



Red Rocks Reporter

AUGUST 2010

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JEMEZ PUEBLO HOSTS HEALTH SECRETARY SEBELIUS

Kathleen Sebelius, US Secretary of Health and Human Services, visited Jemez Pueblo on July 21 to learn more about the Pueblo's participation in the Centers for Disease Control (CDC) Community Putting Prevention to Work (CPPW) initiative. The CPPW award will fight obesity in our community with healthy lifestyles based on traditional values.

Secretary Sebelius got a brief tour of Walatowa before meeting the Walatowa Bike Club at the Visitors Center. Some of their bikes and helmets were purchased with CPPW funds. She chatted with the children about their participation in the club before a private meeting with tribal leaders, members of the CPPW Advisory Council and representatives from the CDC in Atlanta.

After First Lt. Governor Aaron Cajero, Sr. gave the Secretary a tour of the Walatowa Museum, she gave interviews with the *Albuquerque Journal* and KUNM.

"Data from Indian country is really alarming," Ms. Sebelius told community leaders. About 80 percent of Native American adults and half of children are overweight or obese.

Kristyn Yepa, RN, BSN, assistant program manager of the JHHS Public Health Program, noted that "acculturation to Western society is hurting us." Traditional foods and the historic emphasis on running have been nudged aside in favor of junk food and television for too many children. "It's frustrating, because children don't understand that their behaviors now are going to hurt them in the long run," Kristyn says.

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US Secretary for Health and Human Services Kathleen Sebelius (center) met with tribal leaders, Public Health Program staff and representatives from the Centers for Disease Control after a tour of Jemez Pueblo and the Walatowa Museum.



2010 TRIBAL GOVERNORS

Joshua Madalena
Governor
Aaron B. Cajero, Sr.
First Lt. Governor
Larry M. Chinana
Second Lt. Governor

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Health Secretary Visits Jemez

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In an interview with an *Albuquerque Journal* reporter, Sebelius answered questions about this year's health insurance legislation. The bill allows millions of American, including Medicare and Medicaid beneficiaries, to receive free coverage for many kinds of preventive care. (See *Red Rocks Reporter*, July 2010, page 6, for more information about changes to health insurance coverage.)

Communities Putting Prevention to Work

The Pueblo of Jemez was one of 44 communities to receive a CPPW award. The program will create school and community programs to increase physical activity, improve healthy food and beverage choices and support a local farmers' market to give community members better access to healthy traditional foods.

Cornell Magdalena, Vernon Tosa, Ann-Marie Loretto and LaTanya Yazzie have joined the CPPW team as health advocates. Martin Loretto is the agricultural coordinator who is heading the farmers' market initiative, including planting fields with chile, corn and other crops specifically for sale at the market.

If you have any questions, please contact Cheryl Shendo-Toya, Project Coordinator, at (575) 834-3091 or Marianna Kennedy, Public Health Program Manager at (575) 834-3086.



Secretary Sebelius chats with Walatowa Bike Club participants before meeting with tribal leaders.

FROM THE GOVERNORS

Tribal Leaders Protect Jemez Interests

Jemez tribal leaders held meetings and gave presentations throughout the month to serve Pueblo of Jemez interests. In addition to a significant meeting in Anthony regarding the casino project (see article on page 3,) the Governors met with Ben Sherman of the Native Tourism Alliance to discuss economic development and eco-tourism opportunities.

A significant milestone was reached with the Pueblo's first meeting with the Regional Director of the US Bureau of Land Management. The discussions with Director Edward Singleton included determining a designated area for tribal members to collect firewood.

Governor Madalena was asked to present at the National Tribal Forum on Air Quality Management and Policy at the Pueblo of Isleta. He spoke about the Pueblo's renewable energy development strategies as they relate to climate change. The Department of Resource Protection's water and air quality specialist Tammy Belone was one of the conference organizers.

Tribal people are feeling the effects of climate change before anyone else," says Interim DRP Director, who also participated in the conference. "Two presenters from Alaska showed dramatic photos of homes that collapsed into the ocean because island coastlines are shrinking. Unusually fierce storms are doing additional damage to entire communities."

Governor Madalena noted that the pueblos are seeing changes in the growing season that

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FROM THE GOVERNORS

Discussions Renewed on Jemez Casino Project

Governor Joshua Madalena lead a delegation of tribal leaders including Tribal Administrator Vince Toya, 2nd Lt Governor Larry Chinana, Lt. Fiscale Alex Tosa and Gaming Enterprise Board Chairman Paul Chinana to Anthony, NM, on July 20 and 21 to update key officials about the Jemez economic development project there.

The Governor met with Anthony's newly elected town officials. Anthony voted to incorporate earlier this year.

The elected officials were pleased to hear that Secretary of the Interior Ken Salazar had told the BIA to process the Pueblo of Jemez land into trust and gaming application and other pending applications at the same time the Department of Interior will be conducting consultations with Tribes regarding gaming and other related issues.

With a new administration and new people in decision-making roles at the Bureau of Indian Affairs and the Department of Interior, the application is moving forward. "The process is complicated and involves many steps, but cooperation with the BIA has never been better. People in Anthony seem very enthusiastic that the project is still under active consideration," said Gov. Madalena.

BIA staff also visited the proposed site and finished the necessary survey work.

This project will benefit two communities. Anthony/Doña Ana County will benefit from new jobs. The casino and hotel are expected to employ about 950 people, with paid health insurance.

Pueblo of Jemez tribal members will benefit because the Pueblo will have a sustainable revenue stream that will fund housing and other needed projects at the Pueblo. Revenues would be used to improve the village water system, build a care center for elders and a host of other projects that will make life better in Jemez. The revenues will also provide scholarships and job training for Pueblo members.

"One very high priority is building a long-term care facility where elders can live and get specialized care without leaving our community," Gov. Madalena explains. "In addition to providing for our elders, this project would create a range of jobs from entry-level positions to medical staff: cooks, housekeepers, administrative assistants and caregivers. We need jobs here for people who have not had educational opportunities."

If the Secretary of Interior makes a favorable determination, the next New Mexico governor will have to agree.

The *Santa Fe New Mexican* asked the gubernatorial candidates their views, reporting that Diane Denish will wait to see what the federal government decides. She would then consider various viewpoints before making up her mind.

A representative of Susana Martinez' campaign said "Susana understand that the Department of Interior is discussing the issue with the affected tribal entities and intends to have similar conversations with the affected entities and weigh all the evidence, including the economic impact on the area. Her decision will be intended to balance the needs of all New Mexicans."



From the Governors

Continued from page 2

affect traditional cycles and farming activities. Infectious diseases such as hantavirus and West Nile virus are becoming more common as carrier pests take advantage of warming conditions.

The Jemez solar energy generating station will turn this heat into an advantage. In addition, the tribe has other gifts, such as geothermal and biomass capabilities, that could become a revenue stream as well as offset the community's power usage.

Two lawyers who are deeply involved with the solar energy

project also gave presentations at the conference. Attorneys Ray Krueger and Geoff Morgan are working to ensure that the power development remains under Jemez tribal ownership.

"It's very important to get the ownership structure right," Greg explains. "Other tribes may have developers come in and lease the land for a fee, but the developers own the equipment and reap the profits. We're going to demonstrate that tribes can develop and own these projects themselves."

Jemez State Monument Presents
7TH ANNUAL
PUEBLO INDEPENDENCE DAY COMMEMORATION
SUNDAY, AUGUST 8

On August 10, 1680, the Pueblo Indians of New Mexico, aided by Apache and Navajo allies, launched a successful rebellion against Spanish colonization. The commemoration will begin with a pilgrimage run from Walatowa plaza to Gisewatowa kiva. Participating in this run (or supporting a runner) is a way to pay tribute to the Ancestors and show appreciation for the sacrifices they made. Their brave resistance to oppression helped preserve the Pueblo way of life: our culture, our languages and our right to one day reclaim our aboriginal lands.

The run begins at 7 a.m. The general public is welcome to participate. Volunteers will provide water stations at one mile intervals, and a shuttle service will be available.

At 10 a.m., guest speaker Stefanie Beninato, PhD will speak on Leadership in the Pueblo Revolt. Dr. Beninato has worked for the NM museum systems and participated in archeological digs throughout the Douthwest. Besides leading cultural and educational tours, Dr. Beninato teaches and conducts research on a wide range of topics such as water rights, county and pueblo rights-of way, land grants, land ownership and genealogy.

**10-5 pm. Enjoy traditional Jemez dances, music,
 authentic cuisine and Native arts and crafts.**

**Call Jemez State Monument for more information at (575) 829-3530.
 Free Admission for all NM Residents.**

Running Warriors

For many competitive Native American runners, the height of their running careers often occurs during college. Once these elite runners graduate, many decide to hang up their running shoes and enter the job market. In turn, they miss out on competing at the national level during their prime running years. Mike Daney, the director of Sports Warrior Track Club (SWTC,) had to find a job to support himself after college. Now his goal is to help elite post-collegiate runners realize their dreams. SWTC runners have competed at both USA Track & Field championships and Olympic qualifying trials.

"I see the under-representation of Native American athletes on the elite level. I want to give young people the opportunity to compete at a national level," says Daney, who is Choctaw.

A small group of elite runners travel once a year to a national track meet. To raise funds to pay for these trips, Daney founded the annual 5K National Championships and Open Community Run.

The third annual event drew about 170 elite and amateur runners and non-competition walkers to the Southwestern Indian Polytechnic Institute (SIPI) in Albuquerque on June 12. Native and non-native participants from age three on up could compete in various age divisions.

Daney hopes the event encourages Native people to embrace

healthier lifestyles. The non-competitive one and two mile walks were designed for that purpose. "I've got visions of grandeur, I want every Indian person to be healthy," he says.

Although volunteers help the day of the race, Daney functions as the race coordinator, director, programmer and accountant. A portion of the proceeds goes to provide travel expenses to runners attending the USATF National Cross Country Championships in North Carolina in December. Often, runners must pay a portion of the trip, but he wants to get to the point where runners won't have to reach into their own pockets. Ultimately, he wants to arrange sponsorships so runners can train without having to work full-time.

Some of the proceeds also go toward the newly formed SIPI Running/Fitness Club, where Daney teaches health and physical education.

Meanwhile, Daney wants to bring the first co-ed team to the upcoming championships, which requires a team of five men and women. Runners who are interested in joining the club must be enrolled in college or have graduated. SWTC runners train and live all over the country.

For more information, contact Mike Daney at (505) 710-3323.

Information from an article by

Babette Herrmann, Indian Country Today, July 9, 2010

NEWS YOU CAN USE



GREEN STARS ON A MISSION: REDUCE, REUSE, RECYCLE

Christina Castro designed her summer school curriculum at Jemez Valley High School around environmental issues: global warming, the Gulf oil spill, air pollution, and protecting wildlife endangered by human actions. Class discussions prompted students to ask “What is our community doing?” Now four dedicated students are on a mission to help our community.

Mark Panana, Emmet Yepa, Tianie Toya and Lindsay Toya formed the Green Stars to start a recycling program in Walatowa. At the Cochiti Feast Day, Emmet and Tianie saw green bins for recycling aluminum cans and plastic bottles, items that are too often tossed carelessly and left behind. They brought the idea back to the classroom: “Why not do it here?”

Conversations with DRP’s Tammy Belone led to contacts at Eight Northern Pueblos, where Jeremy Yepa happened to take one of their calls. He provided bins and bags for the project.

The Green Stars distributed information flyers throughout the village and have made the commitment to place the bins, empty them as needed, and take the contents to a recycling station. They also plan to organize a community clean-up the day after feast. But they have their sights set on the future, including repeating the project for the November Feast Day.

“Other pueblos are starting full-time recycling programs.



Green Stars founding member (left to right) Emmet Yepa, Lindsay Toya, teacher Christina Castro, Tianie Toya and Mark Panana.

We want to see if we can provide a bin for every household, and a place to take the products. We know we need to educate some people in the community about how important it is to pay more attention to what we throw away,” Christina says.

Christina added that the initiative is a natural outgrowth of her work on with President Obama’s campaign. “It’s all about each of us taking active roles in our community. To paraphrase President Kennedy: ask not what your community can do for you, but what you can do for your community.”

Did You Know?

There are two large garbage patches in the ocean, each larger than the state of Texas.

One plastic bottle takes 1,000 years to biodegrade back into the Earth.

If every American home recycles just one out of every ten plastic bottles they use, we’d keep 200 million pounds of trash out of landfills every year.

Recycling one aluminum can could power one 100-watt light bulb for 20 hours.

Towa Arts & Crafts Committee Reorganizes

Submitted by Monique Sando

The Towa Arts & Crafts Committee (TACC) met on July 13 at the Walatowa Visitor Center with more than 40 artists attending. The group reviewed the organization’s history and thanked Ralph Sarracino for his years of dedicated service to the committee. Mr. Sarracino said that, although it was rough at times, he appreciates all the support he had through the years.

Changes to Bylaws

The TACC bylaws were read and the following changes were recommended:

Article VI: Executive Board Section 3. The Executive Board will meet quarterly.

Article VII: Dues. All members will be required to fill out a membership form. It is the responsibility of the member to keep contact information current and updated. This can be done by contacting the secretary of the TACC. There is no membership fee to become a member of the TACC.

The following change was made: On issues up for a vote, the majority rules.

The new committee members will serve one-year terms. For this year only, they will serve through Dec. 31, 2011. The extra months allow for reorganization. In October 2011, new members will be elected to allow a transition time from October to December.

Arts & Crafts Committee Officers

| | |
|----------------|----------------|
| President | John Armijo |
| Vice President | Rosanna Toya |
| Secretary | Wilma Tosa |
| Treasurer | Geraldine Toya |

Members at Large

| | |
|------------------|---------------|
| Lorraine Chinana | Vangie Tafoya |
| Helen Henderson | Florence Yepa |

SENIOR CENTER

Senior Center Outreach

Submitted by Gloria Fragua, Outreach/Family Caregiver Coordinator

“As outreach coordinator for the Senior Citizens Center, my goal is to reach all community members age 55 and over,” says Gloria Fragua, adding that state regulations mandate the Senior Center to have New Mexico State Aging Assessment Forms on file for all individuals 55 and over who live in the community.

The Senior Center staff helps Gloria meet this goal. Each staff member is assigned a list of elders to contact.

“Your cooperation in providing accurate information will support our efforts to better assist you with the types of services you may need. Your feedback will also support the entire Senior Program with future funding opportunities,” Gloria adds.

All information will be kept personal and confidential and be used only for the Pueblo of Jemez Senior Program and State Agency on Aging reporting requirements.

If you have questions, please call the Senior Center office at (575) 834-9168.

Family Caregiving

Being a caregiver to a family member can be one of the most challenging, but rewarding, experiences a person can have. It can also be frustrating, lonely and overwhelming.

In her role as family caregiver coordinator, Gloria will focus on how caregivers can care for themselves. This task is not easy, but it is essential.

“One of my goals is to reach all caregivers in the commu-

nity,” Gloria explains. “I will be making home visits and contacting people by phone or in writing.”

Plans include establishing a data base as well as a respite care program for the community. Respite care gives caregivers time for errands, relaxation and personal interests while making sure their family members have reliable helpers while the caregiver is away from the home.

“Having someone to talk to is also very helpful,” Gloria adds. “I encourage caregivers to contact my office; my number is 834-9168. I look forward to visiting with you.”

Farmers' Market Nutrition Program

Five Sandoval Indian Pueblos Senior Farmers' Market Nutrition Program is designed to provide locally grown fresh fruits and vegetables from area farmers' markets. The program will also expand the awareness and use of farmers' markets in selected areas.

The program continues from July 1 through Oct. 31, 2010. All qualifying seniors 55 and over will receive \$30 in checks that can be used at the farmers' markets. Please stop by the Senior Citizen's Center to apply.



SEPTEMBER IS IMMUNIZATION MONTH

Children entering or returning to school must be current with their vaccinations.

The Jemez Comprehensive Health Clinic has earned state honors for the high rate of vaccinations for children. But adults need important shots just like kids do.

Next time you get a check-up, ask your health care provider about getting these important shots:

- All adults need a tetanus shot every 10 years.
- All adults need the seasonal flu shot every year.
- People age 65 need a one-time pneumonia shot.
- People over age 60 should ask about getting vaccinated for shingles.

Scam Alert!

Identity thieves often find elders an easy target. Thieves may call and pretend they are "verifying" or "checking" information for a bank or a government agency.

NEVER give out personal information (Social Security number, checking account number, credit card number, etc.) over the phone unless YOU have placed the call.

NO ONE from the Social Security Administration, a bank, a credit card company or from any legitimate organization will call and ask for that information.



PUBLIC HEALTH



Babies Are Born To Be Breastfed

Submitted by Mildred Baca, Community Health Representative

Did you know breast milk is the best food for your baby? Breastfeeding has kept our people and traditions strong since the beginning of time.

Mothers who breastfeed are helping their babies stay healthy and avoid the effects of diabetes. Plus formula is expensive and breast milk is free and ready to go.

Why Breastfeeding Is Important

For your baby:

- Breast milk has all the nutrients needed for proper growth and protection against certain diseases.
- Babies who are breastfed have less vomiting and spitting up, diarrhea, constipation, respiratory and urinary infections; and fewer colds, ear infections and allergies.
- Breastfed babies are less likely to have colic.
- Babies who are breastfed have higher IQ scores.
- Breastfeeding saves money; there's nothing to buy.
- Breast milk is always warm and ready, and is easy to digest.

- Breastfed babies may be less likely to be obese as children.
- Breastfed babies may respond better to immunizations for polio, tetanus and diphtheria.
- Breastfed babies may have a lower risk of diabetes later in life.

For the mother, breastfeeding:

- helps shrink the uterus to normal size faster and with less bleeding after childbirth.
- gives moms self-esteem.
- may reduce the risk of breast and ovarian cancers.
- may postpone the effects of diabetes.
- helps mom and baby bond.
- Moms who breastfeed may have less absenteeism from work and school.

To learn more about breastfeeding and its benefits, contact Mildred Baca at the JHHS Public Health Programs at (575) 834-7207. Or plan to attend Prenatal Childbirth Education Classes offered in February, June and October at the Jemez Comprehensive Health Center.

Farewell Nurse Nancy!



(At left) Nurse Nancy Harvey and 2nd Lt. Governor Chinana listen to a guest honoring her retirement.

(Above) Nancy accepts a farewell gift from Penny Ott, JHHS Interim Director.

Several generations of students and former students said good-bye to "Nurse Nancy" Harvey at a retirement party at the Youth Center. There were memories, tears and laughter as Nurse Nancy's former students paid tribute to 35 years of care for the children of Jemez Pueblo. "I was too young, too skinny and too white," Nancy laughed as she recalled her early days in Jemez.


"Nurse Nancy is public health," said Kristyn Yepa, RN, who thanked Nancy for her personal support and encouragement as she pursued her own goal of becoming a public health nurse. "She set the standard for community care and has been dedicated to protecting our community."

INJURY PREVENTION

CAR SEAT CLINIC

The Jemez Injury Prevention Program
will host a
CAR SEAT CLINIC
for Jemez Community Members
at the Emergency Medical Services (EMS)
Station on Highway 4
SATURDAY, AUGUST 28
9 A.M. TO 12 NOON
No Appointment Needed

IT'S THE LAW!
Children **MUST** be secured in an appropriate child passenger restraint (safety seat or booster seat) in the **BACK SEAT** of a vehicle until they are at least **6 YEARS OLD OR WEIGH AT LEAST 60 POUNDS.**



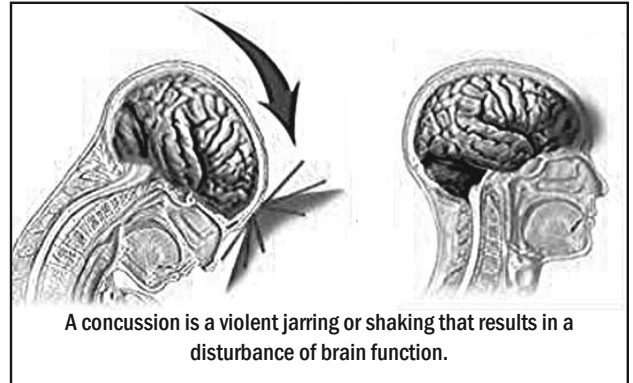
HEALTH & HUMAN SERVICES

CONCUSSIONS IN SPORTS: KNOW THE FACTS!

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!

Give yourself time to get better. If you've had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause permanent damage to your brain. It's important to rest until you get approval from a doctor or health care professional to return to play. For more information, contact your child's school.

**ATTENTION ADULT ATHLETES:
THESE GUIDELINES ARE IMPORTANT FOR YOU TOO!**



What Is a Concussion?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

It's the Law!

This year, the NM legislature passed a law that describes how and when athletes can return to play after a concussion.

GUIDELINES UNDER THE LAW

1. **Remove athlete immediately** from activity if he or she shows signs or symptoms.
2. Athletes must not return to full activity for **at least one week**.
3. **A release from a medical provider** is

required before the athlete can return.

4. **Follow the school district's return to play guidelines.**
5. Coaches should **monitor the player** for signs and/or symptoms after the athlete returns to activity.

What Are The Signs and Symptoms of a Concussion?

OBSERVED BY THE ATHLETE

- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness .
- Double or blurry vision.
- Bothered by light.
- Bothered by noise.
- Feeling sluggish, hazy, foggy or groggy.
- Difficulty paying attention
- Memory problems.
- Confusion.
- Doesn't "feel right."

OBSERVED BY THE PARENT OR COACH

- Is confused about a task.
- Forgets an instruction.
- Is unsure of game score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly.)
- Shows behavior or personality changes.
- Can't recall events after hit or fall.
- Appears dazed or stunned.

**WHAT YOU SHOULD DO
ATHLETES**

**Tell your coach immediately!
Tell your parents.
Get medical attention.
Give yourself time to recover.**

PARENTS/GUARDIANS

**Get medical attention.
Keep your child out of play.
Discuss plan to return with the coach.**

Welcome Mat



Certified Medical Assistant Ashley Yepa has joined the medical team at the Jemez Comprehensive Health Center. After working with the Veterans Administration Clinic in Silver City, Ashley came home to care for her father while he recovered from West Nile virus. She also cared for her mother who was fighting methicillin-resistant staphylococcus aureus (MRSA), a serious, antibiotic-resistant infection. Both parents are now doing well. Ashley then worked

in a pediatrician's office before joining the Jemez staff. "I'm happy to be back here in the pueblo helping our community," Ashley says.



Konnie Frey, RPh. has returned to head the Jemez Clinic Pharmacy. "I'm so glad to be back!" Konnie says. "I missed you."

YOUTH VIOLENCE PREVENTION:

SOCIAL SERVICES

What is A G G R E S S I O N ?

Submitted by Carol Vigil, Family Advocate, Social Services Program

Most experts agree that there are three key types of aggression: physical, verbal and indirect.

Physical Aggression

In young children, physical aggression includes behaviors such as hitting, slapping, kicking, biting, pushing, pulling, shoving, throwing objects, beating or limb twisting that is part of an antagonistic interaction with another person.

Proactive and Reactive Aggression

Physical aggression that occurs without any apparent provocation is known as *proactive aggression*. Children generally engage in proactive aggression to obtain a benefit, acquire an object, or intimidate another child. Walking up to a child and snatching a toy out of her hand is an example of proactive aggression.

As children grow older and their brains develop, those prone to proactive aggression will usually start displaying more controlled and thought-out aggressive acts. For instance, they will learn to punch when adults are not looking and choose victims who are smaller than themselves.

Physical aggression that occurs in response to a perceived threat or provocation (whether this provocation is delib-



erate or accidental) is known as *reactive aggression*. For instance, one child playing with a favorite toy may punch another child for coming too close, in fear the toy might be taken away. Another child may not react until the other child actually starts yanking at the toy. These responses are examples of reactive aggression. Reactive aggression tends to occur most frequently when children are faced with multiple sources of frustration and anger. For instance, it can be a common occurrence in places where too many children are crowded together with too few toys.

Verbal Aggression

Verbal aggression is the use of hostile words to insult, threaten, anger or intimidate another. The classic verbal battle among children often ends: "I am not!" "You are too!" "Am not!" "Are too!" and continues until one child bursts into tears. Although only words are hurled, there is no doubt that aggression is taking place. Often, verbal aggression is accompanied by threatening gestures and is frequently followed by physical aggression.

Indirect Aggression

Indirect aggression is a more complex form of aggression that involves attempting to harm another person by spreading gossip or rumors, trying to humiliate or demean the other person, or attempting to exclude the victim from a group.

As children's social skills and language develop, indirect aggression can become increasingly effective and brutal. Indirect aggression aims to isolate the victim from friends and other social contacts, and has especially damaging consequences for children who feel shy and insecure or who are "different" in some way.

Indirect aggression is the most common form of aggression among adults.

Resource: *Early Childhood Development Centers of Excellence for Children's Well-Being*

New Offices for Social Services

The JHHS Social Services Program has moved to temporary offices in the Jemez Comprehensive Health Center. The staff will continue normal services at the Health Center while their new building is under construction.

Office hours remain 8 a.m. to 5 p.m. The Community Intervention Response Team (CIRT) is available 24 hours a day for emergency situations.

**If you need help, or if you know someone who does, call (575) 834-7117.
All calls are strictly confidential.**

Women's Support Group

Women's Support Group meetings are now being held at the Comprehensive Health Center. The next meetings are on Thursdays, August 5 and 19 from 6 to 8 p.m.

If you have any questions, please contact Carol Vigil at 834-7117 ext. 204.



Jemez Valley Public Schools

Jemez Valley Elementary and Middle Schools

By Brad Parker, Principal

Welcome back to the new school year! This year will be an amazing year for all. There will be a lot of fresh faces among the teaching ranks this year. We reluctantly bid farewell to the following staff either last year or over the summer: Ms. Parrett, Mrs. Gallegos, Mr. Lemke, Mrs. Palma, Mr. and Mrs. Conklin, Mrs. Garcia-Lucero, Mr. Leigh, Mrs. Ficht, Mr. and Mrs. Wright and Mrs. Grace. We wish them the best of luck!

Mr. DeWees and I are in the midst of hiring the best folks for our students. Two smiling new faces will be our counselors, Ms. Jearldine Young at the high school and Ms. Jean Holley-Jenkinson at the middle and elementary schools. Ms. Young comes to us with extensive experience in school counseling at the high school level. Ms. Holley-Jenkinson has both school teaching and counseling experience and comes to us from Taos.

When you do visit the schools, along with the smiling faces please check out the new technology in the classrooms. Every classroom has a SMART[®] board and new computers that our teachers will use to determine just the right way to reach all our children. Each teacher was issued a Macbook Pro and an iTouch before school ended in May. And all teachers have the opportunity to have classroom sets of iTouch instruments to help their students. Mrs. Simpson, our IT administrator, has worked tirelessly to provide working technology to administrators, teachers and students. She is to be commended for her hard work. Thank you, Mrs. Simpson!

None of this technology takes the place of caring, dedicated classroom teachers. Being here for the past two years and knowing our teachers, I know every one wants the best for our students and works hard for them. We are all on the same team in our desire to give our students the best education possible.

Parents, you can give your sons and daughters the best shot at success both in school and in life by following their academic progress closely. When you ask what happened at school today and they say “nothing,” don’t let them finish the conversation there. Ask them to “tell a story” about this day. “What made you laugh?” “What did you learn today?” “Who did you hang out with?” and last, “Show me your agenda, please.”

Students should put their assignments in their student day-timers that we provide for all fourth to eighth grade students.

This year is like every other year: students need boundaries set and enforced to improve their chances for success. Students should read something that interests them every night. The

length of time students read depends on their ages. Be a student of your child and try to have books or magazines at home about things that interest your child. An interesting way to look at reading at home is at www.tooter4kids.com/classroom/why_read_for_20_minutes_every_da.htm

The gist of the web site is this: the student who reads every night will be exposed to so much more and have a much bigger toolbox to pull from when learning new concepts than a student who does not read at all. If you want your students to get ahead, make sure they read – religiously.

No child comes with an owner’s manual. But I’ve found that by getting a lot of input about how to raise a child, I’ve done a better job than just “going it alone.” If you need help, ask someone. There are many resources available to help, and we’d be glad to point you in the right direction.

Find new ways to enjoy the school year with your children. Attend sports events and school get-togethers, including the Back to School Bash and parent-teacher conferences.

We thank you for your support and look forward to a great year!

*Brad Parker, Elementary and Middle Schools, and
Larry DeWees, High School*

EVENTS AND ACTIVITIES

- Aug. 4 Registration 11 a.m. to 7 p.m.** New students must bring their immunization records and birth certificates. Returning students, please bring documentation if anything has changed over the summer. Students must complete and sign forms.
- Aug. 5 Registration 8 a.m. to 4 p.m.**
- Aug. 6 New staff report for orientation**
- Aug. 9 All staff report**
- Aug. 10 First day of school** for students grades 1-12.
- Aug. 17 First day of kindergarten.** Home visits the week before.
- Aug. 24 Open House** for all Jemez Valley public schools, 5:30 to 7 p.m.
- Sept. 6 Labor Day.** No School
- Sept. 13 Picture day** for elementary and middle schools
- Oct. 1 Back to School Bash** 5 to 8 p.m.
- Oct. 13 End of the first quarter.**

EDUCATION

WALATOWA HIGH CHARTER SCHOOL MAKES THE GRADE

By Arrow Wilkinson, WHCS Assistant Principal/Early College Coordinator

When Tony Archuleta was named principal of Walatowa High Charter School (WHCS) six years ago, he'd heard opinions about WHCS and charter schools in general about serious disciplinary problems and a lack of academic rigor and progress. These stories annoyed him and, as principal, he's been working to stamp out these problems ever since.

These opinions don't mention the school's potential or any charter school's potential," Archuleta says. "They don't capture what I believed the students at WHCS could do. I use this to motivate not only myself, but the staff."

It seems to have done the job. According to the New Mexico Public Education Department (NMPED) 2009-2010 School Accountability Report, Walatowa made Adequate Yearly Progress (AYP) this year. AYP is a part of the federal No Child Left Behind Act of 2001 that measures each state's progress toward the goal of all students meeting state academic standards in several subjects, including math and English. Eleventh grade students are tested. The standards also examine attendance and high school graduation rates. WHCS has one of the highest graduation rates in the state at 89.4%.

Focus on Staffing

When Archuleta arrived at WHCS, the majority of the staff was new and turnover was high.

"Coming in six years ago, we knew the school had deficits in employee turnover, academic expectations and discipline problems," Archuleta recalls. "It's been a goal from Day One not only to make AYP, but more important, to prepare our students to be productive citizens."

It started with a vision: making sure everyone who taught *wanted* to be there.

"I selected teachers who were strong in their content, and had a desire to

be here," he says. "We've had the same staff for three years. Also, our Early College Program partners – the Institute of American Indian Arts (IAIA), University of New Mexico (UNM, University of New Mexico – Los Alamos (UNM-LA,) and Central New Mexico Community College (CNM) – provide supplemental instructional support."

Choosing the right team members proved successful. The staff developed a daily schedule that allowed additional courses in reading, math and English to be implemented. Outside agencies and community expertise reinforced what is taught in the classrooms through experiential cultural learning activities.

"We dissected data from state assessments, student reading assessments, individual instructor academic recommendations and other sources to drive changes that would be best for our school. These changes worked," Archuleta explains.

The school also worked with the following educational agencies and individuals.

- ◆ Nora Yazzie, Adjunct Professor, Institute of American Indian Arts (IAIA)
- ◆ Liz Bahe (IAIA)
- ◆ Joseph Moreno (UNM-LA)
- ◆ Jennifer Snyder (CNM)
- ◆ P. Agoyo and T. Pino (UNM)
- ◆ Dr. E.D. Atencio (Jemez Valley Public Schools Superintendent.)
- ◆ Center for Native Education
- ◆ Pueblo of Jemez Higher Education Department
- ◆ Zia Department of Education

"The involvement of our educational partners, parents, community and students had a direct influence on our success," says Arrow Wilkinson, assistant principal. "Most important, we want to recognize the dedication of the WHCS Staff: R. Kruger, K. Phalen, J. Dudding,

L. Torrez, J. Swigard, F. Strain, B. Appell, F. Garcia, K. Toya, S. Chinina, E. Aguilar and everyone who has been associated with WHCS. Without them and our exceptional student body, this would have not been possible."

"We are overjoyed that the word is out that WHCS is a place of high expectations," Archuleta says. "We've been working for a long time. This has always been a place for learning, but making AYP has validated what we do. We still have work to do and will continue to raise the standards and meet them."

For more information, contact WHCS at (575) 834-0443.



The Community Wellness Summer Youth Program teamed up with Albuquerque Parks and Recreation to bring a climbing wall where youth and adults could test their skills.



PUEBLO OF JEMEZ

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

Presort Standard
US Postage Paid
Albuquerque NM
Permit No. 1741

Boxholder
Jemez Pueblo, NM 87024

CENSUS AWARD

The US Census Bureau recognized the Pueblo of Jemez for achieving a complete and well-organized census count in 2010. “Conducting the census is a massive and vitally important undertaking—one which the Census Bureau could only accomplish with the help and support of partners like you,” Regional Director Cathy Lacy said in a letter to Governor Madalena. “We appreciate the time and resources your organization dedicated in helping to ensure a successful 2010 census.”

A plaque presented to the First and Second Lieutenant Governors and Tribal Enrollment Manager Matilda Shendo is installed at the tribal administration building.

“Having an accurate accounting of how many people live here in Walatowa helps our community,” Matilda says. “Some federal and state funds are distributed according to population numbers, and having everyone accounted for really helps us. The final numbers will not be available until December when the census figures are delivered to President Obama. Then we’ll know how accurately our tribal members were counted,” Matilda explains.

2010 GENERAL ELECTION CALENDAR

- Oct. 5** Voter Registration closes at 5 p.m.
Absentee Voting Begins
- Oct. 16** Early In Person Voting Begins
- Oct. 30** Early In Person Voting Ends
- Nov. 2** General Election
7 a.m. to 7 p.m.
Jemez Civic Center

Please register to vote or update your voter information if needed. If you need more information, contact the NAIEP office at (505) 934-8826, Sandoval County Clerk’s office at (800) 898-2124, or the NM Secretary of State NAIEP office at (800) 477-3236.

VOLUNTEERS NEEDED!



Juan Toya is currently conducting a feasibility study for the Pueblo of Jemez under the Aid to Tribal Government Contract on the possibility of establishing a volunteer fire department. He needs to know how many men and women would be interested in joining a volunteer fire department once it is established on the Pueblo. Volunteers must be 18 years and older. Tribal employees would be a big plus! Please spread the word to families and friends.

For more information, contact Juan Toya at Emergency Medical Services (EMS), (575) 834-7628.