

HORIZONS NEWSLETTER

Bimonthly Newsletter



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Vado/Del Cerro Community Projects

During our last community meeting in September, the Vado/Del Cerro community made significant strides to start on community projects. In this past community meeting, the residents of Vado and Del Cerro voted for prioritizing the tasks and which ones they wanted to tackle first. The residents of the community were energized and ready to work together to improve their beloved community.

Three community-funded projects were chosen. Two of the projects revolve around street repairs to Calle Moro and Calle Presa. The other project is installing street lights to Ward St. and Cebolla Ln. So far 12 families have committed to giving monetary support toward the street repairs. This project is in stage 3 out of 5 of completion and is currently working on collecting money to fund the project.

On the to-do list for the street lights is completing and submitting paperwork to transform the community into an entity so that they can create an account at El Paso Electric. As of now, 14 community members have expressed their commitment to offering their monetary support toward the cost of the street lights.



Cesar Escamilla talking to the community members in Vado & Del Cerro



Vado/Del Cerro community members in the process of voting for their projects



Sunland Park Coalition Updates

The Sunland Park Coalition turned one in September! It has been a fantastic year for the coalition. When the coalition started, there were only three organizations and a handful of city reps. There are currently 20 active organizations mixed in with government entities, educational entities, and community members.

The coalition has helped create connections for residents and organizations across Sunland Park and beyond. Organizations like GISD SRCL and Amador Health Center can directly give updates and the essential information to the community and partner with entities like it.

Empowerment Congress would like to thank all who have joined the coalition and have built it to what it is today. We would also like to thank our Community Organizer, Cesar Escamilla, for playing a pivotal role in creating and sustaining the coalition.

Sunland Park Community Meeting

The first community meeting of Sunland Park was held early this month. Sunland Park residents joined at the Elena Memorial Park. This was a way to open up to the community and encourage them to express their ideas and concerns. There was a turnout of 30 people. Our community coordinator Yomara Rios-Laurenzana did an amazing job leading the meeting.

There were two main goals for this meeting. One was for the community to understand the dynamics of community organizing and leadership development and how anything they want to accomplish would be under their own effort with collaboration, guidance, and training from EC and support of other organizations. The second was for the community to share with EC and most importantly with each other their needs and necessities in the community of Sunland Park. We also gave out resources from the Sunland Park Coalition's organizations for events, financial aid, and more.

With the hard work of the EC team and community coordinators, we were able to meet these goals, and with continued work and support, the community of Sunland Park can thrive.



Community Coordinator Yomara talking to a Sunland Park resident at the community meeting



Testimonies given at Redistricting Committee Meeting

Citizens Redistricting Committee Meeting

Empowerment Congress was able to participate in the Citizens Redistricting Committee Meeting. The meeting was held on October 4 at NMSU's Corbett Student Center. The committee is tasked with developing and proposing ideas for district maps for New Mexico's Congressional delegation, New Mexico State Senate, New Mexico House of Representatives, and the Public Education Commission. Empowerment Congress was asked to show its support of CCP's maps and invite residents to give testimonies.

Our Promotoras de Salud and some employees were able to come to the meeting and give public testimonies supporting CCP's maps. These map designs would give colonia communities more power to decide what is suitable for their community. It would always open more opportunities for a more diverse representation of the people.





Doña Ana Broadband Survey

"The Doña Ana Broadband is a public-private regional partnership formed to collaboratively develop and implement a plan to increase access to affordable, efficient broadband, especially in Doña Ana County's underserved communities."

If you live in Doña Ana County, take this 8-minute survey! The survey will help collect important data to develop plans to bring reliable and affordable internet. Help keep Doña Ana County connected!

Survey link: <https://www.donaanabroadband.com/>

You can call Empowerment Congress for assistance filling out the survey at [575-268-3377](tel:575-268-3377).

New Promotoras de Salud Project

Currently, Empowerment Congress has been working on a new Promotora program. We have been creating our program to hire, recruit, and train Promotoras for various community projects. The EC team is excited about this new project. It looks forward to all the new possibilities the Promotoras could mean for Empowerment Congress and the colonias.

The Promotoras will be working on the Doña Ana Broadband Survey work. They will be going about the colonia communities and informing people about the survey. They will also be available to help residents fill out the survey in person and over the phone.

We wish the Promotoras luck on this new project and look forward to what lies ahead.

If you need help filling out the broadband survey call our Promotoras at [575-268-3377](tel:575-268-3377).





World Diabetes Day 2021



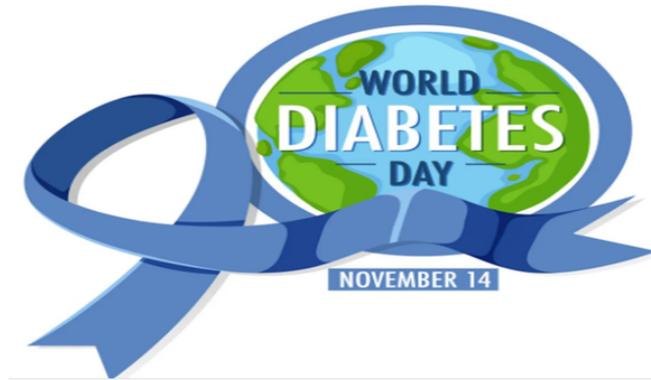
Currently, there are 463 million adults (1-in-11) living with diabetes. The number of people living with diabetes is expected to rise to 578 million by 2030. Dona Ana County has a Diabetes prevalence of 11% ranging from 11% in las Cruces to 15% in the Border Colonias, e.g., Salem, NM.

Since 1991 the International Diabetes Federation (IDF) and the World Health Organization designated November 14 as World Diabetes Day (WDD) in response to increases in diabetes cases worldwide. November 14 was selected the date because it marks the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1921. The discovery brought both Toronto doctors a Nobel Prize in 1923.

Before the discovery of insulin, diabetes was a fatal condition. The only treatments available were fasting and calorie-restricted diets (often called a “starving diet”). Nothing was effective in maintaining adequate blood glucose levels and keeping people with a severe form of diabetes (today known as type 1 diabetes) alive for more than a few months. Patients died of starvation because of their body’s inability to produce insulin.

On January 23, 1923, Banting and Best were awarded the American patents for insulin, which they sold to the University of Toronto for \$1 each. Banting notably said: “Insulin does not belong to me. It belongs to the world.” His desire was for everyone who needed access to it to have it.



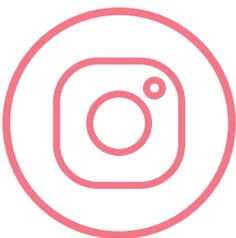


WDD is the world's most extensive diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to the importance of diabetes prevention and self-management and keeps diabetes firmly in the public and political spotlight.

The campaign is represented by a blue circle logo that represents the unity of the global diabetes community in response to the diabetes epidemic. For more information, visit www.worlddiabetesday.org and remember to please wear blue this November 14 to show support to the persons living with diabetes. If you are a male and have diabetes, you can receive free classes via zoom by registering to the Diabetes Garage

www.diabetes.garage.org, a diabetes self-management program designed especially for men, uses automobile analogies to explain diabetes.

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