



Red Rocks Reporter

OCTOBER 2009

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Honoring Mike and Josephine Baca New Mexico State Fair Indian Village King & Queen

By Larry Pecos, Jemez Senior Citizens Center

Mike Baca, 71 and the former Josephine Chinana, 72, first met when they were young students at the Mission School here in Jemez Pueblo and became fast friends. Their friendship became closer through their high school years. However, after finishing high school, Mike left Jemez Pueblo to serve his country in the United States Marine Corps during the Korean conflict era from 1954 to 1958.

Considering the future after returning home with an honorable discharge, Mike left home again to pursue a career through the Relocation Program, a government program offered to Native American men and women. This program moved young people from reservations to different American cities to attend technical schools in trades or other careers, and ultimately to "relocate" them from reservations.

Later, when Mike returned home with a new career, he courted Josephine and in time she agreed to his proposal to be married. They wed on June 24, 1965. The couple has shared an enduring relationship for more than 44 years and look forward to continue their marriage for many years to come.

Mike and Josephine were blessed with seven children, including Geraldine, Martilla, Pamela, Allen Mike, Joseph L., Carla, and Vincent, whom in faith and with love, they nurtured and raised to be respectable people. They are also blessed with twelve grandchildren and six great grandchildren. The family also endured challenging times with the loss of two sons to tragic accidents.

The Bacas also share their blessings with other seniors through their support and participation in events and activities offered to all community seniors by the Jemez Pueblo Seniors Citizens Program.

Congratulations, Mike and Josephine!



Mike and Josephine were nominated as NM State Fair Indian Village King and Queen by other seniors from the Jemez Senior Citizens Program. The Bacas were crowned on Monday, Sept. 25, 2009.

NOTICE TO COMMUNITY MEMBERS!

Road construction around the Head Start buildings starts in October.
Please drive carefully and be cautious around heavy equipment in the area!



TRIBAL COUNCIL

Candido Armijo
 Joe Cajero
 Paul S. Chinana
 Raymond Gachupin
 Frank Loretto
 J. Leonard Loretto
 Raymond Loretto, DVM
 José E. Madalena
 J. Roger Madalena
 Arthur Sandia
 José Pecos
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 Augustine Waquie

2009 TRIBAL GOVERNORS

David M. Toledo
Governor
 Benny Shendo, Jr.
First Lt. Governor
 Stanley Loretto
Second Lt. Governor

TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

October 2009 Edition

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TRIBAL ADMINISTRATION



NOTICE OF PUBLIC MEETING

You are invited to a public information meeting hosted by the New Mexico Department of Transportation, in cooperation with the Federal Highway Administration, to present the proposed alignment of a NM 4 bypass from the Jemez Pueblo boundary to NM 290.

DATE: WEDNESDAY, OCTOBER 28, 2009
TIME: 6 TO 8 P.M.
PLACE: WALATOWA YOUTH CENTER

The New Mexico Department of Transportation will present design alternatives, including the preferred alternative carried forward from the study phase of the project and how it would affect the area. You are encouraged to ask questions and provide comments.

Those who would like to offer comments but are unable to attend the meeting can submit written comments to: NM 4, HDR Engineering, Inc., 2155 Louisiana Blvd. NE, Suite 9500, Albuquerque, NM 87110, Fax (505) 830-5454 or e-mail to: NM4@hdrinc.com.

To request Americans with Disabilities Act (ADA) related accommodations for this meeting, please contact Kelly Sims, HDR Engineering, Inc. at 505-830-8845 at least 48 hours before the meeting.

OPEN HOUSE at the Traditional Building

next to the Senior Center



Tuesday, October 20
10 a.m. - 3 p.m.
Join us for a day of celebration!

**Traditional food,
 dancing, Pueblo throw,
 raffle and more!**

**For more information,
 call the Senior Center
 at (575) 834-9168.**

HEALTH & HUMAN SERVICES

IT'S FLU SEASON!

NO MATTER WHAT NAME YOU GIVE THE FLU, PROTECTING YOURSELF IS THE SAME.

GET VACCINATED!

This year, there are two types of flu: seasonal and H1N1.

SEASONAL FLU: The Jemez Health Clinic has free seasonal flu shots for community members and tribal employees. **IF YOU HAVEN'T HAD YOUR SEASONAL FLU SHOTS YET, COME TO THE CLINIC TODAY!**

H1N1 FLU SHOTS will be available soon for high-priority patients:

- ❶ Pregnant women
- ❷ People who have certain health conditions, such as diabetes, asthma or heart problems.
- ❸ People who live with or care for babies younger than six months old.

Health Center staff will contact community members when the H1N1 vaccine is available.



Free flu shots are available at the Jemez Health Center for community members and tribal employees.



Wash hands with soap long enough to sing Happy Birthday twice.

WASH UP!

WASH HANDS THOROUGHLY AND OFTEN, especially after handling money, shaking hands, and using the bathroom, long enough to sing Happy Birthday twice. Hand washing with soap and warm water is the best defense against spreading the virus. Get sanitizing gel and use it when soap and water are not available.



Sneeze into your sleeve to avoid spreading germs.

COVER UP!

Cover your mouth and nose with tissues or shirt sleeves when you cough or sneeze, and teach your kids to do the same.

DON'T SHARE!

Tell children not to share drinks, towels or eating utensils with their friends.

KEEP IT CLEAN!

Use sanitizing wipes on counters, phones, door-knobs, toys, video games, computers and other household items.

STAY HOME!

If you or your child is sick, STAY HOME. You'll get well faster, and you can still spread the flu for 24 hours after your temperature returns to normal.

WHEN TO COME TO THE CLINIC

See a health care provider if you or a family member:

- has trouble breathing or has chest pain.
- has purple or bluish lips.
- is vomiting and can't keep liquids down.
- has seizures or convulsions.
- seems dehydrated or dizzy, is not urinating, or if babies have no tears when they cry.
- is less responsive than normal or seems confused.



IF YOU HAVE QUESTIONS ABOUT THE FLU, CALL THE JHHS FLU INFORMATION HOTLINE AT (505) 362-1481 Monday through Friday, 7:30 a.m. to 6 p.m.

Taking Care of Sick People at Home



HOW DO WE CARE FOR SOMEONE AT HOME?

First, take care of yourself so you can take care of others. Wash your hands often. Get enough to eat, drink lots of water, and get plenty of rest.

WHAT YOU WILL NEED TO DO

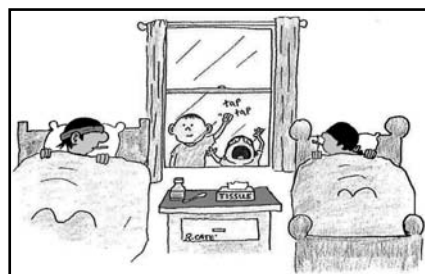
- ❖ Choose a room or area in your house where you can care for the sick person. Try to keep the person in that area and away from other family members until he or she is well.
- ❖ Choose one person to take care of the sick family member.
- ❖ If possible, a person who is not the caregiver should do the cooking, cleaning, shopping, childcare and errands.
- ❖ Caregivers should wash their hands immediately before they go into the sick person's room and immediately after they come out.
- ❖ Caregivers should wear a mask, apron and gloves if the sick person is coughing. Take off the protective clothing when you leave the sick area.



BE PREPARED

- ❖ Plan ahead if you have a chronic or serious illness; make sure you have extra medications and supplies in case you can't get to a pharmacy or grocery store.
- ❖ Have a supply of nutritious, ready-to-eat foods on hand, in case no one in the home is well enough to cook. Canned soups, peanut butter, bread, granola bars, canned tuna or meat, cold cuts and frozen meals can keep you going until you can get to a grocery store and start cooking again.
- ❖ Prepare a kit with basic supplies and equipment:

- Thermometer
- Tissues
- Rubbing alcohol (to clean equipment)
- Pitcher or large bottle for water
- Apron or smocks and masks for the caregiver
- Disposable gloves
- Trash can or wastebasket lined with a garbage bag
- Fever and pain reliever



- ❖ Don't share personal items like towels, glasses, dishes or other supplies the sick person is using.
- ❖ Wash dishes used in the sick room with warm water and soap.
- ❖ Do laundry in warm or cold water with regular laundry soap.
- ❖ Place trash from the sick room in a plastic trash bag and throw it away.



WHAT TO EXPECT

- ❖ The illness may last from four to seven days.
- ❖ Bring the fever down to 100
- ❖ Make sure the sick person is drinking enough fluids.
- ❖ Follow instructions when giving fever and pain relievers.
- ❖ As the person gets better, their color will improve, they will have more energy, and they will feel like eating again.

HOW CAN OTHER FAMILY MEMBERS STAY HEALTHY?

- ❖ **Washing your hands is the number one way to keep people from getting sick.** Use warm water and soap and wash for at least 15 seconds. Use paper towels to dry your hands.



- ❖ Cover mouth and nose with tissues when you sneeze or cough, or sneeze into your sleeve.
- ❖ Keep your hands away from your eyes, nose and mouth.
- ❖ Disinfect hard surfaces (counters, sinks, etc.), door knobs, phones, computers, toys and other items every day.
- ❖ Watch all family members for signs of sickness.

How long should the sick person stay home?

People can still spread the flu after they feel better. Wait at least 24 hours after the temperature returns to normal to go back to work, school and normal activities.

If you have questions about the flu, call the JHHS Flu Information Hotline at (505) 362-1481, Monday - Friday, 7:30 a.m. - 6 p.m.

PUBLIC HEALTH

PORTION DISTORTION

“Food is a very important part of our lives,” says Felipita Loretto, Public Health Program Diet and Fitness Technician. We need food to keep our bodies strong and healthy, and give us energy. Food is also important to our spiritual well-being and culture.”

But even when eating healthy food, too much of a good thing is not a good thing. Learn what a portion means, and make sure you don't eat more than you intend. You don't need a scale or a pair of calipers. Just use your hands to estimate how much of each food you should be eating.

How Big is ...?

- 1 oz. meat a matchbox
- 3 oz. meat a deck of cards or bar of soap (this is the recommended portion for a meal)
- 8 oz. meat a thin paperback book
- 3 oz. fish a checkbook
- 1 oz. cheese four dice
- Medium potato a computer mouse
- 2 Tbs. peanut butter a ping pong ball
- 1/2 cup pasta a tennis ball
- Average bagel a hockey puck.
- Med. apple or orange a tennis ball
- 1 cup chopped raw vegetables or fruit a baseball
- 1/4 cup dried fruit (raisins, apricots) a small handful

MEAT

A portion of meat is the size of your palm and the thickness of your little finger.



STARCHY VEGETABLES AND FRUIT

A portion of potatoes, corn, peas, beans, cereal, rice or pasta is the size of your fist.

A portion of fruit is the size of your fist.



VEGETABLES

Eat as much vegetables as you can hold in your hands cupped together.



WAY TO GO WALATOWA!

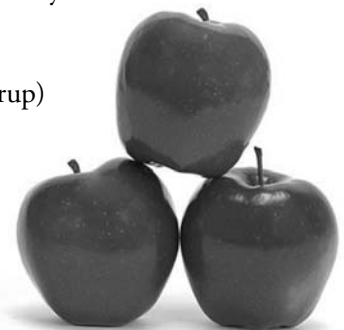
As of October 5, 2009, JHHS staff had vaccinated more Pueblo of Jemez community members and tribal employees than in all of last winter's flu season. More than half of people over age 65 have gotten their flu shots; this group is at higher risk for complications from seasonal flu.

If you have not yet gotten your seasonal flu vaccination, come to the Health Center any time! The shot is free, it won't hurt, and you may avoid getting sick this year.

OAT FRUIT CRISP

Healthy eating doesn't have to be boring. Treat your family to this low-fat, low-sugar dessert that features fruit and heart-healthy oatmeal.

- 3 C. sliced apples
- 1 16 oz. can peaches packed in juice (not syrup)
- 1/2 C. oatmeal
- 1/2 C. whole wheat flour
- 3/4 tsp. cinnamon
- 3/4 tsp. nutmeg
- 3/4 tsp cornstarch
- 2 T. light margarine



1. Lightly spray a 9 x 9 inch baking pan with nonstick spray, or oil lightly. Put apples, peaches and peach juice in the pan.
2. Combine remaining ingredients in a bowl. Stir half into fruit, then sprinkle the rest of the dry mixture over the fruit.
3. Bake at 375 for 30 minutes.

October Is Breast Cancer Awareness Month

Breast Cancer Awareness: A Sister's Story

By April Wilkinson, Pueblo of Jemez Contracts and Grants Officer

My name is April Wilkinson, and I am a member of the Kiowa Tribe of Oklahoma. I was asked to write an article about breast cancer because October is Breast Cancer Awareness Month. This is not a subject I ever thought I would have to talk about. It is certainly not something I would have ever discussed in an open forum, such as a community newsletter. In the first place, I am female; I am modest, and I prefer to keep my family business to myself. But in the end, none of that matters. Breast cancer has affected my family. It attacked one of our most vulnerable family members. My 76 year-old grandmother was diagnosed with breast cancer in July 2008.

Are you surprised by her age? You may not know it, but Native American women are predominately diagnosed with breast cancer after the age of 50. Unfortunately, in my family, silence and a cultural hesitance to talk about cancer openly is a killer. In fact, my grandmother's 92 year-old sister recently passed from breast cancer. Only a few months earlier, my grandmother was diagnosed and thought she was the only one. Then she ran into her first cousin at chemotherapy and learned that she, too, was a survivor. Three women, sisters, neighbors, all were oblivious to the silent killer in our family. For my generation, our ignorance about breast cancer and its existence in our family is frightening.

In August, I participated in the 2009 Denver Breast Cancer 3-Day Walk. In three days, I walked 60 miles. Friends, family, even strangers, supported me to raise the registration fee. This money will be used to support breast cancer initiatives including research, treatment, prevention and education. Still, the sweat, the money, the many miles – none of it is enough. There is so much more to be done to raise awareness, find treatment solutions and educate families, individuals and communities about breast cancer.

The 2007-2011 New Mexico Cancer Plan, published in 2007 by the NM Department of Health, found that: "Breast cancer is the most frequently diagnosed cancer among women of all racial and ethnic groups in New Mexico and is the leading



Contracts and Grants Officer April Wilkinson (second from right) walked 60 miles to raise awareness about breast cancer prevention, detection and treatment.

cause of cancer deaths among American Indian, Hispanic and Black women."

Fight Back

The greatest weapons against breast cancer are simply education and early detection. According to the Native American Cancer Research Corporation, good breast health practices are important and should be part of your overall healthy lifestyle. Good breast health practices include:

- ❁ **Do a breast self-exam monthly.**
- ❁ **See your health care provider every year for a complete breast exam.**
- ❁ **Get a mammogram every year if you are 40 years old or older.**

My grandmother took these steps. She found the lump herself. She sought a medical professional. Today, my 76 year-old grandmother, Gloria Holder, is a breast cancer survivor. This is not the conclusion for every person diagnosed with breast cancer. It should be. Until it is, our work is not done.

You can make a difference. To learn more about being an advocate in the fight against breast cancer, visit the Susan G. Komen web site at www.komen.org or the Native American Cancer Research Corporation site at www.natamcancer.org.

❁ Breast Cancer Facts for Native Women ❁

Most Native women diagnosed with breast cancer are the first in their families to have the disease.

Breast cancer is increasing every year among Native women

There are at least 15 different types of breast cancer. The different types spread and act differently in the body

Although it's less common, men also get breast cancer.

Breast tissue (cells) are in the entire chest area, including the chest wall up to the collar bone, under the arms and across the chest to the ribs and breast bone.

Honors for JHHS Physician Assistants

By Dr. Raymond Loretto, DVM, CEO of Jemez Health & Human Services

On Friday, Sept. 11, Paul Gooris, PA, received the Physician Assistant of the Year award for 2009 during the New Mexico Academy of Physician Assistants (NMAPA) annual conference. The award is given by fellow physician assistants to recognize his numerous years of service to communities in New Mexico. PA Gooris has worked at the Jemez Comprehensive Health Center for three years, where he has provided excellent health care to our community.

During the ceremony, the Lifetime Achievement Award named in honor of Physician Assistant Gerald Ross was given to Nikkie Catalanos, Director of the University of New Mexico Physician Assistant Program. PA Ross, or "Medic" Ross, as he was affectionately known here in Jemez, dedicated a lifetime to providing health care and spent the last 35 years of his career in Jemez. Ms. Shirley Ross presented the award.

The Pueblo of Jemez has been very fortunate to recruit and retain quality health care personnel; PA Gooris and PA Ross are prime examples of this. JHHS extends our sincere congratulations on their achievements and thank them for their dedication to the Jemez community.

JHHS also recognizes Ms. Wilma Toledo, who retired as a Physician Assistant from the Indian Health Service. Ms. Toledo earned the first NMAPA Lifetime Achievement Award in 2008 and now serves on the Jemez Health & Human Services Board of Directors. Her professional knowledge of the Indian Health



JHHS Physician Assistant Paul Gooris (*center*) accepts the Physician Assistant of the Year award. Dr. (Left to right) Dr. Raymond Loretto, Shirley Ross, Penny Ott, Executive Director of Clinical Programs, and Health Board member Wilma Toledo, PA, attended the ceremony.

Service and her years of work in the health care field are a great asset to the board as well as to the community.

PA Gooris has been a physician's assistant since 1983.

"This is a great community to work in," he says. "We have a really good facility here, and people are very motivated and interested in their own health care. It's nice getting to know whole families, from elders to the little children."

*Hello Jemez Pueblo!
As many of you know, my wife Jennifer and I have recently relocated to Portland Oregon. I began a faculty assignment with the Oregon Health and Science University treating underserved and medically compromised patients.*

I am enjoying my new position, but truly miss all of my friends and patients at Jemez Pueblo. My time at Jemez Pueblo was one of the most rewarding professional experiences I have had. I appreciate the support provided me by the clinical and administrative staff. It truly was a wonderful place to work. I feel honored to have served the community of Jemez Pueblo.

*I miss you all. Thank you!
James Strohschein, DDS*

DENTAL CLINIC

Welcome Mat

The Jemez Dental Clinic welcomes dentist **Angela Torres, DDS**, to the staff. A California native, Dr. Torres most recently worked with the Pasqua Yaqui people in Arizona.

"I'm very excited about being here," Dr. Torres says. "This is a very tight-knit and very friendly community. People have made me feel very welcome."



SOCIAL WORK

Keep Up With Your Benefits!

State Coverage Insurance Reminder

If you are between the ages of 19 and 64 and don't have health insurance coverage, State Coverage Insurance (SCI) is good, low cost or free health insurance. You can either be working or unemployed. Coverage is good for one year at a time and you can choose between Lovelace, Presbyterian and Molina systems. **Now is the time to apply!** When the program runs out of funding, they stop taking applications and everyone goes on a long, long wait list. UNM SCI applications have already been halted for the year. Don't wait until it's too late – get application information today!

Coordinated Long Term Care Services (CLTS)

New Mexico's long term care managed care organizations (Evercare and Amerigroup) have now contracted with Presbyterian Health Systems medical providers. Members should now be able to use Presbyterian facilities for their care. Some Presbyterian providers are not aware of this change yet, so you may have to encourage your provider to update their information.

Medicare Drug Plans (Part D)

During October, people who have Medicare insurance should receive letters about Medicare Part D eligibility or about changes their current providers will make in 2010. In some cases, you will start paying premiums that you didn't have to pay in 2009. Or the letter may tell you that your current Part D provider is no longer available and you are being switched to a new one. They may include the new list of zero-premium providers that New Mexicans can choose. Please pay attention to these letters and bring them in if you don't understand what they say.

Remember, if you want to make changes in your Medicare Part D plan, you must do it between November 15 and December 31. After Dec. 31, you cannot make any changes to your Medicare prescription drug plan.

Low Cost Telephone Assistance or Lifeline/Linkup

Many people still don't know that Windstream has a low-cost telephone assistance program for people who receive Medicaid or other state assistance. Sometimes this program can lower your monthly local phone service bills to as little as \$11 or \$12, depending on the services you choose. There are some restrictions. You must meet the following requirements:

1) Applicants must be receiving food stamps, SSI, Medicaid, Public Housing assistance, LIHEAP, BIA General Assistance, TANF or be a Head Start/School Lunch Program participant who meets the financial requirements; and

2) Applicants must set up service under the name of a par-

ticipant in one of the programs above participant's name OR the applicant must not be listed as a dependent on another person's income tax return OR service must be set up at the applicant's primary residence.

3) Applicants must not have overdue balance with the phone company (for instance, disconnected service with an outstanding bill, even in someone else's name at the same address.)

You will need your Social Security card and state-issued picture ID card to apply. Come in and see Lisa Maves or Thelma Shendo if you are interested.

Social Security Ticket to Work Program

This program allows people receiving disability benefits from the Social Security Administration to go back to work. The program also gives participating employers incentives to hire people with disabilities and allows workers to waive ongoing medical reviews while they participate (usually every three years.)

How much you make from work **does** matter whether you receive SSI under disability or SSDI. If you are interested in this program please come in and talk with Thelma Shendo, Lisa Maves or your Jemez Vocational Rehabilitation Program representative for more details.

If you have questions about your benefits, or if you want to know more about applying for benefits, please contact Benefits Coordinator Thelma Shendo at (575) 834-3040 or Lisa Maves at (575) 834-3059.



PUBLIC HEALTH

DUKE CITY MARATHON SUNDAY, OCT. 18

For the past four years, the JHHS Diabetes Program has supported the Duke City Marathon. This year, the process is different. Anyone who wants to participate in the Duke City Marathon will need to pay his or her own registration fee. The Diabetes Program will then reimburse each participant for their registration fees.

To get reimbursed, participants need to bring their receipts or bib numbers to the Diabetes Program, as well as get cholesterol and blood sugar screenings. The program will verify your participation with Duke Marathon staff. **The deadline to turn in all receipts or bib numbers is Friday, Oct. 30, at 5 p.m.** The program will let you know when the reimbursements will be distributed.

You can pick up a registration form at the Public Health Program office in the Jemez Health Center, or register online at www.dukecitymarathon.com.

If you have any questions, please call the Public Health Program office at (575) 834-7207.

SOCIAL SERVICES

10 Types of Abusive Men

By Dominic Gachupin, Jemez Social Services Program Family Advocate

Demand Man. He expects his partner's life to revolve around meeting his needs and is angry and blaming if anything gets in the way. *"I am very loving and giving partner. You're lucky to have me."*

Mr. Right. He considers himself the ultimate authority on every subject under the sun; you might call him "Mr. Always Right." *"If I put you down for long enough, some day you'll see."*

The Water Torturer. His style proves that anger doesn't cause abuse. He can assault his partner psychologically without even raising his voice. *"I know exactly how to get under your skin."*

Drill Sergeant. He takes controlling behavior to an extreme, running his partner's life in every way he can. He criticizes her clothing, tells her whether she can go out or not, interferes with her work. *"I love you more than anyone in the world, but you disgust me."*

Mr. Sensitive, opposite of the Drill Sergeant. He is soft-spoken, gentle and supportive – when he isn't being abusive. To some women, he seems like a dream come true. *"Women should be grateful to me for not being like those other men."*

The Player, usually good looking and often sexy. (But sometimes he just thinks he is.) You may feel lucky that you have caught someone who knows how to turn you on and feel proud to be seen with him. He flirts with waitresses, clerks and even friends of yours. *"Women were put on this earth to have sex with men – especially me."*

Rambo. He is aggressive with everybody, not just his partner. He gets a thrill from the sensation of intimidating people and strives to handle life situations by subtly or overtly creating fear. He has little patience for weakness, fragility or indecision. *"You are a thing that belongs to me, akin to a trophy."*

The Victim. He is highly self-centered in relationships. Everything seems to revolve around his wounds, and he keeps himself at the center of attention. He claims to be victimized not only by you but also by his boss, his parents, the neighbors, his friends and strangers on the street.

The Terrorist. He tends to be both highly controlling and extremely demanding. He gets enjoyment out of causing pain and fear and seems to find cruelty thrilling. *"I would rather die than accept your right to independence."*

The Mentally Ill or Addicted Abuser. These conditions increase the chances that an abuser will be dangerous and use physical violence. Includes paranoia, severe depression, delusions or hallucinations (psychosis), obsessive-compulsive disorder and antisocial personality disorder (psychopathy or sociopathy). *"I am not responsible for my actions because of my psychological or substance abuse problems."*

Resource: Lundy Bancroft "Why does he do that?"

"Value our traditions: coming together to end domestic violence."

If you need help, or if you know someone who does, please contact the Jemez Domestic Violence Prevention Program at (575)-834-7117. All calls are strictly confidential.

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Domestic Violence Prevention Conference

Tuesday, October 20

5:30 – 9 p.m.

Dinner served at 5:30 p.m.

Jemez Day School Auditorium

Child Care Provided in the Day School Cafeteria

Welcome Mat

Ann Heinrich, RN, is the new Community Health Nurse in the Public Health Program. She will be doing home visits, health education and other patient care as Kristyn Yepa moves into her new role as Program Manager.

"I've worked in several local Native communities, and I'm really happy to be working here now," Ann says, adding that she's given "lots of immunizations" since joining the Health Center staff.





WALATOWA HIGH CHARTER SCHOOL

By Eileen A. Shendo, Early College Programs Coordinator

Walatowa High Charter School (WHCS) is an Early College Academy, the first charter high school in New Mexico to be founded on Native land, with a mission to provide the youth of the area a rigorous college preparatory curriculum, with an emphasis on math, science, health and technology.

With an average enrollment of 55 students per year, WHCS fosters leadership development, honors the preservation of language and culture, and strives to strengthen the physical wellness of students. Since its doors opened in 2002, WHCS has gained national and international recognition for making great strides to:

- Empower students with cultural knowledge, leadership skills and academic and experiential learning to “Think Globally and Create Locally.”
- Claim the right of a sovereign nation to ensure that traditional and cultural values serve as the foundation of a community-integrated curriculum responsive to the community’s needs.
- Academically and experientially prepare young adults to be leaders knowledgeable about community needs able to build sustainable systems of progress and development.

As an Early College, the school is funded in part by a \$12 million, eight-year Bill & Melinda Gates Foundation

grant, with support from the Carnegie Corporation of New York, the Ford Foundation, the W.K. Kellogg Foundation and the Lumina Foundation for Education. WHCS has created partnerships with three colleges within the state: the University of New Mexico, the Institute of American Indian Arts and Central NM Community College. These partnerships provide all students the opportunity to earn up to two years of college credit while completing their high school requirements for graduation.

For more information, contact Eileen A. Shendo, Early College Programs, Walatowa High Charter School at (575) 834-0448.

Jemez Valley Public Schools

Jemez Valley Elementary and Middle Schools

By Brad Parker, Principal

As a school administrator, I feel very supported here in Jemez Valley. The PTA is always there for our kids, teachers and administration when we need them. One of the best ways to get active and make a difference in the schools is to be to be a contributing member of the PTA. Thanks for all you do!

Popcorn has returned as a reward for perfect attendance at the elementary school. Many parents are so good about having your children come to school and I thank you. We will keep this program running until the H1N1 flu comes knocking.

Speaking of the flu, please reinforce good hygiene habits at home that will help prevent the flu in the whole community. The US Centers for Disease Control advises “To help fight the flu, cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue away, or use your sleeve; don’t cough or sneeze into your hands. Wash your hands often with soap and water, especially after coughing or sneezing. If you’re sick, stay home and limit contact with others to keep from infecting them.”

We are trying to keep your children and ourselves healthy but have had problems obtaining large quantities of hand sanitizer. It would be great if you sent personal sized bottles of hand sanitizer

for your own student to use.

I count it a great blessing to work with your children, the future of America. Thank you for this opportunity.

Activities and Events

By the time you read this, our second through fifth grades will have gone to the Valle Caldera for the Elk Festival. As well, our entire middle school will have visited Fenton Lake. The Van of Enchantment will have come and gone, opening our students to New Mexico history in a way they have never experienced before.

Friday, Oct. 2. The Annual Back To School Bash will be held from 5:30 to 7:30 p.m. Come on out and have fun while helping our teachers raise money to spend in the classroom. There will be a concession area where you can purchase food and activities for the kids inside and out, including a chance to dunk the principal.

Friday, Oct. 9. Seventh graders will take a field trip for New Mexico history to the Guadalupe trail. Along with the significance the area holds for our community, there are many points of both historical and scientific interest.

Monday, Oct.12. Fall Break. No school on that day.

Jemez Valley Public Schools

Wednesday, Oct. 14. The first nine-week session ends. Please be looking for report cards shortly thereafter.

Thursday, Oct. 22 and Friday, Oct. 23. Parent Teacher Conferences. I know you will hear from your student's teacher/advisor/mentor to set up appointments to review how your child is doing in school. Please come prepared with questions and concerns so we can address them to benefit your child.

Many thanks to Jemez Springs American Legion Post 75 for the school supplies they donated at the beginning of the year.

Day to Day Marvels at Jemez Valley High School

By Larry DeWees, *Principal*

We are starting on the road to the state-mandated assessments. There has been a lot of debate about the testing we are required to do during a school year. Many educated people believe that testing is very important, while others contend that it's largely unnecessary. This oratorical tennis match will continue as long as No Child Left Behind is a part of education and, although interesting, plays no role as to whether Jemez Valley Public schools will assess as required. We will be diligent in getting all students tested in all of the assessments as directed by the Public Education Department of New Mexico.

The most important part of the assessments is not the tests themselves but the data we can obtain about each student, a group of students or the entire school. Once we get the assessments results, the tedious work begins as we unravel the story that is told. The data, after disaggregation, tells us the road we need to take to get each student, group of students, and the entire school moving toward Annual Yearly Progress.

It's extremely important that our parents and community understand that the testing is important for our students, and to appreciate that the data we collect is invaluable to the students' success. I invite every parent to help our young people understand the importance of giving their all on the assessments. It is essential that our young people view the exams as a positive experience, in which they will learn to understand their time in school as a positive experience that will carry them to a thriving, successful future.

Our first testing window is now open for the NWEA or Maps, and we have completed the first round of the Scholastic Reading Inventory. Each student receives a Lexile score that gives them immediate feedback as to where they stand in the world of reading. We will place large charts in every classroom showing the Lexile levels of different situations, such as drivers' licenses, mortgage loan applications, job applications, iPod installation manuals and college applications, to name a few. We are helping the students take control of their education by understanding the data and how it affects them in the real world.

We are working hard at getting ready for the next mentorship

parent meetings. Once again, we are aiming for 100% participation. The students will hone their skills at telling their parents about their scores and what they mean. This time, I hope students will also have a plan of action on how to improve the scores. The conferences will be in October, culminating on the 22nd.

We are currently looking for parents to help with plans for parent involvement for Title I, work on the District Educational Plan for Student Success, and a number of other areas. If you are interested, please contact the JVHS office at (575) 834-7392.

JVHS ATHLETICS

JVHS Volleyball 2009*

Volleyball is coached by a graduate of the program, Heather Stash, assisted by Loretta Trujillo. The following girls play on either the varsity or junior varsity squads: Alana Chinana, Brianna Chinana, Corina Trujillo, Deanna Pino, Dellynn Chinana, Falisha Trujillo, Jesirae Lucero, LeighAnn Armijo, Lila Gachupin, Marla Chosa, Perfilia Gachupin, Robin Parrett, Tamara Colaque, Teeah Toya, Traci Gachupin and Victoria Lucero.

DATE	TIME	HOME	VISITOR
Oct. 13	6 p.m.	Bosque	Jemez Valley
Oct. 15	5 p.m.	Walatowa	Jemez Valley
Oct. 18-19	9 a.m.	Rio Rancho JV Tournament	
Oct. 20	5 p.m.	Jemez Valley <i>JV and Varsity</i>	East Mountain
Oct. 22	6 p.m.	Jemez Valley	Bosque
Oct. 23	4 p.m.	Jemez Valley <i>JV Only</i>	Sandia Prep
Oct. 30	4 p.m.	Cuba	Jemez Valley

The District Tournament will be the week of Oct. 26. The State Tournament will be Nov. 12 - 14

*Varsity only unless noted.

JVHS Cross-Country

Head coach Danny Chinana and assistant coach Steve Gachupin coach the Warriors. The cross country teams include (*girls*) Alex Madalena, Kalainia Waquie, Cassie Sando, Teeah Toya, Meranda Pino, Jasmine Loretto and Tiana Gachupin; (*boys*) Troy Madalena, Jonathan Romero, Mark Magdalena, Dale Toya, Rodney Toya, Michael Gachupin, Frederick Shendo and Jordan Loretto.

DATE	TIME	LOCATION
Oct. 17	9 a.m.	Rio Rancho H.S.
Oct. 23	3 p.m.	Grants
Oct. 30	3:30 p.m.	District 8-AA Meet, Jemez Valley
Nov. 7	9 a.m.	State Championships, Rio Rancho H. S.



Pueblo of Jemez
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Save the Date!

Tuesday, Oct. 13. Movie Night. Jemez Social Services presents *Madea's Family Reunion*. Jemez BIA Day School gymnasium. 6 - 8:30 p.m. No one under age 14 please.

Wednesday, Oct. 14. JVPS first nine-week session ends.

Wednesday, Oct. 14 and Thursday, Oct. 15. Fitness Assessments for the Family Fitness Challenge. 5 - 8 p.m. at the Youth Center.

Tuesday, Oct. 20. Annual Domestic Violence Awareness Conference. 5:30 - 9 p.m. at the Jemez BIA Day School Auditorium. Child care available at the Day School gym. Dinner will be served at 5:30 p.m. Call (575) 834-7117 for more information.

Thursday, Oct. 22 and Friday, Oct. 23. JVPS Parent Teacher Conferences.

Thursday, Oct. 29. All Jemez Health & Human Services programs and services will be closed for staff training. If you have a medical emergency, call 911. JHHS clinics and programs will return to normal hours Friday, Oct. 30, 7:30 a.m. to 6 p.m.

Tuesday, Nov. 3 and Wednesday, Nov. 4. Healthy Kids Trading Store at the Jemez Dental Clinic, 3 - 6 p.m.

Wednesday, Nov. 18. Annual Diabetes Awareness Conference at the Youth Center, 6 to 8 p.m.

HEALTHY KIDS TRADING STORE!

STOP CAVITIES!

PROMOTE HEALTHIER CHOICES!

Trade Your Sticky Sweets For Games, Prizes, Yummy Snacks and Sports Toys!

Less than 1 pound = Healthy snacks + small toy + dental prize

1-2 pounds = Healthy snacks + small toy or game + dental prize

2-4 pounds = Healthy snacks + small sports toy or game + dental prize

More than 4 pounds = Healthy snacks + larger sports toy or game + dental prize

JEMEZ DENTAL CLINIC

Tuesday and Wednesday

November 3 & 4

3 - 6 p.m.

For more information, contact Eileen Toya at 834-7388

