



Red Rocks Reporter

MARCH 2010

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FROM THE GOVERNORS

The Pueblo of Jemez Pursues Self-Governance

At the Feb. 26, 2010, Tribal Council meeting, Governor Joshua Madalena, 1st Lieutenant Governor Aaron Cajero, Sr. and 2nd Lieutenant Governor Larry Chinana proposed a tribal resolution authorizing the “submission of a tribal Self-governance Application to the Department of the Interior.” This resolution passed with 12 in favor and none opposed.

What is Self- Governance?

The United States Constitution recognizes Indian nations as governments; hundreds of treaties, federal laws and court cases have re-affirmed that Indian nations retain the inherent powers to govern themselves. In 1975, the Indian Self-Determination and Education Assistance Act (ISDEAA) was signed into law. This landmark legislation recognized the dominance of the unique government-to-government relationship between the United States and sovereign tribal nations. The ISDEAA was enacted to ensure “effective and meaningful participation by the Indian people in the planning, conduct, and administration” of federal services and programs provided to the tribes and their members.

Why is the Pueblo of Jemez Pursuing Self-Governance?

Tribal self-governance has created opportunities for tribes to exercise their inherent self governing powers. Self-governance returns decision-making authority and management responsibilities to tribes and their governing bodies.

Self-governance is about change through the transfer of control of federal funding for programs, services, functions and activities. Tribes are accountable to their own people for resource management, service delivery and development.

As of February 2009, 328 tribes (about 58% of all federally-recognized tribes) participate in self-governance, with two more tribes in the planning and negotiation phase under Office of Tribal Self-Governance grants.

Self-governance is not just another legislative initiative or tribal program. It is a way of life for tribal nations today. Under self-governance, tribes can take their program funds, as well as funds used by the federal government to manage contracts or direct services, and manage them to best benefit their communities.

Why Is Self-Governance A Success?

Under self-governance, program funds, control and accountability are pushed as close to the delivery of services as possible. At the local level, tribal leaders and tribal members care most about their people and communities. Given the opportunity to make decisions about funding priorities and the design and delivery of program services, tribal governments will do what is best for their members and communities.

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FROM THE GOVERNORS

Pursuing Self-Governance

Continued from page 1



2010 TRIBAL GOVERNORS

Joshua Madalena
Governor

Aaron B. Cajero, Sr.
First Lt. Governor

Larry M. Chinana
Second Lt. Governor

TRIBAL COUNCIL

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Joe Cajero

Paul S. Chinana

Raymond Gachupin

Frank Loretto

J. Leonard Loretto

Raymond Loretto, DVM

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Augustine Waquie

TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

March 2010 Edition

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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@jemezpueblo.us.

Published by Pueblo of Jemez, NM 87024.

How Will Services Change?

The Pueblo of Jemez (PoJ) has been operating Bureau of Indian Affairs programs under Title I of the ISDEAA since the mid 1990s as a **contract**. Now, the PoJ will negotiate to operate the same programs under Title IV of the ISDEAA as a **compact**, along with more recently contracted programs such as Law Enforcement, Tribal Court, Tribal Enrollment, Education, Social Services, Realty, Agriculture and others.

For example, the PoJ now has multiple agreements for tribal programs. Self-governance will allow us to negotiate a single compact and funding agreement for all programs, services, functions and activities.

The PoJ conducted extensive research, consulted with tribal attorneys and planned strategies for assuming this new level of control. Specifically, the PoJ examined how services may be affected under self-governance, and found that the amount of money available for current Title I programs is limited to direct federal funding.

Under self-governance, the PoJ will be able to provide additional tribal dollars, including tribal shares from the BIA Southern Pueblos Agency and Southwest Region. An estimate of these resources could result in an additional million dollars. Based on analysis of previous contracting activities, it is anticipated that localizing programs will result in a cost savings that can be reinvested in priority programs and projects within the community.

Finally, the PoJ examined how services, technical assistance and activities at the Southern Pueblos Agency and Southwest Region level will be affected. While collaboration with the BIA will continue in order to provide effective and efficient services, additional programs, functions, services and activities compacted under and administered by the PoJ will remove several layers of bureaucracy at all BIA levels. Functions related to scope of work development, project redesign submissions, financial management, contracting and meetings can be accomplished in Jemez, rather than at the BIA Albuquerque offices. The funding associated with administrative activities at the agency and regional levels would then be available for additional programming at the local level. However, the BIA will continue to provide functions that are inherently federal in nature.

For tribal programs, community members will notice little change in access and availability of services. However, the immediate benefit will be that the Tribal Council will work with the tribal organization to set internal priorities. More important, under self-governance, the PoJ may redesign and reallocate federal funds to more efficiently meet the needs of the community.

In the Southwest Region, the Pueblo of Jemez will be only the third tribe to pursue self-governance. The other tribes are Santa Clara and Taos Pueblos.

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well informed.

Jan. 29, 2010. Governor Joshua Madalena, 1st Lt. Governor Aaron Cajero, Sr. and 2nd Lt. Governor Larry Chinana proposed the following resolutions:

Tribal Council re-affirmed its support of and commitment to the New Mexico Highway 4 Bypass project. The Tribal Council, in exercise of its sovereign and traditional governance authority, issued a Finding of No Significant Impact for the NM Highway 4 Bypass project.

Tribal Council requested a waiver of appraisal for granting rights of way for the following Pueblo of Jemez road construction projects:

Continued on page 3

Tribal Council Report

Continued from page 2

SP808 Pueblo Place Road
SP804 Bear Head Canyon Road
SP382 Buffalo Hill Road

The requested waiver will save a significant amount of time and limited Indian Reservation Road Transportation funds that the Pueblo can then use most appropriately on additional critical transportation and roads construction needs of the community.

Feb. 26, 2010. Governor Joshua Madalena, 1st Lt. Governor Aaron Cajero, Sr. and 2nd Lt. Governor Larry Chinana proposed the following resolutions:

Tribal Council approved FY 2010 General Fund Budget Amendment. The General Fund Budget is comprised of tribal funds, tax ordinance, tribal courts fees and departmental discretionary funds. The amendment increases the general fund budget to address water rights litigation.

Tribal Council approved assessment of the remaining funds from FY 2009 for rent for facility usage of Jemez Health and Human Services buildings.

Tribal Council approved a tribal member's application for lease of tribal lands and accepts conditions for Pueblo of Jemez participants in the US Department of Housing and Urban Development (HUD), Section 184 Program; approved by unanimous vote.

Tribal Council authorized the Bureau of Indian Affairs (BIA) to void pending invoices with Trust Assets and Accounting Management System and to terminate the Pueblo of Jemez Timber Contract. The Pueblo of Jemez has been in negotiations with the BIA and has reached a settlement agreement.

Tribal Council approved the submission of a Tribal Self-Governance application to the US Department of Health and Human Services Indian Health Service.

Tribal Council approved the submission of a Tribal Self-Governance application to the US Department of Interior Bureau of Indian Affairs.



NEWS YOU CAN USE

Census 2010

The Census affects our country's future, our community's future, our future.

The federal government distributes more than \$400 billion each year to state, local and tribal governments based on census data. The government uses the ten census questions to help determine the need for housing, schools, roads, hospitals, law enforcement and other services for the next ten years. When you participate in the census, you can help create a better future for yourself and the people who are important to you.

CENSUS DAY IS APRIL 1, 2010

More than 130 million US households will receive census forms in March, either by mail or in person from a census worker. Households should complete and return their forms as soon as they get them.

It's easy. This year's shorter form should take only 10 minutes to complete.

It's important. The 2010 census will help shape our nation's future for the next 10 years. With accurate census data, we can create a portrait of our nation's growing population and determine what's needed to provide better services for everyone.

It's safe. By law, the Census Bureau **cannot share your answers with anyone** including other federal agencies and law enforcement entities. **All Census Bureau employees take an oath of nondisclosure and are sworn to protect information confidentiality for life.** The penalty for unlawful disclosure is a fine of up to \$250,000 and/or prison for up to five years or both.

For more information about the 2010 Census, go to 2010census.gov

"Native Americans... have such a reliance on and relationship with the federal government – as far as programs, the delivery of health care services, housing programs, education – it's absolutely critical that we have this information about the individuals who reside in our communities or identify themselves as Native Americans."

Jacqueline Johnson
Executive Director, National Congress of American Indians

Counting every person because every person counts!



The 2010 Census tour bus stopped at Jemez Pueblo to meet community members and answer their questions about the 2010 Census. Governor Joshua Madalena (center) and Tribal Enrollment Manager Matilda Shendo (far right) greet (left to right) Tribal Tour Manager Z. Susanne Aikman and Tribal Partnership Specialists Eva Oyenque and Honor Fisher.

COMMUNITY WELLNESS

Your Precious Heart

The Community Wellness, Senior Program and Emergency Medical Services (EMS) sponsored an evening presentation on heart health. Patrick J. Romero and Helen Gachupin shared their personal experiences at an especially sad time when the community had recently lost tribal members to heart attacks.

Patrick related how he had suffered two serious heart attacks in 2007. He urged people not to be afraid to call 911 for help. "It's better to make a mistake than lose your life," he said.

Mr. Romero recounted the two 911 calls that saved his life in the *Red Rocks Reporter*, May 2007 edition. He wrote:

"I decided to call 911 for help. That was the best and smartest move I ever made for myself in my life. To my surprise, in less than five minutes two of our own tribal EMTs were at my home to take care of me. Immediately I felt most confident that I was in the hands of two skilled professionals. Because of their fast response and transport, in less than one hour I was in the care of cardiologists at Presbyterian Hospital."

"The body is amazing," he said. "Listen to it; don't ignore the things your body is trying to tell you."

No One Will Take Care of You for You

Helen Gachupin spoke about the three heart attacks she has had. "Heart attack symptoms are different for women," she explained. "I didn't think I would have a heart attack. I wasn't overweight and I was fairly active. I thought I had an upset stomach or heartburn, and my left arm hurt. I drove myself to the hospital, and they sent me straight to the intensive care unit. The next day I had a catheter procedure."

Her second heart attack happened while visiting her daughter in Rio Rancho. This time, she did experience sudden chest pain and a feeling of a heavy weight on her chest. In the ambulance, she "flat-lined," meaning she was technically dead for a period of time. After a second procedure, she returned home.

With the third heart attack, she again had a nagging pain in her arm.

Helen advised the group to support people in their households who are trying to make healthy lifestyle changes. "Encourage them, support them," she said. "Don't try to get them to eat things they know aren't good for them."

"Women especially need to learn to take care of themselves," Helen continued. "No one will take care of you for you." She demonstrated using a jar filled with balls that represented things people must do to take care of themselves. She added small rocks to stand for the day's many tasks and responsibilities, then poured sand to show the "extra" things that come up every day.

"If we put the rocks and sand in first, there's no room for

the larger balls," Helen explained. "But if you take care of yourself first, everything else will find its place."

EMT Leslie Faust compared a heart attack to a pebble that's stuck in a hose. "How much damage depends on how big the pebble is, where it is, and how strong the water flow is around it," she said, adding that genetics, diabetes, blood pressure and cholesterol levels all affect a person's risk. "There are some things you *can* control: what you eat, how much you eat, how much you exercise and whether you smoke."

EMS Director Dave Ryan explained that Pueblo of Jemez ambulances now have EKG machines. "We can start treatment immediately," he said. "We don't have to wait to get to the hospital to start the first line of medication."

Virgil Gachupin added that "a heart attack is not a death sentence. People recover if they can get help in time."

He advised community members to make sure they have visible address numbers on their homes. "Some EMTs are not from here and won't know where to find you."

He also stressed that all emergency personnel are bound by laws that protect patient privacy and confidentiality. "No one is going to talk about you," he said.



(At left) Patrick J. Romero speaks about his heart attack experiences.

(Top) Helen Gachupin demonstrates the importance of taking care of ourselves first.

(Above) Virgil Gachupin and Dave Ryan explain a new heart monitor machine that is now installed in every EMS ambulance.

(Left) Juanita Yepa concluded the evening with a song in honor of her parents.

WHEN YOU CALL 911

- ▶ Give the dispatcher good directions.
- ▶ Put red reflective numbers on your house so EMTs can find it. If possible, send someone to watch for the ambulance and direct it.
- ▶ Stay on the line and answer any questions.
- ▶ Call from a home phone, not a cell phone. Cell phone calls may go to a tower that is very far from your home.
- ▶ Collect any medications the patient is taking so the EMTs can see them. Tell the EMTs about any allergies the patient has.

PHARMACY

INJURY PREVENTION

Children Act Fast...So Do Poisons!

POISON PREVENTION WEEK IS MARCH 14 – 20

Protect the children you love. Check your home and yard to make sure all poisonous and dangerous items are **LOCKED UP** and **OUT OF SIGHT!**

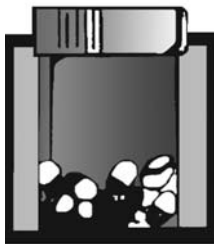
Poison Prevention: Medications

- ☠ Use the right names for medicines. **Never say that medication is "candy."**
- ☠ Just because it's an over-the-counter (OTC) or "natural" medicine **does not mean that it's safe, especially for children.**
- ☠ Do not take medication in front of children. **Children copy what adults do.**
- ☠ Always read the labels on ALL medicines before taking EVERY dose.



Poison Safety

- ☠ Know which household products are poisonous and lock them up!
- ☠ Don't mix different cleaning products together.
- ☠ Keep products in their original containers
- ☠ Read labels to know if a product is poisonous and for first aid information.



- ☠ **Keep medication out of the reach of children.** Caps are child resistant, **not child proof.**
- ☠ **Never leave loose pills lying around.**

Check Your Home

Make sure these products **are locked up, out of sight and out of the reach of children.** Some may seem harmless, but can be poisonous to children if used in the wrong way or in large quantities.



- Kitchen:** Drain opener, oven cleaner, dishwasher detergent, furniture polish.
- Bathroom:** Toilet bowl and tile cleaners, mouthwash, prescription, over-the-counter and "natural" medicines, herbal remedies, cough medicines, pain relievers, vitamins with iron.
- Garage:** windshield washer fluid, anti-freeze, paint thinner, gasoline, bug killers.
- Yard:** garden chemicals.

KEEP THE NATIONAL POISON CONTROL CENTER HOT LINE NUMBER AT EACH PHONE:
1-800-222-1222
 Use this number anywhere in the country to be connected to the nearest Poison Control Center.

Did You Know?

There were about 2.4 million accidental poisonings in 2006 with more than 23,000 deaths.



More than 92% of accidental poisonings happened at home.



In 2006, more than 700,000 patients were treated in hospital emergency rooms for unintentional poisonings. Almost 25% needed to be hospitalized or transferred for a higher level of care.



Just over half of poisonings affect children under six years old. Common toxic items include cosmetics and personal care products, cleaning substances, pain relievers, topical medications, cough and cold preparations, and plants. Adult poisonings often include pain relievers, sedatives or cleaning substances.

HEALTH & HUMAN SERVICES

*From the Doctor's Desk**An Open Letter to Women Ages 40-75*

Recently, there has been some debate about when women should start having mammograms. The physicians and providers at the Jemez Health Clinic strongly recommend that women should begin screening at age 40 years. Screening mammography is one of the most carefully studied tests in medical history.

In the past 25 years, there has been a 30% drop in breast cancer deaths in women of all ages. Worldwide, research shows a 30 to 44% decrease in breast cancer deaths in women who have had mammograms. The decrease in women under age 50 has been between 23 and 44%. This is important because nearly 25% of breast cancers in New Mexico since 2007 have been in women under age 50.

We know there is no "perfect" test. However, mammograms are one of the best weapons available to fight the war against breast cancer.

Please start having your mammograms every year starting at age 40.

The Jemez Health Clinic providers will be happy to help you get this essential examination.

Respectfully,
 Gregory L. Darrow, MD, FAAFP
 Medical Director
 Jemez Health Clinic

Welcome Mat

Everick Romero is the new Juvenile Probation Officer at the Tribal Court office. He is also a Governor's Aide this year.

Suzette Gonzales, RN, brings more than 27 years of nursing experience to her new position as a Community Health Nurse with the JHHS Public Health Program. She is dedicated to diabetes education, management and prevention.



"I have a very strong family history of diabetes," Suzette explains. "Both of my parents, my brother and my grandparents have the disease. My mom has had three diabetes-related heart attacks, my grandfather's legs were amputated and

my brother is losing his sight and is on dialysis. It's really important to me to be able to help people manage their diabetes so they can avoid serious medical complications." Suzette's responsibilities include outreach, home visits, immunization clinics, health screenings, education and other health-related activities throughout the community.

Dave Panana, RN, has joined the staff of the Jemez Health Clinic as an ambulatory care nurse. Since earning his nursing degree from New Mexico State University, his work has focused on caring for cardiac patients. The son of Pauline and Pete Panana, Dave is an assistant fiscal.



"I'm glad to be home in Jemez. I'm hoping to be able to give back to the community for everything they've done for me and my family. I'm looking forward to gaining more knowledge about my culture and traditions," Dave says.

Jesse Michaud, MA, is the new Behavioral Therapist in the JHHS Behavioral Health Program. His experience in community mental health centers include working with people with

severe mental illnesses, as well as anxiety and depression. He also has a lot of experience working with therapy groups.

"My sister Sarah (Jemez Vocational Rehabilitation Program Manager) has always talked about how great it is to work here," Jesse says of his move from Colorado.

**APPLAUSE!**

Jemez Comprehensive Health Center Medical Director Gregory L. Darrow, MD, was named as an Emeritus Board Member for the New Mexico Academy of Family Physicians at the group's meeting on Feb. 6, 2010. He has the honor of being the first Emeritus member.

He will assist the Academy in advocacy for primary care issues with various organizations, including the state legislature.

"Of course, I will also strongly advocate for Jemez and for rural medicine," Dr. Darrow says.

HEALTH & HUMAN SERVICES

March is National Nutrition Month

Information from the American Dietetic Association

A healthy diet is the first line of defense for managing many chronic conditions that affect our community, including diabetes, heart disease, obesity and even some types of cancers. To get the most nutrition in your meals, choose foods that are packed with vitamins, minerals, fiber and other nutrients: fruits, vegetables, whole grains and fat-free and low-fat dairy products.

20 WAYS TO ENJOY MORE FRUITS, VEGETABLES, WHOLE GRAINS AND DAIRY

1. Use vegetables as pizza toppings. Try broccoli, spinach, peppers, tomatoes and mushrooms.
2. Put berries, apples, peaches or pears in the blender for a thick, sweet sauce for fish or chicken, or use it on pancakes, French toast or waffles instead of syrup.
3. Mix a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
4. Heat leftover brown rice with chopped apple, nuts and cinnamon for a warming breakfast.
5. Make a veggie wrap with roasted vegetables and low-fat cheese in a whole-wheat tortilla.
6. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.
7. Prepare instant oatmeal with low-fat or fat-free milk instead of water. Top with dried cranberries, almonds and a bit of cinnamon.
8. Grill or broil vegetable kabobs. Brush tomatoes, peppers, mushrooms and onions with a little olive oil and sprinkle with a bit of salt, pepper and herbs.
9. Top a sliced banana with low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
10. Add color to salads with carrots, grape tomatoes, spinach or mandarin oranges.
11. Turn an omelet into a hearty meal by stuffing it with broccoli, squash, carrots, peppers, tomatoes or onions and some low-fat sharp cheddar cheese.
12. Add pizzazz to sandwiches with sliced apple, peppers, cucumbers and tomato.
13. Add shredded or chopped vegetables like zucchini, spinach or carrots to lasagna, meat loaf, mashed potatoes and pasta sauce.
14. Add fruit to your morning cereal, yogurt or toaster waffle.
15. Fill your fridge with ready-to-eat raw vegetables and fruits – nature's "fast food."
16. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
17. Microwave a cup of tomato or vegetable soup for a quick afternoon snack.
18. Stuff a whole grain pita with ricotta cheese and apple slices. Add a dash of cinnamon.
19. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans) for protein. Top with a low-fat dressing.
20. Popcorn is a healthy whole grain snack. Use lemon pepper or chili powder instead of butter and salt.

From the Doctor's Desk

By Gregory L. Darrow, MD, Medical Director

COPING WITH CHRONIC LOWER BACK PAIN

Chronic lower back pain lasts for more than three months. Most people with chronic lower back pain see a provider for an examination, X-rays and perhaps MRI or other imaging studies. Often, tests are not conclusive, the pain continues and it's hard to completely get rid of it. But even if the pain can't be completely relieved, most people can control it enough to enjoy normal activities.

Acetaminophen (Tylenol™) and anti-inflammatory medicines like ibuprofen (Motrin™) or Naproxen are the first choices. But people must be careful when taking these medicines: too much Tylenol can harm the kidneys in some people and too much Motrin can cause upset stomachs or even ulcers.

You may need to take pain relievers for several months to know if they work. If they don't help, another medication may work. Antidepressants and muscle relaxants can also help some people. Acupuncture, exercise and massage may also help.

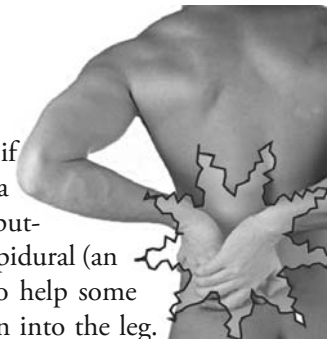
The long-term use of pain medicines called "opioids," such as morphine, Percocet™ and Vicodin™, can lead to addiction. These medicines must be used cautiously and only with your health care provider's supervision.

Surgery can help some people if the cause of the pain is known (like a badly herniated or slipped disc that's putting pressure on a specific nerve.) An epidural (an injection in the lower back) may also help some people with back pain that goes down into the leg. Your provider can help you decide if you might benefit from one of these treatments.

Keep Moving!

Too often, people with back pain stop doing things because they're afraid they might hurt themselves. But staying active is very important. A regular program of walking for 15 to 30 minutes a day helps stabilize the muscles that hold the spine. If you're overweight, weight loss can also help relieve some of the stress on your muscles and spine. Even a loss of as little as 5% of total body weight (10 lbs. in a 200-lb. person) can help a lot.

Chronic back pain can be frustrating. Help is available at the Jemez Health Center. We want you to live in good health and to be strong for yourself and your family.



DENTAL CLINIC

HEALTHY TEETH FOR HEALTHY KIDS



The Jemez Dental Clinic celebrated Children's Dental Health Month in February with a series of events and activities. About 60 children from five Head Start classes visited the clinic to learn about taking care of their teeth and receive fluoride treatments.

Dental hygienist Anna DeFelice visited the Jemez BIA Day School, San Diego Riverside School and Walatowa High School to give presentations to about 260 children.

In addition to information sheets, children got forms for recording their daily oral hygiene routines. "Kids who have come in with their completed forms have been excited about the prizes they got," Anna says.

SOCIAL SERVICES

Stop the Cycle of Domestic Violence!

Submitted by Carol Vigil, Family Advocate, Domestic Violence Prevention Program

Much needs to be done to end domestic violence and sexual assault. We need tough law enforcement, aggressive prosecution, effective prevention programs and available shelters for families in distress. **Most important, we must make sure that more people know and understand that domestic violence is not a private matter.** It's a critical problem that affects us all, in our community and in our schools.

Tough new laws are one way to reduce domestic violence and sexual assault. Nothing sends a clearer message to a wife-beater than prosecuting and jailing abusers – and Department of Justice statistics confirm that women are battered far more than men.

Too many people still believe that domestic violence is a private matter between a couple, rather than a criminal offense that requires a strong and swift response. Even today, victims of domestic assault may be asked, "What did you do to make your husband angry?" This question implies the victim is to blame.

Even when cases are brought to law enforcement, domestic

crimes are hard to prosecute. Too often, victims are so terrorized that they fear for their lives if they call the police. ***Silence is the abusers best friend. We must end the silence and change our attitudes toward domestic crimes.***

Neighbors must contact the police when they hear violent fights in their neighborhoods. Don't turn up the TV to block the sounds of the drunken argument next door. **Call the police.**

Teachers should be alert to signs that students have witnessed violence at home. Children who grow up in violent homes are more likely to become violent themselves.

These crimes are serious. Levels of violence in these relationships tend to escalate. Tough laws and effective prosecutions, combined with education and a cooperative approach among law enforcement and social services programs, will take time to be effective. Until then, we all must take a greater role in reporting domestic abuse. Our efforts to break the silence can make a difference.

Resource: U.S. Department of Agriculture

Did You Know?

One-third of high school females in dating relationships fear for their safety.

To report a domestic violence crisis or if you are in danger, CALL 911

.....
 Women's Support Group meetings continue at the Social Services conference room on alternate Thursdays from 6 to 8 p.m. If you have questions, contact Carol Vigil at 834-7117.

.....
Our community needs Community Intervention Response Team (CIRT) volunteers. Training is provided. If you have questions, contact Carol Vigil at (575) 834-7117.

COMMUNITY WELLNESS

Fitness Center UPDATE



Good news – the new exercise equipment is now installed! Come by and check out the new treadmills, Espresso bike, elliptical machines and functional trainer. If you have questions, need instruction or want to know more about how to properly use the equipment, the Fitness Center staff is there to help – just ask the employee on duty. **Please note: To protect the new equipment, you MUST wear clean shoes in the Fitness Center; change your shoes when you arrive.** The Fitness Center is open from 5:30 a.m. to 8 p.m., Monday through Friday, and 6 a.m. to 2 p.m. on weekends (except during some traditional observances.) Call (575) 834-7059 if you have questions.

Juanita Toledo and Ericka Toledo enjoy their workouts on the new treadmills at the Fitness Center.

GET ON THE PATH TO WELLNESS AT DEFINED FITNESS

Corporate memberships at Defined Fitness are available to community members, community members' families, and tribal employees, including service providers under long-term Pueblo of Jemez contracts. To encourage community members to meet their fitness goals, Jemez Health & Human Services covers half of the corporate membership fees.



One-Time Membership Fee

When you first join Defined Fitness, you will pay a one-time membership fee of \$53.44 (tax included) for individuals or \$107.06 (tax included) for families. These

initial fees must be paid at Defined Fitness at the time you enroll.

Once you have paid the one-time fee, you become a life-time member. You are responsible for the full fee; JHHS does not contribute to the membership cost.

2010 DEFINED FITNESS CORPORATE MEMBERSHIP FEES

	Monthly Rate (includes tax)	Co-pay (includes tax)	JHHS Co-pay
Individual Plan	\$37.47	\$18.74	\$18.74
Family Plan: Family of four	\$107.06	\$53.53	\$53.53
Family Plan: Family of five	\$133.83	\$66.92	\$66.92

Your monthly co-pay is due to the Tribal Finance Department by the close of business on the last Friday of each month.

Payments are also accepted by mail to Finance Department, Pueblo of Jemez, P.O. Box 100, Jemez Pueblo, NM 87024. Make checks payable to the Pueblo of Jemez. For your convenience, the Finance Department now accepts credit card payments. If the tribal offices are closed, payments will be accepted the following Monday before the close of business.

Please specify the month you are paying for and include the names of everyone covered in the family membership. Payments can be made in advance for the months you plan to use the gym.

If you miss the payment deadline, your payment will be applied to the following month. For example, if you want to pay for April but miss the deadline, your payment will be accepted and applied for May.

The Finance Department keeps a list of members who have paid. The list is e-mailed to the Defined Fitness corporate office before the close of business on the last Friday of each month.

Defined Fitness does not accept any payments or individuals after the list has been submitted – no exceptions! If you make a payment for a certain month but do not use Defined Fitness in that month, the payment **will not be transferred** to the next month.

If you have payment questions, please call the Finance Department at (575) 834-9141.

Locations

Corporate members may use any of these locations:

- 3301 Juan Tabo Blvd. NE at Candelaria
- 4930 McLeod NE at San Mateo
- 6210 Riverside Plaza Lane at Coors

The Rio Rancho gym is at 4080 Ridge Rock Road at NM 528.

The corporate membership list is kept at the Eubank corporate office. If you use another location, just tell the staff that you are under the Pueblo of Jemez corporate membership. They may call their corporate office to verify your status.

If you have any questions, please contact Karen C. Toya at (575) 834-7059 or stop by the Fitness Center.

SPRING TEAMS AT THE YOUTH CENTER

- Pee-Wee Basketball: Tuesdays starting at 6 p.m.
- Co-ed Volleyball: Mondays at 6 p.m. Ages 14 and up
- Co-ed Softball: Starts Saturday, March 20, 11 a.m. & 1 p.m. Age 14 and up. Submit a players' roster by March 12.

2010 INDIVIDUAL FITNESS CHALLENGE STARTS MARCH 8

12-week challenge. All fitness levels welcome! Ages 15 and up
Kick-off Run and Walk. Saturday, March 6. 10 a.m. at the Fitness Center

For more information, contact the Fitness Center at 834-7059.

*** Child care will not be provided. The Walatowa Youth Center staff will not be responsible for unattended children under the age of 14.**

SENIOR CENTER

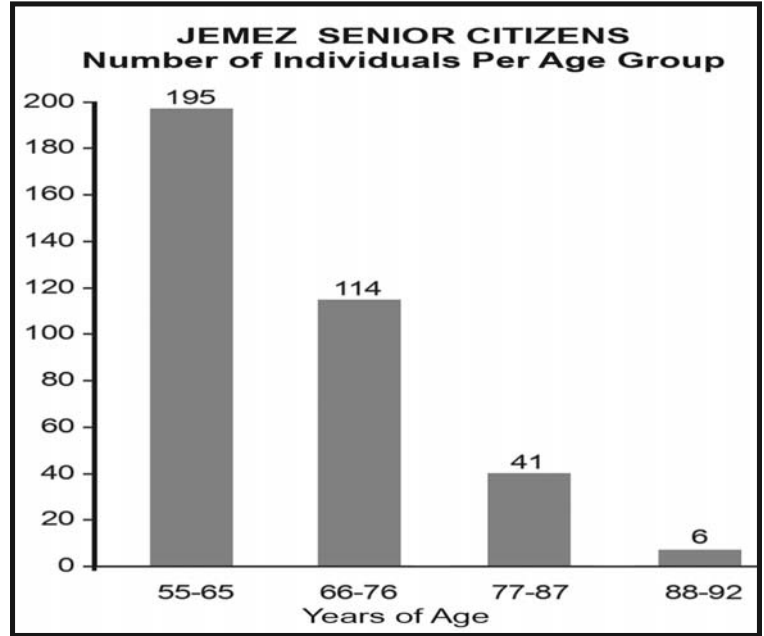
SENIOR CENTER NEWS

“The Senior Program welcomes the continued involvement of Jemez senior citizens 55 years old and over as we plan to celebrate many more festive times,” says Margaret Garcia, Senior Center Program Manager. The Senior Program provides meals, social, recreational, physical fitness and other services to promote healthy lifestyles for older adults.

There are currently 356 people age 55 and over in the Jemez community. The graph at right shows the four age categories of the current elderly population.

In five years, 320 more elders will be eligible to participate in the Senior Program. The program has prepared a list of people who will turn 55 years old starting in 2010. Every month, community members celebrating their 55th birthdays will receive invitations welcoming them to the Senior Program.

For more information, stop in and visit Monday through Friday, from 8 a.m. to 5 p.m. Lunch is provided five days per week from noon to 1:30 p.m. (except when unforeseen events prevent service.) The staff will be happy to serve you. If you need a ride to the Senior Center, call (575) 834-9168.



Free Tax Help For Seniors

The American Association of Retired Persons (AARP) is offering free tax help for senior citizens. Consultants will be available at the Jemez Valley Community Center on the following days:

Thursday	March 11
Tuesday	March 23
Thursday	April 1

Appointments are available from 8:30 a.m. to noon. Please call the Community Center at (575) 834-7630 to make an appointment.



Valentine's Day Dinner Dance



More than 90 senior valentines dined, laughed and danced at the Senior Center Valentine's Day party. This group knows how to have fun!



SOCIAL WORK

SENIOR OLYMPIANS COMPETE

The Jemez Senior Center will send 37 competitors to the All Indian Game Day of the New Mexico Senior Olympics on March 10 and 11. Events will include archery, basketball, bowling, field events, golf, horseshoes, 8-ball pool, road race, shuffleboard, swimming, talent show, track and more.

Congratulations and best wishes to the senior athletes!

Mary Jo Armijo	Nora Padilla	Lawrence Tosa
Josephine Baca	Eva Panana	George Toya
Joe V. Cajero	Miguelita Pecos	Lyda M.Toya
Clara Chosa	Tony Romero	Percingula Toya
Susie Colaque	Rosita Sabaque	Tonita Toya
Maria E. De Vore	Albert I. Sando	Virginia Toya
Mabel Fragua	Robert Shendo	Lucianita Tsosie
Clara Gachupin	Mary Lou Silvas	Micheal R.Vigil
Frank Gachupin	Margaret Simpson	Gary Waquie
Andy Loretto	Frances Toledo	David J Yepa Sr.
Florence Loretto	Nancy Toledo	Cecelia Yepa
Gerri Loretto	Dorela Tosa	Juanita Yepa
Leonora Lupe Lucero		

Medicare Enrollment Deadline

The deadline to enroll for Medicare Part B or make any changes to Medicare coverage (such as switching to an advantage plan) is March 31, 2010. You must either go in to the Social Security office in Albuquerque or come to the Jemez Comprehensive Health Center to see Medical Social Worker Lisa Maves or Benefits Coordinator Thelma Shendo.

Do not wait until March 31 to act if you want to make changes. It can take some time to process paperwork; if you miss the deadline, you will lose the only opportunity you have this year to make changes to your coverage.

If you have questions or need help, contact Thelma Shendo at (575) 834-3040 or Lisa Maves at (575) 834-3059.



Elder Assessment Clinics

The first Elder Assessment Clinic was held at the Jemez Health Center on Thursday, Feb. 4. Participants received comprehensive health assessments that included nutritional, vision, hearing, physical therapy, mental health and medical exams provided by the Clinic staff, in collaboration with Dr. Carla Herman, MD, who specializes in geriatric medicine, and Deborah Cornish, PT, from University of New Mexico Hospitals. Participants also received recommendations and information to improve their health and support their ability to live independently in the community.

Participant feedback was very positive, with many saying the clinic was very helpful and they would recommend it to others.

Elder Assessment Clinics will be scheduled monthly by appointment only. For more information, contact Physician Assistant Paul Gooris at (575) 834-3029 or Lisa Maves, Social Worker, at (575) 834-3059.



PHARMACY

SAVE TIME! CALL FIRST FOR REFILLS

Please call the Jemez Pharmacy at least one day in advance to order your prescription refills. Call (575) 834-0130.

Because of the high number of patients being seen at the Jemez Clinic who need prescriptions filled, patients may notice some wait times when picking up prescription refills.

We want to do our best to serve you so you don't have to wait. Please phone the Pharmacy for your prescription refills at least one day before you plan to pick them up. This extra time allows the Pharmacy to order medications if necessary, and will help ensure that your prescriptions will be ready when you come to get them.

The Jemez Pharmacy staff appreciates your cooperation!

Companions Needed

Would you like to be someone's companion? The Senior Citizens Program is recruiting for Senior Companions.

Senior Companions are older adults who help other adults live independently. Senior Companions become part of a team of caregivers. They provide help with important simple tasks, encouragement to remain active and companionship by visiting as needed. Applicants do not need medical or technical skills; all you need to know is how to be a friend.

To be a Senior Companion you must:

- ▶ be over 60 years of age.
- ▶ be able to volunteer an average of 20 hours a week.
- ▶ have a limited income.
- ▶ enjoy working with and helping senior citizens.

The Senior Companion program provides:

- ▶ a tax-free stipend for those who qualify.
- ▶ mileage reimbursement.
- ▶ annual physical examination.
- ▶ supplemental insurance.
- ▶ pre-service and ongoing training.

For more information, contact the Senior Citizens office at (575) 834-9168, Monday through Friday from 8 a.m. to 5 p.m.

VOCATIONAL REHABILITATION

Disabilities Awareness Conference March 17

Disability Does Not Mean Inability

The Jemez Vocational Rehabilitation Program (JVR) will host its 12th Annual Disabilities Awareness Conference on Wednesday March 17, at the Walatowa Youth Center from 9 a.m. to 2 p.m. A Fun Run/Walk starts at 7:30 a.m. The conference will be an interesting, entertaining and informative way to learn about the JVR Program and services and about disabilities.

The conference brings together people from the three communities JVR serves—the Pueblos of Jemez, Zia and Santa Ana. A panel of JVR consumers will talk about their experiences living with disabilities, how they faced life challenges when the odds seemed stacked against them, and how they succeeded in achieving their goals.

This year's keynote speaker is Jeremy Chosa, a Pueblo of Jemez tribal member, who will speak about his experiences with spinal cord injury.

Mr. Chosa was injured in a tractor accident five years ago, which paralyzed him from the neck down. After the accident, Jeremy had to relearn all the tasks of daily life, including how to swallow, eat and speak. While at the Albuquerque Rehabilitation Center, he participated in daily physical and mental restoration activities to help him adapt to his disability. One activity was

art, and he learned to create drawings by holding a pencil, pen or brush in his mouth. His work was featured in an exhibit at the Walatowa Visitor Center in 2008.

Today, in addition to working on his artwork, Jeremy attends classes at Central New Mexico Community College and pursues a liberal arts degree. He is living independently in Albuquerque, where he can access a wide range of support services that help him pursue his goals.

The conference also features booths from Pueblo of Jemez and government agencies that provide services to people with disabilities and their families including the NM Department of Vocational Rehabilitation, NM Developmental Disabilities Planning Council, and Medicaid/Medicare. Representatives will be available to share information and answer questions.

In addition, local artisans from Jemez, Santa Ana and Zia Pueblos will have tables showcasing their work

There is no cost to register for the conference, but participants must be at least 12 years old. A hot lunch will be served to registered attendees. Sign language interpreters will help those with hearing impairments to fully participate in the conference.

Registration forms are available throughout the Jemez, Santa Ana and Zia communities. Or you can call the JVR office at (575) 834-0012 to register by phone or send an e-mail to Program Manager Sarah Michaud at smichaud@jemezpublo.us.

Participants are encouraged to bring a can of food to donate to Jemez Helping Hands.

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. Everyone is welcome! 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!

COMMUNITY LIBRARY

The Pueblo of Jemez Community Library hosted a Book Fair from Feb. 11 through Feb. 23. After the Teachers' Preview on Feb. 11, around 40 people attended Family Night. Grandparents Day saw readers of all ages seeking new books.

The Library is open Monday through Friday from 8 a.m. to 5 p.m. In addition to the latest books and magazines, the library has free Internet access, DVDs and Blu-ray movies and more.





Eugene Johnson Returns to SDRCS

The San Diego Riverside Charter School (SDRCS) Governing Board has appointed Eugene Johnson to serve as interim principal for the remainder of the 2009-2010 school year while the Board launches a formal search process for a new full-time principal. Earl Glenn, currently athletic director and physical education faculty member who had been serving as temporary Interim Principal, will also continue his administrative duties.

In February, the Board initiated the selection process by establishing a school-wide committee to help recruit a new principal for the Fall 2010 term. The selection committee is responsible for coordinating search activities, including a time table, employment ads, an updated position description and other interview and recruitment materials. When the Board is ready to receive applications, announcements will be posted and published in local and state media outlets.

For more information, contact SDRCS at (575) 834-7419.

Santa Fe Indian School Honor Students

Santa Fe Indian School is proud to announce the first semester honor roll for Jemez Pueblo students. Congratulations all!

Principal's Honor Roll

7 th Grade	Courtenae D. Magdalena
8 th Grade	Demetria M. Madalena, Katrina R. Toledo
9 th Grade	Tyana M. Toya
10 th Grade	Sherice Lucero
11 th Grade	Derwyn Gachupin, Marty Fragua
12 th Grade	Bethany Garcia

Superintendent's Honor Roll

11 th Grade	Steven J. Mora, Nicolette S. Sandia
12 th Grade	Marlinda Pecos

Significant Increase in GPA

9 th Grade	Alexander A.R. Toledo
10 th Grade	Sherice Lucero
11 th Grade	Brandon G. A. Pecos

Jemez Valley Public Schools

Jemez Valley Elementary and Middle Schools

By Brad Parker, Principal

It's certainly been an eventful couple of months, weather-wise. It seems whenever we think the snow is over, it comes back again with a vengeance! On the serious side, we should keep in mind that next year, no districts will be allowed to call a two-hour delay or early release for snow and count it as a full day of instruction. For years, the requirement for time spent in academics has been by measured in minutes. A couple of years ago, the Albuquerque Public Schools had to make up time; instead of adding days at the end of the year, they added minutes to the end of each day. Legislators didn't like this tactic and passed a law requiring us to be in school a minimum of 180 full days. That may solve the APS problem, but leaves the rest of us with another problem, especially districts like ours that must ensure the safe transport of all students before we commit to opening the schools. The Jemez Valley School Board will address this issue with Dr. Veronica Garcia at the Public Education Department to ask to be exempted from the 180 full academic day minimum. If we are successful, we can be very thankful. If not, it could mean that schools might stay in session into the middle of June.

Honor Rolls

The Superintendent's Honor Roll students have earned a grade point average (GPA) of 4.0. The Principal's Honor Roll includes students with GPAs from 3.5 to 3.99; Honor Roll students received GPAs from 3.0 to 3.49. I am proud of each of our students, but the students who qualify for the respective honor rolls really put their hearts and souls into their work and deserve to be recognized.

Jemez Valley Elementary School Honor Rolls

Superintendent's Honor Roll

Chase Bell, Gus Dozhier, Noah Haarman, Heather Stacy, Angelo Ansala, Morganna Chertoff, Luke Davis, Bradley Galvan, Matilde Jacobson, Mikayla Peck, Kimberly Sadler, Shawna Spurlock, Martin Valencia, D'Mitry Vigil, Korrin Williams, Tyra Yepa, Arden Carlberg, Raymos Estrada, Isabella Haarman/Mijares and Nash Taylor

Principal's Honor Roll

Michael Tolleson, Cody Wakefield, Isaiah Bieniewski, Alexis Gomez, Taylor Burkhart, Wayne Tolleson, Amadeus Barto and Julian Valencia

Honor Roll

Kimberly Bryant, Monique Chavez, Ceara Chosa, Brianna Garcia, Maria Garcia, Ignacio Pino, Emilio Trujillo, Mia Sando,

Continued on page 14

EDUCATION

Jemez Valley Public Schools

Continued from page 13

Brandon Garcia, Kieyana Gonzalez, Lysa Lucero, Sabryna Ramsey, Kendra Trujillo, Corey Yepa, Amber Flynn, Wesley Gachupin, Zackary Toya and Arleigh Huff.

Our perfect elementary school attenders are Nathan Eldridge, Emilio Trujillo, Isaiah Bieniewski, Connor Dozhier, Heather Stacy, Kristyna Trujillo, Francine Lucero, Angelo Ansala, Mikayla Peck, Mia Sando, Corey Yepa, Hazel Altheide, Awan Ellenwood, J'Dynn Loretto, Josh Loretto, Aaliyah Salazar, Jeremyah Spurlock, Max Wilkins, Lydia Appell, Teresita Salas, Louis Shije and Adrianna Trujillo

Jemez Valley Middle School Honor Rolls

Superintendent's Honor Roll

Terrilyn Chinana, Autumn Meskimen, Sage Mijares and Kierstan Sadler

Principal's Honor Roll

Jade Altheide, Marissa Garcia, Keith Garcia, Noah Loeffler and Valene Madalena

Honor Roll

Kelsie Casiquito, Nathan Dickerson, Brook Trehern, Shayline Stacy, Jennyfer Gutierrez, Elauteria Patino, Moriah Lisko, Victoria Martinez, Frank Perea, Madison Baggett, Austin Barr, Malachai Davidson, Kailey Fragua, Khaila Gachupin, Aleah Pacheco, Leandra Saiz and Christian Sando

Congratulations to all! Keep up the good work and make that next level next time!

Third Quarter Ends March 12

The end of the third quarter is March 12, which means all assignments must be in before that date to count for the third quarter. Of course, teachers have their own rules about what they will accept for an earned grade.

Monday, March 15, is Spring Holiday, so we have a three-day weekend. The week of March 16-19, is the time for twice-a-year Parent Teacher Conferences.

If your child attends the elementary school, your child's teacher will be in contact about how the conferences will be planned. If your child is at the middle or high school, then the advisor or mentor will contact you about meeting.

We are aiming for 100% participation again, so please let us know what we can do to accommodate your schedule so we can discuss your student's progress and plans for the rest of the academic year.

On Thursday, March 18, middle and high school classes will be in session all day; elementary students will be on a half-day schedule. On March 19 there will be no school. Spring Break will be April 1-9.

Although the details of our testing schedule are not yet finalized, I encourage every parent to plan to be around on all days we could be testing. The state window for testing runs from the end of March to the end of April.

Day After Day Marvels From Jemez Valley High

Larry DeWees, Principal

"If we had no winter, the spring would not be so pleasant."

Anne Bradstreet

First Semester Honor Roll

Superintendent's Honor Roll

Victoria Lucero	Nicholas Orta	Corina Trujillo
-----------------	---------------	-----------------

Principal's Honor Roll

Zarah Bertholf	David Daniels	Jesirae Lucero
Cassie Sando	Frederick Shendo	Tianie Toya

Honor Roll

Charnele Baca	Lawrence Garcia	Towanda Pecos
Virginia Baca	Jasmine Lovato	Sean Reynolds
Dominique Casiquito	Christopher Lucero	Evan Toya
Cameron Chinana	Clare Lucero	Lindsey Toya-Tosa
Aubre Chosa	Troy Madalena	Falisha Trujillo
Tamara Colaque	Danyelle Martinez	Adrian Valdez
Jose Cordova	Ashley Montoya	Julia Walls
Mariah Gachupin	Mark Panana	Bryson Yepa
Michael Gachupin	Jazmine Parrett	Emmet Yepa

I want to personally congratulate these young scholars for their hard work!

Cross Country Coach of the Year

Coach Danny Chinana was named State Cross Country Coach of the Year after the great first place showing of the boys this year. (See *Red Rocks Reporter* February 2010 edition.) We are very proud of Coach Danny Chinana who started coaching at Jemez Valley High in 1993 and continues to work hard keeping the Warriors on the path to success. In his years as the Warriors' coach, he has racked up five first place finishes, one second place finish, and three third place finishes at the state meet. So hats off to Danny Chinana for a well deserved Warrior battle cry for a job well done!

Field Trip to the Round House

The World History classes took a trip to the state capital to look in on the legislative session. It was also Native American Day at the Round House. Twenty students spent the day touring the building and attending a live session of the legislature. Many said they will always remember the trip.

EDUCATION

Students Visit Ft. Lewis College

By Leander Loretto

On Feb. 25, the Education Department took a group of 18 juniors and seniors from Jemez Valley High School, Walatowa High Charter School (WHCS), Santa Fe Indian School, and Del Norte High School (DNHS) to Ft. Lewis College in Durango, CO, for an overnight campus visit. When the group arrived in snowy Durango, Paul McHorse, Programming and Conferences Coordinator for Student Housing and Conference Services, welcomed them and helped them find their rooms in Escalante Hall. Students and staff stayed in traditional college dorms to introduce students to on-campus living.

After dinner at the student union cafeteria, the group attended the Pueblo Cultural Extravaganza at the Ft. Lewis community concert hall. The program was a tribute to Jimmy Shendo, founder of Moiety. The Zuni Olla Maidens from

the Pueblo of Zuni, Moiety and the Ft. Lewis College Native American choir, Bala Sinem, performed.

On Friday, students met with Kelly Colford, admissions counselor, to learn more about the college. Of the 3,700 students, 1,400 live on campus and 21% are Native Americans. Students come from 47 states and 18 countries.

The group toured the new science building, a dormitory, and the Student Life Center, which houses the financial aid and scholarship offices. At the Native American Student Center, two seniors talked about their experiences at Ft. Lewis and answered questions.

DNHS senior Danielle Toya said: "It was cool. We learned a lot and had the chance to experience their dorms. We actually saw some deer on the campus while walking to the concert."

"My experience at Ft. Lewis was

great," added Mary Beth Toya, WHCS senior. "I had the opportunity to experience dorm life! We all got to walk the campus and get other students' points of view on how college helps students learn inside and outside the classroom. They also told us how they go to other countries and how they help the environment."

"This experience was great and I really appreciate the Higher Education Department helping me open doors for my future," Dominique Casiquito agreed.

Several seniors filled out application forms before leaving the campus.

Students will also visit the Institute of American Indian Arts, New Mexico Highlands University and Central New Mexico Community College this month. If you or anyone you know would like to visit these campuses, contact the Higher Education Center at (575) 834-7102.

Scholarship Deadlines Near!

Please be aware of scholarship deadlines that are approaching quickly! Please visit the Higher Education Office as soon and as often as possible to get up-to-date information on scholarships and deadlines.

New Mexico Community Foundation
Due March 16

IHS Health Professionals Programs
Due March 28

Haskell Indian Nations University Youth Leadership Challenge June 6-12
Second round of applications due March 15; applications may be accepted until May 1 if space available.

American Indian/Alaska Native Employee Association for NRCS Scholarship
Postmarked by April 1

Daughters of the American Revolution American Indian Scholarship
Due April 1 for Fall

American Indian Education Foundation
Due April 4

American Indian Education Foundation Scholarship Program
Due April 14

AISES
Due April 15

International Order of the King's Daughters and Sons
Postmarked by April 15

Catching the Dream MESBEC Program Tribal Business Program
Due: March 15 for Summer
April 15 for Fall
Sept. 15 for Spring

National Native American Youth Initiative
Due April 16

If you have any questions or concerns, please contact the Higher Education Center at (575) 834-9102 or by e-mail to odessa.waquiu@jemezpueblo.org.



REGISTER AND VOTE!

Support your family and community!

Register today and vote in the 2010 Gubernatorial Primary Election on Tuesday, June 1. Our community receives federal, state and county funding to support our tribal programs that serve all our people. Registering to vote makes a statement about the number of voters in the Pueblo of Jemez and is an important way to support our community. For more information, contact the Native American Election Information Program (NAEIP) office at (575) 934-8826 or the Sandoval County Clerk at (800) 898-2124.

Filing date for Write-in Candidates	March 9
Filing date for All Candidates	March 16
Deadline to Withdraw from Primary	April 6
Absentee Voting Begins	May 4
Voter Registration Closes	May 4
Early In-Person Voting Begins	May 15
Early In-Person Voting Ends	May 29
Primary Election Day	June 1



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Save the Date!

Wednesday, March 10 and Thursday, March 11. New Mexico Senior Olympics 7th Annual All Indian Game Days. Isleta Recreation Center. Call the Jemez Senior Center at (575) 834-9168 for more information. (See page 11.)

Saturday, March 13. Pueblo Arts Road Show. Southwest Arts & Crafts Information Day Pueblo Cultural Center. 10 a.m. - 3 p.m. Call (505) 843-7270 or toll-free (866) 855-7902.

Monday, March 15. Spring Holiday. No school for Jemez Valley Public Schools (JVPS).

Tuesday, March 16. Ribbon Cutting Ceremony for opening of Walatowa Veterans Association office at the Civic Center, 9 a.m.

Wednesday, March 17. Jemez Vocational Rehabilitation 12th Annual Disabilities Awareness Conference, 9 a.m. - 2 p.m. Fun Run/Walk at 7:30 a.m. Walatowa Youth Center. (See pg. 12.)

Friday, March 19. No school for JVPS students.

Tuesday, March 30. Sandoval County Senior Olympic Games start. Contact the Senior Center for more information at (575) 834-9168. (See pg. 11.)

Thursday, April 1. Census Day. (See pg. 3.)

April 1-9. JVPS Spring Break.

April 12-30. Standards Based Assessment Tests (SBAT) for eleventh grade students. Jemez Valley High School (JVHS.)

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 information.

Thursday, April 22 through Saturday, April 24. Gathering of Nations at University of New Mexico Stadium.

Saturday, April 24. Annual Job/College Fair co-sponsored by Jemez Vocational Rehabilitation Program (JVR) and the Education Department. Youth Center, 9 a.m. - 1 p.m. (See pg. 12.)

SANTA ANA WELCOMES POW WOW GUESTS

Hyatt Regency Tamaya, Santa Ana Star Casino, Santa Ana and Twin Warriors Golf Clubs are supporting the 27th Annual Gathering of Nations with hotel, gaming, spa and golf discounts.

The hotel is offering a starting rate of \$149 per night that includes breakfast for two and a 25% discount on all resort activities including spa treatments. The casino will provide a Players Club Card worth \$20 of free play for every night at the hotel. Card holders also get a 50% discount at the Feast Buffet. Special golf rates will be available. Complimentary shuttle service will be provided to and from the Rail Runner station in Bernalillo.

For reservations or more information, call (505) 867-1234 or Hyatt reservations at (800) 55-HYATT (800-554-9288) and use code POWOW or go to www.tamaya.hyatt.com.

DITCH WORK MARCH 13 AND 14

Please report to your original family section. Everyone is encouraged to go to the morning prayer session at the headgates.