



# Red Rocks Reporter

OCTOBER 2010

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## FROM THE GOVERNORS

### GOVERNORS' AGENDA

Governor Joshua Madalena welcomed tribes from across the nation to New Mexico to a meeting with Ken Gonzales, the state's US Attorney. The Walatowa Veterans Association presented the colors for the assembly. Ada Pecos Melton, of American Indian Development Associates, addressed the group who were meeting to develop a universal crime reporting system. The system will include Indian nations who will be able to share information, support and data about crimes with other national law enforcement agencies.

"The Pueblo of Jemez has been in compliance for two years," Governor Joshua Madalena points out. "The Department of Justice and Bureau of Indian Affairs (BIA) need to work more efficiently with tribes in crime reporting."

The initiative is directly related to recent DOJ grants. This year, tribes joined forces to submit grant applications.

#### U.S. Department Of Justice Awards

The Pueblo of Jemez will receive a total of \$2,000,000 to improve law enforcement, the tribal justice system and community safety. The award will be shared by several departments to address a range of issues related to community safety.

A \$500,000 Community Oriented Policing Services (COPS) award goes to Law Enforcement and is designated for equipment, vehicles and officer equipment. "It's important to understand that the grant is very specific in how it can be used. It can only cover equipment, not staff salaries or benefits," explains Chief of Police Mike Toya. Additional funds will go to enhancing the Universal Crime Reporting system.

Tribal Court will get \$350,000 to improve the tribal justice system and \$300,000 to enhance accountability for delinquent behavior. Half a million dollars will go to develop demonstration projects on violence prevention and rehabilitation. In addition, the Behavioral Health Program will get \$350,000 to prevent and reduce crimes related to alcohol and substance abuse. The Social Services Program will receive \$100,000 for outreach and assistance for victims of elder abuse.

#### Employment Opportunities

The Housing Department is hiring tribal members for a range of skilled and unskilled construction jobs. "The work is steady but seasonal," explains Housing Director JD Bennet. "So far, I'm thrilled with the skill and quality of the applicants we've had. There's an outstanding work ethic here."

The workforce initiative is part of a strategy to reduce unemployment rates in the community, the Governor says. "We are providing housing and providing jobs at the same time," he adds.

*We wish all the best to Leonard Loretto and Olivia Toya who are leaving the Department of Public Works after many years of dedicated service to the community.*



## 2010 TRIBAL GOVERNORS

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

## TRIBAL COUNCIL

Candido Armijo  
Joe Cajero  
Paul S. Chinana  
Raymond Gachupin  
Frank Loretto  
J. Leonard Loretto  
Raymond Loretto, DVM  
José E. Madalena  
J. Roger Madalena  
Arthur Sandia  
José Pecos  
David M. Toledo  
José Toledo  
Michael Toledo, Jr.  
Paul Tosa  
Vincent A. Toya, Sr.

## TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

## Red Rocks Reporter

### October 2010 Edition

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## NEWS YOU CAN USE

# Exploring Economic Opportunities

The first phase of the creation of a comprehensive economic development plan was launched with a series of meetings designed to discover what tribal members want to see in the economic future of the Pueblo of Jemez. Former tribal administrator Roger Fragua, President and CEO of COTA Holdings, and his staff are meeting with tribal officials, employees, elders from the Senior Center, religious leaders, high school students, individual artists and entrepreneurs, and other tribal members at open public meetings. Additional sessions are scheduled in October to glean as much information and opinion as possible before analyzing the collected data. The goal is to devise an economic development plan that will be a long-range, systematic blueprint to create economic security for the pueblo. (See article in the *Red Rocks Reporter*, July 2010 edition.)

COTA staff are also assessing current projects and plans within various tribal departments. All collected information belongs to and remains with the Pueblo of Jemez. "Confidentiality and protection of proprietary information have been addressed," Governor Joshua Madalena assured department directors.

"We want to go beyond the information required for applying for federal funds," Roger explains. "As a community, we have a wealth of resources and options. We need to focus our efforts on projects that will ensure the economic future of the pueblo and its people."

"Everyone has a voice, everyone has ownership," the Governor says of the process and the eventual product.

The first stage is an assessment of the community's material, financial and human resources, including minerals, natural resources, educational system, work force skills, training and education levels, current opportunities and other factors. The planning process is starting with basic questions: *Who are we? What do we want? What kind of economic activity is appropriate for this community? How do we move forward while maintaining respect for our tradition and culture? What do we value?*

"Western models of authority and power don't work here," Roger observes. "We need a model that will protect the heart and soul of our community, our traditions and values, and our culture."

## Forging a Future

A wide range of comments and suggestions from community members are shaping the future. Suggestions include agricultural initiatives, such as producing organic and specialty crops for luxury markets. Other open opportunities focus on providing services to gaming tribes that need housekeeping, grounds maintenance, laundry and other support.

"We are a tribe of experienced entrepreneurs," noted one tribal member at a public meeting. "We are potters and artists and farmers and craftspeople. We run small businesses. We already know how to do this."

"We are caught in a Catch-22," another tribal member added. "We encourage our children to get good educations, but we don't have enough work for them to come home to."

After the comment period concludes, the next step is determining goals and objectives for the next five years, based on a foundation of tribal values and available resources.

"I see the need for a system in which every Governor can add a year to the current five-year plan, extending it year by year," Roger suggests. "That system would create critical continuity while allowing flexibility as conditions and priorities change."

For more information, contact Governor Madalena at (575) 834-7359 or Jan-Jay Moolenijzer, Tribal Planner, at (575) 834-0094.

NEWS YOU CAN USE

GREEN STARS: PROTECTING OUR COMMUNITY



The Walatowa Green Stars are looking forward to their next recycling project at the San Diego Feast Day on Nov. 12. Tribal members and guests can leave plastics and aluminum cans in bins that will be placed at several points in the village.

The group is exploring applying for a National Health Institute Native Health Initiative grant to purchase their own set of bins. In the meantime, Eight Northern Pueblos is lending bins.

On St. Persingula Feast Day in August, the Green Stars and friends collected enough recyclable trash to fill two trucks. They also organized a clean-up the next day to collect plastic and aluminum to be recycled.



The initiative was sparked by Christina Castro's summer school curriculum at Jemez Valley High School. The Green Stars founding members are Mark Panana, Emmet Yepa, Tianie Toya and Lindsay Toya. Towana Yepa has joined the group as a youth mentor. New members are invited to assist on Feast Day.

The group were featured guests on KUNM's Singing Wire program on Sept. 5 to spread the word about the importance of recycling efforts in Indian nations. They also held a bake sale to raise money for publicity and other needs.

For more information, or to volunteer to help make a difference in our community, contact one of the Green Stars or find them on Facebook.

*Did You Know?*

**Styrofoam is not recyclable – it can't be made into new styrofoam. The industry wants you to assume it can be. Don't buy it! Each year, Americans throw away 25 BILLION styrofoam cups, enough to circle the earth 436 times.**

**Americans use 2,500,000 plastic bottles EVERY HOUR! Most of them are thrown away.**

**Every year, we make enough plastic film to shrink-wrap Texas.**

★ **REduce** ★ **REuse** ★ **REcycle** ★

FROM THE GOVERNORS

**Tribal Council Report**

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

**September 29, 2010.** Governor Joshua Madalena, First Lt. Governor Aaron Cajero, Sr. and Second Lt. Governor Larry Chinana proposed the following resolutions which were approved by the Tribal Council:

- ◆ Use JHHS third-party revenues to complete the Senior Center expansion, Pharmacy renovation and Social Services building projects.
- ◆ Update the procurement policy and travel policies and procedures for tribal employees.
- ◆ Participate in North Dakota National Resource Center on Native American Aging study "Identify Our Needs: A Survey of Elders." Information will be collected anonymously, stored in a locked file cabinet and destroyed after three years. Specific information collected within the boundaries of the Pueblo of Jemez belongs to the Pueblo of Jemez and may not be released in any form to individuals, agencies or organizations without additional tribal authorization.
- ◆ Establish Ho-Khee-Whaa Renewable Energy Inc. (HKW,) a separate tribally-chartered corporation to manage and secure financing for solar projects. Approve terms of a power purchase agreement (PPA) between Jemez Mountains Electric Cooperative (JMEC) and a separate special purchase entity that will operate the solar power project, sell power to JMEC, and make required payments to the PoJ and HKW. Approve PPA and all remaining right-of-way, lease and financing terms and documents. The solar project team is to proceed with finalization with JMEC.
- ◆ Submit proposal to US Department of Health and Human Services Administration on Aging Title VI for Native American Indians.
- ◆ Support State Tribal Medicaid Work Group's proposal to protect American Indians' Medicaid benefits using Medicaid waivers.
- ◆ Authorize fiscal year budget for year from Oct. 1, 2010 through Sept. 29, 2011: tribal funds budget of \$320,000; tax ordinance budget of \$152,000; Tribal Court budget of \$43,000; total general fund budget of \$515,000.
- ◆ Adopt Infrastructure Capital Improvement Plan for fiscal years 2012 to 2016.
- ◆ Submit grant application to address damage to Gachupin check dam.
- ◆ Submit grant application to US Economic Development Corporation to develop a comprehensive economic planning strategy.

## PUBLIC HEALTH

*Promote - Protect - Prevent***IT'S FLU SEASON AGAIN!****PROTECT WALATOWA! PREVENT THE FLU! GET YOUR FLU SHOT!**

This year, people need only one vaccine for protection against the three types of influenza expected this flu season, including H1N1. **Everyone over six months old should get vaccinated, especially people who are at higher risk of developing serious complications from the flu.** Last flu season, American Indians and Alaskan Natives seemed to be at higher risk of flu complications. (See article below.)

**Who is at High Risk for Flu-Related Complications?**

- ❖ Children younger than five years old, but especially children under two
- ❖ Adults 65 years of age and older
- ❖ Pregnant women
- ❖ **People with certain medical conditions, such as:**
  - ★ Asthma
  - ★ Neurological and neurodevelopmental conditions (disorders of the brain, spinal cord, peripheral nerves and muscles; cerebral palsy, epilepsy, stroke, mental retardation, muscular dystrophy, or spinal cord injuries.)
  - ★ Chronic lung disease (chronic obstructive pulmonary disease COPD)
  - ★ Heart disease (congestive heart failure, coronary artery disease)
  - ★ Blood disorders
  - ★ Endocrine disorders (like diabetes)
  - ★ Kidney disorders
- ★ Liver disorders
- ★ Metabolic disorders
- ★ Weakened immune systems due to disease or medication (HIV or AIDS, cancer, patients on long-term steroids)
- ★ People under 19 years of age who are receiving long-term aspirin therapy
- ★ Morbid obesity (body mass index, or BMI, of 40 or greater.)

**The Jemez Health Clinic and Public Health Programs offer flu vaccinations at no cost. Come to the Health Center or watch for flu shot clinics in the community. For more information, call the Jemez Health Clinic or Kristyn Yepa, RN, BSN, Assistant Public Health Program Manager, at (575) 834-7413.**

## PHARMACY

**RENOVATION IMPROVES PHARMACY CARE**

The Jemez Pharmacy remodel is well underway and scheduled to be finished by the beginning of November. When completed, the pharmacy will be a bit larger, and the space will be arranged for processing medication orders more efficiently. The counseling room will be relocated to increase patient privacy.

Coinciding with end of renovation, the Pharmacy will also install a state-of-the-art robotics unit that will automate dispensing of the medications mostly frequently prescribed for Jemez Clinic patients.

"The Parata system is the gold standard for precision in pharmacy dispensing, increasing accuracy to 99.999999%," says Pharmacy Supervisor Konnie Frey, RPh. "National retailers use similar systems. We are very proud of our record for accuracy. The new system is the next step in ensuring patient safety." The pharmacist will still

check all medications before they leave the pharmacy.

The robot will automate some dispensing tasks and allow pharmacy staff to keep up with the greater number of community members coming to the Jemez Comprehensive Health Center. The system also reduces costs and improves inventory management

"The 49 most frequently prescribed medications account for about one third of our day-to-day orders," Konnie explains. "The new system tracks medications automatically, so there will be fewer delays and IOUs for the items we use most frequently."

"Plus the robot can count out 60 pills a lot faster than any of us can!" Konnie adds.

If you have any questions about your medications, contact the pharmacy at (575) 834-0130.

## HEALTH CLINIC

**More Pediatric Services for Jemez Kids**

Did you know that about 34% of the Jemez population is 21 years old or younger? To meet the needs of young patients, JHHS is increasing pediatric services. Pediatrician William F. Green, MD, will be at the Jemez Health Clinic three days each month. Your child will need an appointment.

A retired captain in the US Public Health Service, Dr. Green is a Harvard University graduate who has practiced medicine since 1974. Board-certified in pediatrics, he has been with the Jemez Clinic since 1981, and is now seeing the children of some of his former patients.

To make an appointment with Dr. Green, please call (575) 834-7413.

PUBLIC HEALTH



THE SECRETARY OF HEALTH AND HUMAN SERVICES  
WASHINGTON, D.C. 20201

The Honorable Aaron Cajero, Sr.  
1<sup>st</sup> Lieutenant Governor  
Pueblo of Jemez  
Jemez Pueblo, NM 87024

Dear 1<sup>st</sup> Lt. Governor Cajero:

Thank you for the warm welcome and introduction to the Pueblo of Jemez during my trip to New Mexico on July 21. Linking the children's Bike Club daily ride with my stop at the Visitor's Center demonstrate the kind of creative thinking that the Communities Putting Prevention to Work grants were designed to support – to advance our mutual goal of building healthy communities.

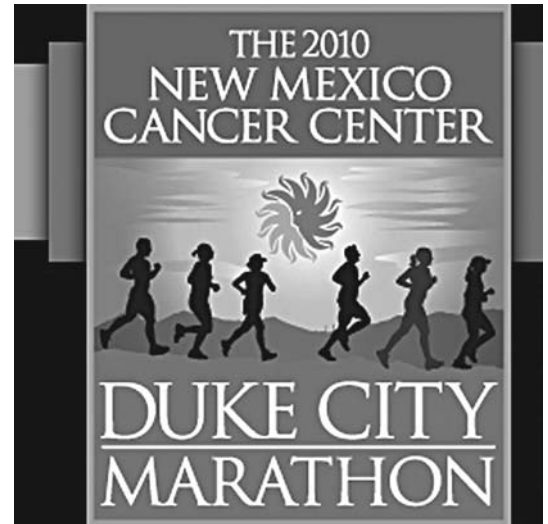
President Obama has made prevention and wellness a top priority, and my department looks forward to working closely with the Pueblo of Jemez to increase healthy food options and encourage physical activity among other important health living priorities. Recovery Act funds are just one part of an historic commitment to health care. The Affordable Care Act permanently reauthorizes the Indian Health Care Improvement Act, which is critical to improving access to health care for millions of Native people.

The rich discussion with both leaders and children deepened our understanding of the issues and concerns that affect the Pueblo of Jemez, and our team left with new ideas about how we can better serve your community. Thank you for the gift of pottery that will symbolize our partnership and represent the Pueblo of Jemez's strong programs.

Please extend my gratitude to all of your staff who worked so closely with mine to make this trip a success.

Sincerely,

Kathleen Sebelius



**ATTENTION RUNNERS!**  
**DUKE CITY MARATHON**  
**SUNDAY, OCT. 17**

**The Diabetes Program will reimburse runners for the registration fees for the Duke City Marathon.**

You will need to register on your own, then bring your receipt or bib number to the Public Health Program offices. You will need blood sugar and cholesterol and/or blood pressure screenings to qualify for reimbursement.

Duke City Marathon events include a Fitfest Pre-race Warm-up, New Mexico Cancer Center Marathon, Marathon Relay, Big 5 5K Run, 5K Walk, Half Marathon Run, Half Marathon Walk, New Mexico Cancer Center Foundation Miracle Mile and Post-Race Festival.

Register online at [www.dukecitymarathon.com](http://www.dukecitymarathon.com) or get forms at the Public Health Program office. The last day to register is Friday, Oct. 15. **There will be no registration or packet pick-up the day of the race.**

Call (575) 834-7207 with questions.



# Jemez Farmer's Market

*Traditional pueblo farming at it's best...*

**AT THE RED ROCKS**

**SUNDAYS 10 A.M. TO 2 P.M.**  
**SEPT. 12 TO OCT. 24**

If you want to sell your crops at the Farmer's Market, contact Martin P. Loretto or Cheryl Shendo-Toya at (575) 834-3091.

## HEALTH & HUMAN SERVICES

# OCTOBER IS BREAST CANCER AWARENESS MONTH

### WHAT DO I NEED TO KNOW ABOUT BREAST CANCER?    WHAT CAN I DO TO REDUCE MY RISK FOR CANCER?

- ✦ Except for skin cancer, breast cancer is the most common cancer among women.
- ✦ The risk of breast cancer increases with age.
- ✦ Breast cancer is more common in women over age 40, but younger women also get breast cancer.
- ✦ Mammograms are the best tests to find breast cancer in its earliest, most treatable stage.
- ✦ Mammograms are safe and use very low doses of radiation. The benefits of mammograms are much greater than radiation risks. It's more dangerous to not find breast cancer early than to be exposed to low doses of radiation.
- ✦ Usually, early breast cancer has no symptoms. That's why it's so important to get regular mammograms.
- ✦ ***There is hope!*** When breast cancer is found at its earliest, most treatable stage, the chance of surviving at least five years is 98%.



Risk factors are things that increase your chance of getting cancer. You can't do anything about some risk factors, like age and family history. But there are some things you can do to improve your overall health and reduce your risk of cancer and other chronic diseases.

- ✦ Fit in at least 30 minutes of moderate exercise (such as walking) into your daily routine.
- ✦ Eat a colorful variety of fruits and vegetables every day.
- ✦ Stay at a healthy weight.
- ✦ Don't smoke.
- ✦ Don't drink alcohol, or limit alcohol use (less than one drink per day for women.)

*New Mexico Cancer Facts and Figures 2007  
American Cancer Society. Cancer Facts & Figures 2008.*

## *Early Detection is Your Best Protection!*

**Women age 40 and over who have not had a mammogram in the past year should come to the Jemez Health Clinic for an exam and a referral. No appointment is necessary.**

**Women over 30 who do not have insurance may qualify for the New Mexico Breast and Cervical Cancer Early Detection Program that will pay the cost of mammograms. There are some eligibility requirements. You will need an appointment and a referral through Contract Health Services.**

**Call the Jemez Comprehensive Health Center for more information at (575) 834-7314.**

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## Welcome Mat

**Ray Ashley** has returned to the Pueblo of Jemez as an environmental health specialist for Jemez Health and Human Services and the Housing Department. He worked with the Department of Resource Protection before joining the Army, where he served in Kuwait and Iraq. Ray brings long experience in environmental health, investigating air and water quality, mosquito populations and other environmental issues that can affect the health of the community.



## HEALTH &amp; HUMAN SERVICES

## Prediabetes: What You Need to Know

*Prediabetes* is a term used when patients are at risk for developing type 2 diabetes or when blood sugar levels are higher than normal, but not high enough to be called diabetes. Most people who get type 2 diabetes have prediabetes first. The good news is that diabetes can be prevented and prediabetes can be reversed with lifestyle changes.

### What Causes Prediabetes?

It's not clear what exactly causes prediabetes, but there are risks factors that may contribute to prediabetes:

- ★ **Weight.** Being overweight is a leading risk factor for prediabetes.
- ★ **Inactivity.** The less active you are, the greater risk of prediabetes.
- ★ **Age.** The risks of prediabetes increases as you get older, especially after age 45.
- ★ **Family history.** The risk of prediabetes increases if a parent or sibling has diabetes.
- ★ **Race.** The reasons are not clear, but people of certain races – including American Indians – are more likely to develop prediabetes.
- ★ **Gestational diabetes.** If you developed gestational diabetes when you were pregnant, your risk of developing diabetes later in life increases. If you gave birth to a baby who weighed more than nine pounds, you're also at increased risk of diabetes.
- ★ **Polycystic ovary syndrome.** Women who have polycystic ovary syndrome – a common condition that can cause irregular menstrual periods, excess hair growth and obesity – have an increased risk of diabetes.
- ★ **Inadequate sleep.** Research suggests that people who regularly sleeping less than 5½ hours a night might be at higher risk of prediabetes.

### What Are The Symptoms Of Prediabetes?

Most people with prediabetes don't have any symptoms. But if you have prediabetes, you need to watch for signs of diabetes, such as:

- ★ Feeling very thirsty.
- ★ Urinating more often than usual.
- ★ Feeling very hungry.
- ★ Having blurred vision.
- ★ Losing weight without trying.

### How Is Prediabetes Diagnosed?

A blood test can tell if you have prediabetes. You have prediabetes if:

- ★ The results of your hemoglobin A1C test are 5.7% to 6.4%.
- ★ The results of your fasting blood glucose test are between 100 and 125 milligrams per deciliter.
- ★ The results of your oral glucose tolerance test (OGTT) are 140 to 199 mg/dL two hours after starting the test.

### How Is Prediabetes Treated?

The key to treating prediabetes and preventing type 2 diabetes is getting blood sugar levels back to a normal range. You can do this by making some lifestyle changes.

- ★ Watch your weight. If you are overweight, losing just a small amount of weight may help.
- ★ Make healthy food choices. Limit how much fat you eat, and try to eat foods that are high in fiber.
- ★ Try to eat about the same amount of carbohydrate at each meal. This helps keep blood sugar steady. Carbohydrate affects blood sugar more than other nutrients. It's found in sugar and sweets, grains, fruit, starchy vegetables, milk and yogurt.
- ★ Talk to your doctor, a diabetes educator or a dietitian about an eating plan that will work for you. There are many ways to manage how much and when you eat.
- ★ Be active. Choose moderate or vigorous activity, or both. Bit by bit, increase the amount you do every day. You can swim, bike or do other activities. Walking is an easy way to get exercise.
- ★ **Take medications as needed.** Your health care provider may suggest medication to help improve your blood sugar level if you're at high risk of diabetes. Sometimes medications to control cholesterol and high blood pressure are needed.

### Prevention is Key!

Healthy lifestyle choices can help you prevent prediabetes and its progression to diabetes, even if diabetes runs in your family.

There are resources that can help you meet your goals. You can contact Jemez Health & Human Services Public Health Diabetes Management Program at (575) 834-7207 for more information on how to meet your personal health and wellness goals .

## SOCIAL SERVICES

### OCTOBER IS DOMESTIC VIOLENCE PREVENTION MONTH

The Social Services Program plans four events to promote awareness of domestic violence issues in our community.

- Oct. 1 Fun/Run Walk starting at the Plaza
- Oct. 3 Request for Mass service for victims and families of domestic violence
- Wed., Oct. 14 Annual Domestic Violence Awareness Conference
- Wed., Oct. 20 Women's Wellness Conference

If you have questions, contact Social Services at (575) 834-7117.



**WOMEN'S WELLNESS CONFERENCE**  
*Taking Time for Yourself*  
**WEDNESDAY, OCT. 20 6 - 9 P.M.**

If you need help, or if you know someone who does, contact the Domestic Violence Program at (575) 834-7117. All calls are strictly confidential. IN AN EMERGENCY, DIAL 911

## VOCATIONAL REHABILITATION

### Self-Employment Training

Wednesday, Nov. 3 10 a.m. to noon

*Do you want to learn about how to establish your own business?  
Do you need tips on keeping your business running year round?  
We have great news for you!*

The Jemez Vocational Rehabilitation Program (JVR) has teamed up with the New Mexico Business Leadership Network (BLN) to host a self-employment training at the Pueblo of Jemez, Wednesday, Nov. 3, from 10 a.m. to noon at the Community Resource Center.

The BLN links New Mexico business leaders with employers to meet the business imperative of including people with disabilities in the workforce. They have extensive experience developing business ideas and getting businesses off the ground. They help business owners connect with self-employment resources and help entrepreneurs get in touch with more experienced business owners who can mentor them and answer questions.

The JVR hopes local entrepreneurs can benefit from these free services. If community response is favorable, the JVR hopes to make this training an ongoing event.

"We're very pleased to bring this training to Jemez," says JVR Program Manager Sarah Michaud. "There are a lot of entrepreneurs in our community, and the JVR wants to share information that can help keep those businesses growing."

The event is free and open to all. Refreshments will be served. If you have questions, call the JVR at (575) 834-0012.

### *Save the Date!*

**Graduation Celebration.** Monday, Oct. 18. The JVR will host a graduation event at 7 p.m. to honor all the consumers who successfully closed their cases this year.

**Finance Class.** Wednesday, Oct. 27. Basic money management, budgeting and fiscal responsibility. Free!

## MEDICAL SOCIAL WORK

### Medicare Advantage Plans

Medicare Advantage Plans (also known as Medicare Part C) are supplemental or extra insurance plans that are managed by private companies. Companies that offer Medicare Advantage Plans recruit during the fall, and many people get mail and advertisements from these companies asking about having "enough" Medicare coverage. The information can be confusing and people may wonder if they should respond.

The federal government provides hospital (Part A) and medical (Part B) parts of Medicare coverage. Part D (drug plans) and Part C (Medicare Advantage) plans are optional and sold by private companies. These plans may pay expenses that Medicare does not cover, such as 20 percent co-pays and annual out-of-pocket deductibles.

Some companies charge for these plans and some accept Part B premiums as payment. All include some type of trade-off.

Usually, people with Medicare Advantage Plans must use specified "networks" of providers. This means going only to providers who have agreements with the Medicare Advantage plan you choose; you can not go to any doctor, clinic or hospital that accepts Medicare. The advantage is that the plan usually pays for extra services that regular Medicare does not cover, such as glasses or extra eye exams, since the network saves the company money.

These plans are not for everyone. However, if you have Medicare but do not qualify for Medicaid to cover gaps in coverage, you may want to think about a Medicare Advantage Plan. The enrollment period is from Jan. 1 through Feb. 14, 2011. Signing up for a Medicare Advantage Plan is a one year commitment, until the next enrollment period in 2012. If you want to learn more about whether a Medicare Advantage plan is right for you, contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.



## Jemez Valley Public Schools

### Jemez Valley Elementary School

*By Brad Parker, Elementary School Principal*

We are sending biweekly progress reports, with reports to parents of students receiving Ds and Fs in alternate weeks. If you have not received reports yet, please call me at 834-3313 so we can make sure you get them. If you have any questions about your student's grades or progress, do not hesitate to contact the teacher.

The first quarter ends Oct. 12. You can expect teachers to contact you after that date to arrange parent-teacher conferences. The conferences should be completed by Oct. 22.

It's hard to believe that almost a quarter of the year has passed since those balmy days in August. Now is the time to pay attention to your students' grades, ask questions and work together to make a difference in their learning.

It will soon get very cold in the mornings. Please make sure to send your students dressed warmly so they don't freeze. It's chilly in the morning and warm in the afternoon, so dress them in layers. I feel strongly that students should be outdoors as much as possible; I try to keep them outside in the morning unless there's rain or it's too cold or the wind is intolerable.

Thank you for your support and love for our schools and kids.

### Events and Activities

**Thursday & Friday, Oct. 21 and 22. No school** for elementary school students. Middle and high school students will have a half day Oct. 21 and no school Oct. 22.

**Friday, Oct. 29. Trunk or Treat.** Please bring pre-wrapped treats to give out. The event will be the parking lot from 2:00 to 2:40 p.m. I look forward to visiting with you there. Days like this remind me of the kindness and generosity of this community.

**Thursday & Friday, Nov. 11 & 12. No school.** If you can take a day off to be with your students, I know they would really enjoy being with you. Conversation and time together goes a long way toward making relationships better.

### Jemez Valley High School

*By Larry DeWees, High School Principal*

We are very fortunate this year to have received a total package of new technology throughout our school. All of our computers have been replaced with new advanced units. Classrooms have been retrofitted with Smart Boards and many students have classroom I-Touch units. I'm excited to tell colleagues in other districts about

our advances. We want to thank you, our community, for filling out those E-Rate forms each year at the beginning of school, making this opportunity possible. Without those funds, we could not afford this technology. So again, thank you for your diligence in completing the forms.

As we get new technologies, I think about today's students living in a world of the Internet, Google and text messaging. New technologies result in ever-present connectivity and the pervasive proximity of unstructured relationships. As a result, the experience of today's students is the opposite of my own experience of linear, hierarchical structures of commonly accepted knowledge institutionalized in educational systems developed generations ago and that serve as the framework for today's education system.

I believe all learning is societal. It was technology – the development and adoption of a symbolic alphabet – that ended an era of “orality” and began an era we call “literacy.” It was technology – the development of moveable type and printing presses – that ended an era of scholastic authority of a select priesthood and created mass literacy. Now dramatic new technologies once again alter the landscape and redefine our notions of literacy.

### School News

We've had a super start to the new school year. We now have 126 students registered, with attendance at 92.8% for the total student body. We ask that all parents contact us when their students are absent; otherwise, we call to ask about the absence.

The Jemez Valley Warrior Cross Country Invitational was a huge success. It was a great Jemez Valley morning and the race was as challenging as ever. Do or Die (that's the name of a hill) loomed over the runners at the mid-way point. With 108 varsity boys starting the race, our Troy Madalena triumphed over all. Troy ran a super race and defended his win from last year.

The 2010-11 cross country team is represented by Khaila Gachupin, Michael Gachupin, Jordan Loretto, Troy Madalena, Valene Madalena, Deanna Pino, Meranda Pino, Cassie Sando, Denita Toya, Rodney Toya, and Teeah Toya. Daniel Chinana is the head coach with Steve Gachupin assisting.

The first home volleyball game was Tuesday, Sept. 28 against South Valley Academy. So far, the girls played in one tournament in To'Hajiilee. The 2010-11 Lady Warrior Volleyball team includes Teeah Toya, Falisha Trujillo, Robin Parrett, Donae Parrett, Meranda Pino, Deanna Pino, LeighAnn Armijo, Jesirae Lucero, Trisha Reid, Miranda King, Joelle Valdez, Leandra Saiz, Gabrielle Chavez, Jennyfer Gutierrez, Cassandra Chama and Bernae Chama. Mark Panana is the team's manager and Jacklynn Trujillo is coaching.

## EDUCATION

# Literacy Program Grant For SDRCS

Save the Children recently announced a \$10,000 grant from Staples Foundation for Learning that will support a literacy program at San Diego Riverside Charter School (SDRCS), where staff work with students to help build their vocabulary, fluency and reading comprehension. The Staples Foundation has given \$35,000 in support of Save the Children since 2002.

This is the third year that Save the Children is providing resources to SDRCS to provide expanded literacy help both during the regular school day, as well as through the school's after school program in collaboration with the Jemez Health & Human Services Public Health Program. The after school program includes literacy and reading support, fun fitness activities, homework help and nutritional snacks. The schedule has been adapted to allow students who are involved in sports to also participate in academic support services.

For more information visit [www.savethechildren.org/us](http://www.savethechildren.org/us).



State of New Mexico  
Office of the Lieutenant Governor

Diane Denish  
Lieutenant Governor

August 24, 2010

Honorable Joshua Madalena  
Pueblo of Jemez  
PO Box 100  
Jemez Pueblo, NM 87024

Dear Governor Madalena:

I was happy to read about the Pueblo's partnership with the New Mexico Community Foundation to create a permanent endowment for education. Like you, I believe that we must do all that we can to invest in our children because they are the future. I commend you and the Tribal Council on your vision and your commitment to your community members.

This endowment and the Pueblo's partnership with the [US Centers for Disease Control and Prevention] to receive funds under the *Communities Putting Prevention to Work* initiative are examples of partnerships that are working for our communities. I look forward to working with you to create similar partnerships to benefit the Pueblo's community members.

Again, congratulations on your efforts. I wish you the best in your fundraising endeavors.

Sincerely,

Diane D. Denish  
Lieutenant Governor.

## TRIBAL COURT

# Notice to Tribal Members

Tribal members: Please be aware of the following information from Tribal Court.

- 1) **People who owe money to Tribal Court** should submit payments or stop by the office to make arrangements before they are summoned to court or a bench warrant is issued.
- 2) **Do not speed. Use child restraints and seat belts.** A lot of citations are being reported to Tribal Court.
- 3) Most important: **DON'T DRINK AND DRIVE.**
- 3) Fees of \$250 for impounded vehicles must be paid; the impound yard is full.

### Establishing Paternity

The fee for DNA testing to establish paternity for tribal members is \$28 per person. A Petition for Paternity must first be filed in the Tribal Court office; the filing fee is \$20.

After the Petition is filed, a hearing will be scheduled for the parties to present the matter. The judge will order genetic testing for the mother, child and the alleged father.

If you have questions, call (575) 834-7369 or stop by the Tribal Court office.

## NEWS YOU CAN USE

## Community Profile: Mary Small, Award-Winning Potter

Pueblo of Jemez potter Mary Small was named the Indian Arts & Crafts Association (IACA) Artist of the Year for 2010. Her award-winning vase, "Ancestral Migration," combines a traditional pottery vase with a sculptural village depicting the pueblo adobe dwellings at Chaco Canyon. "I was thinking about our ancestors at Chaco Canyon when I made this pot," said Mary. This is Mary's second Artist of the Year award; she also won in 2002.

Mary learned to make pottery using the traditional coiling method from her mother, Perfectita Toya, another well-known potter. "My mother said 'pottery is like a human body, it has a heart.' She taught me to shape and form pottery from the inside up in a circular motion. She said to pray and talk to the clay as the clay responds to the commands of my hands, which comes from my inner being. I learned from my Mother that whatever I say or do comes from my inner being. Today my heart or inner being is very much focused on maintaining and protecting the traditional ways of our Jemez People."

Mary maintains her traditional Pueblo religious beliefs, praying at every step of the pottery-making process – from digging clay, to coiling the pot and painting the designs.

"You have to be at peace . . . that's how pottery comes out to be beautiful," she says. Mary's trademark blue-gray paint is used in the graceful polychrome migration design around the base of the pot. Mary and husband Simon dig the clays and gather natural materials for the slips. The special blue-gray paint combines black pigment from the rock mountain bee plant with traditional clay slip. She continues to use traditional yucca

brushes and still fires her pots over cottonwood coals, using no mechanical aids to determine when the pot is finished. The sculptural forms of Mary's pots have caught the attention not only of IACA, but also museums, galleries and collectors.

"Each piece is different and special to me," says Mary. "When I sell a piece of pottery, I hug and embrace the person buying it. In that way I am giving and sharing the love and respect my Mother gave to me. I am deeply honored and grateful to God and the IACA for their consideration and selection."

The IACA will host its 2010 Fall Indian Art Market at Buffalo Thunder Resort on October 24, 2010. Known for authenticity and quality, the market features American Indian artists, craftspeople and wholesalers from throughout the United States and Canada.

Mary is one of two Jemez Pueblo artists to win the IACA Artist of the Year Award. Clifford Fragua won in 2005 for his stone sculpture of a potter. He also served as President of IACA in 2000.



## Southwest Jemez Restoration Project Receives Grant



A collaborative approach to landscape scale restoration in the fire-prone Southwest Jemez Mountains has been awarded up to \$40 million for 10 years. The planned treatments will restore healthy, resilient ecosystems, reduce wildfire risk, enhance fish and wildlife habitats, and maintain and improve water quality. The project is eligible for another \$40 million in matching funds from various sources.

The Southwest Jemez Collaborative Restoration Program was among 10 nationwide projects selected by USDA Secretary Tom Vilsak for funding under the Collaborative Forest Landscape Restoration Program (CFLRP). The grant program was created by federal legislation sponsored by New Mexico Senator Jeff Bingman.

The grant is a key component of an ongoing collaborative Southwest Jemez Mountains landscape restoration effort

spearheaded by the Valles Caldera Trust, USDA Forest Service, New Mexico Forest and Watershed Restoration Institute and The Nature Conservancy. Other key partners include Bandelier National Monument, Pueblo of Jemez, Santa Clara Pueblo, U.S. Fish and Wildlife Service, Bureau of Indian Affairs, WildEarth Guardians and other conservation groups; New Mexico Departments of Forestry, Environment and Game and Fish; and local Firewise community associations.

Restoration treatments will be done across 100,000 acres of the Santa Fe National Forest, much of the 89,900 acre Valles Caldera National Preserve, and more than 10,000 acres managed by Bandelier National Monument, and the Jemez and Santa Clara Pueblos. Smaller trees will be thinned on about 90,000 acres and prescribed fire used on 76,000 acres.

For more information, go to [www.fs.fed.us/r3/sfe/jemez\\_mtn\\_rest/index.html](http://www.fs.fed.us/r3/sfe/jemez_mtn_rest/index.html) or call Lawrence Lujan at (505) 438-5321.



**PUEBLO OF JEMEZ**

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## **TRIBAL MEMBERS: REGISTER TODAY & VOTE!**

### **2010 GENERAL ELECTION**

**Tuesday, Nov. 2 7 a.m. To 7 p.m.**  
**Jemez Civic Center Precinct 15**

**Voter Registration CLOSES October 5**  
**Absentee Voting BEGINS October 5**

**EARLY IN-PERSON VOTING at the Jemez  
Civic Center**

**Wednesday, Oct. 20**  
**Thursday Oct. 21**  
**10 am. To 6 p.m.**

**For more information contact the  
NAEIP Satellite Election Office at (505)  
934-8826.**

### **LET YOUR VOICE BE HEARD**

**Exercise your right to vote – for your  
children and your community!**

## **THE WALATOWA VISITOR CENTER PRESENTS 8th ANNUAL OPEN AIR MARKET October 9 and 10 Walatowa Visitor Center**

**Multicultural Arts and Crafts Vendors**  
**Bread Baking Demonstrations**

**Jemez Farmers Market**  
**AT JEMEZ RED ROCKS**  
For more information,  
call (575) 834-7235  
or go to [www.jemezpuablo.com](http://www.jemezpuablo.com)

**Traditional Jemez Dances**  
**Food Vendors**



*Dear Pueblo of Jemez,*

*Our bingo games for the Pecos Eagle Society held on Sept. 19, 2010 was a great success. Our community helped us in our fundraising with great support.*

*The members of the society would like to thank the Pueblo of Jemez with our deepest thanks and gratitude. We will always treasure your support. We will be having another bingo in October; we will post flyers to let you know the exact date. Again, thank you.*

*Dorell A. Toya*