Marking What Matters

Black Lives Matter. George Floyd matters. The countless yet equally precious lives lost before him matter. It is necessary and important to Mark what Matters to us. Sometimes what matters is of utmost importance to us and to society at large, like eradicating racism. Sometimes what matters isn’t as universal but is still very important to ourselves, like birthdays, anniversaries and reunions.

This summer is full of things that matter, yet we need to consider how to mark them effectively and safely. Protests and marches and other expressions of our outrage, anger, and desire for change must happen, and we must also weigh the COVID-19 considerations. Important life events which we frequently celebrate during the summer will also happen: weddings, family reunions, school reunions, birthday parties, Quinceañeras, bat mitzvahs and bar mitzvahs, Independence Day, tons of festivals, and lots of other events. We just figured out how to celebrate graduations; we’ll figure these out, too.

Black Lives Matter, Racism, and New Mexico:

Some resources and thoughts about our individual and collective wellbeing

It is never too early to talk about race and racism with our children. Here are some ideas about those conversations:

● Kelley Holladay (Assistant Professor of Counselor Education) is creating a shadow box of items, pictures (like the one at left), and artifacts to share with her toddler as she gets older. This way, they can teach her about this historical moment in 2020 to open the conversation about the
history of segregation and racism, to both self-reflect and be an activist of change.

- From Albuquerque Public Schools:

- From the Anti-Defamation League (in English and en Español), *Table Talk: Family Conversations about Current Events*:

- From Teaching Tolerance:
  https://www.tolerance.org/the-moment/june-1-2020-black-lives-matter

- From National Geographic:

- From the Center for Racial Justice and Education:

- From the American Psychological Association:
  https://www.apa.org/topics/kids-discrimination

- From Raising Race Conscious Children:
  http://www.raceconscious.org/2016/06/100-race-conscious-things-to-say-to-your-child-to-advance-racial-justice/

- From the Institute for Learning and Brain Sciences:

Race- and culture-based tensions have unfortunately always been a part of New Mexican life. Here are some ways to learn about the history and the present:


- The New Mexico Holocaust and Intolerance Museum is at https://nmholocaustmuseum.org/.

- *Intersections: Critical Issues in Education* is offered by our colleagues in UNM’s Department of Language, Literacy, and Sociocultural Studies: https://digitalrepository.unm.edu/intersections/.
● New Mexico in Focus: African American History in New Mexico (Episode 716):
  https://www.pbs.org/wnet/african-americans-many-rivers-to-cross/partner-content/many-riv
ers-to-cross-in-albuquerque/.

● New Mexico Black History Month has many resources at
  https://nmblackhistorymonth.com/.

Having and using your voice are actually important to your wellbeing. Here are some resources for learning more and for making your voice heard:

● New Mexico United has provided New Mexicans a Black Lives Matter Toolkit at

● Pledge to deconstruct racism in New Mexico at
  https://www.deconstructingracismnewmexico.org/.

● United Against Racism -- New Mexico lists many organizations in the state doing racial justice work:

● Here are several toolkits from Black Lives Matter:
  https://blacklivesmatter.com/resources/.

● From the National Museum of African American History and Culture, a Smithsonian Museum:
  https://nmaahc.si.edu/learn/talking-about-race/topics/being-antiracist

● From Particles for Justice: https://www.particlesforjustice.org/resources

● From the University of Central Florida:

If you’re going to protest, march or otherwise gather to express your views, please review these resources for staying safe during and after attending a mass gathering:

● From National Public Radio:
  https://www.npr.org/sections/health-shots/2020/06/10/874021507/protesting-heres-how-t
o-help-keep-your-family-safe-from-covid-19-when-you-go-hom

● From the Conversation:
e-from-coronavirus-6-questions-answered-139978

● From LiveScience:
● From VOX:  

● An ABC News interview with Dr. Cassandra Pierre, an infectious disease doctor:  
https://youtu.be/eFKUml8SEN0

Celebrating Pride in New Mexico or Anywhere/Everywhere!

In person Pride was cancelled; however, there are still ways to celebrate with connection and community.

The month of June is recognized as Pride month, a time when we celebrate the beginnings of the Gay Liberation Movement (GLM). This year marks the 50th year of Pride. Additionally, we mark the time of Pulse, one of the worst mass shootings in US history. The pulse nightclub shooting occurred four years ago and targeted a gay nightclub in Orlando, FL. Pulse Remembrance Day offers a time to remember and honor all those impacted, as we continue to celebrate Pride month and honor this history. While many recognize the rainbow flags present around us and especially at Pride parades, there is a long history of its symbolism of diverse sexual, gender, romantic orientation, expression, and identities. We also honor the leaders of the GLM often attributed to the Stonewall protesters in New York City. In addition, we also honor individuals who were well respected in communities before the introduction of the binary ideology of gender and sexuality, that is our Two-Spirit brothers and sisters present on this land before Stonewall. Please read more on activism and change that has led to the celebration and honor of LGBTQ+ communities:

● Pride Flag History:  

● Stonewall:  
https://www.loc.gov/lgbt-pride-month/about/#:~:text=June%202020%20marks%20the%2050th%20anniversary%20of%20the%20Stonewall%20Uprising.


● Trans Inclusion:  

● Two-spirit:  
● LGBTQ+ acronym:  

Here are some New Mexico resources:

● Equality New Mexico, Statewide LGBT Advocacy Organization: http://eqnm.org/
● Transgender Resource Center of New Mexico: https://tgrcnm.org/
● PFLAG Albuquerque, a support group and resource for LGBTQ persons and those who love them: http://www.pflagabq.org/
● Casa Q, a safe living resource for LGBTQ youth who are homeless, or at risk of becoming homeless. https://www.casaq.org/

Though the Albuquerque Pride parade scheduled for June 13th, 2020 has been moved to 2021, there are still ways to celebrate and connect virtually around the world. The following guide from the New York Times shares how:  

**Simple Pleasures:**

These are our latest finds for relatively quick, easy, often healthy, things you can do during COVID-19 restrictions.

Farmers’ markets are open for business with lots of advantages: get out a bit; get some really fresh food; buy local; support your local growers. Here’s an interactive list of New Mexican farmers’ markets from the New Mexico Farmers Market Association  
https://farmersmarketsnm.org/find-a-market/. The Santa Fe Farmers’ Market has a list of COVID-19 market shopping tips at  
https://santafefarmersmarket.com/tips-for-shopping-at-the-farmers-market/. Double-check operating hours for your favorite market. Some markets are conducting restricted hours.

Maria Elena Salazar (Lecturer in Family and Child Studies) and her family visited her grandfather’s grave on Memorial Day. She created this graphical tribute to mark the occasion:
Maria Elena has also been writing about her COVID-19 experiences. We’ve included a complete essay of hers elsewhere in this issue entitled, *A Nuevo Mexicana’s Guide to Navigating the Covid 19 Summer: Tips from “La Mama”*.   

Jay Parkes’ (Professor of Educational Psychology) family has been using [https://nationaldaycalendar.com/](https://nationaldaycalendar.com/) to inject novelty into the daily routines: baking our Granny Smith’s scones for #InternationalTeaDay; writing fun Facebook posts for #BrothersDay; recitations on #NationalLimerickDay; and eating accordingly for #NationalChocolateChipCookieDay, #FruitCocktailDay, and #NationalPizzaPartyDay.   

On Sundays, Kelley Holladay (Assistant Professor of Counselor Education) and her family are cooking dinner from a different culture than their own. Recently, they had ravioli on the list (“one of the best-known types of dumplings hails from Italy, and probably originally from the region of Genoa.”).   

New Mexico PBS is offering videos of Science Girl Melissa Ober doing cool science experiments at [https://www.newmexicopbs.org/what-we-do/education/science-girls-lab/](https://www.newmexicopbs.org/what-we-do/education/science-girls-lab/).   

Here’s (another) 100 things you can do inside during stay-at-home: [https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/](https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/) (We had shared this other list of 100 things in the June 3 issue of the WASH NM).
If you’re getting out and about to parks and other recreational areas, review this advice from the Centers for Disease Control and Prevention:

**It’s a Marathon not a Sprint:**

We’re on a long road to new things. Pace yourself!

Commit to the New Mexico Safe Promise! Register your commitment to following simple steps to protect yourself, those you care about, and others in New Mexico at https://nmsafepromise.org/

The New Mexico History Museum wants you to “Help write history! We’re living a shared experience but each have a unique story and we’d like to include yours in our collection. Email historylibrary@state.nm.us for more information.”

A recent episode of C-SPAN’s Book TV aired a chat among authors who have written about parenting. The focus was on “Parenting in a Time of Crisis”. https://www.c-span.org/video/?472081-1/parenting-time-crisis

The authors’ books were:

- **The new adolescence: Raising happy and successful teens in an age of anxiety and distraction**, by Christine Carter.
- **Ready or not: Preparing our kids to live in an uncertain and rapidly changing world**, by Madeline Levine.
- **A field guide to climate anxiety: How to keep your cool on a warming planet**, by Sarah Jaquette Ray.

The Santa Fe Public Library’s Facebook feed (https://www.facebook.com/santafepubliclibrary/) includes librarians reading children's books, leading home exercises and posting lots of useful resources throughout New Mexico.

Eastern New Mexico University is offering ENMUReads, a number of resources to support summer reading for all ages: readings lists, partner libraries, and a Facebook page: https://www.enmu.edu/academics/colleges-departments/college-of-education-and-technology/special-programs/enmu-reads.

Here’s a webinar about social and emotional wellness for families during COVID-19:


Gains and Losses:

All of these changes!
Some are true losses big and small.
Some, though, are gains.

Zia Hossain (Professor of Family and Child Studies and Associate Dean of the College of Education and Human Sciences) is an internationally known expert on parenting and particularly on fathering. Zia notes that the stay-at-home time brings an opportunity for the family members, especially the father, to spend time together at home. In a way, it may be a positive development for school-age children because his research on Latino families suggests that fathers’ long working hours conspire against their involvement with children at home. Other cross-cultural research from Australia and Canada suggests that children eat healthy food and develop social and language skills when fathers join the family at the dinner table. Research also suggests that adolescent daughters do well in math and science courses when fathers spend time with them and take an interest in their education. Let’s celebrate family time as our children benefit from it.

Many of the places we like to go to are developing amazing internet-based ways to experience them. It’s not the same as being there, but it certainly is nice to see the old places and events we love and the new ones we want to explore. Look to see if the places you like have something. Here are some of ours:

- The Indian Pueblo Cultural Center in Albuquerque

- The Virtual Pow Wow Fest is an online jam party featuring Native American DJs. Here's a story about it at the Washington Post:

- UNM’s Maxwell Museum: [https://news.unm.edu/news/visit-maxwell-museum-online](https://news.unm.edu/news/visit-maxwell-museum-online)

- The Los Alamos Science Fest: [https://www.losalamossciencefest.com](https://www.losalamossciencefest.com)

One loss on top of loss is the inability to hold large funerals or memorial services for those who died. Here’s a story from the *Santa Fe New Mexican* about how families are navigating the restrictions in Santa Fe:

One of the gains of stay-at-home is more time to help others. The City of Albuquerque has a sign-up system for volunteers. See [http://cabq.galaxydigital.com/need/index?q&age:&agency:_id&county:&dateOn:&distance:&zip](http://cabq.galaxydigital.com/need/index?q&age:&agency:_id&county:&dateOn:&distance:&zip).
Coping Skills: We need to recommit to what works and to learn new ways.

Thomas Anthony Chávez (Assistant Professor of Counselor Education) thinks of Celebratory Rituals as acts of healing and wellness. Natural and social adversities impact daily living, one’s sense of self, and relationships. The impact can be temporary or last for generations. Needless to say, ways to honor, cope, and support have been a natural response to adversity amongst many societies across the globe throughout time. Some of these responses may come in forms of “celebrations” or “festivities,” and may also be part of culturally based rituals. They may have both religious and non-religious underpinnings and be individually or collectively practiced. Either way they provide a way to make meaning of life, especially when adversities do not make sense. While stereotypically associated with casting spells and harm, when performed with healing intention rituals provide many functions such as catharsis, ethical obligation, verbal and non-verbal expression, intent to prevent or turn harm away, opportunity to re-create, identity development, and social or relational cohesion (Cardenas & Cousins, 2010; Legare & Sauza, 2012; Post, 2015). Even mundane rituals have an impact on our wellbeing as noted in neuroscience such as expressing gratitude, activating our reward center; labeling of feelings, reducing amygdala reactivity; and touch or connection, creating a sense of acceptance and inclusion (Korb, 2015). Collectively we are witnessing social isolation and exclusion, not knowing what sense to make of it. The most secular rituals (a kind and acknowledging head nod), celebrations (having a meal over a video conference), and creation of spaces and moments of honor (e.g. four directions prayer or supporting a cause), may work toward building and maintaining healing, wellness, and creating meaning at individual, relational, and communal levels. Family therapists Imber-Black & Roberts (1998) explain and provide more ways to incorporate intentional ritual in daily life in their book “Rituals for Our Times: Celebrating Healing, and Changing Our Lives and Our Relationships.” Maria Elena Salazar’s essay, below, illustrates many of these points.

Here are two links about rituals:

La Hilacha: Words and Memories is a podcast from the History and Literary Arts Program at the National Hispanic Cultural Center in Albuquerque. This episode explores the practice of traditional healing and recipes for healing and is called, "Healing Ourselves: Ancestral Traditions." https://lahilacha1.podbean.com/e/healing-ourselves-ancestral-traditions/.
“The Covid” as I find some of us New Mexicans call it. I guess corona will always be a beer and we are too genteel to call it anything as crude as a “plandemic” or China anything. One life lost is a life lost and mourned (and celebrated) in our culture. The one time in two months I ventured into Albuquerque was to attend a funeral. Non- and covid-related, in this human’s view. Fifteen year old shot in his car, while going for takeout, amidst the pandemic. Of course I had to attend my cousin’s son’s funeral. A hundred people were there an hour early, as was I, hoping the funeral home would let us pay our respects to his mother before the crowd and social distancing business. But I digress. You might better know me as Dr. Salazar or Maria Elena (ME), but three of my roommates call me mama. La Mama is also my tech name as maintained in my car, phone, Amazon account, etc., by my personal tech support, aka my twelve year old daughter Estela.

My chosen profession has granted me summer breaks at home with my three children, Lilia, Estela and Roman. Much of that time I was working on advanced degrees, and sometimes working from home. More than a decade later, the four of us know the drill. When the quarantine hit in March, we reverted to this routine, but added in more schoolwork. I compiled tips from our summer breaks and from the spring 2020 quarantine to assist other families. Take the below tips from La Mama’s perspective with a grain of salt. Norms to surviving (and maybe even doing a little thriving?) the 2020 summer in NM, according to ME:

1. **Familism. How to navigate family.**

New Mexicans are known for familism, or placing high value on maintaining familial relationships. Quarantine makes choosing who to be around, when and how long, complicated. Rule number one is to choose family members that are essential to your immediate household’s well-being. Sometimes they will choose themselves, like my neighbor Quino (more below) and my parents did. Despite their own pre-existing conditions and ages, my parents welcome their children, grandchildren, and any other pleasant human being into their homes despite day, year, time, mood, and pandemic. My dad helps all three of my children with their math homework; this automatically includes my parents in our quarantine circle. In fact necessitates it. Who’s smarter than a fifth grader? Not Dr. Salazar. Grandpa Salazar is also a “Grandchild Whisperer.” He can calm down any irate teen and make the crankiest baby smile. Therefore any day of any given
year, a cruise to my parents’ house to eat cheese and crackers and to chit chat (and to leave a child or three for a few hours or days) is warranted.

Of course, as a Norteña, almost the entire world is considered family. (Northern New Mexico as the center of the universe? Discuss amongst yourselves.) Quino has been retired for like 30 years, and rarely leaves our neighborhood. On his twice-daily Polarus drives to the mailbox and the ditch gate, he likes to stop by our house to ask if anyone wants to go for a ride. I also consider my friends Fatima and Victoria essential to my quarantine circle. I have walked in the mountains and sat parallel on a large porch with my friends. I think rural people like myself especially rely on social interaction for wellbeing. Laughter is the best medicine. Here again it is important to practice good judgment, then decide outdoor or indoor, masks, length of visit, etc.

I also find it important to feel confident in these individuals’ hygiene. Do they go out with masks? Do they clean their home often? Tip: If you are comfortable with asking these individuals these questions, and if they are receptive to answering them without (too much) hostility, they are probably practicing good quarantine. Note: I have an ally in my parents’ house. My nephew came to visit my parents for spring break and never left after his Texas high school closed. He ensures grandpa wears his mask when he goes to Lowe’s and grandma is using Clorox when she wipes down the coffeetable.

In short, I use the any given day rule to gauge my quarantine circle. Who would you be visiting and who would be visiting you on any given day of the year? That might help you decide who to include in your circle. If some family members take offense to your not visiting or allowing them to visit, then they need to revisit their own familism, in my own opinion.

2. How to be groomed.

As New Mexicans, we pride ourselves on groomed appearances. This can be evidenced in even the lowest socio-economic status communities, where children are regularly brought to school dressed to the nines. I grieved the loss of flaunting my spring wardrobe in April, hesitantly putting away capris and camisoles that would not be worn (They shall rise again!). I was always a spa addict, soaking in hot springs and getting massages since a young child. I was not “spoiled,” mind you, but rather exercising my New Mexicanismo of engaging with the natural world. My scoliosis also needs frequent attention. During this time I have increased my online retail therapy, spending much on “spa” products, such as a face roller (why did I not discover this one before? $10 at Walgreens!), body scrubs, and bath salts. Now, I am still eager to see my sobadora and soak in Truth or Consequences, but homemade treatments like brown sugar and honey scrubs will keep me satiated until that time comes.

Further along the lines of physical appearance, I find it helpful to “clean up” once in a while. I have only done this myself a handful of times since early March, and it was a drag to do.

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1 Northern New Mexico woman.
2 Where the water for community ditches is released.
3 Socio-economic status
4 Masseuse who practices holistic treatment, such as praying after the massage.
Ordinarily I do not enjoy applying makeup and all that routine, so at this time I really need incentive to throw on a nice shirt. (Here again online retail therapy may come in handy. A new blouse from an end-of-season sale can inspire you to blow dry your hair.)

Now I do mention shopping, but this causes us to pause on the New Mexican experience of Cambalache⁵. For instance, my daughters and I increased our wardrobes a few weeks back after my niece gave us two bags of clothes. But I digress. Now and again take the time to style your hair and throw on an outfit that makes you feel good. I went with my husband to his office in Santa Fe once, and the experience propelled me to take a selfie (a rarity for me). Another tip is to get or make a mask that reflects your personal style. New Mexico has a strong artistic heritage; use it to inspire your homemade mask.

Summers are mostly casual attire in my house. I say follow NM child-rearing practices and let the children run around in diapers and undershirts. You’re a New Mexican if you have a baby picture of yourself with watermelon juice drying on your bare chest, arms and legs.

3. **Rethink local and indigenous diets.**

As a New Mexican, I pride myself on our indigenous diet. The three sisters (corns, beans and squash) sustained our ancestors. Bean juice was in our baby bottles and cast iron pans were the norm. I grew up in a pesticide-free orchard, so organic has always been my reality. I have apple, pear, cherry, peach and apricot trees in my own yard, and we usually have a garden. I think I love to eat fresh peas because my mom craved them when she was pregnant with my sisters and me. My dad planted a field of them then and since. As I ahem, age, I appreciate my local cuisine more. I like to think my heart is strong from many decades of eating chile, and beets from my neighbor’s garden stave off my lifelong battle with anemia. Lest we forget tomatoes are indigenous to the Americas? So, before you emotionally eat whatever is in a box in the cabinet, see what is fresh at your local community and farmers’ markets. I’m currently enjoying sunflower sprouts, golden and red beets, and spinach. Verdulagas⁶, anyone? Side note here: Rethink what you throw away. This May, I learned how to cook beet leaves.

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⁵ Translated as junkshop. An Hispano practice of gathering items no longer used and exchanging them with other community members.

⁶ Purslane. This succulent grows naturally and abundantly in many parts of New Mexico.
That said, even nutritionists will tell you to splurge once in a while. I recommend sopaipillas and Sonic. I recently enjoyed a chocolate sundae with nuts...

MAMA TIP! Invest in a freezer. I did many years ago, largely to store my husband Lucas’s deer, elk and beef (his family hunts, and his dad is a cattleman). Lucas often recalls his grandparents’ second refrigerator, where extra New Mexican staples, such as chicos, were stored. Many years ago, I started cooking in bulk (my familism prepared me for this, lol), and then freezing at least half. On Saturdays, I’ll sauté the tomatoes my neighbor gave me, then freeze the sauce in one pound containers. I find almost anything (not mashed potatoes) can be frozen.

Another mama tip: Cook your beans low and slow, and only with salt. Other New Mexicans add flour, pork cuts and other items to their beans, but my beans include three ingredients: pinto beans, salt and water. If you cook them low and slow, and stir once in a while, you will have creamy, soft beans any New Mexican will love. If your children are young, you can also swap pinto for great northern and other bean varieties. But once your children are older they will know you are not feeding them their pintos, and mentally their frito pie will be compromised. Your children may prefer their meals deconstructed, as mine do. I find they are more prone to eat their vegetables and meals if they are served this way. If you need alone time, it is a good idea to do your baking in the middle of a June day. I am comfortable at 85˚, but the rest of my roommates take to the trampoline very quickly. Younger children can be harder to dislodge from your leg. Preschoolers, then, can put away silverware (sort out the knives first) and wipe down cabinets. From this mama’s perspective, children can and should contribute to household chores. Start them young, why not? If that teenager refuses to dislodge, then give them this choice, “You can stay inside and work or go outside.” Enjoy that alone time.

4. Be a good neighbor.

My closest neighbors are in their seventies and eighties. After 13 years sandwiched between them we have developed understandings. Keep it quiet during the week, and share your gardens, your elbow grease, and your desserts. Early in this shutdown my neighbor Isabel called me around noon saying, “Maria Elena, don’t make dinner. I’m making you a shepherd’s pie, Linda.” It was an amazing gift to be able to take the rare afternoon nap. My advice is to support your neighbors during this time. If you do not know yours, perhaps it is a good time to meet them. Offer to grocery shop for the

*Beautiful. A term of endearment in New Mexico.*
elderly, help clean the yard of a family with a newborn baby, or otherwise pay it forward with those around you.

Similarly, find ways to be a good neighbor in your larger community. La Mama is now a Rosie Respirator. I am making masks for my county’s employees and elderly.

5. **Breathe in the fourth largest state.**

Mandatory to every summer day in my house is recess. I am an early childhood educator, and our practice includes attending to physical well-being. More outdoor and movement time equals a good thing. When I feel the children have sat around too long, or perhaps are too loud, I tell them to “take a recess.” They know what this means. Go outside, now. I instituted recess during quarantine and it has been a success! Although I have gained at least ten pounds myself, Lilia, Estela and Roman are looking pretty lean. Running laps around the property line, riding their bikes, lifting weights, and even mowing the lawn (usually daddy’s job). Mama’s kids are looking good!

Typically on a summer day, I work until noon, make lunch, then take my children to play with the kittens at the local humane society, to sit in an air conditioned bookstore, or for a swim in the lake. Our options at this time have been greatly reduced, but they still exist. Get to your nearest river, lake, stream, acequia\(^8\). Appreciate that your yard, town or whatever is still outlined by the aqueduct and terracing practices of our ancestors, who made living in our desert climate possible. Look up! Appreciate our New Mexico skies! Look at your local mountains. Walk in your area’s mountains. We are blessed to live in a state that offers many outdoor recreational

\(^8\) Ditch.
opportunities. Whatever you decide to do outside, just remember to do it. Remember to take a recess.

6. **Be New Mexico True. Exercise patience.**

Our New Mexico culture gets criticized as lax and experiencing “Mañana Syndrome.” However, there is something to be said about patience. A Norteno will not honk at you if you fail to immediately accelerate when a street light changes. Practice patience with our restaurant workers and everyone else visibly working during this time. Don’t verbally abuse the cashier anywhere. A true New Mexican says hello and thank you, and is understanding of the human plight. Yes, this germaphobe (side effect of years in early childhood education?) must take many, many deep breaths before leaving the house. But I tell myself to practice New Mexico values of live and let live. Call us last in education, income level, and all those statistics associated with highly-minoritized populations. But call us first in humanity. We will survive/thrive this pandemic because we respect ourselves and others enough to maintain civility (Thank you to all of you who have endured me during this time, BTW.).

Welcome an outsider. Now I personally have voiced my concerns about all the non-local traffic during these stay at home orders. But traditionally New Mexicans are known for our hospitality. We have welcomed every Georgia O’Keefe, Jack Nicholson and cross-country traveler. So instead of expressing aggression towards everyone without a land of enchantment license plate or those that refuse to wear a mask, let us practice our own New Mexico good manners and hygiene. Thank goodness for being a New Mexican! We have the right to live our truths and let others live theirs.

7. **Break the rules.**

I realize this list is untidy, with an uneven number of items that triggers my OCD. But it does adhere to early childhood education guidelines of ten norms or less! So #7, very important. Take a break from your routine once in a while. Lilia, Estela and Roman’s last day of school would have been field day, filled with hugs and hot dogs. Not so this year. To give them a little treat (They earned it. Eight weeks of self-guided learning.) we all stayed up until 2:00 a.m.

I cook most meals at home. Fridays we have happy hour. Everyone gets a treat and we get takeout. Even as tweens and teenagers my

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9 A “do it tomorrow” mentality.
children look forward to Friday afternoon. Happy hour was observed during March, April and May, and will continue into June like it does every year. Add treats into your life.

That is my succinctish list of tips to summers at home with children. Perhaps you will hear my July tips next month. Until then, remember that we are ChiCANos not ChiCAN'Tos! Whether this is your first or your fifteenth summer at home, La Mama believes in you.

The New Mexico 19:
Celebrations are ways that we connect and commemorate. Often celebrations are rituals, events performed yearly (annual holidays such as birthdays and anniversaries), weekly (attending a religious service or weekly large family gatherings), and even daily (family dinner or story time). During this time of physical distancing the celebrations and rituals are needed more than ever to bring nostalgia and a sense of predictability and comfort to the consistent unknowns. Celebrations boost well-being, and thus, at such a time as this, everything big and small could be celebrated and enjoyed! This New Mexico 19 List is all about celebrating occasions during COVID-19 restrictions:

1. Celebrate everything! This Psychology Today post shares this idea and gives insights into how to celebrate the little moments in our lives: 

2. Mi Padrino has “five fun ways to have a quince”:
   https://mipadrino.com/5-fun-ways-to-have-a-quince-during-coronavirus/

3. “Throwing candy at the computer”: Celebrating your bat mitzvah in the time of coronavirus:

Food, Food, and More Food!

4. I am New Mexico has tons of recipes you can use in a celebration:
   https://iamnm.com/category/recipes/

5. “Explore New Mexico from your kitchen”:
   https://www.newmexico.org/things-to-do/cuisine/recipes/

6. Visit Albuquerque has lots of recipes to try:
   https://www.visitalbuquerque.org/restaurants/recipes/

7. Here’s a moving essay from Jennifer Fliss, who is cooking through her grandmother’s recipes during stay-at-home:
Independence Day on the Fourth of July (If you can wait! These would work anytime.)

8. Backyard Party Games for the Fourth of July

9. Kids’ activities for the Fourth of July
   https://www.playdoughtoplato.com/4th-of-july-activities/

10. More Kids’ activities for the Fourth of July

11. Even more Kids’ activities for the Fourth of July
    https://redtri.com/no-fire-required-10-easy-fourth-of-july-crafts/slide/6

12. Foods and Crafts for the Fourth of July
    https://www.education.com/activity/fourth-of-july/

13. Backyard games for the Fourth of July
    https://www.realsimple.com/holidays-entertaining/holidays/more-holidays/4th-of-july-games

For birthdays:


For Those in the Helping Professions:
The New Mexico Out-of-School Time Network is offering training for those who are or wish to be leaders of after-school or summer-time programs for youth:

New Mexico Evaluators is committed to social justice and offers resources and events via https://nmeval.org/. For example, they’re advertising a free national workshop on June 24th called “How Not To Use Data Like A Racist”.

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The Bookshelf -- References and Other Resources
Things the WASH NM Team has read or seen that you might want to examine more closely

New Mexico First is sharing many good NM-specific resources via its weekly newsletter. You can see examples and sign up at http://nmfirst.org/newsletters.


Coming up Next:
Relationships on July 1 -- Social distancing and stay-at-home orders have stretched all of our relationships in one way or another. From our life partner, to our children and our parents, to the brief interaction with the grocery clerk, all of our relationships work differently now.

About WASH NM:
The faculty and students of the Department of Individual, Family and Community Education in the College of Education and Human Sciences at the University of New Mexico would like to offer to all New Mexicans thoughts, ideas, and resources from ourselves and our areas of study and work -- counseling, educational psychology, family & child studies, and nutrition -- to enlighten, soften, and aid the COVID-19-related transitions. We intend to make this offering bi-weekly, each with a theme relevant to our times.

We are exiting the initial phase of the coronavirus effects on our lives, and we are realizing that we face not a pause in our realities to which we will soon spring back but a new reality entirely. We held our breath, put our collective and individual heads down, and gutted it out so far. Now, we face the marathon, not a sprint, of placing ourselves, our children and families, our work selves -- everything -- into this new normal. In these changes, we owe ourselves and those around us opportunities to note and to grieve the losses, big and small, and we also owe it to ourselves and others opportunities to see and seize and solidify the gains. Some of these changes have been good! We’ve (re)discovered simple pleasures like baking, walks, family meals, reading, laughing together. Some of the changes have been among the hardest we’ve
faced. We’re in need of new and better coping skills, and, with tensions running high, we need new and better conflict resolution strategies, too. Even simple interactions aren’t simple these days! With informed reflection and action throughout this time, we can all improve our Wellbeing at School and at Home in New Mexico.

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How to Pick Up the WASH NM:
All issues of WASH NM are available in pdf format at:
http://coehs.unm.edu/departments-programs/ifce/wash-nm.html

An e-mail distribution list (WASH_NM-L) will announce each new issue. You can subscribe to the list by sending a message to listserv@list.unm.edu

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About the Department of Individual, Family and Community Education:
The department houses four diverse, but interconnected, programs that prepare students to address the myriad issues faced by the State of New Mexico. Our faculty members are leaders in their disciplines of Counselor Education, Educational Psychology, Family and Child Studies, and Nutrition; although each of these programs reflect different professional fields and identities, we all have shared values of human development, diversity, and excellence in scholarship and teaching. We offer various Bachelor’s, Master’s, and Doctoral Degrees and a number of programs have achieved national accreditations in their fields, a true marker of success and innovation.
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