeguarding Zuni's natural and cultural resources for future generations. The event was broadcasted by the local KSHI Radio Station, extending the speakers' messages to a broader local audience.

The event also featured an interactive Earth Day scavenger hunt, where attendees explored informational booths hosted by A:Shiwi College, Ancestral Lands, ZYEP, Zuni Housing Authority, Twin Buttes Cyber Academy, Zuni Tribal Prevention Project, National Park Service, Cornerstones, Hawikku, KSHI Radio Station, and many others. Each booth offered clues focused on practical actions for climate resilience. Over 250 'Hon Ulohnna Yaknaba - We Hold the Earth' t-shirts were given as incentives for completing the scavenger hunt, providing attendees with a fun and educational experience. Additionally, attendees enjoyed Native singers, dancers, artists, and comedy, along with Major Market Deli's delectable food.

During the event, attendees were encouraged to share their perspectives on environmental issues through an anonymous survey accessible via QR code. To incentivize participation, a \$10 gift card was offered to those who completed the survey.

The survey aimed to gauge community members' views on the environment, and to provide valuable insights into their perspectives about climate change and their community's readiness to deal with its effects.

Survey analysis revealed that of the 91 respondents, 88% were residents of Zuni and 96% identified as members of federally recognized tribes, spotlighting the strong local and Indigenous presence.

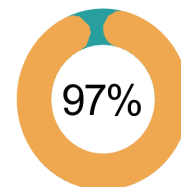
The survey also showed that 57% of participants were very familiar with climate change and its potential impacts on the community, while 40% were somewhat familiar. Only 3% reported they were not familiar with the concept, indicating strong overall awareness among attendees.

When asked about what the top environmental issues were, access to clean and safe water emerged as the top priority at the event, with 82% of participants

highlighting its significance. Following closely behind, 73% expressed support for investing in local farming, recognizing its crucial role in food security. Transitioning to renewable energy sources also garnered significant attention, with 60% advocating for a sustainable transition. Similarly, 60% of respondents emphasized the need to reinstate a local recycling program, which was previously available but is not currently offered.

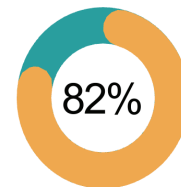
Attendees were also asked about the role of technology in strengthening the community's resilience to climate change. A majority, 88%, emphasized its importance, while 11% saw it as playing a minor role. Only 1% believed technology had no role at all. These findings illustrate a strong consensus on the role of technology in fostering greater resilience to climate change.

Further, survey responses shed light on views about the community's readiness to confront the challenges of climate change. Half of the participants expressed doubts, indicating that they do not believe the community



Familiar with Climate Change

Percentage of participants reporting they were very familiar or somewhat familiar with climate change and its potential impact on the Zuni community.



Access to Clean Water

Percentage of participants reporting that access to clean and safe water was the most pressing environmental issue facing the Zuni community.

is adequately prepared. Conversely, 29% affirmed the community's readiness, while 21% remained uncertain about its preparedness. These findings reflect a mixed sentiment within the community regarding its readiness to respond to the effects of climate change.

Survey respondents overwhelmingly recognized the importance of collaborating with local, state, and national partners to strengthen Zuni's resilience to climate change. An astonishing 88% emphasized its "very important" role, with an additional 12% affirming its significance as "important".

This unanimous sentiment underscores the critical need for such partnerships to effectively respond to the complexities of climate change. There was also a notable level of interest among community members in contributing to resilience-building efforts. A significant majority, 82%, expressed a definite "yes" to learning more about how they can contribute.

Furthermore, 17% showed potential interest with a "maybe" response, while only 1% declined outright. This widespread willingness underscores collective interest in taking action on changing climate.

Attendees showed varied interests in the activities they preferred for learning about how they can contrib-

Earth Day continues next page

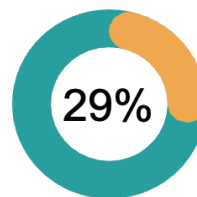


US Congressman Gabriel Vasquez with ZYEP Team



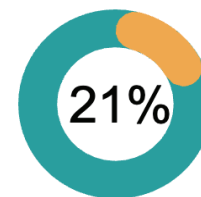
**Not Prepared for Climate Change**

Percentage of people reporting that Zuni is not prepared to deal with the effects of climate change.



**Prepared for Climate Change**

Percentage of people reporting that Zuni is prepared to deal with the effects of climate change.



**Not Sure**

Percentage of people unsure about Zuni's readiness to deal with the effects of climate change.

ute to Zuni's resilience to climate change. 35% favored workshops on traditional ecological practices, 26% were interested in clean technology demonstrations, 23% preferred youth-led initiatives on climate change, and 12% expressed interest in community forums with Tribal, State, and National representatives.

In summary, the Earth Day event received widespread appreciation from attendees, with 70% of comments expressing gratitude for its impact on raising environmental awareness.

Valuable suggestions, including questions about who is in charge of local environmental programs and ideas for community clean-ups, were shared by about 20% of participants. Gratitude for Major Market's role in hosting the event made up another 10% of comments.

Overall, participants and organizers expressed satisfaction with the event and a willingness to participate in environmental initiatives moving forward, highlighting the event's success in fostering increased awareness and engagement on a critically important and complex issue.



Lunch was provided by Marjor Market



Comedian Ricardo Cate



Zuni Royalty

## Zuni Youth Enrichment Project In-School and After-School Programs Served 563 Students in 2023-2024

The Zuni Youth Enrichment Project announced today that its in-school and after-school programs served 563 students during this past school year.

The programs were conducted in partnership with the New Mexico Department of Health's Healthy Kids Healthy Communities Initiative, Centers for Disease Control's Tribal Practices for Wellness in Indian Country, Zuni Education and Career Development Center and Zuni Public School District.

In-school programs included a holistic wellness class at Shiwi Ts'ana Elementary School and an elective art class at Zuni Middle School. After-school programs included Rooted in Healthy Traditions at the elemen-

tary school during fall semester, and RHT at the middle school during spring semester.

At Shiwi Ts'ana Elementary School, 486 students in pre-K through fifth grade participated in the holistic wellness class, which was led by ZYEP Youth Development Leader Rani Yamutewa and made possible with support from the New Mexico Department of Health.

The class focused on students' holistic well-being, giving students opportunities to explore various perspectives on individuality, language, culture, dance and performance.

"I have a passion for wellness," Yamutewa said. "I want to interact with youth before hardships happen (and) help

prepare them so they can tackle whatever might come their way. I teach from the heart, and as I teach them, they're teaching me."

ZYEP's Food Sovereignty team incorporated the State of New Mexico's Eat Smart Play Hard curriculum into the class, which also used Mangaysha Kallestewa's and Cyrus Lutse's RHT in-school curriculum. Children participated in physical activities, learned about healthy nutrition, and engaged in journaling, positive affirmations, self-reflection and group discussion.

In addition, ZYEP offered its RHT after-school program at Shiwi Ts'ana Elementary School from August 29 to



November 9. Forty-two children in third through fifth grades participated during the fall semester.

Made possible with support from the Centers for Disease Control (CDC), RHT promotes cultural and social connectedness and holistic wellness. It connects Zuni youth to positive, intergenerational mentors and provides opportunities to engage in food sovereignty and nutrition, knowledge sharing, traditional art and physical activity, including basketball, field games and group team-building exercises.

On September 27, Zuni Tribal Prevention Project gave a presentation to RHT participants about bullying. And on November 1, the Shumak'olo:wa Health Center provided information about substance abuse and prevention.

At Zuni Middle School, ZYEP offered an elective class that focuses on building resilience through art. Seventeen students enrolled in the class, which included 2D fine art and mixed media during the first quarter, traditional dance in the second quarter, beading in the third quarter, and traditional dance in the fourth quarter.

Dance students dedicated three days per week to traditional dancing, with one day set aside for art — including beading and watercolor painting — and another for food sovereignty lessons. They were able to demonstrate what they had learned at a November showcase at the Zuni Wellness Center.

“One thing I learned from this class is having confidence in yourself,” said one middle-school dance student, who was among the 89 percent of participants who said they enjoyed learning Zuni dancing. “I look forward to joining future classes.”

ZYEP Arts Assistant Coordinator Kandis Quam and Arts Leader Liam Simpicio led the class, which was made possible with support from the New Mexico Department of Behavioral Health and the Substance Abuse and Mental Health Services Administration.

From February 6 to April 25, sixth- to eighth-graders had their opportunity to take advantage of the RHT after-school program at ZMS, made possible by the CDC and ZECDC.

Eighteen students participated during the spring semester, engaging in RHT’s four activity areas: physical activity, knowledge sharing, food sovereignty and nutrition, and traditional art.

“I really enjoyed meeting new people, and I would do



this again,” said a sixth-grader, while a seventh-grade participant remarked that the physical activity component was appreciated “because I finally got to move a lot more!”

Physical activities included dodgeball and indoor hockey. In art, students created their own digital designs on iPads, and ZYEP staff printed the designs using Cricut and then ironed them onto T-shirts.

ZYEP’s Food Sovereignty team taught the students to prepare mango salsa that they paired with black bean burrito bowls. They also enjoyed STEM activities, such as building a terrarium with natural materials and recycled plastic jars.

At the end of the program, ZYEP Program Manager Tara Wolfe, Youth Development Coordinator Kiara “Kiki” Zunie and Arts Leader Liam Simpicio took the students to Albuquerque to visit Urban Air, a trampoline theme park, and go out for pizza.

“Due to a train derailment, there was heavy traffic on our way home,” Wolfe said. “It ended up being a neat bonding experience. While we were stuck, we listened to music, shared music, and laughed a lot.”

