Freedom and responsibility are mutual and inseparable; we can ensure enjoyment of the one only by exercising the other. Freedom for all of us depends on responsibility by each of us. To secure and expand our liberties, therefore, we accept these responsibilities as individual members of a free society. Preamble, Bill of Responsibilities. Freedoms Foundation at Valley Forge.
Rights, Responsibilities and COVID-19

Our democracy has always required a balancing act between protecting our rights and exercising our responsibilities. This is especially true when we confront crises like the COVID-19 pandemic. Freedoms Foundation at Valley Forge, founded in 1949 with the support of former President Dwight Eisenhower, strives to educate about American rights and responsibilities, honor acts of civic virtue, and challenge all to serve a cause greater than themselves. The Foundation’s texts include the Declaration of Independence, the Constitution, the Bill of Rights, and their own Bill of Responsibilities, which include:

- To be fully responsible for our own actions and for the consequences of those actions.
- To respect the rights and beliefs of others.
- To give sympathy, understanding, and help to others, as we hope others will help us when we are in need.
- To respect and obey the laws.
- To participate constructively in the nation’s political life.
- To respect the rights and to meet the responsibilities on which our liberty rests and our democracy depends. This is the essence of freedom. Maintaining it requires our common effort, all together and each individually.
Clearly the COVID-19 pandemic is one such crisis that requires our best efforts, individually and collectively. The progress New Mexico has been making to stop the spread of the virus and to safely open our schools, businesses and community life is now endangered by a renewed spike of infections.

On October 9th, NM reported 485 new cases, a new high surpassing the previous record of 455 in late July. A little less than a month ago, the state had its lowest average, 88 cases.

On October 8th, Governor Lujan Grisham reminded New Mexicans of our civic responsibilities to protect ourselves and each other and to reverse the spread of the COVID-19 virus in New Mexico. The current public health order calls for all in New Mexico to remain home except for outings essential for health, safety and
welfare. If you must leave home, gatherings of more than five people remain prohibited and 6 feet of physical distance from others must be maintained. Masks are required in public spaces, except when eating or drinking.

The public health order is due to expire on October 16th, but only if the COVID infection trend is reversed. For more information on COVID-19 developments and resources, visit SHARE New Mexico’s COVID-19 page.

The COVID-19 crisis has elevated the importance and impact of neighbors helping neighbors. Drawing upon their intimate knowledge of their communities, expanding upon existing relationships, these groups can move quickly and effectively to link people who need help with those who can provide it.

There are many examples from New Mexico communities that can serve as guides. Here are just a few. Please share information about efforts in your
McKinley Mutual Aid delivers food boxes, water, cleaning supplies, and personal hygiene products to many communities of McKinley County including the Sovereign Indigenous Nations of the Navajo (Diné) & Zuni (Ashiwi) peoples, as well as those neighboring communities that share resources, relatives and lived communal experiences.

Cruces Contigo, a program of Doña Ana Communities United, is helping combat isolation and loneliness by pairing residents who check in on each other a few times per week, by text, email, video call or phone call.

Albuquerque Mutual Aid is a youth-led community coalition that is looking out for neighbors by delivering care packages to those in need. Visit the website to request or offer services, in English or Spanish.

Santa Fe Mutual Aid is a network of community support and organization for resource sharing, information dissemination, and resilience-building during COVID-19 and beyond. Forms in Spanish and English are available online to request or offer support.

Roanhorse Consulting (RCLLC) has developed a listing of resources for Native Communities, including direct service and grassroots organizations that are working with and for Native communities in their own areas.
Support New Mexico Media

Now more than ever, we need the media. And they, in return, they need our support. Here are some ways to support our media.

- **Subscribe!** Many outlets are offering online subscriptions for introductory rates of $5/month for 3 months. Help them survive these next 3 months by signing up. [Click here](#) for subscription & donation links from outlets around the state and see below for more ways to help.

- **Consider buying an annual membership.** This is a great option if you’re already subscribing to an outlet or your subscription is about to expire.

- **Become a monthly contributor.** Again, $5/month for next few months can go a long way in keeping outlets up and running.

- **Gift a subscription.** Consider subscribing for someone else - especially if they live outside Albuquerque/Santa Fe.

- **Make a one-time donation.** Have an extra $5? Reporters need to eat too! In many rural communities, like the one I grew up in, radio is the only media left, so please consider making a one-time or monthly donation to non-print outlets as well.

- **Give ‘em a like.** While you’re subscribing and donating, be sure to like/follow your favorite outlet on social media to stay connected.

Jake McCook of McCook Strategies produced this content. Jake can be reached at [https://www.mccookstrategies.com/contact](https://www.mccookstrategies.com/contact). Read more.
You Count! If you haven’t completed the Census yet, it’s not too late. You can still do your part in making sure that New Mexico receives our fair share of federal resources based on our contributions. Here are quick and easy directions to follow. Do you have a friend, neighbor, or loved one that might have skipped mailings to complete the Census, reach out and offer to help them navigate the on-line forms. Make the people that count to you count for all of us!
Why I Vote. My name is Julian Cardenas, and I am a freshman Emergency Medical Services and Psychology student at the University of New Mexico in Albuquerque [and] a Registered Emergency Medical Technician and Lifeguard. From a young age, I have felt troubled by the rhetoric, history, and ideology of the two mainstream political parties in the United States.…

Nonetheless, I VOTE! I vote because my little brother and sister are not yet old enough to do so themselves. I vote for my patients I've transported in the ambulance who can no longer vote. I vote for all the Americans who, for whatever reason, cannot vote for themselves. I believe that while it is a beautiful right to hire and fire our representatives in government as we see fit, it is also a duty and responsibility… I believe it is of the utmost importance that we all educate ourselves on the candidate's policies, history, competence, and temperament. Then, we should vote for the individual who we believe will best serve and represent our values, our families, our safety, and our communities.

Read Julian’s statement in full. Tell us why you vote: info@nmfirst.org.
Exercise your right and responsibility to vote. Make a plan.

- **Make sure you are registered to vote.** You can look up your voter registration record and verify that your information is correct using NM’s [Voter Information Portal](#). Register in person by **October 31st**.

- **Decide how and when you will vote.** Request an absentee ballot by October 20th and return it by November 3rd, 7:00 PM. Vote early from October 17th-October 31st. Check with your [local elections office](#) for times and places. Vote on election day: Tuesday, November 3rd. [Locate your polling place](#).

- **Learn about the candidates and issues.** The [League of Women Voters](#) has posted their online Voter Guide, [Vote411](#), with information on all New Mexico elections.

- **Be healthy and safe.** Find tips on how to cast your vote and protect your health, including accessibility options for voters with handicaps.

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**NM Farm and Livestock Bureau Hosts Candidate Forums 2020**

The New Mexico Farm and Livestock Bureau with other NM agricultural organizations, has been hosting candidate forums to inform New Mexican voters. Forums are focused on topics of interest vital to rural and agricultural communities. The forums have heard from US Senate candidates Ben Ray Lujan, Bob Walsh and Mark Ronchetti, and US House candidates Alexis Johnson, Michelle Garcia Holmes, and Yvette Herrell. If you missed the forums, you can access the recordings [here](#). The last forum will be hosted this Wednesday, **October 14th at 6:00 pm** featuring Xochitl Torres Small You can attend the meeting by [clicking here](#). NM Farm and Livestock Bureau does not endorse candidates and invited all candidates to participate.
Farm Aid. New Mexico farmers impacted by COVID 19 can now apply for a second round of relief payments. The USDA is now accepting applications for a second, more inclusive round of aid from agricultural producers who continue to face hardship because of the pandemic. The Coronavirus Food Assistance Program or CFAP-2 will include a broader range of agricultural producers including specialty crops, aquaculture, nursery crops and floriculture. The payments will be based on producers’ 2019 sales. Apply for CFAP-2 or get more information. A general fact sheet can be found here. Applications will be accepted through December 11, 2020.

Childcare Assistance. If you're searching for a job, studying online, teleworking, or enrolled in a graduate or post-graduate program, you may now qualify for Child Care Assistance. Income eligibility is up to 200% of the federal poverty level. To enroll visit nmeecd.org and click "Am I eligible?" or call 1-800-691-9067

Tip on Civic Engagement

Throughout time philosophers, political and religious leaders, activists, advocates, playwrights, poets, novelists, historians, painters, musicians, and others have raised questions and proposed responses about what it means to live in a community and have rights and obligations.
Sometimes this “discourse” is taking place in the composition of a painting, sometimes a prayer, and sometime a treatise. We are explicitly asked or inspired to consider what our relationships, rights, and responsibilities are with our self, our family, our community, state, nation, and the world. How we answer these questions are a function of our place, culture, laws, lived experiences, access to power and participation.

For many, the pandemic has raised fundamental questions, perhaps too long dormant, about how we want to live our lives with and among others. Social distancing and thoughtful choices about who, how, and when to connect in our personal and political lives have invited consideration of personal and social obligations. People are weighing personal risks and risks to others and the weaving together or tearing apart of our social fabric. Perspectives about the seriousness of the pandemic and the acceptable levels of health risks and economic risks have brought some people together and polarized others.

It’s essential in this time to seek out connection with information, resources, and people who challenge our way of looking at the world and push us to consider our rights and obligations in new ways. In times of change and risk, the apparent safety of like mindedness may be a bigger threat than we think. Only seeking out information that proves our own point is a terrible trade-off, and we risk missing ideas and strategies worthy of consideration. During hard times, anything that lifts up our ability to respect, care for, and protect ourselves and each other hold merit and speaks to a good faith effort to live together in as honorable a way as possible.

This section is authored by Lilly Irvin-Vitela, President and Executive Director of New Mexico First. She invites you to connect! Email her at lilly@nmfirst.org.
Our Mission. Our Values.

Our Mission
To be a catalyst for positive change by engaging citizens in policy and enabling action.

Our Core Values
- Meaningfully engaging New Mexicans in public policy;
- Striving for and respecting consensus;
- Pursuing and respecting diverse points of views;
- Ensuring inclusion and transparency;
- Rising above partisan politics;
- Changing policy to improve people's lives;
- Creating an informed citizenry that is powerfully motivated;
- Reaching out statewide including rural and tribal communities;
- Partnering with others;
- Promoting civility and Democracy at its best!

Donate to New Mexico First

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