



NYGREN NEWS

NEW

Grandma and Grandpa's Christmas Errand

Amásání dóó Acheii Késhmish Yiniyé Deezh'ááh



Amasání dóó acheii nidiit'ááh késhmish yiniyé hasht'e' ádidoolníł nizingo. Kintahdi naalyéhé bá hooghangóó doo'ash nizin, ch'iyaan al'aa' ádaat'é bíł da'doodíłł biniyé deezh'áázh. Bitsóiké nidił't'é ákóó síké, ashkii yázhí áyoo ha'idées'íł' náana at'éeyázhí ayoo áká'análwo', háágóshíł' 'iists'áá' bikáá' adání yich'í' dasikéego.

Grandma and Grandpa woke up with a plan for their Christmas preparations. They needed to get to town for ingredients for a warm holiday dinner. Their two grandkids - a curious boy and a helpful girl - listened from the table.

"Áłtsé yiskáago índá," ní amásání bíł hózhóogo. Acheii t'óó áadéé' déez'íł', "Yiskáago t'óó ahojiyí dooleel, dóó łahgóó naalyéhé báhooghan da'deeskaal dooleel. Níléí ąhni'iníłłdi deesháál nisin bíł'éé díłłj."

"Let's wait until tomorrow," Grandpa said cheerfully. Grandpa frowned. "Tomorrow will be crowded, and most stores will be closed. And I wanted to stop by the trading post today."

"Yiskáago shideezhí kintahdi naagháa dooleel," amásání ánáadí' ní. "Késhmish daadą bíł ádadiilníł."

"My sister will be in town tomorrow," Grandma added. "We could meet her for a Christmas lunch."

Acheii t'óó adił haadzol. "Sháá hanii t'óó naalyéhé t'éi biniyé nih." "Díłłj dóó yiskáago ákóó tádiit'áázh nidi bíłghah," ní amásání t'óó dlodilchíigo. Acheii dééh sizíłłgo yidłłogo sidá, dibé da'dooyíłłj yaa nitsékees. Amásání baa níyá. Áłchíní t'óó bi nél'í hazhóó'igo yidłłhgo, yaa'ákonizin t'áadoo bíł hane'í.

Grandpa sighed. "I thought we were just getting supplies..."

"We can always go today and tomorrow," Grandpa teased. Grandpa sat with warm Navajo Tea, thinking about feeding the sheep. Grandma joined him. The children watched the smile softly, understanding without words.

T'áábí yaa'ákonizíł' késhmish doo ts'idá bá naht'áa da, bíł haghanił ąąh silá, ákoznizin, dóóó áadoo áłts'íisigo haz'ánigi bee íłhózhó.

Together they learned that Christmas isn't about perfect plans, but about family, patience, and finding joy in each simple moment.

By Diné Artist:

Phone:

(928) 326-6964

Email:

marykateharrison7@gmail.com

Address:

Post Office Box 3140

Chinle, Arizona 86503

“

At a very young age I was diagnosed with autism. I grew up viewing the world in a very special way but it did not stop me from growing my passion in being an artist.

Mary-Kate Harrison

Navajo by Peter Thomas

"Every month, I bring you a story in Diné Bizaad. Take time to read & speak Navajo — it's how we keep our language strong." ~ President Nygren



NYGREN, GANADO LEADERSHIP ALIGN ON ROAD, WATER, AND INFRASTRUCTURE PRIORITIES



WINDOW ROCK, Ariz. — Navajo Nation President Buu Nygren met with Ganado Chapter leadership on November 19 to strengthen coordination, address ongoing community needs, and reinforce the importance of empowered, LGA-certified chapters in advancing local projects.

The meeting centered on the immediate priorities shared by Ganado Chapter President Christopher White and Chapter Manager Larry Tsosie. Both leaders outlined key projects that require support, coordination, and funding to meet the needs of their growing community.

Among the priorities discussed were improvements to Ganado's cemetery management, additional support for road maintenance, and the need to move several pending capital projects forward. Leadership emphasized the importance of completing construction-ready projects, addressing longstanding water line extension needs, and resolving challenges related to community facilities. They also noted the need for updated equipment, improved maintenance planning, and stronger inter-departmental coordination to support the chapter's responsibilities.



Ganado officials outlined the importance of revitalizing essential services such as the post office, pursuing funding for chapter heavy equipment, and expanding community infrastructure to keep pace with population demands. They highlighted concerns about aging facilities, gaps in water access, and the need for reliable timelines to bring shovel-ready projects into construction.

President Nygren and the division directors provided clarity on each concern raised, offering direct answers, outlining available pathways, and reassuring Ganado leaders that support is in place. Their responses helped strengthen timelines, identify next steps, and confirm which departments would assist them.

Also in attendance were CDR Lyle Setwyn, Director of the Division of Sanitation Facilities Construction (SFC), and division directors from President Nygren's administration, who all provided updates and put forward the necessary information to move projects ahead.

President Nygren thanked Ganado leadership for presenting clear, solutions-oriented priorities and reaffirmed his commitment to working with chapters to deliver meaningful progress for families today and future generations.





SPECIALIST TERRELL L. ATCITY, U.S. SPACE FORCE HONORED BY PRESIDENT NYGREN

WASHINGTON, D.C. — Earlier this year, Navajo Nation President Dr. Buu Nygren met with Specialist Terrell L. Atcity, one of the first Navajos to enlist directly into the United States Space Force through the Delayed Entry Program.

Enlisting on March 5, 2024, Specialist Atcity now serves in the U.S. Space Force through the Premier Honor Guard and is assigned to the Air Force Honor Guard. He has become proficient in several ceremonial roles—including firing party, pallbearer, colors team, and memorial colors—where he has had the honor of rendering respectful and precise tributes to past and present service members.

Outside of ceremonial duties, he continues to build his military career while pursuing long-term goals in leadership, education, and entrepreneurship. His accomplishments include graduating from the inaugural joint-service Ceremonial Guardsman Technical Training, earning the Top Gun Award, and receiving the Air and Space Achievement Medal.

Raised in Farmington, N.M., Atcity described the transition from his hometown to basic training and then to Washington, D.C., as a major adjustment.

“I realized the world was much bigger than I had thought—even when I thought I was ready,” he said, reflecting on the challenges of leaving home and entering a fast-paced environment.

During their meeting, President Nygren expressed pride in Atcity’s service and recognized his story as one of resilience and inspiration. Their conversation focused on the importance of staying grounded in Navajo teachings, honoring those who came before them, and carrying those lessons forward. President Nygren encouraged Specialist Atcity to remain resilient, maintain hope, and continue carrying himself with strength and integrity.

Looking ahead, Atcity hopes to serve as a role model for future generations. “Don’t forget where you come from,” he advises other Native Americans considering military service. “Being Native American is a privilege, and connecting with your culture while serving far from home helps you remain grounded.”

As one of the first Navajos to directly enlist in the U.S. Space Force, he represents not only his Nation but also helps light the way for future generations of Navajo service members.





PRESIDENT NYGREN SIGNS PARTNERSHIP WITH UNM TO ADVANCE NAVAJO NATION TRANSPORTATION AND DATA INNOVATION

ALBUQUERQUE, N.M. — Navajo Nation President Buu Nygren met with leaders from the University of New Mexico on November 7 to launch a new partnership focused on improving transportation safety, data integration, and community well-being across the Navajo Nation. The collaboration brings together UNM's Earth Data Analysis Center (EDAC) and the Navajo Nation Division of Transportation (Navajo DOT) to modernize how the Nation gathers, analyzes, and shares transportation information.

The agreement will create an interactive online portal that provides real-time updates on roads, bridges, traffic conditions, and safety concerns. This user-friendly system will give Navajo DOT staff, chapter officials, and community members clearer tools to identify high-priority needs, support long-term planning, and improve public engagement around transportation issues.

President Nygren emphasized that the Nation must use innovative technology to address the nearly \$9 billion in road repair needs. He noted that the new platform will increase transparency by displaying live project updates while also helping families, local governments, and emergency responders make informed decisions that affect daily travel and community safety.

UNM officials highlighted their commitment to a long-term partnership that blends scientific expertise with Indigenous knowledge. President Nygren framed the initiative as part of his administration's broader effort to build sovereignty through modern infrastructure, technology, and workforce development. The event concluded with the signing of the partnership agreement, marking a shared commitment to stronger, safer, and more connected Navajo communities.





AMERICAN RED CROSS GENEROUS DONATION BENEFITS NAVAJO FAMILIES

WINDOW ROCK, Ariz. — Navajo Nation President Buu Nygren extends his sincere appreciation to the American Red Cross Executive Board for their generous donation of 50 meal boxes and their continued partnership in supporting families across the Nation. These boxes were paired with frozen turkeys and distributed to the community. Agency Representatives delivered boxes to five domestic violence shelters, individuals experiencing homelessness, and families in genuine need during the holiday season.

This collaboration reflects the shared commitment between the Navajo Nation and the American Red Cross to uplift those facing hardship. Longtime Red Cross volunteers Yolanda Azua, Community Representative with OPVP, and Johannah Barber, Executive Staff Assistant, continue to carry forward a legacy of service rooted in compassion and volunteerism for the Navajo people.

American Red Cross Executive Director Henning Larsen provided updates on expanding equitable emergency services across Northern Arizona to ensure timely support for Navajo communities. Longtime volunteers Rosita Tsosie and Mel Miller shared their years of experience responding to fires, emergencies, and crisis situations throughout the Navajo Nation.

Red Cross leadership and volunteers discussed ongoing and future efforts, including emergency response coordination, food box support, smoke detector installations, and strengthening volunteer teams across the region. They also highlighted the importance of rapid response in rural communities and the value of consistent communication with Navajo leadership.

Deputy Chief of Staff Sharen Sandoval, who represented the Office of the President, emphasized the importance of strong partnerships to ensure the Nation is fully supported in times of emergency.

“When we unify our resources and stay in constant communication, we make sure no Navajo family is overlooked. Partnerships like this help our Nation respond faster, serve better, and uplift those who need support the most,” Sandoval said.

President Nygren expresses his gratitude to the American Red Cross Executive Board for their generosity. Their support will help ensure families and relatives have good food to share and enjoy together this Thanksgiving season.



7TH ANNUAL RED MESA WOOD DRIVE

RED MESA, Utah — The 7th annual Red Mesa Wood Drive brought together community members, including small business owners and organizers on November 15 to deliver thousands of pounds of winter firewood to families and elders across the Utah side of the Nation.

Navajo Nation President Buu Nygren extends his sincere appreciation to Lead Organizer Alec Ferguson, along with Louis Williams, and their dedicated team. Office of the President's Northern Agency Community Reps Gervana and Herman were also on-site supporting this year's effort. The initiative delivered an estimated 40,000 to 45,000 pounds of wood, helping households prepare for the colder months and supporting elders and vulnerable community members who rely on wood stoves as their primary source of heat.

The President thanks all who worked to cut, haul, and distribute wood throughout the Red Mesa Chapter. Their commitment reflects the spirit of service, unity, and care that strengthens communities year after year.

The Red Mesa Wood Drive continues to expand, reinforcing ties with Utah-side communities and demonstrating how grassroots leadership can deliver meaningful, direct support.



Office of the President's Community Reps, Gervana and Herman, work along side organizers, Louis and Alec.



STRENGTHENING THE NAVAJO VOICE IN IHS REALIGNMENT DISCUSSIONS

WINDOW ROCK, Ariz. — Navajo Nation President Buu Nygren met with Navajo Area Indian Health Service (IHS) leadership on November 20 to prepare for the upcoming national Tribal Consultation sessions on the IHS's proposed realignment.

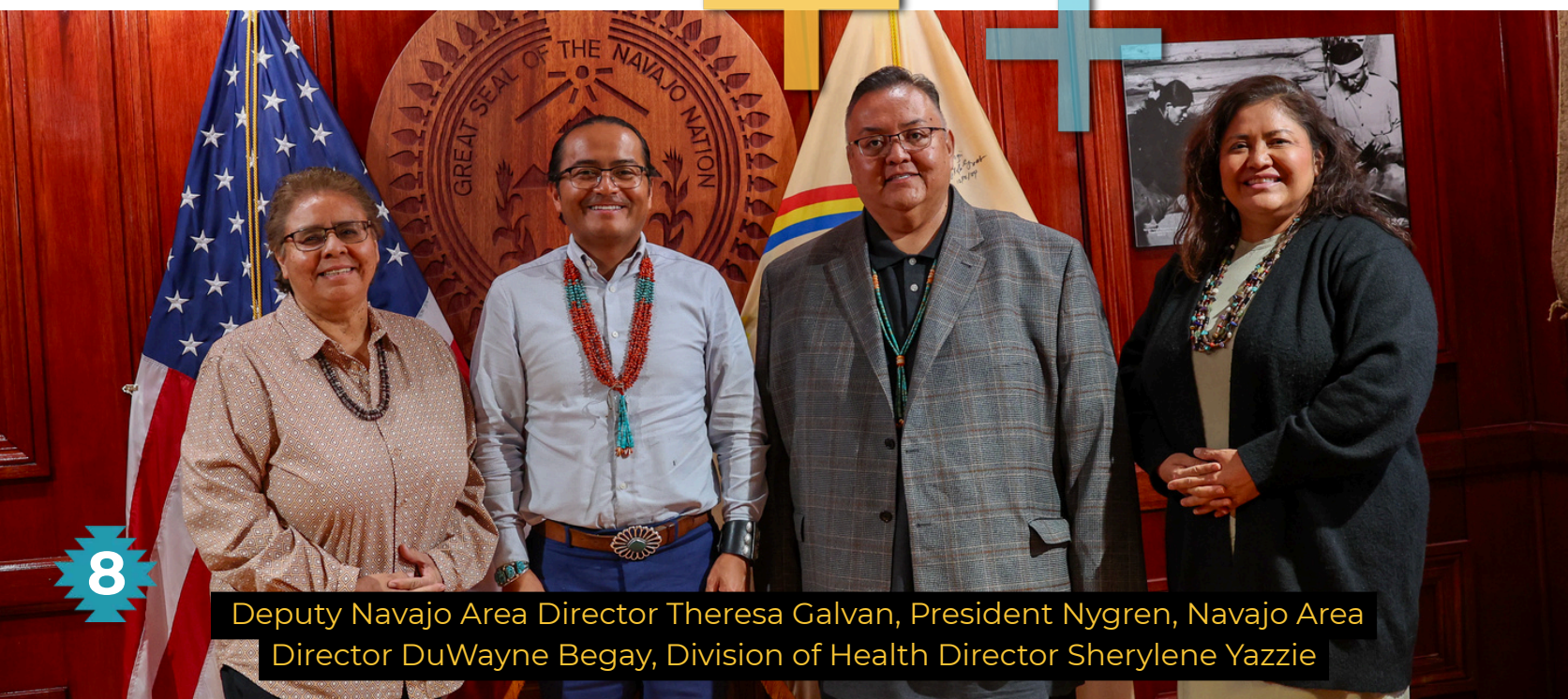
The meeting included Navajo Area Director DuWayne Begay, Deputy Area Director Theresa Galvan, Division of Health Director Sherylene Yazzie, and representatives from the Navajo Office of Management & Budget (OMB).

President Nygren emphasized that the Navajo Nation must be fully present throughout the consultation process, noting the importance of tribal leadership being seated at every session. He committed to attending the next in-person consultation to ensure the Nation's position is clearly represented and that Navajo families remain at the center of federal decision-making. Director Yazzie will coordinate the necessary travel and registration requirements.

Leaders reviewed feedback from tribes in the Phoenix area who shared that additional engagement in their region would have been beneficial. President Nygren noted that this reinforces why consultation must be broad, accessible, and inclusive. He also requested previous consultation notes and directed NNDOH to work with the Navajo Washington Office to prepare a unified written statement outlining the Nation's priorities.

The meeting addressed key issues raised in the Nation's recent formal response, including credentialing, Joint Use Agreements, and the Payor of Last Resort clause. IHS shared updates on the patient home medical care model and the Navajo Area's efforts to reinvest in Community Health Representatives through certification programs supported by Northern Arizona University. Next steps also include strengthening public health nursing and advancing the search for a Chief Medical Officer.

President Nygren reaffirmed that the Navajo Area is a region with the largest population served and stressed the importance of protecting programs that advocate for funding and sustain essential health services. He emphasized that any federal realignment must support not disrupt quality care for Navajo families.



Deputy Navajo Area Director Theresa Galvan, President Nygren, Navajo Area Director DuWayne Begay, Division of Health Director Sherylene Yazzie



CREATING SPACE FOR FAMILIES TO FLOURISH

ROCK SPRINGS, N.M. — Navajo Nation President Buu Nygren handed over the keys and ownership paperwork for a newly completed Community Housing Infrastructure Department (CHID) home on November 19, marking another step forward in strengthening families across the Nation. The project was made possible through Division of Community Development (DCD), American Rescue Plan Act (ARPA) funding, and dedicated community partners.

Standing outside the home, President Nygren reflected on the meaning of the moment.

When Mr. Kyle Dodson, construction manager assisting CHID inspections, presented the certificate of ownership, President Nygren said, “This is exciting because you don’t have to pay for 30 years. You’re getting a key to your home and a certificate that says you own it. That is what is beautiful.”

He noted that while he visits only a few home turnovers each month, the progress across Navajo is far greater. “When we first set out to build 1,000 homes, people said it was impossible. Working with DCD, CHID, hospitals, and schools, the number they are giving me now is close to 2,000 livable units in four years.”

For President Nygren, housing remains central to community strength. Growing up without electricity or water, watching his family patch weak spots in an aging trailer, he said those memories continue to drive his commitment.

“As President, I am always thinking, Let’s get houses out there. Let’s deploy resources. To see this home standing here, it is good medicine.”

Inside, the new homeowner and her children explored their safe, dependable living space, finally stepping into a home with enough room to breathe, grow, and live comfortably. After years of uncertainty, they now have stability, privacy, and a foundation for lasting memories.

President Nygren closed with gratitude for the homeowner, the partners who made the project possible, and the crews delivering homes every week.

“Seeing families embrace their homes, that is what makes my day. I get reports about houses being placed, but I do not get to see the emotion. Today, I get to see hope.”



BUILDING SECURITY, PROGRESS, AND NEW BEGINNINGS IN TUBA CITY

TUBA CITY, Ariz. — The Navajo Nation continues to make strong progress through the ARPA Housing Project, meeting with families in Tuba City on November 18 who recently received newly constructed homes. Each visit is a reminder that behind every home is a story of resilience, sacrifice, and hope.

One mother shared her powerful journey of growing up in multiple homes and later raising eight children in a small trailer. Through health challenges and financial hardship, she pushed ahead, ensuring all her children went on to college.

Her new home represents more than a building; it symbolizes comfort, opportunity, and a foundation her family worked tirelessly to reach. She expressed heartfelt gratitude for the community partners, crews, and organizations who helped make this moment possible.

“When we hand over keys, we are not just giving a house. We are giving families the security they have worked for and a future they can continue to build on,” President Nygren said. “Our people have waited long enough. Every home we deliver is a promise kept and a step toward a stronger Nation.”

The Navajo Nation’s housing efforts remain rooted in the belief that safe, modern homes strengthen families and create lasting opportunity. Through collaboration between chapters, project teams, and supporters, progress continues to rise across the Nation.



New beautiful home

“

“Our people have waited long enough. Every home we deliver is a promise kept and a step toward a stronger Nation.”



New Home Owners



GANADO PRIMARY SCHOOL ANNUAL TURKEY TROT INSPIRES MOVEMENT



GANADO, Ariz.— Navajo Nation President Buu Nygren visited Ganado Primary School on November 19 to support one of the school's most joyful traditions, the Annual Turkey Trot. Held at the Ganado Middle School football and track field, the event brought together Pre-K, first grade, and second grade students for a morning of movement, encouragement, and fun.



Students lined up in their age groups and took turns racing the Turkey Trot course, each run filled with excitement and big smiles. President Nygren joined the children on the track, running alongside the students to cheer them on as they pushed toward the finish line.



Parents were in the stands supporting their children, excited to see them taking part in healthy habits that build confidence and positive routines. For many families, the Turkey Trot has become a highlight of the year, bringing people together for something uplifting and active.

The school exceeded its goal of collecting 35 turkeys, marking the highest number of donations received in the event's history. Frozen turkeys were awarded to the 1st, 2nd, 3rd, and 4th place finishers, adding an extra layer of excitement for the young runners.

Originally inspired by Superintendent Elena Van, a marathon runner who helped establish the districtwide event more than 20 years ago, the Turkey Trot continues to promote wellness and generosity for Ganado's youngest learners.

"Wellness isn't a one day event. It starts in kindergarten and should stay with us for life," President Nygren said. "Our kids watch what we do, and when we choose wellness, they follow. Investing in their health today builds a stronger Navajo Nation tomorrow."

The event was well organized by the school and all involved. It was a meaningful day for students, families, and staff to support a good cause while celebrating movement and wellness.





TUBA CITY CHAPTER DISTRIBUTES HUNDREDS OF COMMUNITY THANKSGIVING MEALS

TUBA CITY — In the spirit of K'é and giving back, Navajo Nation President Buu Nygren joined families, elders, and Tuba City Chapter leadership on November 18 to distribute hundreds of Thanksgiving meals to households in the area.

This celebration was made possible by the dedicated hands of the people who prepared every dish.

From the slow-roasted turkeys to the carefully crafted sides, this event was fueled by the hard work, generosity, and heart of volunteers who spent hours chopping, cooking, stirring, seasoning, serving, and packing meals. Their commitment ensured that elders, families and community members received warm plates filled with real comfort and care.

President Nygren emphasized that the true spirit of Thanksgiving lives in the hands of the people who make these gatherings possible. The volunteers from kitchen crews to servers and organizers showed that when a community works together, no one is left behind.

Tuba City Chapter President Myra Begay was also on hand, helping distribute meals and welcoming families throughout the event. Her presence highlighted the strong local leadership and community-driven spirit that made the day a success.

President Nygren expressed deep gratitude to every person who contributed time, energy, and compassion, whether preparing food, organizing the drive-thru line, handing meals directly to families in their vehicles, or helping keep the flow running smoothly. Their efforts transformed a holiday meal into a powerful act of service and unity.





WINDOW ROCK HIGH SCHOOL DECA OFFICERS SHARE THEIR VISION



WINDOW ROCK, Ariz. — Recognizing the growing role of business leadership, entrepreneurship, and career readiness among Navajo youth, on November 17 President Buu Nygren met with the Window Rock High School DECA officers to hear directly from students shaping the future of the Nation's next generation of leaders.

The meeting brought together DECA officers including President Tazbah Spruham, Vice President Robyn Billison, Secretary Makyle Dan, Historian Alison Lynch, and Apprentice Historian Rhian Hadley, along with their chapter advisor, Mr. Harvey.

DECA—Distributive Education Clubs of America—was founded in 1946 and has since grown into a national nonprofit that prepares high school and college students for careers in marketing, finance, hospitality, and management. Window Rock High School's chapter continues that legacy with major achievements, including participation in international competitions held in Orlando, New York, and Los Angeles.

This year, Window Rock DECA has seen significant growth, expanding by 20 percent to reach 75 active members. The chapter has also strengthened its community involvement through Domestic Violence Awareness events and partnerships with local middle schools.

President Nygren and the DECA officers discussed the importance of strong educators, mentorship, and increasing opportunities for students across the Navajo Nation. Plans for upcoming events and continued community engagement closed out the meeting—underscoring DECA's mission to build confidence, leadership, and career-ready skills in the next generation.





STRENGTH, SCENERY, AND SPIRIT IN MONUMENT VALLEY

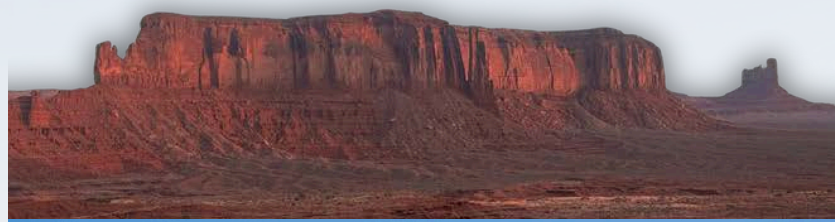
MONUMENT VALLEY, Utah — Navajo Nation President Buu Nygren joined runners from across the country on November 15 to take on one of the most iconic races in the world. President Nygren completed the 13.1-mile course in an impressive time of 2:27, embracing the challenge and beauty of running within the heart of the Monument Valley Navajo Tribal Park.

The course offers a unique test from start to finish. Runners begin with a generous downhill, only to face that same climb on the final stretch, a demanding finish that calls for grit and determination. The half marathon follows a primarily groomed dirt road, giving runners a smooth, scenic route framed by the towering sandstone monuments.

Other distances offer their own challenges. The Wildcat 4-Miler, though the shortest, is packed with deep sand and technical footing. And for marathoners, the course transitions from groomed roads to true backcountry terrain, including steep climbs, rugged sections, and long stretches of sand, a route that requires strength, endurance, and respect for the land.

The Monument Valley Marathon, Half Marathon, and Wildcat 4-Miler are more than just an epic race. They are held in one of the world's great natural wonders and create an atmosphere unlike anywhere else. As the sun breaks over the iconic formations, runners launch into miles of stunning vistas, cheering crowds, and a course that pushes every athlete to rise to the moment.

President Nygren extends his deep appreciation to Navajo YES, the volunteers, the Office of the President staff, veterans, and all runners who made this event meaningful, memorable, and deeply rooted in Diné pride.



Runners in the Half-Marathon



First Lady Jasmine Blackwater-Nygren





DELIVERING TURKEYS TO THE MOST REMOTE AREAS OF THE NAVAJO NATION

NAVAJO NATION - On November 25, President Buu Nygren continued the effort to deliver Thanksgiving support across the Navajo Nation.

Made possible through generous sponsors who provided the turkeys, the second day of distributions expanded even farther into the remote regions of Diné Bikéyah.

President Nygren was instrumental in facilitating the effort, ensuring that OPVP's Community Representatives and several chapters had the coordination needed to hand deliver turkeys to families. Many of these areas are often overlooked or difficult to reach, yet teams traveled long distances on backroads and rugged terrain to ensure families were not forgotten.

Over two days, the team delivered more than 400 turkeys across the Nation — reaching communities from Aneth and Navajo Mountain to Chinle, Shiprock, Ganado, Kayenta, Crownpoint, Tuba City, and Window Rock. Deliveries also supported multiple senior centers and remote homesites, ensuring families across all regions received holiday meals.

Community Representatives shared how meaningful it was to see families in remote areas receive a turkey, noting that love and gratitude were deeply felt during both days of distribution.

"It's my job as Navajo Nation President to help our people the best way I can. What better way than giving families a turkey that shows we see them, we care about them, and we're here to help. The Navajo Nation is vast, but we're going to work tirelessly to reach everyone we can because that's what the Diné people deserve."





Championing Health: Monument Valley Marathon, Half Marathon, & 4-Miler

November 15, 2025.

The Monument Valley Marathon, Half Marathon, and Wildcat 4-Miler took place over the weekend and it was such an amazing experience.

This year, we made a commitment to take better care of ourselves and to be more active and it has rewarded us in ways I never imagined. This was my first half marathon and the longest run I've ever completed. To check this off my bucket list alongside my husband made the moment even more meaningful. I'm also happy to share that I finished in the top three of my age group.

There is nothing quite like running through Monument Valley. Its beauty is powerful and reminds us that our ancestors and our veterans made it possible for us to call this place home. I'm grateful for everyone who helped make this race a success, especially the team at NavajoYES.

It was wonderful seeing so many of you out on the course. Congratulations to everyone who showed up, pushed through, and crossed that finish line.





SUPPORTING LITERACY & CULTURE IN OUR SCHOOLS

I had a wonderful visit with the students of Central Elementary School in Bloomfield, NM, joined by Miss Indigenous San Juan College, Rhianna Carel. Thank you to Save the Children New Mexico for inviting us to read to the Navajo Language students and for the continued work they do to support literacy and math in our schools.

Our visit fell perfectly during Native American Heritage Month. Each student received a Navajo bilingual book to take home, helping them stay connected to our language and stories. Together, we read *Fry Bread: A Native American Family Story* a reminder of our shared history, resilience, and the strength of our people. We ended by sharing our favorite ways to enjoy frybread, not realizing that in doing so, the students were celebrating their culture and identity.



+ Weaving a New Year +

Beginning a rug is a moment of reflection and purpose. Before the first line is woven, we take a moment to pause, breathe, and gather our thoughts. We set an intention for our rug and for its design, its meaning, and the story it will hold. This teaches us something powerful about caring for our minds and preparing for what lies ahead.

The first row woven onto the loom is like the first step we take into a new year. It doesn't have to be perfect, it simply must begin. That first line anchors the entire rug, just as our goals, routines, and mindset form the foundation of our mental wellness. When we start with clarity and purpose, we give ourselves balance and direction.

In weaving, each row builds on the last. Some days the lines come easily; other days require patience and steady hands. Our wellness journey is much the same. We grow through consistency, self-care, and the understanding that progress takes time.

As we get ready to enter a new year, we can take inspiration from our weavers: Set your foundation with intention. Choose colors that reflect joy, strength, and growth. Allow each day to be a single row in a much larger design. Over time, those small efforts come together to create something strong, beautiful, and deeply meaningful.

Just as every rug carries the story of its weaver, the new year will carry the story of the intentions we set today.





TURKEY DISTRIBUTIONS ACROSS THE NAVAJO NATION

Despite having no allocated operating budget for holiday support, President Buu Nygren coordinated a Nation-wide effort to ensure families received Thanksgiving meals. Generous sponsors donated the turkeys, allowing the Office of the President and Vice President (OPVP) and community partners to make the initiative possible.

On November 24, distribution efforts rolled out across all regions of the Navajo Nation. Community representatives traveled throughout the day—visiting homesites, senior centers, and remote areas—to deliver turkeys and stand alongside families during the holiday season.

President Nygren extended his gratitude to the sponsors whose contributions made the project feasible, and he commended the community representatives who spent the day going door-to-door to reach as many households as possible.

He noted that the effort reflects more than seasonal assistance. It embodies unity, gratitude, and the strength of Diné values.

Additional rounds of deliveries continued across the Navajo Nation before Thanksgiving, highlighting the many hands that worked together to support families this Thanksgiving.



Bringing families together through this simple act is our way of saying thank you President Nygren said. It's a reminder that we care.





ST. MICHAELS CHAPTER HOUSE OPENS ITS DOORS

WINDOW ROCK, Ariz. — The newly renovated St. Michaels Chapter House officially opened to the public on Nov 14, marking a major milestone in the Navajo Nation's push to complete long-awaited community projects and deliver modern, dependable facilities across the Nation.

Navajo Nation President Buu Nygren shared that he was deeply thankful to have signed the contract for this project in May 2024. Today, the grand opening stands as a powerful reminder of what can be achieved when vision, planning, and determination come together. What began as a commitment on paper is now a fully realized facility ready to serve the community.

For years, chapter officials and staff advocated for improvements to the original 1959 building. Their persistence, paired with strong coordination, has resulted in a modernized chapter house built to serve the 2,665 enrolled voters who rely on St. Michaels for services ranging from financial assistance to housing support and community programs.

The transformation—funded through Sihasin, ARPA, and Navajo Nation resources—reflects the growing momentum under President Nygren to move projects from concept to completion. St. Michaels is the latest example of a chapter taking charge of its future and working alongside the administration to turn long-discussed plans into tangible progress.

The renewed facility features expanded workspaces, improved meeting areas, upgraded infrastructure, and a welcoming layout designed to strengthen local governance for generations. President Nygren emphasized that St. Michaels demonstrates what is possible when local leadership, strategic planning, and sustained advocacy meet the Nation's dedication to building and renovation.

As more projects break ground and others advance toward completion, today's celebration is a clear message: the Navajo Nation is building forward. With St. Michaels now open, President Nygren reaffirms that many more successes are on the way—each centered on empowering chapters and strengthening communities across the Nation.



Beautiful interior





SKYHAWKS RALLY FALLS JUST SHORT IN CROWNPOINT SHOWDOWN

CROWNPOINT, N.M. — On November 21, fans were treated to an electric day of basketball as Navajo Technical University took on Grand Canyon University–Club in a thrilling exhibition matchup that came down to the wire.

GCU came out firing, controlling most of the first half with sharp shooting and steady tempo. But just before halftime, the Skyhawks came alive. NTU turned up the defensive pressure, hit key buckets inside, and cut the lead to a manageable margin setting the stage for a dramatic second half.

When the teams returned to the floor after halftime, both teams continued trading basket after basket, keeping fans on their toes. NTU found its rhythm from beyond the arc, knocking down threes that brought the Skyhawks within one- or two-points multiple times. The gym roared with every shot as NTU threatened to flip the momentum.

Despite their relentless push, NTU couldn't quite break through to grab the lead. GCU capitalized on a few extra opportunities down the stretch, holding onto a narrow advantage and escaping with a tight 83–81 win.

President Buu Nygren attended the game and was energized by every moment of the hard-fought matchup. After the final buzzer, he met the Skyhawks on the court, offering high fives and congratulating them for their grit, heart, and near comeback. It was an impressive showing for NTU basketball — one that Skyhawk Nation can be proud of.





PRESIDENT NYGREN SUPPORTS NAVAJO STUDENT-ATHLETES AT NXR SOUTHWEST CHAMPIONSHIP

MESA, Ariz. — On November 22, Navajo Nation President Buu Nygren attended the Nike Cross Regional Southwest Championship (NXR) at Toka Sticks Golf Club to support elite high school runners representing Colorado, Utah, New Mexico, Arizona, and Nevada. The event featured some of the fastest athletes in the region, including several Navajo runners who earned their place among the championship fields.

President Nygren traveled to the competition to cheer on all participating student-athletes, offering special encouragement to Diné runners who carried the pride of their families, schools, and communities.

In the boys' championship race, Elijah England (Navajo Prep) led the Navajo contingent with a strong 24th-place finish, clocking 15:03. Symond Martin (Page) followed close behind, placing 37th with a time of 15:11. Kaden Lapahie (Shiprock) continued to demonstrate hard work and determination, taking 127th with 15:49.

On the girls' championship race, Taylor Biggambler (Flagstaff) represented the Navajo Nation with determination, finishing 139th in 19:01. Her appearance at regionals follows a breakout performance the previous week, when she won her first cross country race by capturing the AIA Division II state title in Phoenix.

President Nygren extended congratulations to every Navajo athlete who qualified and competed at NXR Southwest across all divisions. He emphasized that reaching this level reflects "discipline, sacrifice, and countless hours of hard work when no one is watching."

The Navajo Nation celebrates each runner's achievement and looks forward to seeing them continue to excel both on and off the course.



Discipline, sacrifice, and countless hours of hard work when no one is watching.





CELEBRATING THE NEXT GENERATION OF NAVAJO LEGAL LEADERS

WINDOW ROCK, Ariz. — On November 4, Navajo Nation President Buu Nygren met with newly sworn-in attorneys Shania Kee and Shandiin Herrera, joined by their families, to celebrate their accomplishments and their commitment to serving the Navajo people.

President Nygren congratulated both Kee and Herrera on successfully passing the Navajo Nation Bar exam — a milestone that reflects not only academic excellence, but years of perseverance, late nights, and an unwavering dedication to giving back to their communities. He emphasized how meaningful it is when Navajo professionals return home to strengthen the Nation's institutions, noting that every new attorney entering public service represents an investment in the future of the Nation.

He also reflected on the essential role legal professionals play in government. "Every decision I make, I consult with our attorneys," President Nygren said. "They help guide and support me so that every action we take is grounded in the law and in what's best for our people." He commended Kee and Herrera for stepping into a field where their knowledge, cultural grounding, and lived experience will directly influence policy, justice, and fairness for the Nation.

Both attorneys shared personal reflections on their law school journeys — from the challenges of rigorous coursework to the moments when cultural teachings carried them through. They spoke about the deep responsibility that comes with practicing law in service to their communities and the pride they felt in returning home to apply their education where it matters most.

Family members also expressed heartfelt pride, recalling the sacrifices made, the long nights of studying, and the support systems that helped guide their daughters to this moment. Their presence added a warm, emotional layer to the meeting, highlighting that success in public service is always a family and community effort.

The meeting closed with laughter, shared stories of college experiences, and appreciation for the families who stood behind every step of the journey. President Nygren thanked both Kee and Herrera for setting a powerful example for future generations — showing young Navajo people that through determination, resilience, and cultural pride, they can succeed at the highest levels of education and return home to make a meaningful difference.



I wish you both strong legal careers, and always remember to be thankful for the family members who helped you reach this moment.





PRESIDENT NYGREN MEETS WORLD-CLASS BIKERS TO SUPPORT YOUTH CYCLING ON THE NAVAJO NATION

WINDOW ROCK, Ariz. — On November 14, Navajo Nation President Buu Nygren spent the afternoon with some of the most celebrated riders in the world, including Red Bull athlete Danny MacAskill, Enduro World Champion Elly Hoskin, and renowned freerider Caleb Holonko, during a special biking session and meeting hosted in partnership with Silver Stallion Bicycle & Coffee Works.

MacAskill, originally from Dunvegan on the Isle of Skye in Scotland, became a global sensation in 2009 after a street-trials video he uploaded to YouTube went viral and transformed his life. Now widely recognized as one of the most electrifying street and mountain bike athletes on the planet, he demonstrated some of his signature trials skills for President Nygren and all the riders in attendance.

Also joining the ride was Elly Hoskin, newly crowned Enduro World Champion after her commanding performance in Bellwald, Switzerland, where she won 4 of 6 stages and secured victory by just 4.53 seconds. Her breakout season has made her one of Canada's fastest-rising stars.

Caleb Holonko, the North Vancouver freerider known for his powerful style and iconic film edits, rounded out the elite group.

Before riding, President Nygren met with Silver Stallion and the athletes to discuss collaboration aimed at expanding youth cycling across the Navajo Nation, increasing access to bikes, training, and community-based riding programs. President Nygren has a vision for getting more Navajo kids on bikes in the future, a vision strengthened through partnerships with Silver Stallion and the International Mountain Bicycling Association (IMBA).

A special shoutout goes to Scott Nydam, Founder & President of Silver Stallion, whose leadership made this ride and partnership possible.



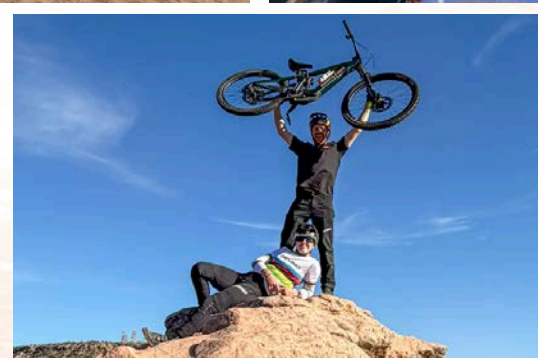
Elly Hoskin



Danny MacAskill



Caleb Holonko



NAVAJO NATION CONTINUES STRONG PROGRESS DELIVERING HOMES ACROSS COMMUNITIES

NEW MEXICO - The Navajo Nation continues to make steady progress under its ARPA housing project, delivering newly completed homes to families in the communities of Thoreau and Pinedale, New Mexico. Four house key turnovers took place on Monday, November 10, marking another meaningful step forward in providing safe, modern housing for Navajo families.

The Navajo Nation Community Housing and Infrastructure Department (CHID) led the coordination and inspections for each site as families received their new homes. Families shared heartfelt appreciation for the crews and staff who worked long days traveling between communities to keep the project moving. President Nygren also thanked the community representatives who assisted with coordinating the key turnovers and supporting families throughout the process.

The Division of Community Development (DCD), CHID, and the Navajo Tribal Utility Authority (NTUA) continue working together to prepare sites, complete inspections, and advance the process for power and water connections.

The ARPA housing project continues to demonstrate that when the Navajo Nation works together from field crews and inspectors to chapter leaders and utility teams, real change happens. Homes are taking shape, keys are being handed over, and hope is growing in communities across the Nation.

President Nygren shared his enthusiasm to keep building on this momentum and continue helping deliver homes across the Navajo Nation through the "1,000 Homes Initiative," reminding families that the work is strong, the progress is real, and the future is being built one home at a time.





NAZLINI CELEBRATES SENIOR CENTER GRAND OPENING

NAZLINI, Ariz. – Navajo Nation President Buu Nygren joined elders, chapter officials, and families to celebrate the grand opening of the Nazlini Senior Center on Nov 12, a project shaped by years of dedication, collaboration, and respect for the elders of this community.

The ceremony opened with a heartfelt moment as students from Nazlini Community School led the National Anthem, representing the next generation honoring those who came before them.

Nazlini celebrates a completed 3,915-square-foot senior center featuring a cafeteria and kitchen, office space, a wellness and fitness room, and a paved ADA-accessible parking lot. The center will continue providing congregate meals, home-delivered meals, recreation, socialization, transportation, and supportive elder services for Nazlini and surrounding communities.

The vision for this center began years ago. In 2018, \$1.95 million was first secured through CAP-32-18, signed by Speaker LoRenzo Bates and approved by then-President Russell Begaye. The Nazlini Chapter later contributed \$750,000, and in August 2022, former President Jonathan Nez and Vice President Myron Lizer approved Resolution CJY-30-22, adding \$2 million in Sihasin funding. Together, these efforts brought the total project investment to approximately \$4 million.

Despite pandemic-related cost increases, the project continued moving forward with strong coordination and oversight.

During construction, Senior Center Supervisor Fannie Mann continued her steady leadership, ensuring elders received meals, support, and services throughout the building process. President Nygren also highlighted broader progress across the Navajo Nation including reopening senior centers across the Nation.

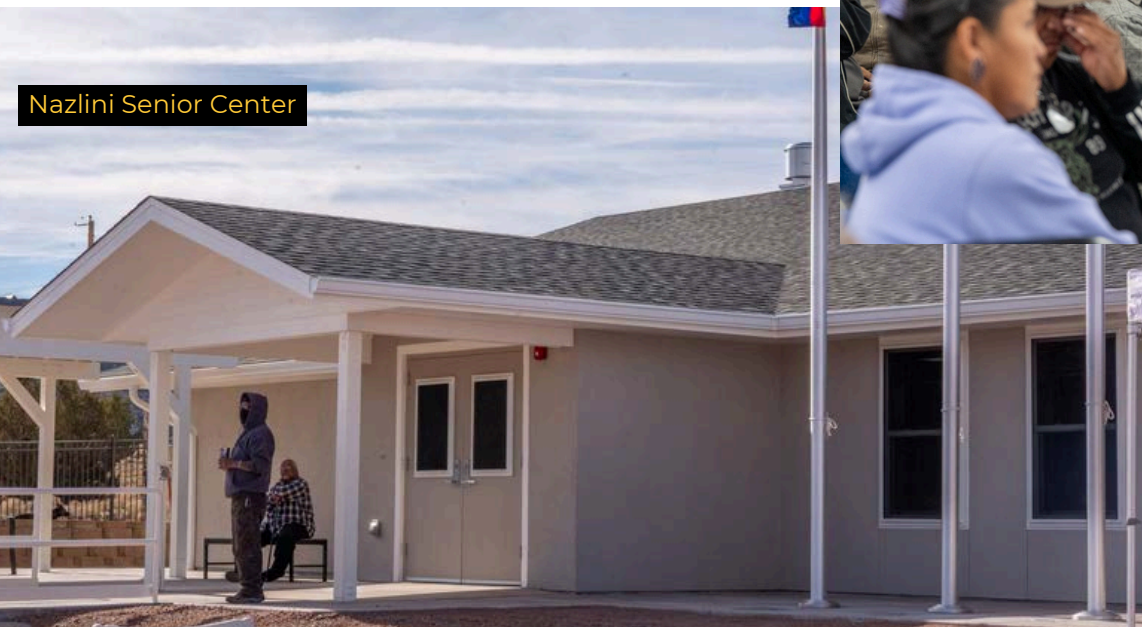
There are also new facilities underway, ADA improvements, and the recent deployment of 25 new Jeep Wagoneers strengthens transportation for elders. The Nazlini Senior Center stands as a symbol of unity, perseverance, and deep respect for the elders who guide the Navajo Nation.



Nazlini Senior Center Supervisor - Fannie Mann



Nazlini Senior Center





PRESIDENT NYGREN HONORS NAVAJO VETERANS IN OAK SPRINGS

OAK SPRINGS, Ariz. — Navajo Nation President Buu Nygren joined community members, veterans, and families in Oak Springs to celebrate Veterans Day and honor the courage of Navajo warriors who have served in the U.S. Armed Forces.

The celebration recognized generations of Navajo men and women whose service has strengthened both the United States and the Navajo Nation. President Nygren spoke about the deep tradition of military service among the Diné and reaffirmed his administration's ongoing commitment to supporting veterans and their families.

President Nygren shared that since January 2023, his administration has completed 28 new homes for Navajo veterans, with another 68 awaiting construction. The Navajo Nation Veterans Administration (NNVA) has also helped over 120 veterans secure monthly disability payments and recover more than \$327,000 in backpay. Through strong financial management, over 99% of the Veterans Trust Fund was expended this year — the highest level of utilization in more than a decade.

In addition, the administration launched monthly mental health talking circles at agency offices and partnered with behavioral-health and traditional healers to expand care for veterans. President Nygren also signed legislation to strengthen the NNVA and Veterans Advisory Council, improving coordination and representation for veterans, spouses, and Gold Star families.

Earlier this month, President Nygren proclaimed November as "Purple Heart Month," honoring the hundreds of Navajo veterans who have been awarded the Purple Heart for their sacrifice.

"Our warriors embody the strength and spirit of the Navajo people," President Nygren said. "We will continue to fight for their housing, healthcare, and the recognition they deserve."



Veterans in Oak Springs



"Our warriors embody the strength and spirit of the Navajo people," President Nygren said. "We will continue to fight for their housing, healthcare, and the recognition they deserve."



Yá'át'ééh Késhmish



May this holiday season bring warmth, joy, and peace to our Diné People. As we gather with family and friends, let us celebrate our traditions and share in the spirit of giving that unites us all.

Dr. Buu Nygren, Navajo Nation President

FRIDAY NIGHT VICTORY IN FARMINGTON

Farmington, N.M. — Under the bright Friday night lights, Navajo Nation President Buu Nygren joined fans and families to cheer on the Navajo Preparatory School Eagles as they faced the Jal Panthers.

The atmosphere was electric from kickoff to the final whistle, with both teams battling for every yard in a hard-fought matchup.

The Eagles held strong through the fourth quarter, sealing the win with a final score of 22-13. The victory marked a defining moment for Navajo Prep, securing another spot in the NM State Playoffs.

President Nygren congratulated the players, coaches, and supporters for their teamwork and determination throughout the season. He emphasized how moments like these inspire pride across the Navajo Nation and reflect the power of dedication, discipline, and school spirit.

“Watching our students compete and succeed both on and off the field shows the strength and potential of our youth,” President Nygren shared after the game. “They represent the future of our Nation, and we’re all proud of them.”

With this win, the Navajo Prep Eagles advance further into the playoffs playing #1 Texico next Friday, carrying the hopes and excitement of the entire Navajo Nation into their next challenge.





PRESIDENT NYGREN CELEBRATED HARD WORK AND HEART AT NM STATE CROSS COUNTRY

ALBUQUERQUE, N.M. — On November 8, Navajo Nation President Buu Nygren attended the Blue Cross and Blue Shield of New Mexico State Cross Country Championships, where hundreds of student athletes from across the state gave their all in one of New Mexico's most anticipated high school competitions of the year.

President Nygren praised the dedication, discipline, and resilience shown by all runners, including the many Navajo and Native student athletes who proudly represented their schools and communities. He emphasized that cross country is a sport of endurance and heart, qualities that reflect the Diné spirit of perseverance and determination.

"Running is part of who we are as Navajo people," President Nygren said. "To see our young athletes pushing themselves, representing their families and schools, it shows how strong our next generation truly is."

Championship Results

5A Division

Boys Teams: 1. Cleveland – 36 | 2. Rio Rancho – 61 | 3. La Cueva – 118

Individual: Lucas Espinosa, Cleveland (15:13.7)

Girls Teams: 1. Eldorado – 50 | 2. Cleveland – 56 | 3. Rio Rancho – 105

Individual: Gianna Rahmer, Eldorado (17:02.2)

4A Division

Boys Teams: 1. Albuquerque Academy – 36 | 2. Los Alamos – 56 | 3. St. Pius – 94

Individual: Nicholas Ponte, Albuquerque Academy (15:18)

Girls Teams: 1. Los Alamos – 29 | 2. Albuquerque Academy – 75 | 3. Miyamura – 100

Individual: Carmen Dorsey-Spitz, Moriarty (16:57.9)

3A Division

Boys Teams: 1. Santa Fe Indian School – 46 | 2. Navajo Prep – 53 | 3. Zuni – 101

Individual: Elijah England, Navajo Prep (15:34.2)

Girls Teams: 1. Santa Fe Prep – 29 | 2. Cottonwood Classical – 96 | 3. East Mountain – 98

Individual: Sophie Bair, Santa Fe Prep (18:56.7)

A-2A Division

Boys Teams: 1. Pecos – 46 | 2. Oak Grove – 69 | 3. Laguna Acoma – 100

Individual: Tagoya Pedro, Laguna Acoma (15:35.2)

Girls Teams: 1. Oak Grove – 59 | 2. Pecos – 90 | 3. McCurdy – 118

Individual: Olivia Marquez, Oak Grove (20:06.6)

President Nygren congratulated every runner and coach for their efforts and encouraged continued support for youth athletics across the Navajo Nation.





PRESIDENT NYGREN SIGNS PROCLAMATION DECLARING NOVEMBER 'PURPLE HEART NATION' MONTH



CROWNPOINT, N.M. — On November 3, Navajo Nation President Buu Nygren officially proclaimed the November “Purple Heart Nation” month on the Navajo Nation. This proclamation recognizes the extraordinary service and sacrifice of the Navajo men and women who have served in the United States Armed Forces. The proclamation also honors all Purple Heart recipients through ceremonies, educational events, and community gatherings across the Nation.

During the proclamation signing ceremony, Purple Heart certificates were presented to several Navajo veterans in recognition of their courage, dedication, and sacrifice. Each veteran’s story served as a powerful reminder of the bravery and resilience within the Navajo people, particularly one veteran who shared his experience receiving a Purple Heart after his second tour in Iraq.

The event also highlighted the ongoing work of the Navajo Veterans Administration, which continues to build partnerships with federal VA offices to enhance services, benefits, and access for Navajo veterans and their families.

President Nygren expressed his heartfelt appreciation, saying, “I want to say thank each and every one of you veterans that are here today for your service and your sacrifice, and thank you to all of our families and relatives that continue to support them. I also want to thank Navajo Technical University for helping us use this facility as we honor our people, our warriors today.”

Through this proclamation, the Navajo Nation affirms its enduring respect for its veterans and their families, recognizing them not only as heroes but as the protectors of Diné sovereignty, community, and honor.





PRESIDENT NYGREN CHEERS ON AZ SECTIONAL MEET RUNNERS, CONGRATULATES CHAMPIONSHIP QUALIFIERS

PAGE, Ariz. — President Buu Nygren joined athletes, families, and community members at the Arizona Sectional Cross Country Meet held at the Lake Powell National Golf Course, where he congratulated state qualifiers and celebrated the achievements of Navajo Nation runners.

President Nygren watched runners from all divisions—from junior high to varsity—brave nearly three miles of rolling hills and desert winds at the scenic course. He spoke with families, coaches, and volunteers who dedicate their weekends to supporting youth sports and promoting community wellness.

The President said he was inspired by the determination and grit shown by the athletes. Each race, he noted, reflected months of early-morning practices and long runs on reservation trails, where many Navajo youth first discover their strength, discipline, and love for running.

Congratulations to the following winners:

- Boys Division III:
 - o Individual Winner: Jet Girardi (Blue Ridge)
 - o Team Champion: Page Sand Devils
- Girls Division III:
 - o Individual Winner: Damira Allen (Ganado)
 - o Team Champion: Chinle Wildcats
- Boys Division IV:
 - o Individual Winner: Evans Tracy (St. Michael's)
 - o Team Champion: Hopi Bruins
- Girls Division IV:
 - o Individual Winner: Jasmine Hall (BASIS Flagstaff)
 - o Team Champion: BASIS Flagstaff

“Cross country running is about endurance, consistency, and heart,” President Nygren noted after the event. “These young runners show us what commitment looks like, and they remind us that success comes from pushing through the hard miles.”

President Nygren extended his best wishes to all runners advancing to the state meet, encouraging them to continue representing their schools, families, and communities with pride and perseverance.

The 2025 AIA Cross Country State Championship will take place Saturday, November 15, with the first race starting at 8:30 a.m. at Cave Creek Golf Course in Phoenix.



REACH A COMMUNITY REPRESENTATIVE IN YOUR AGENCY

The Nygren Administration has Community Representatives serving in each of the (5) five Navajo Agencies. For immediate assistance, please reach out to your respective representatives.

CONTACT US: (928) 871-7000



Tune-In Thursdays @ 1:00 & 5:30 PM

KNDN 960 AM | KTNN 660 AM | KGAK 1330 AM

Diné College 92.1 FM | NTU 107.3 FM

*Listen to your local Navajo radio station to hear
weekly updates given in Diné Bizaad
by President Buu Nygren*

Post Office Box 7440
Window Rock, AZ 86515
opvp.navajo-nsn.gov
(928) 871-7000

STAY IN THE KNOW



WITH NYGREN NEWS

LISTEN ON



Listen on

Apple Podcasts