



Red Rocks Reporter

SEPTEMBER 2010

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Pueblo of Jemez and New Mexico Community Foundation Create Endowment For Education

In partnership with the New Mexico Community Foundation (NMCF), the Pueblo of Jemez launched a major fund raising drive to create an endowment for Jemez students' educational endeavors. Tribal leaders, community members and guests officially announced the investment in the future on Friday, Aug. 20 at the Walatowa Visitor Center. The event also marked the official opening of the Becoming Jemez PhotoVoice Project at the Walatowa Museum (*see page 6.*)

"Every year, several college-bound students are denied funding because we do not have enough money for all of them," says Governor Joshua Madalena. "Education is a priority and this endowment will open new doors and provide opportunities for our people. It will also help support some of our innovative educational programs."

The Jemez Pueblo Foundation Fund endowment will be a permanent pool of money managed by the NMCF. The Pueblo proposes to raise \$50,000 in the first year. The NMCF, with support from the W.K. Kellogg Foundation, will match half that amount if the Pueblo reaches its goal by Aug. 20, 2011. This plan allows the Pueblo fund to start with an initial investment of \$75,000. Jemez will use the endowment to support tribal education programs, fund scholarships and aid projects that support Towa in schools, youth development and community-based experiential learning opportunities.



Kevin Shendo, Education Department Director

"This investment is part of a long partnership between the Pueblo of Jemez and the New Mexico Community Foundation," said Jenny Parks, NMCF president and CEO. "The Pueblo's innovation in education, ties to culture and language, and community involvement are at the core of NMCF's mission...We're here because what you're doing is pretty amazing."

Jemez Pueblo is only the second tribe in New Mexico and the 16th in the nation to establish a permanent endowment, according to a report by the First Nations Development Institute.

NMCF's commitment is one of a series of investments they have made in Jemez. Since 2003, the foundation has awarded nearly \$1 million for youth development programs, including more than \$331,000 for the Supporting Partnerships to Assure Ready Kids program (SPARK), a state-wide initiative that helps transition children into kindergarten and elementary school.

At the event, Education Director Kevin Shendo recognized the many staff members who are part of the



Jenny Parks, president and CEO of the New Mexico Community Foundation, and Governor Joshua Madalena signed an historic agreement creating the Jemez Pueblo Foundation Fund.

Continued on page 2



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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Paul Tosa
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TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

September 2010 Edition

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FROM THE GOVERNORS

Jemez Pueblo Foundation Fund

Continued from page 1

Pueblo's comprehensive education programs including early childhood education through high school, the library, and other educators. "After the pilot programs are complete, funding is critical for ongoing programs," he says. "These programs are important ways we can sustain our way of life and community."

Jemez tribal members challenged each other to invest in their children and future leaders. The Pueblo also has created a tribal employee giving program, and will solicit area businesses for funds. The Jemez Health Board and Jemez Health and Human Services launched the drive with a \$25,000 initial investment. Benny Shendo, Jr. announced \$4,000 in donations from Notah Begay, Robert Fragua and himself, and read a letter from Bill and Irene Beck announcing a \$125,000 bequest in their wills. Tribal members may remember the Becks who provided running shoes to students at the San Diego Mission School for many years.

For more information about the Jemez Pueblo Foundation Fund or to make a donation, go to the NMCF web site at www.nmcf.org/POJEF or contact Education Department Director Kevin Shendo at (575) 834-9102 or Kim Baca at NCEF at (505) 270-3890.

Seventh Annual Pueblo Revolt Run

The Annual Pueblo Revolt Run honors New Mexico's Pueblo Indians and their Apache and Navajo allies who launched a successful rebellion against Spanish colonization in August of 1680. The annual pilgrimage run from the Walatowa plaza to Gisewatowa kiva pays tribute to the ancestors and shows appreciation for the sacrifices they made to help preserve the Pueblo way of life.

After the run, Governor Joshua Madalena reminded tribal members and guests about some of the history of the Jemez people in this area. We didn't choose to cluster in Walatowa," he says. "We were forced to abandon 62 villages all through these mountains. These buildings (at the Jemez State Monument) were built by slave labor. We can't take anything for granted. We must always make sure that we never forget our culture, dances, songs, language and heritage."

Stefanie Beninato, PhD, of the Historical Society of New Mexico, spoke about the revolt's leaders. Her research suggests that the historical figure known as Popé may be a composite of several different warriors alternated leadership roles. "Having multiple leaders would be consistent with how the pueblos functioned and how authority was shared within communities over time," she says. "History was written by the Spanish, but that doesn't mean they fully understood what they observed."



FROM THE GOVERNORS

Jemez and Los Alamos National Laboratory Renew Accord

On August 6, Governor Joshua Madalena and Michael Anastasio, Director of Los Alamos National Laboratory (LANL), signed a cooperative agreement that replaces an earlier version made with the facility's previous operator. The new agreement is designed "to better achieve mutual goals and continue to foster the positive working relationship that has developed between the Laboratory and the Pueblo." The document states that LANL "respects the Pueblo's prehistoric, historic and ongoing cultural relationship and interest in the present Los Alamos area, and acknowledges applicable relevant federal and state law protections for natural resources, including cultural resources."

The Los Alamos Pueblo Project is the working group that includes representatives from the Pueblos of San Ildefonso, Santa Clara, Cochiti and Jemez as well as from the US Department of Energy (DOE) and LANL. The Accord ensures meaningful communication by detailing five specific actions:

- ◆ Advance notice.
- ◆ Provision of information so the potential impact of proposed activities can be studied and discussed.
- ◆ Sufficient opportunity to state all points of view and positions on proposed activities.
- ◆ Full consideration of any alternatives suggested to any proposed action.
- ◆ Explanation of the reasons that alternatives or suggestions were not acceptable.

"Successful interaction and dialogue will enable the parties to understand issues important to the welfare of the other and allow them to participate in the decision-making process when actions affect the other's interests," the Accord states.

The cooperative agreement outlines several goals, including to:

- ◆ Continue to build confidence and trust and improve communication between the PoJ and LANL.
- ◆ Establish the context, goals and means for meaningful participation of and consultation with the PoJ in LANL activities, including evaluation of proposed or ongoing actions and decisions, and implementing programs to enable the PoJ to determine the effect on its environment, safety, health or religious and/or culturally significant matters.
- ◆ Continue an open, participatory relationship in which information that could affect the other party is made available (except as restricted by law or other regulations.)
- ◆ Provide technical assistance by LANL to the PoJ to address environmental, safety, health, cultural, educational and economic issues.
- ◆ Establish mechanisms to provide meaningful participation and consultation by the Pueblo in LANL decisions concerning ongoing and new activities of interest to the PoJ.
- ◆ Establish mechanisms to inform each party promptly of any issues of concern.

LANL and the PoJ agreed to meet periodically to discuss targeting certain areas as priorities for collaborative activities. The laboratories agreed to support the PoJ's efforts to obtain funding from appropriate government agencies and to identify and facilitate how LANL might subcontract with the Pueblo and Pueblo-based businesses. The agreement also specifies that PoJ does not waive any right, treaty rights immunities or jurisdictional defenses.

For more information, contact the Governor's office at (575) 834-7359.



News from the Forest Service

Public Comment Period: Environmental Impact Statement for Travel Management

The Santa Fe National Forest (SFNF) has published the Draft Environmental Impact Statement (DEIS) for managing motorized travel in the Federal Register. A public comment period runs through Sept. 30, 2010. The DEIS considers ways to protect watersheds, wildlife habitat, cultural resources and communities by prohibiting cross-country motorized vehicles outside of designated roads, trails and areas; and reducing the miles of roads open to motorized travel. Based on the analysis and public input, a final EIS will be prepared. The forest supervisor will decide the final routes by this winter.

The SFNF will also publish a motor vehicle use map to explain the final decision. The map will show the designated roads, trails and areas that are legal to drive on, the kinds of vehicles permitted, and the time of year traffic is allowed. The map will be available on the USFS web site and at all SFNF offices.

If you want a voice in the decision, you can submit comments to the USFS by Sept. 30. Mail comments to SFNF Travel Comments, 11 Forest Lane, Santa Fe, NM 85708. You can also fax them to (505) 438-5391 or e-mail to sftravelmgt@fs.fed.us. Comments may be hand delivered to 11 Forest Lane between 8 a.m. and 4:30 p.m., Monday through Friday. To make oral comments, call Julie Bain at (505) 438-5443 to arrange an appointment. Comments should clearly articulate your concerns with the alternatives and are most helpful when they are focused on specific roads, trails, and areas.

The Notice of Availability, Draft Environmental Impact Statement and more information about the project are at www.fs.fed.us/r3/sfe/travelmgt/index.html. For more information, contact Bruce Hill at (505) 438-5320.

NEWS YOU CAN USE



Green Stars On the Move: REduce, REuse, REcycle

When teacher Christina Castro designed her summer school curriculum at Jemez Valley High School around environmental issues, students asked themselves “What is our community doing?” Mark Panana, Emmet Yepa, Tianie Toya and Lindsey Toya stepped up with an answer, and the Green Stars were launched with a mission to bring the environmental message home to Jemez.

“As a group of friends, we noticed that there was so much trash in our community and no one did anything about it,” Mark says. “We started questioning where trash ends up and if it ever biodegrades back into the Earth. We did some research and learned that it takes one plastic bottle 1,000 years to biodegrade. As Native Americans, we respect and honor nature and the earth in our songs and ceremonies. Yet during ceremonial events we produce a lot of plastic and aluminum. The Jemez people are known for our beautiful scenery. But having plastic and aluminum lying around is not good; it takes hundreds of years to biodegrade into the earth. We don’t want the next generations to see the same plastic bottle lying around 100 years from now.”

The Green Stars’ first project was to bring recycling to the August Feast Day. With the Governors’ blessing, they distributed flyers to announce the project and invite participation from community members. Thanks to Jeremy Yepa, Eight Northern Pueblos loaned 15 recycling bins plus bags that were placed in areas surrounding the plaza. Wearing T-shirts with the Green Stars’ logo provided

by Randy Sabaque, the crew emptied the bins throughout the day, then returned the next day to sort the recyclables.

“Our project was a great success for a first time,” Lindsay says. “When we collected all the recyclables, it came to a total of two large truck loads.”

Although they thought they knew what to expect, the group admits to being shocked to see how much waste was generated in one day. They also spent a lot of time sorting through the bags. “People threw in garbage and trash that we had so separate from the recyclable cans and plastic. It was kind of a mess.”

“We got some teasing, but we didn’t let it bother us,” they add. “Some kids think they’re ‘too cool’ to recycle. We hope they’ll understand they need to be ‘too cool’ NOT to recycle.”

“What we collected was only a small fraction of the total waste,” they report, adding that every household probably had at least two more bags of recyclables that were not collected. The plastics went to the Recycling Center in Rio Rancho; aluminum cans went to a Cans-for-Cash center. The \$10 “profit” bought dinner for the Green Stars and the friends and family members who gave a hand.

“It was a lot of work, but I feel like we made a big difference in our world,” Emmet says.

Their successful project earned an invitation to speak at the 39th annual conference of the Association of American Indian Physicians at Santa Ana’s Tamaya resort. They joined policymakers including Dr. Yvette Roubideaux, the current director of Indian Health Services, on the podium. Lindsey pointed out that “we know our trash will be here for the generations to come. It is our job to teach the elders in our community as they have taught us.”

The group was also invited to help with recycling efforts at



Did You Know?

An aluminum can that is thrown away will still be a can 500 years from now.

Each year, Americans throw away 25 billion styrofoam cups, enough to circle the earth 436 times every year.

Recycling one aluminum beverage can saves enough energy to run a 100-watt bulb for 20 hours, a computer for three hours or a TV for two hours.

Americans toss 25 billion plastic bottles every year.

Styrofoam is not biodegradable and not easily recyclable. As litter or debris, it harms ecosystems and animals that ingest it. Manufacturing the insulating form adds to ozone depletion and global warming.

FROM THE GOVERNORS

Green Stars On a Mission

Laguna for their Feast Day in September.

Next Steps

As Christina adjusts to her new position at the Institute of American Indian Arts, the Green Stars are planning their next project. They plan to place recycling bins around the village for the November 12 Feast Day, as well as other tribal events like Arts and Crafts Shows. They've made sure that Jemez Valley High School has recycling bins in every classroom, one for plastics and one for aluminum cans. Emmet is at the Native American Community Academy where a recycling program is already in place.

"We want to see recycling bins in every home and all the tribal offices. And we'd like to have a full-scale recycling program here, so everyone can recycle without worrying where they can take their recyclables," the group says.

The Green Stars show a remarkably mature understanding of the challenges ahead. "As youth, we need to educate our community in the importance of recycling," their presentation states. "It may take time for people to adjust to recycle because of lack of education, but nothing will stop us from fulfilling our goal in our community." They add that more youth need to be educated about the environmental and social issues that are affecting the world. "Once youth know the facts about the issues affecting our communities and world, it will make them think more about how they have a responsibility to improve the health and well-being of their communities... Youth leadership will often involve educating our elders."

The Green Stars welcome interested participants and hope to help start Green Stars chapters in other Native communities. "We need people who are willing to work, not just talk," they say. Contact any of the Green Stars for more information about helping your community and your future, or find them on Facebook.

Tribal Council Report

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

August 23, 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:

Request to contract the Housing Improvement Program for a consecutive multi-year contract extending to 2012. The Pueblo of Jemez will utilize the contract funds in accordance with all applicable rules and regulations regarding Public Law 93-638.

Authorization of the Department of Resource Protection to apply for grant funding from the US Fish and Wildlife Service for a tribal wildlife program to implement its wildlife management plans and maintain its tribal wildlife program.

GOVERNORS' DOCKET

Tribal Lands and Environment. Governor Joshua Madalena was a featured speaker at the Tribal Lands and Environment Conference in San Diego on Aug. 24. The Governor gave a presentation on Taking on Climate Change: Renewable Energy Projects at the Pueblo of Jemez.

Site Stewards. The Pueblo of Jemez will provide training for people interested in becoming site stewards in the Santa Fe National Forest, Jemez District. The steward will learn how to monitor and protect Jemez cultural sites. Tribal members age 18 and over are invited to sign up at the Governor's office.

Repatriation. Relics and artifacts from the Smithsonian Institution, the Museum of Indian Arts and Culture and the Maxwell Museum of Anthropology will be returned to the Pueblo of Jemez in September. Repatriation activities will be announced.

Valles Caldera National Preserve and the Pueblo of Jemez have initiated monthly meetings to discuss issues and updates important to the tribe.

The Tribal Council held budget hearings with all tribal departments this summer. Each department director had the opportunity to present their department's budgets for 2009, 2010 and 2011, explain how the funds are allocated and used, how the departments mission and goals are being met and any issues or challenges that need attention. The hearings were held to enable the Tribal Council to make more educated decisions about the expenditures within the tribal organization for which they are responsible.

Indian Affairs Committee. The New Mexico Legislature Joint Committee on Indian Affairs met at the Walatowa Visitor Center on August. Gov. Madalena, Tribal Administrator Vincent Toya, Sr. and Contracts and Grants Director April Wilkinson updated the legislators about issues important to the Walatowa community. Gov. Madalena also had the opportunity to repeat the pueblo's request to create a second voting precinct with Sandoval County Clerk Sally Padilla.

Traffic issues. With school back in session, be aware that Law Enforcement is stepping up enforcement of speed limits, seat belt use, car seats and other restraints for children, and obeying stop signs. Traffic laws in protect our community and our neighbors. Slow down, buckle up and stop at stop signs!

School's are in session. This is a good time to remind our younger tribal members to obey curfews, do your homework and show proper respect for your elders. There are many chores to be done to prepare for winter—do your part!

Fall traditional activities. Please show respect within village areas when traditional activities are taking place. Slow down and keep the volume down on radios and other noise.



BECOMING JEMEZ

PhotoVoice is a research method through which participants engage in the research process with cameras to tell their own stories. PhotoVoice includes group dialogues and discussions about the participants' photographs.

Parents and grandparents of Head Start children used



Head Start Buffalo Dancers perform at the official opening of the Becoming Jemez PhotoVoice project display at the Walatowa Museum.

cameras to capture the “authentic daily experiences” of Jemez children and to document what Jemez people believe their children should learn. The project explored the ways and methods children are taught, what they learn, and who teaches them.

The Becoming Jemez PhotoVoice project is a partnership between the Pueblo of Jemez and Arizona State University, funded by the American Indian and Alaska Native Head Start Research Center at the University of Colorado-Denver and Health Sciences Center. Project director Mary Eunice Romero (Cochiti) wanted to demonstrate the unique knowledge and experiences Native children bring to formal educational settings.

“Very little research has been done with children who come to school speaking their native languages at home,” Ms. Romero explains. “We wanted to learn more about what Jemez children need to learn to be ‘Jemez.’ How does that happen? How can Head Start support what children need to learn?”

The result is a series of 25 posters on display at the Walatowa Visitor Center Museum. The posters describe some of the important lessons children learn within the community from elders, parents, tribal leaders and peers.

New Principal at San Diego Riverside Charter School

Submitted by Idalee Vogel

San Diego Riverside Charter School (SDRCS) has appointed Arlene Loretto as the school’s new principal. Ms. Loretto joins SDRCS after the SDRCS governing board conducted an extensive search following Eugene Johnson’s retirement in 2009. Established in 1999, SDRCS was the first Native American charter school in New Mexico.

A Jemez Pueblo community member, Ms. Loretto brings a wealth of experience in public education, teaching and administration, as well as her personal knowledge of the community. Ms. Loretto completed her undergraduate work at the University of New Mexico and New Mexico State University, graduate work in education at Grand Canyon University in Phoenix and her administrative requirements through New Mexico Highlands University.

Before accepting her new position at SDRCS, Ms. Loretto served as Education Administrator for the Indian Education Division at the New Mexico Public Education Department. Prior to that, she was principal at Tesuque Day School. She taught at the Santa Fe Indian School for 19 years, specializing in math education and working with gifted and talented students. In addition, Ms. Loretto was the eighth grade teacher at San Diego Riverside when it was a mission school.

“Having been away from Jemez and traveled internationally to many wonderful sites and beautiful places, I can honestly say from experience how truly special Walatowa is, and I am happy to be back as principal,” Ms. Loretto says. Reflecting on her vision for the charter school, she adds “I look forward to establishing a true partnership with our tribal



programs and other community services and agencies to provide the best education for our Walatowa children.”

For more information, call the San Diego Riverside Charter School office at (575) 834-7419.

EDUCATION

Summer Youth Summit

By Leander Loretto, VISTA Volunteer

On August 9, the Pueblo of Jemez Department of Education held its Second Annual Summer Youth Summit at the Youth Center. High school graduates and students heard tribal leaders and participated in panel discussions on a range of important topics.

Tribal attorney David Yepa and Benny Shendo, Jr. shared stories of their life experiences growing up in Jemez, leaving the village and exploring the world. Both spoke about how their parents and grandparents encouraged them to leave Jemez and pursue higher education. They stressed that the tradition and culture will “always and forever” be in Jemez, and urged students to challenge themselves to seek higher education opportunities.

A college panel featured Janice Tosa, University of New Mexico (UNM) graduate, Vernon Shawn Tosa, New Mexico Highlands University (NMHU) graduate, Clarice Madalena, UNM student, and Jasmine Yepa, Mount Holyoke College student. They spoke about their experiences and challenges, the application process and scholarship opportunities, as well as athletics, clubs and how to manage projects. The morning concluded with a presentation from the Jemez Senior Center, with special guests Eva Panana, David Yepa, Sr. and Leonard Loretto. Each stressed the importance of education, and its value to the community. They encouraged students to be more active in school and to take academics seriously to pave the way for their futures.

After lunch, recruiters from New Mexico State University, NMHU, Central New Mexico Community College, UNM, UNM-Los Alamos, and Institute of American Indian Arts were available with information about their institutions and services for Native students. Students chatted with school representatives and



Seventy-five Jemez youth spent a day with tribal leaders, college students and college representatives at the Second Annual Youth Summit.

arranged to be contacted and updated about events, scholarships and classes.

The afternoon sessions offered guidance on planning for the future. Kevin Shendo, Director of Education, asked: *How are you going to make yourself marketable and employable? How are you going to sell yourself to businesses and corporate sponsors?*

Students also learned time management skills and how to become leaders with JoAnn Melchor and Shawna Douma from Southwest Youth Services. They also learned budget management skills with Lucinda Shije from the tribal Finance Department.

The Pueblo of Jemez thanks all who participated in the summit. Leaders, role models and peers shared many experiences that will open more scholars to brighter futures.

STUDENTS MEET SHERMAN ALEXIE

By Kathleen Phelan, WHCS Teacher

Famed Native author and director Sherman Alexie spent time backstage at Santa Fe’s Lentic Theater talking with young fans from Walatowa High Charter School. He shared the secret of his new novel and an update on the lives of his famous *Smoke Signals* characters, Thomas-Builds-the Fire and Victor. The students were guests of Southwestern Association for Indian Arts. The event was part of the Santa Fe Indian Market.

“It meant a lot that he gave us insight into his new book,” Teran Villa says. “It feels like I know a secret about Thomas and Victor.”

During his performance, Alexie introduced the students to the audience. Most have read his books in high school English classes.

“Mr. Alexie was so funny, so crazy,” Chassidy Hardy says. “His jokes made me laugh from the beginning.”

“I liked the story about his transition from a rez school to the white school,” Tsinia Cajero adds. “I think he’s an awesome writer.”

Mark Toledo is a new Alexie fan. “He spoke so well and was very funny. When he comes back, I’ll be first in the ticket line, it was so awesome.”

Before the performance, students visited the Legends gallery to see *Indian Ink* featuring artists from Apache Skateboards.



(Top) Tribal elders Leonard Shendo, David Yepa, Sr. and Eva Panana shared their wisdom with Summit participants.

(Below) Staff from New Mexico State University joined recruiters from other New Mexico colleges and universities to answer questions and provide information about their educational offerings. Photos by Odessa Waquiu

EDUCATION

Jemez Valley Public Schools

Jemez Valley Middle and Elementary Schools

By Brad Parker, Elementary School Principal

Big changes are afoot in the schools. One is that Dr. Susan Wilkinson-Davis was named principal of Jemez Valley Middle School. We welcome Dr. Wilkinson-Davis and wish her the best of luck! If you want to visit with her, the middle school office is now in the middle school where she and Diana Lucero will hold down the fort. Sissy and I are eager to help make this a smooth transition.

We had a very smooth start to school this year. I attribute that to the preparation and professionalism of our school staff. Parents have a big part in it as well, preparing their families for the changes school brings. And of course, our students are great.

Look for the cross-country schedule on the middle school web site. Mr. Sando will again coach our middle school team. We have some real talent this year, so expect some exciting races. And if you get a chance to be at one of our high school cross country meets, our reigning state champions will put on a show for you!

No Child Left Behind

The state of New Mexico publishes reports about every school's performance at <http://webapp.ped.state.nm.us/aypd/DocLibrary.aspx?Year=2010&LibraryType=NMSBA>. According to this report, Jemez Valley Elementary School did not achieve Average Yearly Progress (AYP) this year because we missed the required attendance rate by .35%. In fact, we surpassed the required rate and did make AYP. Our appeal is with the state Public Education Department at press time. Amended AYP reports will be released in the mid-September and I am confident that we will be designated as having made AYP.

One important focus this year is to help all of our students become proficient at their grade levels in reading and math. To that end, I am asking organizations for volunteer assistants so we can have one-on-one help for our children who need it. Volunteers must pass background checks and have their fingerprints taken. We are **very** particular about our students' safety. If this appeals to you, please give me a call at (575) 834-3313.

I consider it my privilege to work with the children here in Jemez Valley. Thank you.

Great Job All-Stars!

Submitted by Annette Chinana



Congratulations to the All-Star baseball teams from Coronado North and South. They had a great season of fun as their tournament ended on July 1, 2010. They worked very hard practicing every day for two weeks. They made a great team effort and all played very well with good sportsmanship.

The team members thank the Community Wellness Program for the purchase of their uniforms. Also "thank you" to coaches Eldon Gachupin and Amanda Vigil, who did a wonderful job coaching the Coronado North team players. The Coronado North team included fAnders Pecos, Kennith Chinana, D'mitry Vigil and Dedric Toribio. The Coronado South team included KeShaun Shendo, Mildred Tosa and Jalen Gachupin.

(Shown above, left to right) Kennith Chinana, KeShaun Shendo, Anders Pecos, Jr., Jalen Gachupin and Dedric Toribio. Mildred Tosa and D'Mitry Vigil are not pictured.

Events and Activities

You'll soon see bake sales and other events for students to support their classes. I thank you in advance for helping our classes go where they need to. Check the JVPS web site at www.jvps.org for the latest information about events and announcements.

Monday, Sept. 13. M.J. Thomas will take photos for elementary and middle school students. Look for paper work from your students. Please complete the forms and return with the proper payment if you want to order pictures.

Friday, Oct. 1. Back to School Bash. 5 – 8 p.m. We planned the event around the State Fair so as many people as possible can attend. (I've heard that at least one of the principals will sit in a dunk tank to help raise money for our classes!)

Jemez Valley High School

By Larry DeWees, Principal

The halls of JVHS are full of smiling faces again. We miss those that we lost during the break and are elated for those that have taken their place. We have a talented group of educators who are excited to meet the challenging goals of our students. I feel very confident that our staff will provide the solid core teaching to carry our students to great educational endeavors. It's exciting to watch the new staff start on their innovative roads as Jemez educators

This summer has been busy and hectic, as work progressed to the beginning of a new year. No matter how trying the days became or how tired and out of sorts I got, it's just a short ride down the road lined with bright wildflowers, a slow winding river, vibrant trees, dynamic bluffs and magnificent mountains to make the cares of the day melt away.

SOCIAL SERVICES

*Teen Conference 2010***STARTING STRONG: BUILDING HEALTHY RELATIONSHIPS**

On July 29, the Jemez Social Services Program held the Second Annual Teen Conference at the Youth Center. Almost 70 people attended, including 53 youth ages 11 through 18. The conference addressed teens' healthy lifestyles within the Walatowa community. The focus was on creating healthy relationships; bullying, suicide and self-injurious behaviors; teen dating violence; and traditional responsibility. Dominic Gachupin, Social Services Advocate, chose these topics because they are of great concern to youth and the community.

Kristyn Yepa, Public Health Program Assistant Manager, and Behavioral Health Program Manager Keahi Kimo Souza gave presentations. Jemez Pueblo traditional leader Joseph "Brophy" Toledo spoke in Towa about the culture and traditions of Jemez Pueblo.

As a "warm-up," participants did some Hawaiian hula dancing and engaged in role playing exercises. Keahi reminded the participants that "you will be the future leaders, with many of you putting together conferences like this one to strengthen the generation that will come after you."

Teen Violence: Bullying, Self-Injuring and Suicide

"Bullying is a national epidemic," Keahi told the group. "Statistics show that one in four students will be physically bullied during their childhoods; three quarters will be either verbally or physically bullied as well."

New communication technologies have made cyber-bullying a serious problem. Perpetrators harass and bully using the internet and text messaging. In addition, bullies use cell phones to harass or exploit victims using "sexting" (sending provocative messages) or compromising pictures.

Suicide and self-injurious behaviors (cutting, carving, head-banging, etc.) also can be extremely problematic for adolescents. The Jemez Behavioral Health Program, Social Services and the Public Health Programs are available to help when teens are involved in these destructive behaviors.

Emergency Medical Services and the Injury Prevention Program offered information about their services. Delia Gachupin



Keahi Kimo Souza (at right) gives pointers to students and staff about wearing traditional hula costumes before the group started dancing.

served lunch and participants received promotional items from the Social Services Program.

Favorable evaluations showed the conference was effective, with 100 percent of participants saying they liked it and 94 percent indicating they learned important information about issues affecting teens. "The students were very engaged about these subjects," Keahi says. "There were many very insightful questions and several people shared personal experiences about how these issues have affected them."

The Social Services Program thanks the youth, presenters and the Community Wellness Program staff for making the Second Annual Teen Conference a success.

Teens Speak: What did you like most about the conference?

"Talking about the old Jemez games."

"I liked the presentation by Mr. Toledo."

"The information on the different types of bullying."

"The thing I liked most was about healthy relationships."

"I like the self-injury information."

"About relationships and how to make them stronger."

"Talking about dating."

"The history of my Pueblo."

"About our Jemez culture, about our people in the mountains."

"The games."

"How to prevent teens from hurting themselves."

"Kristyn Yepa's discussion about healthy relationships."

"People talking about the stuff we need to know."

"I liked the way they described self-injurious behaviors."

"The opportunity to express how we felt."

Did you know...

Teens may bully to get attention or feel important, or may feel pressure to bully.

Native American youth suicides occur more than the national youth suicide rate.

Getting a friend to talk to you or encouraging your friend to get help are ways to help a friend who is thinking about suicide.

Examples of self-injurious behaviors include cutting, burning, head-banging and pulling out hair.

Trust and mutual respect make healthy relationships. A relationship is unhealthy when it involves mean, disrespectful, controlling or abusive behavior.

NEWS YOU CAN USE

Elect New Mexico's Next Governor

TUESDAY, NOV. 2, 2010 7 A.M. TO 7 P.M.
JEMEZ CIVIC CENTER (PRECINCT 15)

★ REGISTER TODAY AND VOTE ★
 FOR YOUR CHILDREN AND YOUR COMMUNITY

- Oct. 5 Voter registration closes
- Oct. 5 Absentee voting begins
- Oct. 16 Early in-person voting begins
 Early in person voting will be available in Precinct 15
- Oct. 30 Early in person voting ends

A strong voter turnout in the Pueblo of Jemez is a powerful statement for the well-being of our community. Jemez receives federal, state and county funding to support our people and community with health programs, schools, roads, transportation, education and other important needs.

Jemez has been petitioning Sandoval County to create a second precinct for several years. The more registered voters we have, the stronger our case. A second precinct will give our community a more powerful role in critical decisions that affect our people. Your vote counts not only for the individuals who are elected, but in demonstrating the strength of our community voice.

For more information, contact the NAEIP satellite election office at (505) 934-8826 or the state NAEIP office at (800) 477-3236.

MAMMO-VAN COMES TO JEMEZ



Sheila Apodaca, X-ray technician, Maureen Canavan, medical clerk, and Kimberley Villa, driver/medical clerk (left to right) brought the Lovelace Mammogram-van to the Jemez Comprehensive Health Clinic on Aug. 18 and 46 women got their annual mammograms to screen for breast cancer. Look for future visits that will make this important annual screening easy and convenient for Jemez tribal members and employees.

HEALTH & HUMAN SERVICES

Pharmacy News

"I'm pleased to be back in Jemez and humbled by the warm reception I've received from everyone," says Pharmacy Manager Konnie Frye, RPh. She has some reminders and updates for patients. "We're here to help. Help us help you!"

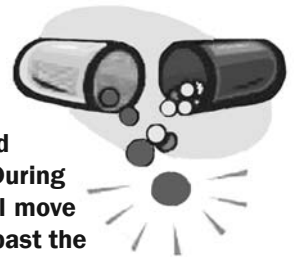
Pharmacy Reminders for Patients

- ◆ *You must have a prescription for all medications* from the Jemez Pharmacy, even over-the-counter (OTC) items. The electronic inventory system requires a valid, current prescription for every item before it can be dispensed.
- ◆ If you are out of refills on a medication, the pharmacy *may* provide a one month "courtesy" refill along with a reminder to see your health care provider for follow-up lab tests and other necessary care. *This courtesy applies only to some medications; the pharmacy cannot offer courtesy refills for any controlled substances or OTC drugs.*
- ◆ The pharmacy may be able to fill prescriptions from providers outside the Jemez Health Clinic *if the item is in stock.*
- ◆ *The pharmacy uses a formulary;* we may make appropriate substitutions at times with permission from your provider. *All medications are filled generically whenever possible.*
- ◆ Remember that when you comes in or call the pharmacy, we won't have your medical chart. *We must follow information in our system regarding refills.*
- ◆ *Patients who request refills before 5 p.m. can expect to have them ready by 6 p.m. if necessary.* Pharmacy staff will ask when you want to pick up the refill.
- ◆ *The pharmacy will try to have new prescriptions for Jemez Clinic patients ready within 15 minutes* after receiving your chart.
- ◆ *Please pick up your prescriptions promptly.* Filled prescriptions are held for seven days before returning to stock.
- ◆ The pharmacy will print current medication lists for patients if requested.

PHARMACY RENOVATIONS

The pharmacy expansion and remodeling project starts Sept. 2. During construction, pharmacy operations will move to the JHHS staff lounge located just past the pharmacy on the first floor of the Health Center.

"We'll need everyone's patience, understanding and advance planning to help us keep service as smooth as possible during the transition," Konnie says. "We'll do the absolute best we can to help you."



INJURY PREVENTION

What Would YOU Do?

ABC's *Primetime* aired a segment on Friday, Aug. 20 about children left alone in hot vehicles called "What Would **You** Do?" They wanted to know what ordinary people would do if they saw a baby left alone in the back seat on a hot day.

What they found was surprising and alarming: Many people are conflicted about what they should do. Some hesitate to "interfere" or get involved. **But children DIE in hot cars.**

If you see a child alone in a vehicle, take action. If they are hot or seem sick, get them out as quickly as possible. Call 911 or a local emergency number immediately.

"This year, eight children died in hot vehicles between Aug. 12 and 20," reports Janette E. Fennell, founder and president of KidsAndCars.org. "This heartbreaking news can only be met with increased awareness about these predictable but very preventable tragedies. Thirty-seven more families are suffering this year because their children perished in hot vehicles."

Keep our children safe! If you see a child alone in a vehicle, take action. **Children DIE in hot cars (and so do pets)!**

SAFETY TIPS FROM KIDSANDCARS.ORG

If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them out as quickly as possible. CALL 911 IMMEDIATELY.

TIPS FOR PARENTS AND CAREGIVERS NEVER leave children alone in or around cars; not even for "just a minute."

"Look Before You Lock." Get in the habit of always opening the vehicle's back door **every time** you leave to make sure no child is left behind.

Put something you'll need on the floor in the back seat, like your cell phone, purse, employee badge or brief case.

Keep a large stuffed animal in the child's car seat when it's not occupied. When you put the child in the seat, put the toy in the front as a visual reminder. Any time the stuffed animal is up front, you know a child is in the back.

Tell child care providers you will always call if your child will not be there as scheduled. Ask them to phone

you if your child doesn't arrive when expected. A call from a concerned child care provider could save a life. Give child care providers all of your telephone numbers and include a family member or friend so they can always confirm your child's location.

Keep vehicles locked at all times, even in the garage or driveway, and always set your parking brake.

Never leave keys or remote openers in reach of children.

When a child is missing, check vehicles and car trunks immediately.

Be extra careful about children's safety in and around cars during busy times, holidays and stressful times.

Use drive-through windows at restaurants, banks, pharmacies and other stops when you can.

Use debit or credit cards to pay for gas at the pump instead of leaving the vehicle to pay cash inside.

For more information about child safety in and around vehicles, go to www.KidsAndCars.org.

Buckle Up Jemez!

The Injury Prevention Program conducted seat belt surveys in August and found:

- 69% of Jemez drivers used their seat belts
- 58% of Jemez passengers used their seat belts

These figures show a **1% increase** for drivers and a **10% decrease** for passengers since the previous survey.

Combining all surveys for the year showed:

- 69% of Jemez drivers used their seat belts
- 62% of Jemez passengers used their seat belts

Very few drivers restrained their child passengers, with only 40% of children observed in some form of restraint. **The goal is to have 75% of Jemez drivers and passengers restrained.**

With new funding from Indian Health Service, the Injury Prevention Program will continue seat belt surveys as well as education for children for another five years.

SEPTEMBER IS ELDER SAFETY AWARENESS MONTH

Let's all work together to keep our elders' homes and environments safe. Call the Jemez Injury Prevention Program at (575) 834-1001 for more information.

SOCIAL SERVICES

PARENTING SKILLS CLASSES

Free Parenting Skills Classes for parents, prospective parents, guardians and caregivers. Classes meet for 12 weekly sessions on Tuesdays evenings, from 6 to 8 p.m.

Free child care is available for children in good health; please do not bring sick children (fever, pink-eye, vomiting, etc.)

Classes Start Tuesday, Sept. 21, 2010

Sept. 21 to Dec. 14
(Every Tuesday evening)
6 to 8 p.m.

Location to be announced.

Contact the Social Services Program at (575) 834-7117 before the start date if you want to attend.



SENIOR CENTER

Walatowa Seniors Go for the Gold

Congratulations to the 32 Walatowa seniors who participated in the 2010 New Mexico Senior Olympics in Las Cruces. The athletes competed in a variety of events and brought home an impressive number of gold, silver and bronze medals as well as fourth and fifth place honors. "It was exciting to see so many participants from Walatowa putting their best effort and heart into the games," says Karen Madalena, who accompanied the group.



PRELIMINARY RESULTS*

Bowling: Team
Walatowa Golden Girls Fourth
Mary J. Armijo
Cecilia Yepa
Tonita Toya
Eva Panana

Bowling: Doubles
Michael Vigil Silver
Gary Waquie Silver
Tonita Toya Fourth
Cecelia Yepa Fourth

Bowling: Mixed Doubles
Felipita Loretto Fifth
J. Leonard Loretto Fifth

Bowling: Singles
Gary Waquie Bronze

RECREATION EVENTS

Soccer Accuracy Kick
Gloria Fragua Gold
Mary A. Tosa Silver
Mabel Fragua Silver
Mary D. Tosa Fourth
Maria Devore Fourth
Lawrence Tosa Fifth

Frisbee Accuracy
Frank Loretto Gold
Eva Panana Silver
Maria DeVore Silver

Mary A. Tosa Silver
Gloria Fragua Bronze
Genevieve Gachupin Fourth
Nora Padilla Fourth

Frisbee Distance

Gloria Fragua Gold
Nora Padilla Silver
Eva Panana Bronze
Mary D. Tosa Fourth
Mary A. Tosa Fifth

Softball Distance Throw

Frank Loretto Gold
Mary D. Tosa Gold
Mary L. Silvas Gold
Florence Loretto Silver
Eva Panana Silver
Tony Romero Bronze
Nora Padilla Bronze
Maria Devore Fourth
Gloria Fragua Fourth

Swimming

Robert Shendo
Backstroke 200 yards Bronze
Freestyle 100 yards Bronze
Backstroke 100 yards Silver
Backstroke 50 yards Bronze
Freestyle 50 yards Bronze
Freestyle 200 yards Bronze

Pool: 8-Ball

Mary Tosa Gold
Lenora Lupe Lucero Silver

Shuffleboard: Singles
Lawrence Tosa Gold
Albert Sando Gold
Florence Loretto Gold
Robert Shendo Fourth

Golf

Joe Cajero Bronze

Archery

Joe Cajero Gold

Basketball: Freethrow

Gloria Fragua Gold
Eva Panana Gold
Mary V. Sandia Bronze
Robert Shendo Bronze
Mary A. Tosa Bronze

Basketball: Three-Point

Tony Romero Silver
Albert Sando Fourth

TRACK & FIELD

Standing Long Jump

Tonita Toya Gold
Tony Romero Fifth
Maggie Pecos Bronze

Javelin

Tony Romero Bronze

400M Est. Run/Walk

Roberta Toledo Bronze

Road Race 5K

David Yepa, Sr. Gold
J. Leonard Loretto Bronze
Felipita Loretto Bronze
Virginia Toya Bronze
Gary Waquie Fourth
Roberta Toledo Fourth

Road Race 10K

David Yepa, Sr. Gold
J. Leonard Loretto Silver
Felipita Loretto Silver
Gary Waquie Bronze

800 Est. Run/Walk

David Yepa, Sr. Gold
Virginia Toya Gold



(Above) Jemez Olympians had plenty to celebrate at the Senior Olympics. (Below) Robert Shendo brought home six medals in swim competitions, plus two more in basketball free-throw and shuffleboard.

1500M Run

David Yepa, Sr. Silver

100M Run

Gary Waquie Fourth
Roberta Toledo Gold

800M Run

Gary Waquie Gold
Roberta Toledo Bronze

400M Run

Roberta Toledo-Gold
Virginia Toya-Silver

200M Run

Gary Waquie Bronze

Racewalk 5K

Maggie Pecos Gold
Roberta Toledo Fourth

Horseshoes Singles

Mary L. Silvas Gold
Alvin Toya Bronze
Maggie Pecos Fifth

Country Western Dance/Waltz

Mike Vigil Fifth
Nora Padilla Fifth

*Duplicate winners are listed in some events because athletes competed in different age categories.

At left) Frank Loretto took the gold in the softball throw. (Below, left to right) Gloria Fragua, Nora Padilla, Virginia Toya, Lenore Lucero and Mary Tosa show off their ribbons. Photos by Karen Madalena



SENIOR CENTER

ELDERS OFFER FREE TRADITIONAL CLASSES

Intergenerational Traditional Classes for Tribal Members 10 Years Old To Adults. All Classes are Free!

Learn traditional crafts and skills, Pueblo history and traditional prayers and healings from our senior citizens. Instruction will be in Towa.

Classes are held from 3 to 7 p.m.; participants may join at any time for hands-on training. You will be guided from the start until the project is complete, and you keep the items you make to take home at the end of the week. For more information, call the Senior Center at (575) 834-9168.

SEWING

- Dancing Customs
- Embroidery
- Crochet
- Shawl Making

MEN'S TRADITIONAL COSTUMES

- Leather Work
- Dancing Customs

TRADITIONAL COOKING

- Whole Wheat and Ponocha Flour
- Blue Corn Meal
- Tortillas
- Cooking With Chile
- Cooking With Fresh Corn
- Assorted Homemade Breads



CLASS SCHEDULE

Cooking

- Week 1 Whole Wheat and Ponocha Flour
- Week 2 Blue Corn Flour
- Week 3 White and Yellow Corn
- Week 4 Assorted Breads
- Week 5 Desserts
- Week 6 Assorted Tamales

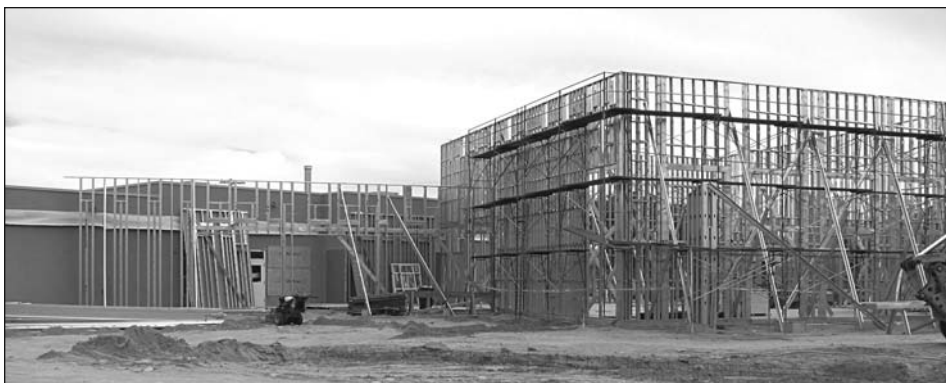
Sewing

- Week 1 Mantas/ Cross-stitch
- Weeks 2 & 3 Embroidered Dresses
- Weeks 4 to 6 Kilts and Sashes
- Week 6 Crochet

Traditional Costumes

- Week 1 Men's and Women's Pouches, Arm/Wrist Bands
- Week 2 Leather legging wraps, more
- Week 3 Prayers, history of Jemez
- Week 4 Turtles, skunk skins, bows and arrows
- Weeks 5 & 6 Working with sea shells

Construction Update



The Senior Center expansion is proceeding, with completion expected by the end of the year. The addition will house a gymnasium and space for aerobics, exercise, wellness classes, weight training and other activities. A new sitting room and more storage space will also be added. The project includes a redo to the parking lot and upgrades to the kitchen, including a commercial dishwasher and a locker area for staff members. The public rest rooms will also be updated to comply with Americans with Disabilities Act requirements.

The Podiatry Clinic Is Moving...

The Podiatry Clinic is moving to the Jemez Comprehensive Health Center. Contract podiatrists will see patients by appointment at the Clinic.

Patients and clients will be notified by phone when the move is completed this fall.

To make an appointment, call the Public Health Program at (575) 834-7207.



BEHAVIORAL HEALTH

Compassion Fatigue: Can You GIVE TOO MUCH?

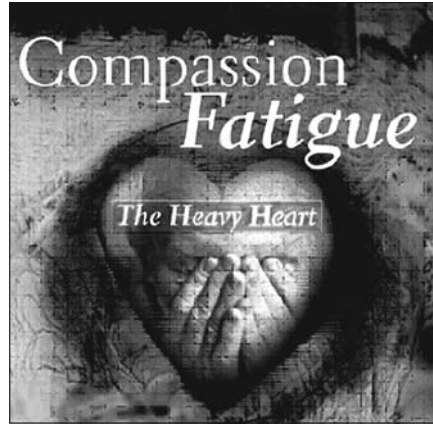
By Keahi Kimo Souza, MSW/MS, Behavioral Health Program Manager

Some may call it burnout and some may call it secondary traumatic stress disorder. Regardless of its label, being able to manage the stress that comes with "compassion fatigue" is critically important to be able to effectively work with community members and help them with the challenges they face.

Most of us would agree that working with others in the Walatowa community requires compassion to really understand what it takes to "walk a mile in their shoes." How many realize the importance of the need to be compassionate with ourselves?

Numerous research studies show that many caregivers become fatigued over time; we give so much compassion to the people we serve, that we are left with very little for ourselves. The repercussions, both personal and professional, can be costly.

Some of us may struggle to function in environments with constantly demanding, chronic emotional challenges. Unlike



"burnout," which refers to too much work or too many work hours, compassion fatigue speaks to the impact on the caregiver's emotional state.

At first, the signs and symptoms seem to be psychological and emotional. But soon, behavioral, physical and/or spiritual issues develop. Compassion fatigue can result in distraction, hypersensitivity, overload and misperception in our communications with ourselves and others. It often leads to actual physical illness and to the leading ailment of caregivers: depression.

Being able to manage compassion fatigue requires being aware of its existence, as well as being able to intervene by managing the stress that goes along with it.

To test your compassion satisfaction and compassion fatigue, take the *Professional Quality of Life: Compassion Satisfaction and Fatigue Test, Version 5* (ProQOL) at www.proqol.org (B. Hudnall Stamm, 2009.)

Signs of Compassion Fatigue

Emotional/Psychological

apathy
frustration
boredom
anxiety
hopelessness
depression
poor concentration
irritability
isolation

Behavioral/Professional

changes in co-worker relationships
increased absenteeism
making professional errors
being critical and aggressive
depersonalizing patients/clients
not completing tasks or assignments
being sarcastic and cynical
negativism towards management
spending less time with patients

Managing Compassion Stress and Trauma

- ★ Get enough sleep, exercise and good nutrition.
- ★ Be aware of all your demands and stressful problem areas.
- ★ Assess and restrict trauma exposure (news, images, etc.)
- ★ Create a balanced workload.
- ★ Learn to say no more often.
- ★ Ask for help and seek support when needed.
- ★ Focus on your successes.
- ★ Use a comfortable relaxation technique when needed.
- ★ Recharge your batteries daily.
- ★ Know your emotional and physical limits!

SOCIAL SERVICES

PARTNER VIOLENCE: Know the Signs

Domestic violence takes many forms. Often other types of abuse occur before a partner is physically attacked. Abusers may use:

- | | | |
|--|--|---|
| <input type="checkbox"/> Intimidation | <input type="checkbox"/> Verbal Abuse | <input type="checkbox"/> Cultural/Spiritual Abuse |
| <input type="checkbox"/> Emotional Abuse | <input type="checkbox"/> Isolation | <input type="checkbox"/> Denying |
| <input type="checkbox"/> Blaming | <input type="checkbox"/> Using Children | <input type="checkbox"/> Male "Privilege" |
| <input type="checkbox"/> Physical Abuse | <input type="checkbox"/> Economic Abuse | <input type="checkbox"/> Threats |
| <input type="checkbox"/> Sexual Assault | <input type="checkbox"/> Power and Control | |

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

IN AN EMERGENCY, DIAL 911.

PUBLIC HEALTH

CPPW in the Schools

Communities Putting Prevention to Work (CPPW) staff are in Jemez area schools to help students adopt healthier, active lifestyles. These initiatives are part of the CPPW agreement between the Pueblo of Jemez and the Centers for Disease Control (CDC) to create policy changes and projects to prevent obesity, increase physical activity and improve nutrition in Jemez.

After-School Program at San Diego Riverside Charter School

The after-school program at the San Diego Riverside Charter School (SDRCS) will be held from 3 to 5 p.m., Monday through Thursday. After children get healthy snacks, the homework club where have staff available to help improve academic skills. The sessions end with 45 minutes of physical fitness activities. Transportation home is provided. Staff will also visit classrooms twice each month for nutrition education and are supporting the physical education program.

"Daily attendance is key to providing the best opportunity for children to grow in academic skills and physical fitness to live better lives," says Cheryl Shendo-Toya, MSW, CPPW Coordinator.

Jemez Valley Public Schools

CPPW staff will also be at Jemez Valley High School to help with physical education and nutrition education programs.

Discussions are underway to schedule activities in the other schools that serve Jemez students.

In addition to Cheryl, the CPPW staff includes Health Advocates Cornell Magdalena, LaTanya Yazzie, Ann-Marie Loretto and Vernon Tosa. Martin Loretto heads up the Farmers Market project. For more information, contact the CPPW staff at (575) 834-3091.

Walatowa Bike Club



Fourteen members of the Walatowa Bike Club were guests at a forum at the Bosque School in Albuquerque on Aug. 5. With the theme "Getting Kids Outside: A Strategy to Combat Childhood Obesity," educators, health professionals, parents and policy-makers explored ways to increase opportunities for getting children outside and moving. The event sponsors included the Sierra Club, Santa Fe Mountain Center, New Mexico Safe Routes to School, the US Forest Service and the Environmental Education Association of New Mexico.

CPPW Health advocate Cornell Magdalena presented the Walatowa Bike Club and described the program and its benefits to Jemez children. "We are doing this so our kids and community can stay healthy," Cornell says. "We want to work with our community members of all ages, especially our young kids. We can help make a difference in the health of our community one step at a time"

The Bike Club had a chance to meet policy-makers including Lt. Gov. Diane Denish, the day's keynote speaker, and US Representative Martin Heinrich who has been a strong supporter of the CPPW award.



*Hi Marianna, Cheryl and Kristyn,
I want to extend another "thank you!" to you, your staff, partners and community for the hospitality and welcoming spirit I experienced during my visit to Jemez. You made a tremendous impression on the Secretary (of Health and Human Services Kathleen Sebelius) and she is very encouraged by the impact you will have with this CPPW initiative. Please pass this on to Second Lt. Governor Cajero and other tribal leaders along with my sincere thanks for their hospitality and allowing their schedules to accommodate this visit.*

I also had a lot of fun with the Bike Club kids. Please extend a huge "way to go!" to the team for their work and showing me some of the beauty of your land. I have to admit it was difficult remaining focused on the program in the midst of such beautiful country. Truly that was an extra perk of the visit.

There are so many others I want to thank but can't get them all in this e-mail. So please charge it to my head and not my heart... Again, thank you very much.

Zachery F. Harris, Public Health Advisor
Communities Putting Prevention to Work
Division of Adult and Community Health
National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention

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.

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

The Diabetes Program will reimburse runners for the registration fee. You will need blood sugar and cholesterol and/or blood pressure screenings to qualify for reimbursement. Register online at www.dukecitymarathon.com or get forms at the Public Health Program office. Call (575) 834-7207 with questions.



PUEBLO OF JEMEZ

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

Presort Standard
US Postage Paid
Albuquerque NM
Permit No. 1741

Boxholder
Jemez Pueblo, NM 87024

PUBLIC NOTICE

Important information about your drinking water.

Monitoring requirements not met for Jemez Pueblo/Walatowa Convenience Store.

Our water system violated the monitoring requirements for drinking water. Even though these were not emergencies, as our customers you have a right to know what happened and what we did to correct the problems.

We are required to monitor drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether our drinking water meets health standards. During the month of July 2010, we did not fully monitor for bacteriological contaminants and therefore cannot be sure of the quality of our drinking water during that time.

What should I do? There is nothing you need to do at this time. Bacteriological samples for this water system are supposed to be collected at a minimum rate of one sample per month during which the system is in operation. Bacteriological sampling will continue to be performed in accordance with these requirements from now on.

What happened? We failed to collect the required number of bacteriological water quality samples during the month of July.

What is being done? We immediately took samples on Aug. 13, 2010 and sent them to Hall Environmental. Test results came back **absent** for any bacteriological contaminants as of Aug. 23, 2010.

For more information, contact the Jemez Public Works Department at (505) 834-7942. This notice is being sent to you by the Jemez Pueblo Water System (PWS ID #063500111.) Date distributed: Aug. 31, 2010.

Construction Updates



Work is proceeding on the new Head Start Road as well as the ditch project. Please remember to use extra caution in these areas to protect workers, equipment and your vehicle. *Photos by David Deutsawe*