



Sustainability

Secondhand Smoke Protections in Tribal Communities

Mission and Core Values

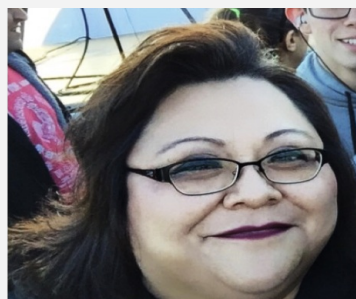
To provide commercial tobacco secondhand smoke awareness and resources to New Mexico tribal communities, improving health outcomes.

Respect, Culture, Family, Responsibility to Community, Humility, Health, Love, Community, Empowerment,

Meet This Week's Outreach Coordinator

Miranda Bekis

Miranda Bekis has a passion for youth and creating a healthy future for Native people. She lives in Kirtland, New Mexico with her husband and two children, ages 17 and 22. Her Native clans are "Gray Streaked-Ends" clan and born for "The water flow together" clan, and "Tangle clan" and "Bitter Water clan".



Miranda currently works as a Preventionist with San Juan County Partnership. With her efforts concentrated in Navajo chapters of New Mexico, Miranda is available to make presentations about secondhand smoke, educate communities about smoke-free benefits, and provide technical assistance in creating smoke-free policies. She is currently working towards her Master's degree in Substance Abuse Counseling, crediting Native youth and adults as her motivation for pursuing the degree. Throughout her professional career working as a Preventionist and a Certified Instructor for Suicide Prevention, Miranda has taught over 2,000 Native American students in Arizona and New Mexico.

You can contact Miranda [here](#).

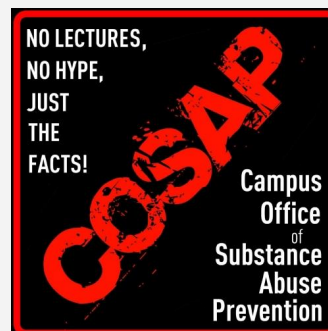
Tobacco in the News

UNM planning to reduce designated smoking areas by half

The University of New Mexico will try to clear the air on its main campus by cutting in half the areas where people can smoke or use tobacco products, including electronic smoking devices.

University officials can fine people who smoke in non-designated areas, reported the *Daily Lobo*, though a UNM administrator told the *Journal* that offending parties would be warned before fined. Fines start at \$100 and have yet to be used.

These changes are part of a new policy on smoking adopted earlier this year, said Pamina Deutsch, an administrator who oversees university policies. She added that the goal is to create a healthy environment. Read the full story [here](#).



The efforts are being lead by UNM's [Campus Office of Substance Abuse Prevention \(COSAP\)](#) office. You can reach COSAP [here](#). COSAP employees are always willing to speak to students and staff in a classroom or group setting and will accommodate your needs and interests. Request a presentation [here](#).

Community Successes

Navajo Code Talker backs community's commercial tobacco protection efforts

Navajo Code Talker and public figure, Peter MacDonald, joined Oso Vista Ranch Project Outreach Coordinator, Rob Carr in August to talk to the Ramah Navajo community about secondhand smoke protections. MacDonald, who served four terms as Navajo Nation Chairman, recorded a public service announcement on KTDB-FM radio in the Dine language about the dangers of secondhand smoke. The public service announcement ran on the radio throughout the month of September.



Cultural identity is an important factor in commercial tobacco prevention and community empowerment. As an influential figure in Navajo Nation, MacDonald's support of secondhand smoke protections in the Ramah Navajo community strengthens the work of Oso Vista Ranch Project and the Ramah Navajo Commercial Tobacco Prevention Coalition.

Event Calendar

What's going on in the community.

Indigenous Pink Day, Friday

October 21st, is a national breast cancer awareness campaign for American Indians/Alaska Natives. [The American Indian Cancer Foundation](#) invites men and women of all ages to wear pink and share photos on social media using the hashtag **#IndigenousPink** to spread breast cancer awareness.



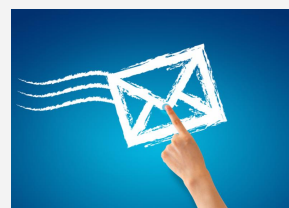
Breast cancer is the second leading cause of cancer death and the most common cancer found in American Indian/Alaska Native women. The goal of Indigenous Pink Day is to educate all indigenous people on the importance of early detection and remind men and women to keep up to date on their screenings.

Click [here](#) to see the full event calendar. If you have an event in your area that you would like to add to our calendar, please share it with us [here](#).

What now?

Moving Forward.

We encourage you to read all the articles in this and upcoming newsletters, and to share and forward these emails to people within your network to keep everyone up to date!



This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics, and successes.

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