



# Red Rocks Reporter

APRIL 2010

## NEXT NM GOVERNOR VISITS PUEBLO OF JEMEZ

### In This Issue

Next NM Governor Visits Jemez.....	1
Veterans Get New Home .....	2
Jemez Wins CDC Grant to Fight Obesity .....	3
Voter Registration .....	4
Transit Study Public Meeting .....	4
New Officer Sworn In.....	4
Earth Day Events.....	4
Tax Exemptions for Native Americans.....	5
Forest Service Announcement .....	5
Jemez Senior Olympians .....	5
Early Childhood Caries Initiative .....	6
Diabetes Super-Foods .....	6
Nutrition info in schools .....	6
Pee Wee Basketball .....	7
School Physical Exams .....	7
Being Careful With NSAIDS .....	7
April is Alcohol Awareness Month .....	8
Letter to My Community .....	8
April is Child Abuse Prevention Month .....	9
Thank You Note.....	9
Disabilities Awareness Conference.....	10
JVR Job/College Fair.....	10
Jemez Valley Public Schools..	11
Day School Science Fair Winners .....	11
Seniors Tour Colleges .....	14
Jemez Hosts African Delegation .....	15
Save the Date!.....	16
Step Families Conference .....	16

Lt. Governor Diane Denish, Democratic candidate for governor of New Mexico in the 2010 election, visited the Community Resource Center on Friday, March 19, to learn more about issues critical to Walatowa. Pueblo of Jemez Governors and the All-Indian Pueblo Council Governors have endorsed her candidacy. The next step is an endorsement from Tribal Council.

Governor Joshua Madalena opened the meeting with an invocation, then introduced the audience, which included Tribal Council members, community leaders and other guests. He then presented Lt. Gov. Denish with background information about four issues of significant concern to the Pueblo of Jemez.

### Highway 4 Bypass

Noting that the proposed Hwy. 4 Bypass has been a “50-year project,” Gov. Madalena outlined the history of the current Highway 4 location, which includes the state’s original “condemn and seize” action that appropriated land for the highway without the Pueblo’s consent. Although the action was later overturned by the NM Supreme Court, the highway remains in its original path.

A final environmental assessment is pending before construction can begin on the bypass. A Finding of No Significant Impact (FONSI) is expected.

“Moving Highway 4 away from the village is necessary to help preserve our culture and our traditional ways into the next generation,” the Governor said. “We have the right to freedom of religion and culture without constant trespass through our village from outsiders,”

### Economic Development

Gov. Madalena described a number of ventures that are in development, including a greenhouse, construction company, the expansion of the C-store, and the development of the Visitors Center and Museum to include a café, educational activities and workshops.

### Renewable Energy

Department of Resource Protection Acting Director Greg Kaufman offered details about the pending solar project, which will be the country’s largest solar installation on Native American lands. With negotiations to sell the generated electricity to Jemez Mountains Electric Cooperative nearing completion, Kaufman requested that the state release funds already allocated for necessary pre-development activities so the project can move forward.

“Our project is further toward completion than any other in the state, including PSNM and Tri-State’s solar initiatives,” Greg added.

### Tribal Infrastructure

The Governor described the need for development to provide 400 critically-needed homes in the community. He also noted that funds

*Continued on page 2*



NM Mexico Lt. Governor Diane Denish chatted with Steve Gachupin and other tribal leaders before the start of the formal meeting.



## 2010 TRIBAL GOVERNORS

Joshua Madalena  
Governor

Aaron B. Cajero, Sr.  
First Lt. Governor

Larry M. Chinana  
Second Lt. Governor

## TRIBAL COUNCIL

Candido Armijo

Joe Cajero

Paul S. Chinana

Raymond Gachupin

Frank Loretto

J. Leonard Loretto

Raymond Loretto, DVM

José E. Madalena

J. Roger Madalena

Arthur Sandia

José Pecos

David M. Toledo

José Toledo

Michael Toledo, Jr.

Paul Tosa

Vincent A. Toya, Sr.

Augustine Waquie

## TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

## Red Rocks Reporter

### April 2010 Edition

All photos and images are used with permission. Editorial content in this publication is intended for informational purposes only. Every effort has been made to ensure that the information in this publication is as current as possible at press time.

*Red Rocks Reporter* is distributed to box holders in the 87024 Zip Code. If you want to receive this newsletter and do not have an 87024 P.O. Box, please contact the editorial office at (575) 834-3174; fax: (575) 834-7517; or [erica.kane@jemezpuablo.us](mailto:erica.kane@jemezpuablo.us).

Published by Pueblo of Jemez, NM 87024.

## Lt. Governor Denish Hears Jemez Issues

*Continued from page 1*

are needed to repair the irrigation system, adding that work on the Pueblo would also benefit *acequias* off tribal lands. "We need to protect and maintain our sacred waters," the Governor added.

Governor Madalena concluded by saying that the Jemez people would be there to support Denish as New Mexico's governor. "We have a huge voting block here in Jemez," the Governor said. "Historically, we are very politically active as a community."

## Lt. Governor Denish Responds

Lt. Governor Denish then addressed the audience, restating her commitment to education and the need to invest in children. She saw our community's dedication to the future expressed in the buildings that house Jemez Head Start and the Child Care Center.

Acknowledging that state government is sharing hard times with the rest of the nation, Denish said that alternative energy projects present a great opportunity for environmental protection and job creation. She is encouraging local travel, tourism and spending as part of a hoped-for upturn in the economy.

Thanking the Pueblo of Jemez again, Denish said "your endorsement and support makes a big difference." Campaign staff member Lynn Trujillo added that Jemez has "about the highest voter turnout of any pueblo."

"It's most important that we establish a strong government-to-government working relationship based on cooperation and collaboration," Denish concluded. "We need to institutionalize these relationships, regardless of administration and politics, so we can effectively work together as partners with respect and integrity."

Before leaving, Lt. Gov. Denish accepted a pot made by Mary Helen Loretto to commemorate her visit.

## Walatowa Veterans' Association Gets New Home

A flag ceremony launched the formal ribbon-cutting celebration of the new Walatowa Veterans Association office in the Pueblo of Jemez Civic Center. Many veterans and their families joined the celebration. Governor Joshua Madalena thanked the veterans for their service to the community and the country in dedicating the Associations new home. Guests heard the Jemez Day School kindergarten class singing about their Walatowa home. In addition to housing meetings and materials, Representative Silvia Vigil from the Veterans Administration Regional Office will be in Jemez on a regular basis to assist veterans with concerns, problems and requests. For more information, contact Ms. Vigil at (505) 345-4797.



Office hours and more detailed contact information will be available soon.



## PUBLIC HEALTH

# CDC FUNDS PUEBLO OF JEMEZ PROJECTS TO COMBAT OBESITY

## *Communities Putting Prevention To Work Brings Stimulus Dollars to Create Jobs and Promote Health*

On Friday, March 19, the U.S. Department of Health and Human Services (HHS) announced that the Pueblo of Jemez will receive \$859,000 to implement an obesity prevention program in the community. Part of the Communities Putting Prevention to Work (CPPW) initiative, the award is funded by the American Recovery and Reinvestment Act of 2009. Jemez Pueblo is one of 44 communities in the nation to share in the \$372.8 million awards. Jemez is also one of only three tribes and the only community in New Mexico to participate.

The JHHS Public Health Program staff celebrated the award at the Community Resource Center. New Mexico Lt. Governor Diane Denish, HHS Region VI Director Marjorie Petty from Dallas, and IHS Albuquerque Service Unit Chief Medical Officer Dr. Leonard Thomas joined representatives from San Diego Riverside Charter School, Walatowa High Charter School, Jemez BIA Day School, Jemez Valley Public Schools and the Jemez Early Childhood Education Program as well as tribal leaders and community members at the event.

Over the next two years, the Pueblo of Jemez will implement education and outreach programs that will increase levels of physical activity and encourage community members of all ages to make healthier nutrition choices. Jemez Health and Human Services (JHHS) will coordinate with the four local schools serving Jemez children and the Jemez Early Childhood Education Program.

"We will focus on culturally relevant strategies to increase knowledge and awareness and change behaviors to increase the health of our community," Assistant Program Manager Kristyn Yepa, RN, BSN, explains. "We know that obesity contributes to diabetes, heart disease, some types of cancer and osteoarthritis – all significant health problems here in Jemez."

A project manager with a staff of educators will design and

implement health education initiatives in the schools and coordinate wellness activities for adults in the community. These educators, along with other JHHS staff, will use proven strategies to promote increased physical activity, encourage healthy food and drink choices, and support the local grower's market, among other prevention interventions. The interventions will result in a decrease in obesity in the community.

"We are doing everything we can to prevent and manage chronic diseases in Jemez Pueblo," says Governor Joshua Madalena. "This project will support our efforts to encourage healthy lifestyle choices, especially for children in the schools."

If you have any questions, please contact Public Health Program Manager Marianna Kennedy at (575) 834-3086 or [marianna.kennedy@jemezpuablo.us](mailto:marianna.kennedy@jemezpuablo.us).

### ABOUT CPPW

- The CPPW initiative will have an important impact in improving health by reducing chronic disease and promoting wellness.
- This total represents less than a \$4 per-person investment (\$3.65) in the funded communities for each of the next two years. By comparison, food companies spend ten times that amount per person (roughly \$37) on advertising alone each year, and tobacco companies spend about \$43 per person to advertise and promote cigarettes every year.
- ARRA's per-capita community investment represents only five-hundredths of one percent (.05%) of the \$7,400 the United States spends per person on health care each year.
- More than 50,000,000 people (nearly one in six Americans) live in the funded communities.

US Health & Human Services Region VI Director Marjorie Petty (*back row, second from left*), and IHS Albuquerque Service Unit Chief Medical Officer Dr. Leonard Thomas (*back row center*) joined Dr. Raymond Loretto, JHHS CEO, Governor Joshua Madalena, First Lt. Governor Aaron Cajero, Sr., and the JHHS Public Health Program staff to celebrate the CPPW \$850,000 award to create programs to combat obesity in our community.



NEWS YOU CAN USE

NOTICE OF PUBLIC MEETING
PUEBLO OF JEMEZ
TRANSPORTATION
PLAN

Bus? Train? Carpool?

How do you get where you need to go?

Have you used the Sandoval Easy Express Bus?
Does the bus work for you?
Do you ever have to cancel plans because you don't have a ride?
Do you have suggestions for making public transportation easier and more convenient?

Tell us what you think about increasing transportation choices for tribal members. Join us at a public meeting.

Thursday, April 22 6 - 7:30 p.m.
Community Resource Center
Food, door prizes, community discussion

If you need a ride, the Senior Center can provide transportation. Please call 834-9168 to reserve a ride. If you have any questions, call Margaret Garcia at (575) 834-9168 or Jan-Jay Moolenijzer at 834-0094.

LAW ENFORCEMENT



Jordan Shendo is sworn in by Governor Joshua Madalena as a Pueblo of Jemez Law Enforcement Officer.

RESOURCE PROTECTION

EARTH DAY/ARBOR DAY



APRIL 22

The Department of Resource Protection (DRP) will celebrate Earth Day and Arbor Day with activities on Thursday, April 22 with Ms. Cajete's fourth and fifth grade class from San Diego Riverside School and Ms. Keevama's Jemez Day School fifth graders.

The day will begin with the Governor's welcome address and invocation. DRP Acting Director Greg Kaufman will speak about renewable energy and discuss the science of the proposed geothermal well exploration at Indian Springs and the proposed solar panel energy generating plant on Jemez tribal lands. Tammy Belone will have a session on water sampling on the Jemez River Valley. A water model will demonstrate Mother Nature's water recycling system process.

After lunch, the students visit the DRP orchard to see the greenhouse as well as the passive solar-operated water well. The children will then transplant fruit trees.

If you have questions about Earth and Arbor Day Activities, please call the DRP Office at (575) 834-7696.



In this file photo from 2009, youngsters plant trees along the river to celebrate Earth Day.

Please note:
Due to economic constraints, the DRP will not be providing shade or fruit trees to tribal members this year.



Register Today and Vote!

EXERCISE YOUR RIGHTS AS A U.S. CITIZEN

- ★ Voter registration closes May 4
★ Absentee voting begins May 4
★ Early voting begins May 15 and ends May 29

The Pueblo of Jemez is working on an early voting site for the community. The Pueblo is continuing efforts with Sandoval County to create an additional precinct.

In 2004, 819 Pueblo of Jemez voters were counted; in 2008, we 912 voters turned out. Voting is an important way to establish our power as a community. Your vote and your voice are important for your children and your community.

SENIOR CENTER

# Senior Athletes Shine at All-Indian Game Day

Pueblo of Jemez senior athletes brought home the gold at this year's All Indian Games Day at Isleta on March 10 and 12. Three teams (ages 50-54, 55 - 59, and 60 - 64) comprised the "younger" seniors who took the award for the most points accumulated throughout the games. The following list of Jemez winners includes those competing in the same events but in separate age categories.

100M Dash	1 <sup>st</sup>	Virginia Toya	Basketball Free Throw	1 <sup>st</sup>	Florence Loretto	Basketball Free Throw	3 <sup>rd</sup>	Gary Waquie
100M Dash	2 <sup>nd</sup>	Nora Padilla	Basketball Free Throw	2 <sup>nd</sup>	Nora Padilla	Basketball Free Throw	1 <sup>st</sup>	Tony Romero
100M Dash	1 <sup>st</sup>	Gary Waquie	Basketball Free Throw	1 <sup>st</sup>	Eva Panana			
						Frisbee Accuracy	2 <sup>nd</sup>	David Yepa
						Golf	1 <sup>st</sup>	Joe Cajero
						<i>Huachas</i> (Washers)	3 <sup>rd</sup>	Micheal Vigil
						<i>Huachas</i>	2 <sup>nd</sup>	Robert Shendo
						<i>Huachas</i>	2 <sup>nd</sup>	David Yepa
						<i>Huachas</i>	2 <sup>nd</sup>	Frank Gachupin
						Soccer Accuracy Kick	1 <sup>st</sup>	Leonora Lucero
						Soccer Accuracy Kick	2 <sup>nd</sup>	Josephine Baca
						Softball Distance Throw	2 <sup>nd</sup>	Tony Romero
						400M Estimated	2 <sup>nd</sup>	Leonora Lucero
						400M Estimated	3 <sup>rd</sup>	Amelia Galvan
						400M Estimated	2 <sup>nd</sup>	May Jo Armijo
						400M Estimated	3 <sup>rd</sup>	Tonita Toya



NEWS YOU CAN USE

## Forest Service Travel Plan Update

The Santa Fe National Forest's Draft Environmental Impact Statement (DEIS) for its Travel Management Plan will be available to the public in early summer. Analyzing how various road alternatives would impact area resources has taken more time than initially planned. Scientists are assessing how motor vehicles on roads and trails would affect wildlife and fish, recreation and access, heritage resources, air and water quality, and other issues.



Acting Forest Supervisor Erin Connelly said the DEIS will be for public comment during a 45-day "notice and comment" period.

"We are planning several public meetings in communities in and around

the forest," Connelly added.

Based on the analysis and public input, the Forest Supervisor will decide about opening areas for motorized vehicles. The decision is expected by late summer or early fall. Maps will show the roads, trails and areas open to motorized travel, the types of vehicles permitted, and the times of year the areas will be open. Motorized travel off the designated system will be prohibited.

"We appreciate the interested citizens who have stayed involved through the lengthy planning process," Connelly said. "We thank everyone for being patient. We look forward to hearing the community's ideas and responses during our next round of public meetings."

## TAX EXEMPTIONS FOR NATIVE AMERICANS

Native American tribal members and their spouses who live on tribal lands may exempt from certain taxes and charges that may appear on your utility (natural gas, propane, electricity, water,) phone and cable bills. These exemptions may include state, city and county gross receipts taxes, 911 fees, municipal and county franchise fees, telecommunication relay service charges, and NM Universal Service charges. This tax exemption does not apply to taxes imposed by tribal governments and collected by the utility, phone and cable companies on behalf of the tribe.

To apply to have these taxes removed from your bills, fill out a request form available at the tribal office. Give copies to your utility, phone and cable companies.

For questions or more information, contact the tribal office or the New Mexico Public Regulation Commission at (888) 4ASK-PRC (888-427-5772.)

## PUBLIC HEALTH

## Diabetes Super-Foods

Eat lighter this spring! These food choices are essential for people with diabetes. But they're also excellent for everyone in the family. Eating healthy for the whole family is the best way to combat obesity and help prevent diabetes, heart disease, some types of cancer and osteoarthritis.

- **Beans.** Very high in fiber and good source magnesium and potassium. A half cup of beans has as much protein as one ounce of meat, without the saturated fat.
- **Dark Green Leafy Vegetables.** Spinach, collards, kale and other greens are low in calories and carbohydrates and high in essential nutrients. Ask an elder to show you how to find wild spinach.
- **Citrus Fruit.** Choose grapefruit, oranges, tangerines, lemons and limes to get part of your daily dose of soluble fiber and vitamin C.
- **Sweet Potatoes.** This starchy vegetable is packed full vitamin A and fiber. Bake, roast or grill instead of white potatoes.
- **Berries.** All varieties are packed full of antioxidants, vitamins and fiber.
- **Tomatoes.** Excellent source of vitamin C, iron and vitamin E.
- **Fish.** Some types (salmon, herring, trout, mackerel and halibut) are especially high in heart-healthy omega-3 fatty acids. Skip breaded and deep-fried fish with their extra empty calories.
- **Whole Grains.** You want the germ and the bran in the whole grain for the most nutrition (magnesium, chromium, omega-3 fatty acids and essential B-vitamins.) Processed grains (like enriched white flour) no longer have these nutrients .
- **Nuts.** An ounce of nuts goes a long way in providing a healthy fat and managing hunger. They are high in magnesium and fiber. Walnuts are a good source of omega-3 fatty acids.
- **Fat-Free or Low-fat Milk and Yogurt.** The calcium in dairy products helps build and maintain strong bones and teeth. Dairy is also a good source of vitamin D, which new research is essential to good health.

*Information provided by American Diabetes Association*

## Nutrition in the Schools

As part of a presentation on nutrition and healthy food choices, Health Educator Valerie Pecos shows a fifth grade class at Jemez Valley Middle School just how much sugar they may be eating without being aware of it. The glass in her left hand holds 16 teaspoons of sugar, equal to the amount found in a can of soda.



## DENTAL CLINIC

## Early Childhood Caries Initiative

### *Healthy Teeth...Healthy Families*

**Make an appointment at the Jemez Dental Clinic for everyone in your family! Call (575) 834-7388 today!**

Tooth decay is not a normal part of growing up. You can prevent cavities in your children and grandchildren. The Jemez Dental Clinic is open five days a week. Your child's first dentist appointment should be when the first tooth appears. Daily care, regular check-ups, fluoride treatments and limiting sweets can help your child have healthy teeth for life

Tooth decay in children is also known as Early Childhood Caries (ECC.) It's the most common chronic childhood disease, occurring at least five times more often than asthma, the second most common chronic disease in children. Native America children show tooth decay at a higher rate than the general US population. Over half of Native children ages 2 to 5 have ECC.

ECC is an infectious, transmissible disease caused by bacteria. The bacteria that cause tooth decay are fed by sweet foods and drinks, and other carbohydrates like crackers and chips. Over time, the enamel breaks down. First a chalky white spot appears; then it progresses into a cavity.

Severe tooth decay causes pain and infection. Children may become self-conscious and unwilling to smile. Treatment of severe ECC can cost up to \$10,000, especially if the child needs to be hospitalized and given anesthesia for treatment.

### GUIDELINES FOR HEALTHY TEETH

#### Babies "First Tooth, First Exam"

- ▶ Make an appointment for your baby to see a dentist as soon as he or she gets the first tooth.
- ▶ Clean baby's teeth and gums after breakfast and before bed using a soft tooth brush or a warm wet wash cloth.
- ▶ Never put a baby to bed with a bottle that has anything except plain water in it.

#### Children

- ▶ Get a dental check up every six months.
- ▶ Brush teeth after breakfast and before bed.
- ▶ Avoid sugary snacks and drinks, and limit in between meal snacking.
- ▶ Floss once every day.

#### Adults

- ▶ Get a dental check up every six months.
- ▶ Brush teeth after breakfast and before bed.
- ▶ Floss once every day.

## HEALTH &amp; HUMAN SERVICES

## COMMUNITY WELLNESS

## SCHOOL PHYSICALS

It's not too soon to think about physical exams for your children. The Jemez Health Clinic will be giving school exams through the summer, including some Saturdays!

### SATURDAY HOURS FOR SCHOOL PHYSICALS!

8 a.m. to 2 p.m. Saturday, June 12

8 a.m. to 2 p.m. Saturday, July 10

8 a.m. to 2 p.m. Saturday, August 14

Parents must come to the Clinic with their children.

Please complete the exam forms **BEFORE** your child's exam.

Children at Jemez Day School, San Diego Riverside Charter School, Walatowa High Charter School and Jemez Valley Public Schools will get forms to bring home. Forms will also be available at the Jemez Clinic.



Ten Pee Wee Basketball teams boast 81 players this year. Volunteer parent coaches are: Simone Toya: Braves; Ladonna Yepa: Pirates; Cletus Casiquito and Dalan Waquie: Mustangs; Leander Loretto: Spartans; Valerie and Anders Pecos, Sr.: Cougars; Arrow Wilkinson and Kyle Littleman: Warriors; Frank Armijo, Jr.: Hawks; Kimberly Gachupin and Lynnette Fragua: Rams; Carrie Gachupin and T.J. Loretto: Eagles; Monica Toya: T-Birds.

## From the Doctor's Desk

By Gregory L. Darrow, MD, Medical Director

## Being Careful With NSAIDs

### What Are NSAIDs?

NSAIDs are *non steroidal anti-inflammatory drugs*. Common NSAIDs you can buy without a prescription include ibuprofen (Advil™, Motrin™), naproxen sodium (Aleve™), and aspirin (Bayer™, Bufferin™.)

NSAIDs can relieve pain, decrease fever, and reduce swelling and inflammation caused by an injury or disease. Some NSAIDs help reduce heavy menstrual bleeding. Many patients with arthritis take NSAIDs regularly.

These medications are generally safe when used as directed. However, they can have serious side-effects when overused or taken with other medicines.

Some common problems related to NSAIDs include stomach pain or bleeding, kidney problems and liver damage. These issues are more serious for people who have some chronic conditions, including diabetes, congestive heart failure, high blood pressure or kidney disease.

"We must do everything we can to protect the kidneys of our patients with diabetes," Dr. Darrow advises. "We must be very careful about using these medications."

### What You Should Do

▶ **Always talk to your doctor before taking any NSAID, either by prescription or over-the-counter (OTC.) Be especially careful if you have:**

- ▶ Diabetes.
- ▶ Ulcers or a history of bleeding in your stomach or intestines.
- ▶ Stomach pain, upset stomach or heartburn that lasts or comes back.
- ▶ Anemia.
- ▶ Bleeding or easy bruising.
- ▶ High blood pressure.
- ▶ Kidney, liver or heart disease.

▶ **Always take the lowest dose of NSAID to manage your symptoms.** Research shows there is no difference

in pain relief when using 800 mg. of ibuprofen compared with 400 mg. Never take more than the dosage directed on the label.

- ▶ **Stay away from alcohol if you are taking NSAIDs.** Alcohol increases the risk of stomach bleeding.
- ▶ **Always tell your doctor and/or pharmacist about all the OTC and prescription medicines you take, including vitamins and herbal supplements.** Talk to your doctor before using NSAIDs if you take:
  - ▶ Blood thinners, such as warfarin (Coumadin), heparin or aspirin.
  - ▶ Medicine for diabetes.
  - ▶ Medicine to decrease swelling (water pills.)
  - ▶ Medicine for arthritis
  - ▶ Medicine to treat mental health problems.
- ▶ **Do not use a nonprescription NSAID for more than 10 days** without talking to your doctor.

If you have any questions, call the Jemez Clinic at (575) 834-7413 or the Jemez Pharmacy at (575) 834-0130.

## BEHAVIORAL HEALTH

### *A Letter to My Community*

*I am Bill Fragua and I work for Jemez Behavioral Health Program as an Aftercare Counselor. I am a Certified Alcohol Counselor (CAC) and am working toward a higher degree.*

*I have worked as an alcoholism counselor for 19½ years. I truly love my work and working for my own tribal people. I will celebrate my own 32 years of recovery on March 26. I do individual, family and traditional counseling. Every Monday evening at 7 p.m., I facilitate a relapse prevention program for clients to prevent them from going back to drinking. I am very fortunate to know my own tribal traditions and language so I can address those issues with my clients. Many come in and ask to know more about our traditions and culture.*

*Alcoholism is a disease, just like diabetes or any other disease that will not go away. We can only arrest it. That is one thing many of our community people can not understand: why a family member drinks and can't stop by themselves. Family members need education so they can better understand the disease.*

*I see alcoholism as the Number 1 problem here in our community. Alcoholism is a deadly disease and it hurts family members in many ways as well. We have lost many of our people due to drinking, more than we have lost in wars. Think about that.*

*I also see many of our people getting help and making positive changes in their lives and not drinking. They continue to get help through Alcoholics Anonymous meetings, relapse prevention programs and one-on-one sessions with their counselors.*

*Counseling does work, believe me. But it won't just happen. The person with the problem has to want it so bad that they are willing to make big changes in their lives.*

*The first step is to admit they have a drinking problem and want help, then come to our program. That is the best thing a person can do to get help. We have seen people who have stopped drinking and are living better lives now, who are working, caring for their children and getting back with their relatives in the way it's supposed to be.*

*Alcoholism is a disease that has no respect for anybody, not the elders, not the young. But why do we still drink? Because it's an addiction and we like what it does when we can forget our problems for a little while. Alcohol is a very wrong kind of friend. It will sneak up on you and even kill you.*

*Alcoholism is a progressive disease – it gets bigger and bigger and never gets better by itself. Family members, support your loved ones with the illness, encourage them to get help. Support your children and teach them about the disease.*

*If you need help, come to the Behavioral Health Program for assistance. We are there for you. Our prayers are with the people who have alcohol addiction and their families.*

Bill Fragua, CAC  
Jemez Behavioral Health Program (575) 834-7258

## APRIL IS ALCOHOL AWARENESS MONTH

### TIPS FOR TEENS: THE TRUTH ABOUT ALCOHOL IT STARTS WITH ONE DRINK!

**Alcohol affects your brain.** Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts. Teens' brains and bodies are still developing; alcohol use can cause learning problems or lead to adult alcoholism.

**Alcohol affects your body.** Alcohol can damage every organ in your body. It's absorbed directly into the bloodstream and can increase your risk for many life-threatening diseases, including cancer.

**Alcohol affects your self-control.** Alcohol depresses the central nervous system, lowers inhibitions and impairs your judgment. Drinking can lead to risky behaviors, like driving when you shouldn't, or having unprotected sex.

**Alcohol can kill you.** Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death. Driving and drinking also can be deadly. In 2003, 31% of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol.

**Alcohol can hurt you -- even if you're not the one drinking.** If you're around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes, or affected by violence. At the very least, you may have to deal with people who are sick, out of control, or unable to take care of themselves.

**Know the risks.** Alcohol is a drug. Mixing it with any other drug can be extremely dangerous. Alcohol and acetaminophen—a common ingredient in OTC pain and fever reducers like Tylenol—can damage your liver. Alcohol mixed with other drugs can cause nausea, vomiting, fainting, heart problems, and difficulty breathing. Mixing alcohol and drugs also can lead

*Continued on page 9*

**SOCIAL SERVICES**

**April is Alcohol Awareness Month**

Continued from page 8

to coma and death.

**Keep your edge.** Alcohol is a depressant (downer) because it reduces brain activity. If you're depressed before you start drinking, alcohol can make you feel worse.

**Look around you.** Most teens aren't drinking alcohol. Research shows that 71% of people 12-20 **have not** had a drink in the past month.

**The bottom line: If you know someone who has a problem with alcohol, urge him or her to stop or get help. If you drink--stop! The longer you ignore the real facts, the more chances you take with your life.**

It's never too late. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust. Do it today!

**WARNING SIGNS OF ALCOHOL ABUSE**

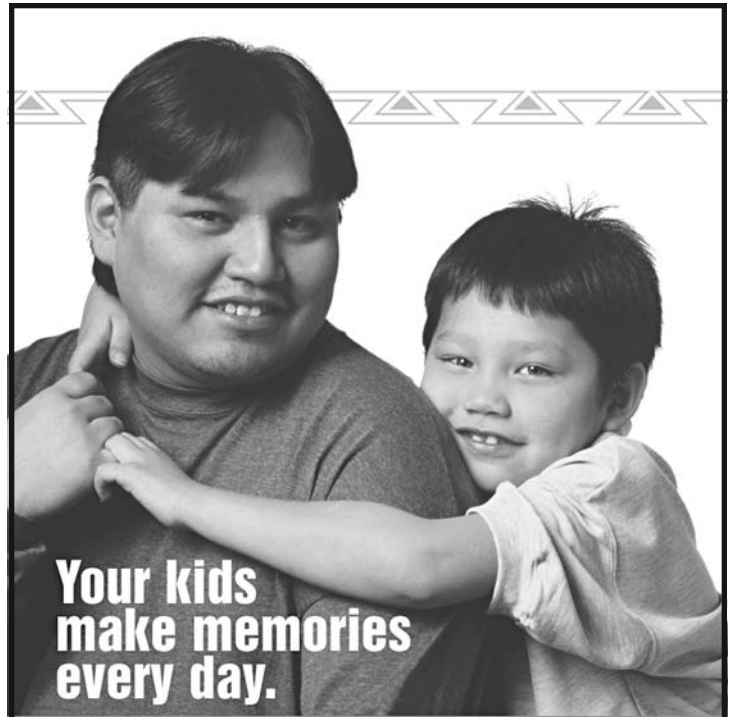
If you answer "yes" to any of the following questions, you may have a problem with alcohol:

- ◆ Do you drink alone when you feel angry or sad?
- ◆ Does your drinking ever make you late for work?
- ◆ Does your drinking worry your family?
- ◆ Do you ever drink after telling yourself you won't?
- ◆ Do you ever forget what you did while drinking?
- ◆ Do you get headaches or have a hangover after drinking?

Source: Substance Abuse and Mental Health Services Administration

If you need help, or if you're worried about someone you care about, call the Jemez Behavioral Health Program at (575) 834-7258.

All calls are strictly confidential!



**Your kids make memories every day.**

**It's not too late to change how they remember you.**

Violence against women is not part of our traditions and hurts everyone including kids. Children don't forget the violence they see or hear but they can create new, different memories of you in the future. How they remember you is up to you.

www.endabuse.org **Family Violence Prevention Fund**



**APRIL IS CHILD ABUSE PREVENTION MONTH**

To educate our community about child abuse issues, the Jemez Social Services Program invites you to two events in April.

**CHILD ABUSE PREVENTION CONFERENCE  
WEDNESDAY, APRIL 14**

**5:30 - 8 p.m. at the Youth Center**

Child care will be provided at the CRC. Dinner will be served to people attending the conference and children in child care.

**CHILDREN'S FAIR  
SATURDAY, APRIL 17**

**8:30 - 11 a.m. at the Youth Center**

**Fun Run/Walk starts at 7:30 a.m.**

Call the Jemez Social Services Program at (575) 834-7117 for more information.

*Thank You*

Jemez Social Services would like to thank those who participated in our Second Annual Walatowa Caring tree for your kind hearts. You brightened a child's Christmas with the gifts you provided. This event assisted children who are victims of child abuse and/or domestic violence. Thank you again for your donation. We hope you will participate in future events this year.

Jemez Social Services Program



## VOCATIONAL REHABILITATION

# Disabilities Awareness Conference March 17

## *DIS-ability Does Not Mean IN-ability*

At the 12<sup>th</sup> Annual Jemez Vocational Rehabilitation (JVR) Disabilities Awareness, close to 250 people heard Jemez community members share their stories of facing the challenges of disabilities. Ralph Sarracino served as master of ceremonies. Booths offered information from several JHHS programs as well as state, tribal and federal agencies that serve people with disabilities. Local artisans displayed pottery, traditional sewing, leather work, jewelry, beadwork and wood working.

Southern Slam Drum Group accompanied the Walatowa Veterans Association presentation of the flags. After the invocation, Governor Joshua Madalena commended the JVR for the excellent services they have provided to the community. "They have exceeded their vision and exceeded all expectations," he said.

Dr. Raymond Loretto, JHHS CEO, noted that the JVR continues to successfully meet great challenges in education, referrals, counseling and job placements for people with disabilities. "Especially in this economy, lots of people are asking for help and there's lots of competition for jobs for JVR consumers," he said.

Program Manager Sarah Michaud and her staff introduced themselves with a presentation about JVR and how it works. Counselors work with eligible consumers to design plans to meet individual educational or employment goals. The JVR encourages self-employment in traditional crafts, catering, massage therapy, music, mechanics or other fields. The program also helps with resumes, job searches, interview skills, and adaptive equipment.

Robert Toya's music accompanied a presentation in honor of the late Jimmy Shendo, who had served as chair of the JVR Advisory Committee for five years.

### A Young Man of Strength and Courage

Tribal member Jeremy Chosa shared what he remembers of the events that led to a tractor accident five years ago that left him almost completely paralyzed. Other than some very limited movement in his right arm, Jeremy cannot use his hands, arms or legs; he can feel nothing below the shoulders. Now 33 years old, Jeremy recalls little of what happened before the accident.



Jeremy Chosa speaks to Disabilities Awareness Conference participants as his nurse holds the microphone.

"I was at a friend's house the night before, and we were drinking. I didn't usually drink much, I didn't like alcohol that much," he said. "I don't remember when my mom picked me up, or that I went back to my friend's house the next day. There was more alcohol. I must have had a blackout. All I know now is that I was driving a tractor. I was probably going too fast. Maybe I passed out. I don't know.

But the tractor hit a bump and rolled and landed on top of me."

In month after month of intensive therapy, Jeremy learned to speak, swallow and eat again. He also discovered he could draw and paint holding a brush in his mouth. He sells his work as he can, and had a show at the Walatowa Visitors Center in 2008. "I take commissions, but everything takes a really long time to do," he added.

After months in a hospital and close to two years in a nursing facility, Jeremy now lives independently in Albuquerque and attends Central New Mexico Community College. Full-time assistants help him eat, bathe, dress, even brush his teeth.

"The JVR really helped me a lot, with books, a laptop and tuition," Jeremy said. "They were really there for me."

### The Many Faces of Disability

A panel of three community members spoke about their experiences with physical challenges and addictions and the help they got from the JVR. The speakers noted that disabilities aren't always visible, and could be in the form of addictions, heart disease, diabetes, asthma, arthritis, cancer or other chronic illnesses.

"Everyone here has a person in the family with alcoholism," one speaker observed.

"Pride is good," added emcee Ralph Sarracino. "But don't let it get in the way of growth in life. We need each other, and we need to be able to get help from each other."

### Awards

The JVR Collaborations of the Year Awards went to the Pueblo of Jemez Child Care Center and to Santa Fe Indian School for their work with the program this year. The JVR staff also honored consumers in the areas of employment, self-employment and education who had excelled in the pursuit of their goals.

For more information about services for people with disabilities, call the JVR at (575) 834-0012.

## Job/College Fair

The JVR and the Jemez Education Department host a Job/College Fair at the Walatowa Youth Center on Saturday, April 24, from 9 a.m. to 1 p.m. Based on feedback from participants in previous Job Fairs, the event was moved to Saturday to allow more people to participate. The fair is open to anyone who wants information about job possibilities and educational opportunities. Employers and school representatives will be on hand to share information, accept applications and even give interviews. Bring your resume! For more information, call the JVR at (575) 834-0012.

- Learn about job openings
- Meet business people
- Pick up applications
- Meet representatives from local colleges
- All in one convenient location!



## JEMEZ DAY SCHOOL STUDENTS WIN AT SCIENCE FAIR

Two fifth graders and a sixth grader from Jemez BIA Day School won top awards at the National American Indian Science and Engineering Fair, held in Albuquerque on March 11-13. Katie Sandia and Kateri Gachupin took first place in their division and age group, and KeShaun Shendo took second place. Sponsored by the American Indian Science and Engineering Society (AISES), the fair had over 300 entries from Native American fifth through twelfth grade students from all over the United States.

Katie's project was called "Polishing Rocks." Using a rock tumbler, she replicated the action of the flowing waters of the Jemez River to form smooth stones like the ones that Pueblo potters often use to polish their pottery. She measured how much mass of various types of rocks were lost during the tumbling, over a period of several weeks.

Kateri's project "Where's the Best Water?" involved obtaining samples of water in various streams and springs in this area and testing them for coliform and *E. coli* bacteria. She consulted scientist Tammy Belone from the Jemez Department of Resource Protection for assistance. In addition to her gold medal, Kateri won an extra award from the United States Environmental Protection Agency.

"Sew Handy" was the title of KeShaun's science project. He researched various types of leather to see which would be best



Jemez Day School students (left to right) Katie Sandia, KeShaun Shendo and Kateri Gachupin at the conclusion of the AISES Science Fair at the Albuquerque Convention Center on Sat., Mar. 13. Teachers (left to right) Frances Keevama and George Willink advised the young scientists.

for making pollen pouches. He measured their thickness and pliability, suitability and ease of sewing.

The winners were advised and guided through their projects by their teachers, Bill Cole, Maxine Toya, Frances Keevama, Myra Maher and George Willink.

## Jemez Valley Public Schools

### Jemez Valley Elementary and Middle Schools

By Brad Parker, Principal

By the time you read this, school will be out for Spring Break. I wish all students, staff and families a fun, restful break from studies.

When we return, we will be at the end of the state-mandated New Mexico Standards Based Assessment window and student testing is scheduled for the next two weeks solid. Please make sure you have your students in school for these two weeks (April 12-23) so we can test them in compliance with the require-

ments of the No Child Left Behind Act. All students in grades 3 to 8 and grade 11 are required to be tested each year to determine whether the school is effective.

*Scholastic* magazine offers the following guidance on taking standardized tests: "Teachers tell us that successful test-takers tend to be students with good attendance, homework and study habits. Therefore, parents' daily help with homework and attitude toward school has the biggest impact on your child's perfor-

mance. However, there are key ways you can develop your child's test-taking ability. Students who struggle the most are the ones who didn't have enough sleep or a good breakfast the day of the test. Also, students who are physically or mentally unprepared often encounter problems. Testing measures critical-thinking ability, so ask your child to discuss ideas and voice opinions often to stimulate these thought processes.

Continued on page 12

## EDUCATION

# Jemez Valley Public Schools

Continued from page 11

"If your student scores low in a particular area, you may want to find some exercises that reinforce that subject. Choose activities that simulate the testing experience, like multiple-choice social studies questions or vocabulary practice in identifying antonyms or synonyms. Workbooks geared towards standardized test preparation often provide these kinds of exercises. Avoid drilling in areas where your student already excels; you risk boredom and a loss of patience with testing. Setting small goals, such as learning five new words each session, will help measure progress and boost confidence. Make sure your student takes the night off before the test: cramming can increase stress levels.

"The best test-takers are confident, committed and at ease. Even if you're nervous about his or her performance, be wary of transferring that concern to your child. You never know: some kids actually enjoy tests! If she is likely to get nervous, practice a few relaxation techniques, such as counting from one to ten or taking deep breaths, which can help relieve tension during the test." One of my personal favorites is to breathe in one nostril and out the other.

### Natural Helpers

Because middle school can be a very confusing time of life for any student, we have implemented a program that capitalizes on the natural flow of information within a school. JVMS, in conjunction with the School Based Health Center and with the blessing of our school board, has started a Natural Helpers program. The sponsors and students who will serve as Natural Helpers are now being trained.

I always encourage all students to talk to their parents FIRST if they have a problem. However, because this doesn't always happen, we are training some students to act not as counselors, but as good, knowledgeable friends who recognize when to bring situations to the adult level for real help. The process gives permission for students to take the heavier loads "off their plates" and give them to the adults who should be carrying them. I look forward to reporting more in the next issue as well as describing the Project Venture program.

### Parent Teacher Conferences

Semi-annual parent teacher conferences were held the week of March 16-19. I want to thank every parent who participated in the conferences with their student's teacher, advisor or mentor. It speaks very highly of our community that so many parents made it to the conferences. If we didn't hit 100% in all schools, we were very close and a lot of teachers, advisors and mentors did get 100% of their parents to come in. Well done, Jemez Valley!

## Jemez Valley High School

By Larry DeWees Principal

*"We don't see things as they are, we see them as we are!"*

Anais Nin

### Testing

We are starting the very important state testing that will continue until the end of April. The New Mexico High School Competency Exam (NMHSCE) window is open and we have been busy giving the subject tests to Warriors who have not yet passed all parts of the test. The NMHSCE is the state-mandated test that students must pass to get high school diplomas.

Beginning in 2010-11, passing the New Mexico Standards Based Assessment (NMSBA), will also be used as a completion test for a diploma. Recently, the NMSBA has been given to rate state schools on their Adequate Yearly Progress status. A student must pass all areas of the test in order to qualify for a diploma.

If you have any questions about the testing, please call the high school at (575) 834-7392 and we will do our best to explain the state testing.

### Mentor Meetings

You will soon need to arrange a mentor meeting for this round of parent conferences. I'm happy to report that last term we reached 100% on our visits. It's very important that we get the opportunity to sit with every student and parent to cover each student's testing, grades and overall progress. The state requires us to have a Next Step Plan for every student, and the parent is a big part of this process.

I'm including a few tips parents may find helpful as they approach their mentor meetings.

1. Prepare questions for the teacher beforehand. If you can, send the questions to the teacher before the conference so she can ensure that your questions/concerns are addressed.
2. Teachers have limited time to meet with each parent. If you have more questions at the end of your allotted time, please schedule another time to meet.
3. If your child is weak in an area, ask the teacher for suggestions about resources to help improve that area.
4. Conferences may become emotional at times. If the conference begins to feel uncomfortable and the parent or teacher disagree, reschedule for another time. This will allow both parties to reflect and make decisions with clear heads. Never hesitate to ask for an administrator to attend a conference. Sometimes an impartial third party can help with different perspectives.
5. Remember, parents and teachers want the same things:

Continued on page 14

## EDUCATION

## Jemez Valley Public Schools

Continued from page 13

both are striving for each child to reach his or her academic potential.

### Important Dates To Remember

**April 10 ACT exam at Jemez Valley High School**

**April 24 Prom**

**May 15 Graduation**

### JVHS Warriors Basketball

The basketball season ended with five Warriors making the All-District team. Teeah Toya, Dellynn Chinana, and Dominique Casiquito made the girls' team; Jarren Gachupin and Fred Shendo finished their careers on the all-star team. I congratulate these fine athletes for a job well done!

This week's author is a young lady who has a unique story to tell about someone very dear to her. Mariah Gachupin is a senior at Jemez Valley High School, and not only a scholar, but a scholar-athlete. This very poised young lady is a bundle of positive energy. She works hard at her studies and her sports, striving to reach her goals of going to college and competing in track at that level. I had a wonderful feeling as I read her account of someone she loves, admires and truly cares about.



### TO BRING HONOR TO MY VILLAGE

*By Mariah Gachupin*

One might ask, "What is a legend?" A legend often has a moral, a lesson to be taught, or simply upholds the values of a community.

As time goes by, people don't always realize the treasures they have within the community. I'm not just talking about the scenery or the variety of cultures we have in this valley; there is a legend among us who has helped many generations after him. Most people and students in the community don't recognize this man as a legend, but recognize him solely as a coach, a traditional leader, or even as the man who

always smiles and cheers you up with his fascinating stories. Some stories are just from his imagination such when he used to tell the elementary students that he was the famous basketball player Michael Jordan, and others he actually experienced. I call this motivational man, this legend, my grandpa, Steve Gachupin. He has achieved many great things and has overcome many obstacles in his life. Most of his achievements and proudest moments have been around running.

Although he didn't run cross country in high school, he completed numerous marathons across the nation, including the Boston Marathon, Golden Gate Marathon, Western Hemisphere Championships and the World Masters in Las Vegas, Nevada. He also ran in traditional foot races in the Pueblo of Jemez. The marathon he was most successful in was the Pikes Peak Marathon, held in August of every year in Manitou Springs, CO. He won the marathon six consecutive years, from 1966 to 1971. Since he won the marathon six consecutive times and was the first man to run up and down the mountain without taking a break, he received the name "The King of the Mountain." He has competed in over 50 running events and marathons across the nation.

After his marathons, he was invited to participate in the Olympic trials in Alamosa, CO, in 1968. He was recognized for many things throughout his life and received many awards, including the Congressional Award in Washington, D.C., the first Pikes Peak Marathon Rudy Fall Award, the Golden Shoe Award from *Runner's World* magazine, and the *Sports Illustrated* Silver Cup Award. He was inducted into the American Indian Athletic Hall of Fame in 2006.

About 30 years ago, three young men asked my grandpa to help coach at Jemez Valley High School. Since then, he has witnessed many state championships in both cross country and track and field. Not all of them were successful teams, but all



Coach Steve Gachupin and his proud granddaughter Mariah.  
Photo courtesy of Larry DeWees

of his runners have done well in high school competitions. He was the head coach until 2000, when his assistant, Danny Chinana, took over due to Steve's health problems.

After so many years of coaching athletes from the community, he has been acknowledged by the New Mexico Athletics Association for the hard work he has put into the running program at Jemez Valley High School. He was recently inducted into the NM Track and Cross Country Coaches Association Hall of Fame. He is not the only one who got recognition this year: current head coach Danny Chinana received the Coach of the Year Award. Both teacher and pupil were honored.

People may not realize that this job and this dedication were not only for the students but also because my grandpa had to be around running. It's what he lives for. He enjoys being around people who love to do what he did, and he loves when people go out and try it.

What it all adds up to is that he cares about the students and shares his experiences with them, hoping to encourage them to go on to the next level. Because for him, it isn't about winning, it's about having the passion, the heart, and not only honoring himself but also the community.

Every last Sunday in August, he hosts the Steve Gachupin Half-Marathon and 5K Run/Walk in Jemez Pueblo. Steve Gachupin is not only a legend across the nation, but is a true inspiration in our community.

## EDUCATION

# Seniors Plan for Future With College Campus Visits

By Leander Loretto, Vista Volunteer

High school students from the Pueblo of Jemez, Jemez Valley High School (JVHS), Walatowa High Charter School (WHCS) and Santa Fe Indian School (SFIS) had the chance to tour the campuses at New Mexico Highlands University (NMHU) in Las Vegas, NM and the Institute of American Indian Arts (IAIA) in Santa Fe on a tour sponsored by the Education Department.

At NMHU, Rochelle Yazzie, Director of the Native American Student Services (NASS) Program, and Retention Coordinator/Recruiter Teresa Billy met the group. After settling down in a dormitory, students dined with NMHU staff and students at their cafeteria. At the Student Center, they met with NASS participants. After introductions that described their career goals and college majors, the groups mixed it up for ice breakers and board games that fostered a network for building community relationships. Then basketball, swimming, running and weight lifting were available at the Wilson Sports Complex.

Bethany Garcia, SFIS senior, found the NASS to be a strong support system for students. "The program outreaches to students and provides assistance to them in all areas of learning," she says. "NMHU is a great school! I am thankful that the Pueblo of Jemez Education Department takes students on these college visits because we get to see and experience the schools and campus life before we apply."

The following morning, the group met with a student ambassador for breakfast and a question and answer session. Then they went to the recruitment office for presentations from the Financial Aid office, Student Support Services, Housing and Native American Student Services. Students who are interested in attending the school in the fall completed the NMHU application and scholarship forms.

"Watching the students listen to the presentations and take a sincere interest, not only in the school, but going to college was a wonderful experience," says Odessa Waquiui, Higher Education Coordinator.

After presentations were complete, the group toured the campus, visiting the new science technology building, business building, new residence halls, family housing, education building, housing office, bookstore, senate office, library and athletic department.

"NMHU is a good, small-sized school where it won't be so packed like the big schools," WHCS senior Bradley Loretto observes. "Also they provide a good housing package and I think the academics are good. The drive was long, but worth it."

Students also met with NMHU's head football coach for a tour of the football field house and stadium. Then they watched



Jemez seniors toured college campuses to help them decide on their future academic choices. Photo by Leander Loretto.

a couple of innings of baseball until it was time to leave for their next campus visit.

### Institute of American Indian Arts

At IAIA, Ben Cabalaza, Expanding the Circle Project Coordinator, and Elizabeth Bahe, Expanding the Circle Project Director, met the group with introductions to the school and information on financial aid, housing and academics. On the campus tour, the students saw the film development room, printing room, art studio and art gallery. The hallways are filled with different types of artwork done by current and former IAIA students.

When asked about IAIA, WHCS senior Matthew C. Gachupin, said "from personal experience and going to school and participating in programs there, it's just a great environment with friendly staff. All the artwork and student galleries made me feel comfortable."

"It was cool. These trips give Native Americans the opportunity to think about a higher education," Nicholas Tsoi added.

College introduction tours are open to any community member interested in going to college. The intent of these trips is to provide opportunities and experiences to students interested in specific colleges. All students get to meet with key staff and students, and learn about programs offered through the college or university.

If you or anyone you know are interested in joining one of these trips, please call the Higher Education Department at (575) 834-9102.

## EDUCATION

# Jemez Hosts Delegation of African Leaders

By Kevin Shendo, Director, Department of Education

Thirteen visitors from Africa, two representatives from the US Department of State and three staff members from the Institute for American Indian Arts (IAIA) Center for Lifelong Education visited the Pueblo of Jemez on Monday, Feb. 15. At Governor Joshua Madalena's direction, the Department of Education partnered with the Walatowa Visitors Center to coordinate the visit. The delegation's goal was to learn about tribal governments and their relationships with state and federal governments and agencies. The delegation represented several regions in Africa, where many of the guests hold prominent leadership positions or serve their national or regional governments.

Traditional leader Stuart Gachupin welcomed the group to Jemez, our village and homelands. He shared a perspective

of tribal government from the traditional aspects and some of the traditional leadership's responsibilities. Former First Lt. Governor Benny Shendo, Jr. shared the perspective of the secular government and its responsibilities, services and programs. He also discussed the relationships between Jemez and the state of New Mexico, the United States government and Congress.

Guests posed questions throughout the presentations, and they appreciated learning about the Jemez people, life on the reservation, our belief systems, way of life, and tribal-state/federal government relations. They were even more impressed to hear the Jemez language, that Towa is used daily at all age levels, and that our culture and traditions are kept alive. The delegation was intrigued to learn that

the Jemez language is a stand-alone language, not spoken by any other pueblo or tribe.

In a letter, the delegation extended their sincere appreciation to the leadership and officials and noted that "of the 13 African visitors, most had never been to a Pueblo, much less had the opportunity to experience a Pueblo community first hand."

The meeting proved to be very fruitful for both the African visitors and our Jemez leadership with much dialogue, cross-cultural sharing and learning about the similarities and differences between our Jemez tribal governments and the tribal and national governments of their respective countries. The delegation invited our leadership and community to visit their countries in Africa, to see and learn about their peoples, traditions, nations and governments.

The meeting went very well and we hope that this is the beginning of a continued relationship, dialogue and friendship between Jemez, the African nations and their tribal representatives who visited the homelands of our Jemez people.



Benny Shendo, Jr. (*second from left*) and Stuart Gachupin (*center*) hosted visiting dignitaries from Africa including Jean-Paul Adam, Secretary of State - Republic of Seychelles, Office of the President, Victoria; David Karira Gatuthu, Third Secretary Ministry of Foreign Affairs - Republic of Kenya, Nairobi; Mkhululi S. Dlamini, Member of Parliament - Parliament of the Kingdom of Eswatini, The Gables, Swaziland; Jimmy F. Gama, Deputy Presidential Guard Commander - Malawi Government, Lilongwe; Ivone Dzingirayi, Committee on Mines and Energy - Parliament of Zimbabwe, Causeway; Jeff Siamisang, Deputy Permanent Secretary - Ministry of Infrastructure, Science & Technology, Gaborone, Botswana; Alice E. Q. Williams, Sr. Budget Examiner - Republic of Liberia Ministry of Finance, Monrovia; Thomas Mbun, Head of Public Accounts - Controller and Accountant-General's Department, Accra, Ghana; Dr. Gabriel Isaac Awow, Senior Legal Counsellor - Ministry of Legal Affairs, Government of Southern Sudan; Ebenezer Ahumah Djietror, Principal Assistance Clerk - Office of Parliament, Accra, Ghana; Davina Moonsammy, Specialist in Monitoring & Evaluation - Gauteng Shared Services Center, Johannesburg, South Africa; Freedom Mazwi, Personal Assistant to the Speaker of the House - National MDC Chairman; Titilayo Alade, Diplomatic Correspondent - DAAR Communications PLC, Asokoro, Abuja.

## BUDGET MEETING

The Walatowa High Charter School Governing Board will conduct a public hearing on the 2010-2011 school year budget on Thursday, April 15 at 5:30 p.m. at the Walatowa High Charter School Multipurpose Room. The community and all district residents are encouraged to attend.

Please call Principal Tony Archuleta at (575) 834-0448 if you have any questions or concerns.



Pueblo of Jemez  
4417 Highway 4  
Box 100  
Jemez Pueblo, NM 87024

Presort Standard  
US Postage Paid  
Albuquerque NM  
Permit No. 1741

## Save the Date!

**Thursday, April 1 through Friday, April 9.** JVPS Spring Break.

**Saturday, April 10. Step-Families Conference and Youth Event with Ron Deal.** Sponsored by New Mexico Marriages First Project (NMMFP.) For parents and youth 12 - 18 years old in blended families. \$10 per adult couple, \$5 per teen. To register call NMMFP at (505) 891-1846 or go to [www.themarriagelifeline.com](http://www.themarriagelifeline.com). (See article at right.)

**Jemez Oak Canyon Dancers.** Indian Pueblo Cultural Center, 11 a.m. and 2 p.m. Call (505) 843-7270 or toll-free (866) 855-7902 for more information.

**April 12-30. Standards Based Assessment Tests** for eleventh grade students at Jemez Valley High School.

**Wednesday, April 14. Walatowa High Charter School budget meeting.** WHCS Multipurpose Room, 5: 30 p.m. (See page 15.)

**Thursday, April 15. Income Tax Day.**

**Sat, April 17 and Sunday, April 18. Annual Spring Art Market.** 10 a.m.- 5 p.m. Indian Pueblo Cultural Center. Call (505) 843-7270 or toll-free (866) 855-7902 for more information.

**Thursday, April 22 through Saturday, April 24. Gathering of Nations at UNM Stadium.**

**Thursday, April 22. Pueblo of Jemez Transportation Plan Public Meeting.** CRC. 6 - 7:30 p.m. (See page 4.)

**Thursday, April 22. Earth Day.** (See page 4.)

**Saturday, April 24. Annual Job/College Fair** sponsored by Jemez Vocational Rehabilitation Program (JVR) and the Jemez Education Department. Walatowa Youth Center, 9 a.m. - 1 p.m. For more information call the JVR at (575) 834-0012. (See page 10.)

## Step-Families Conference

New Mexico Marriages First Project (NMMFP) will sponsor a Step-Families Conference and Youth Event with Ron Deal on Saturday, April 10. The event is designed for parents and youth ages 12 - 18 years old in blended families.

Come together for a day of learning about successful step-families. Tickets are just \$10 per adult couple, \$5 per teen and include meals, child care for children up to age 11, and door prizes. The event will be held at Grace Outreach, 2900 Southern Blvd., Rio Rancho, from 9 a.m. to 5 p.m.

To register call NMMFP at (505) 891-1846 or go to [www.themarriagelifeline.com](http://www.themarriagelifeline.com).