



Red Rocks Reporter

FEBRUARY 2011

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GOVERNORS ADDRESS TRIBAL EMPLOYEES

Governor Michael Toledo, Jr., First Lt. Governor George Shendo, Jr., and Second Lt. Governor William Waquie met with all tribal employees on Monday, Jan 24 at the Youth Center.

"You were all hired because of your professional skills and expertise," Gov. Toledo said. "We appreciate what you do. We must all treat each other with professionalism and respect."

The Governor outlined two primary themes of focus for the year: transparency and accountability.

"Transparency is about being open and clear with our community," he said. The Pueblo of Jemez has accepted funds, contracts and grants under certain conditions, he added. "We have a duty to produce deliverables and comply with all of the rules and regulations of the many agencies we deal with, including Indian Health Services, Bureau of Indian Affairs, Department of Justice, US Department of Agriculture, Housing and Urban Development, Centers for Disease Control, and others. This requires us to have solid management systems and accountable financial systems."

The intent of this administration is to be open and informative with tribal members, the Governor said. "It's important that you know what agencies expect, how funds are designated, and how the money is spent."

He urged staff to communicate and collaborate with other departments to streamline services, share information and ideas, and work together. "The funds are for the Pueblo of Jemez. You are the caretakers, but don't think that the funds are 'yours,'" he advised, adding that directors must know the details about their departments' revenues and expenses and that quarterly audits are expected. He also noted that department directors must inform employees of expectations and train them on the policies and procedures that affect their responsibilities.

"Accountability starts with respect for yourself and what you do for the Pueblo of Jemez," Gov. Toledo said. "Give honest work for honest pay. Be excited to come to work, and be punctual. Work to achieve your goals. Treat each other with respect. If you have a problem, respectfully disagree with the goal of finding a better outcome and solution."

He added that it's important for employees to respect and follow the chain of command when dealing with issues and concerns.

"Enjoy your work. Be rewarded for a good job. Don't say 'that's not my job'. Donate your time and services to do what needs to be done. Our Creator will reward good effort, even if your colleagues and supervisors don't see it."

The Governor concluded by paraphrasing President John Kennedy: "Ask not what the Pueblo of Jemez can do for you, but what you can do for the Pueblo of Jemez."



Governor Michael Toledo, Jr., First Lt. Governor George Shendo, Jr., and Second Lt. Governor William Waquie greet tribal staff after a meeting with all employees.

Continued on page 2



2011 TRIBAL GOVERNORS

Michael Toledo, Jr.

Governor

George Shendo, Jr.

First Lt. Governor

William Waquie

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

Joshua 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

February 2011 Edition

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FROM THE GOVERNORS

Governors Address Tribal Employees

Continued from page 1

First Lt. Governor Shendo followed with acknowledgement and gratitude to the spiritual leaders who bestowed the responsibility of governance on this year's administration. "The responsibility is on us to take care of and protect our elders, our children, and the women who carry new life," he said. He noted that all employees have a role in administering the needs of the community. "Your job is to help the Governors help the people," he said. The tribe is moving forward, with more funding, programs and employees than ever. "Each employee was selected for their skills and knowledge," the First Lt. added "Don't be afraid to present ideas and issues. As leaders, we will do what we can to strengthen our programs and create new ones that our people need."

Gov. Shendo concluded by reminding staff that computers, vehicles and equipment must be used with respect for the business of the tribe, and not for personal use.

Second Lt. Governor William Waquie spoke to the audience in Towa about his vision and advice. "Learn from our elders. Protect our children. Treat all with respect," he said in English. "No one should have to work in fear because of something they may say. We will listen. We will try to meet the employees' needs."

He added that it's important to refer to policies and procedures first when making decisions and solving problems. "Those are the rules for all of us to follow. All the answers are there." He reminded supervisors to listen to their staff and respect their opinions.

He added a reminder about confidentiality, especially in health care. "Gossip is painful and hurtful, especially when it's not true," he said.

Governor Toledo returned to the podium for additional comments. "We need to get back to basics," he said. "Stress good work ethics. Come to work on time. Have a dress code to represent the Pueblo of Jemez with pride. Lead by example so people will follow in a good way."

NEWS YOU CAN USE

Public Works To Flush Water Mains Program Starts Feb. 22, 2011

The Jemez Pueblo Public Works Department (PWD) will conduct a water main flushing and valve exercise program throughout the Pueblo between February and November. This is done as part of a scheduled preventive maintenance program to help improve and maintain good water quality and flow in the Pueblo. On February 22 and 23, the Pueblo may experience a temporary water outage as the PWD begins this process by flushing the Pueblo's water storage facilities.

As we flush each area, residents may experience a temporary reduction in water pressure. You may also see some color and/or sand, or you may notice a slight change in the taste and odor of the water. These temporary conditions are normal during flushing activities and are not a health risk.

If you experience any of these conditions or if you see some cloudiness or rust color in your water, we recommend you postpone washing your laundry; flush the pipes of your home. Flushing your home's pipes is accomplished by opening your front outside hose bib or inside faucets until your water runs clear and has no noticeable taste or odor.

We regret any inconvenience the flushing might cause you. If you have any questions or if you experience any persistent water quality problems as a result of this maintenance program, please contact the Public Works Department at (575) 834-7942 or Doug La Rue, PWD Utility Manager, at (505)709-0032.

NEWS YOU CAN USE

LIHEAP is Back!

Do you need help paying for any of these services: Propane? Electricity? Wood?

LIHEAP (Low Income Home Energy Assistance Program) is available to help qualified, low-income households pay for a portion of their primary heating costs.

Apply at the Jemez Senior Citizens Center, Tuesdays and Thursdays, from 9 a.m. to noon and from 1 to 2 p.m. To apply for home energy assistance, you will need:

- ☑ **Proof of income** for the past 30 days for all household members age 18 and over. For those unemployed, a letter of unemployment signed by the unemployed individual and the head of household/applicant must accompany the application.
- ☑ **Award letters** from Social Security, Veterans Administration, retirement accounts, pensions, etc., and any other proof of income.

- ☑ **Self-employed:** Signed statements or letters supporting self-employment and income earned for the last 90 days.
 - ☑ **Social Security cards** for all household members.
- Applications must be complete to be considered.**

ACCEPTING APPLICATIONS

**Tuesday and Thursday
9 a.m to 12 noon. and 1 to 2 p.m.
Jemez Senior Citizens Center**

Applications will be accepted until all funds are gone. For more information, contact Margaret Garcia, Program Manager, or Monica Toya, Administrative Assistant, at (575) 834-9168, Monday through Friday, 8 a.m. - 5 p.m.

HEALTH & HUMAN SERVICES

Lovelace Mammo-Van Returns to Jemez

The Lovelace Mammo-Van will be at the Jemez Health Clinic

WEDNESDAY, MARCH 23 10 A.M. TO 6 P.M.



Women 40 to 75 years old who have not had a mammogram to screen for breast cancer in the past year should come to Jemez Health Clinic to see a provider for a referral and make an appointment. Call Chessie Lucero at (575) 834-3022 for more information.

SOCIAL SERVICES

Parenting Skills Class

**12 SESSIONS
STARTING MONDAY, FEBRUARY 7
MONDAY EVENINGS
FEB. 7 THROUGH MAY 2
6 TO 8 P.M.**

**Community Resource Center (CRC)
Child care will be provided.**

**Contact Joline Cruz, Prevention Coordinator, Jemez Social Services Program, for more information.
(575) 834-7117**

Open to Jemez Pueblo community members

Please Note: Dates, time, and location are subject to change.

PHARMACY

ATTENTION PATIENTS!

The Jemez Pharmacy is returning to its previous hours, 7:30 a.m. to 6 p.m., Monday through Friday.

INJURY PREVENTION

Pueblo of Jemez Dog and Cat Control Ordinance

This ordinance regulates animal control and population within the boundaries of the Pueblo of Jemez. To assure and preserve the community's public health, safety and welfare by preventing nuisances and hazards resulting from dogs and cats, the following standards will be implemented and administered to control animals through registration, vaccination, spay/neuter, impoundment, quarantine and euthanization of stray and feral animals (dogs and cats).

Section 1: Control & Registration

- Homeowners are responsible to control, vaccinate and register all dogs and cats.
- Homeowners must register all dogs and cats over the age of four months owned, kept or maintained within Jemez boundaries. Injury Prevention Program (IPP) personnel and/or designated tribal officials are available to assist the registration process through contracted veterinary services. The IPP will maintain registration records at a centralized location.
- Owners must have dogs and/or cats vaccinated against rabies yearly, and be able to provide proof that the vaccination has been administered.
- Vaccination tags will serve as evidence of registration and must be worn by the dog or cat on a collar.
- All dogs and cats must be spayed/neutered by the age of four months, as a requirement for registration.
- Rabies vaccination clinics will be held at various locations during the summer. All dogs and cats must vaccinated for rabies by IPP staff; vaccine provided by IHS.

Section 2: Stray and Unregistered Animals

Any dog or cat found within the boundaries of the Jemez Pueblo that is physically outside human control, or household premises, and not wearing a rabies vaccination tag, will be considered a stray, and as such may be picked up by any tribal official, Injury Prevention staff and/or Law Enforcement for euthanization.

Section 3: Vicious Animals

- It is unlawful for any person to own a vicious dog or cat.
- It is unlawful to own and locally possess the following breeds: pit bull, Doberman, Rottweiler, chows and all cross mixes of these breeds. These breeds are known to have vicious behavior and therefore, by order of the Governor and Tribal Council through a Tribal Order in 2004, are banned from this community.
- Any dog or cat that attacks or bites any person will be presumed

to be vicious. Upon notification that a dog or cat has bitten or attacked a human, Injury Prevention staff or a tribal official will notify the animal's owner; the animal will be removed and taken to a veterinary clinic to be euthanized; the head specimen will be sent to a diagnostic laboratory for rabies analysis. **The pet owner will be responsible for all costs.**

Section 4: Ownership

1. **Ownership is restricted to one dog and one cat per household, including households in rural areas, farm houses, corrals or other buildings of the Jemez reservation.**
2. **All dogs may be penned or tied up during religious activities. No exceptions will be considered under any circumstances.**

Section 5: Violations

Any tribal member who fails to comply with this ordinance will be in violation and subject to a citation by Jemez tribal officials or Jemez Law Enforcement officers. Upon citation, the person will be ordered to appear at a hearing in the Jemez Tribal Court.

Section 6: Penalties

Any tribal member found to be in violation of this ordinance at a hearing of the Jemez Tribal Court may be subject to penalties as stated in the following sub-sections of Section H of the Jemez Tribal Code:

- 3-2-46 Restriction of Dogs and Cats
- 3-2-47 Vicious Dogs
- 3-2-48 Stray and Unlicensed Dogs and Cats
- 3-2-49 Destruction; Vicious Dog
- 3-2-50 Vaccination and Registration of Animals
- 3-2-51 Cruelty to Animals

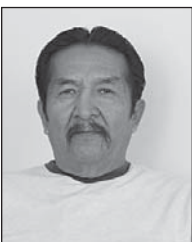
Contact Marlon Gachupin, Public Safety Technician at (575) 834-1001 for more information.



(This document edited for publication; no substantive changes were made to content.)



Welcome Mat



Leonard Gachupin has joined the facilities maintenance team at JHHS where he will focus on repairing and maintaining mechanical systems and other tasks.

Kimberly Madden, BSN, RN, CHN, is the new community health nurse for the Public Health Programs. Kimberly served in the Navajo area for over two years as a public health

nurse and one year as a supervisory PHN. She holds an associate's degree in business and a bachelor's degree in nursing, and is working on her master's degree in nursing at UNM. She plans to follow with a PhD. Her goal is to bring population-based public health care to Jemez, with more visibility in the community, collaborative screenings and health fairs.



NEWS YOU CAN USE

HOME HEATING SAFETY TIPS

Submitted by Ray Ashley, JHHS Safety Officer

Heating equipment is a leading cause of home fire deaths. Almost half of home heating equipment fires are reported during in December, January and February. Some simple steps can prevent most heating-related fires.

Home Heating Safety Tips

- ☑ **Keep anything that can burn at least three feet away** from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- ☑ **Have a three-foot “kid-free zone”** around open fires and space heaters.
- ☑ **Never use your oven to heat your home.**
- ☑ **Have a qualified professional** install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer’s instructions.
- ☑ **Have heating equipment and chimneys cleaned and inspected** every year by a qualified professional.
- ☑ **Remember to turn off portable**



heaters when leaving the room or going to bed.

- ☑ **Plug space heaters directly into outlets.** Do not use extension cords or multi outlet strip/surge protector; it can start a fire with a high wattage appliance.

- ☑ **Place heaters on a level, hard and nonflammable surface** (such as ceramic tile floor), not on rugs or carpets.
- ☑ **Use space heaters that have been tested** by an independent testing laboratory such as Underwriter’s Laboratory (UL).
- ☑ **Make sure the fireplace has a sturdy screen** to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- ☑ **Test smoke alarms monthly.**
- ☑ **Have a smoke detector with fresh batteries** on each level of the house and a carbon monoxide detector outside your sleeping area.

Dental Clinic Celebrates Children’s Dental Health Month

*Did You Know?*

Tooth decay (dental caries) is the nation’s top chronic infectious disease, affecting more children in the United States than any other.*

National Children’s Dental Health Month is celebrated to raise awareness about the importance of oral health - especially the oral health of our children. When your kids have a healthy mouth, they have a happy mouth.

Throughout the month of February, the staff of Jemez Health & Human Services Dental Clinic will promote good oral health care to the children of Jemez. Presentations will be given to students at the Jemez Pueblo schools from kindergarten through twelfth grade through the month. Head Start parents are invited to a presentation on the evening of Feb. 9. On Feb.17, Head Start children will tour the Dental Clinic, be introduced to staff, and receive new toothbrushes and toothpaste.

**US Centers for Disease Control and Prevention*

**Honor Our Children.
Give them a healthy smile.
Make an appointment for yourself to
protect your baby’s teeth.
Call for an appointment today!
(575) 834-7388**

FIGHT TOOTH DECAY 24/7

VOCATIONAL REHABILITATION

PUBLIC HEALTH

Disabilities Awareness Conference March 16

“Disability does not have to mean in-ability.”

The Jemez Vocational Rehabilitation Program will host its 13th annual Disabilities Awareness Conference on Wednesday, March 16 at the Walatowa Youth Center from 9 a.m. to 2 p.m. The event will include a Fun Run/Walk starting at 7:30 a.m. It will be an interesting, entertaining and informative way to learn about the Jemez Vocational Rehabilitation (JVR) Program and its services, and about disabilities.

The conference brings together people from the three communities JVR serves to help participants learn that disability does not have to mean in-ability. A panel of JVR consumers will talk about their experiences living with disabilities, how they faced life challenges even when the odds seemed stacked against them, and how they succeeded in achieving their goals.

In addition to these speakers, the conference will also feature booths from Pueblo of Jemez and state agencies that provide services to people with disabilities and their families. In addition, local artisans will have tables showcasing arts and crafts from the Pueblos of Jemez, Santa Ana and Zia.

There is no cost to register for the conference, but due to the length and content of the event, registration will be limited to people 12 years old and older. Lunch will be provided to all registered attendees, and sign language interpreters will be available to help attendees with hearing impairments fully participate in the conference. Registration forms will be available throughout the communities at the Pueblo of Jemez, Pueblo of Santa Ana and Pueblo of Zia. You can also call the JVR office at (575) 834-0012 to register by phone or send an e-mail to JVR Program Manager Sarah Michaud at smichaud@jemezpueblo.us. The JVR also invites anyone interested in helping plan the conference to call the JVR office.

SELF-EMPLOYMENT TRAINING

The JVR will host a self-employment training on Wednesday, Feb. 16 from 10 a.m. to noon at the CRC. Everyone is invited to attend to learn about building and maintaining a thriving self-employment business. This is the second in a series of quarterly trainings on creating successful self-employment ventures.

For more information, contact the JVR at (575) 834-0012

Chocolate-Almond Torte

You can feel good about serving your sweetheart a slice of this low-calorie, low-fat Valentine's Day treat.

- 3/4 cup fat-free milk
- 1/3 cup unsweetened cocoa powder
- 2 ounces unsweetened chocolate, chopped
- 1 tablespoon balsamic vinegar
- 3 egg whites
- Nonstick cooking spray
- 3/4 cup all-purpose flour
- 2/3 cup granulated sugar*
- 1/2 t. baking powder
- 1/4t. baking soda
- 1/8 t. salt
- 1/4 cup granulated sugar*
- 1/4 cup sliced almonds
- 1 to 2 t. powdered sugar (optional)



1. In a small saucepan, combine milk and cocoa powder. Heat over medium heat, whisking constantly, until mixture just comes to a boil. Remove from heat. Whisk in unsweetened chocolate and vinegar until smooth. Cool to room temperature. Meanwhile, in a medium mixing bowl, allow egg whites to stand at room temperature for 30 minutes.
2. Preheat oven to 350° F. Lightly coat an 8 x 2-inch round tart pan with removable bottom or 8-inch springform pan with nonstick cooking spray; set aside. In a large bowl, stir together flour, the 2/3 cup granulated sugar, the baking powder, baking soda, and salt. Stir cooled chocolate mixture into flour mixture until well combined (batter will be thick); set aside.
3. Beat egg whites with an electric mixer on medium speed until soft peaks form (tips curl). Gradually add 1/4 cup granulated sugar, about 1 tablespoon at a time, beating on high speed until stiff peaks form (tips stand straight). Gently fold one-third of the beaten egg whites into the chocolate mixture. Fold in the remaining beaten egg whites just until combined. Spread batter in prepared baking pan. Sprinkle almonds over batter.
4. Bake 25 to 28 minutes or until a wooden toothpick inserted near the center comes out clean.
5. Cool in pan on wire rack for 15 minutes. Remove side of pan. Cool completely. If desired, sprinkle lightly with powdered sugar before serving. Makes 12 slices.

*Test Kitchen Tip: We do not recommend using sugar substitutes for this recipe.

Nutrition per serving: calories 144; total fat 4 g.; saturated fat 2 g.; sodium 81 mg.; carbohydrate 25 g.; fiber 1 g.; protein 4 g.;



December 11, 2010

Veterans Park Hoover, Alabama

Jemez Youth at National Championships!

Congratulations to our 2010 Junior Olympics Cross Country Championships participants! Thank you for your dedication and hard work that enabled you to compete at one of the highest levels in your sport. Thank you for representing Walatowa, Pueblo of Jemez, in your outstanding achievements. We encourage you to continue to meet your challenges and be positive role models in our community.



Troy Madalena took third place with a time of 16:05.49: *"I was very proud that all my hard work paid off."*

Meredith (128 pl.) and Kalei Yepa (103 pl.)

(From left) Troy Madalena, Keenan Toya (158 pl.), Brandon Toya (275 pl.), Trevor Armijo (101 pl.), Brianna Toya (69 pl.), and Tiana Gachupin (113 pl.)

*More than 300 runners competed in some age categories.



The Runners' Edge: Revitalizing Our Jemez Running Tradition

Submitted by Cornell Magdalena and Vernon Tosa, Communities Putting Prevention to Work

Running is a very tough sport. Our Jemez people are tough to take this as a challenge – they have been for hundreds of years. To run a long-distance foot race on an open course takes a lot of training, stamina, endurance and focus; you have to be tough mentally and physically to become a great runner. It takes a lot of practice to compete and perform at your best in any race, face struggles and challenges in your daily life and give yourself time to train in the mountains. Our Jemez runners have been living strong lives by being in the outdoors, in the cornfields, and running with the wind in the mountains. We have heard legendary tales of our ancestors as awesome runners and how we continue to keep our Jemez running tradition as part of our Jemez life.

Each month we will feature runners from the community to encourage and revitalize our Jemez running tradition. We will get a glimpse of our "Jemez runners" and their success stories, places they traveled, and what they did to accomplish their goals as runners. Throughout their careers, they represented our

Jemez community. And now, you will read their stories...

STEVE GACHUPIN

Why do or did you run?

I started running when I was about sixth grade, back in 1954. I looked up to other runners locally. I started training to run in the fall traditional foot races. Everybody looked forward to these days. These are called the 'Wa-da' races. I always wanted to "bring honor to my village."

What motivated you to run?

I just enjoyed running since I was a young age. During my high school years, I participated with the Jemez Valley track team. It was the only team around to join. There was no cross country team at that time. I received awards while I was on the team. I "lettered" in track. I earned "Wing" pins and in 1961, I graduated from Jemez Valley High School.

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COMMUNITIES PUTTING PREVENTION TO WORK



Revitalizing Our Jemez Running Tradition

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What are your major accomplishments?

The gift of running: Steve Gachupin is also known as “King of the Mountain”

- Fall traditional foot races (five-time winner)
- Ran for Jemez Valley High School track team (1957-1961)
- Scholarship offers to colleges and universities in running
- Six-time Champion: Pikes Peak Marathon (1966-1971)
- Five-time Champion: La Luz Trail Run
- Completed 50 Marathons, including Tour of Albuquerque, Artesia, Acoma, Duke City Marathon
- San Francisco Marathon
- Las Vegas Marathon
- Boston Marathon (Top 50 out of 14,000 runners)
- Denver Marathon, 1966: second place overall; ran against World Record holder Leonard Edelen.
- 1992: Bob Rodale Golden Shoe Award, sponsored by *Runner's World Magazine*
- 1992: Congressional award for athletic achievements given by Congressman Jeff Bingaman
- 1993: Started hosting the annual Steve Gachupin Run with traditional festivities
- 1967: *Sports Illustrated* Silver Cup Award
- 1968: U.S. Olympic Marathon Trials, Alamosa, Colo. Ran against Billy Mills, 1964 Olympic Champion in 10K
- 2006: American Indian Athletic Hall of Fame inductee
- 2010: New Mexico Coaches Hall of Fame

What accomplishments are you most proud of?

I am most proud of representing Jemez Pueblo all over the United States. It is not about what place you come in, it is more about crossing that finish line. I experienced life outside of Jemez because I trained hard in running. So I was able to see and meet people from all over the world.

What is one thing you would share with the younger generation about keeping the running tradition alive?

I would like to say to our younger generation of runners and community members to be good listeners at school and home. Respect one another. Become good students with qualifying grades in whatever sports you choose to be your interest.

What are some of the challenges we face in keeping our Jemez running tradition alive?

At this time, we see students participating in sports from elementary to high school. We would like to see more students run in high school. They have so much potential to be great runners and/or athletes. Somehow most children fall out for some reason. I question myself, is it too much television, cell phones, electronic games (PS2 or Nintendo), or other friends that may influence them not to run? It would be great to share our running tradition with our young generation by showing support and encouraging them to try.

DAVID YEPA, SR.

Why do or did you run?

I run because it makes me feel so good. I also ran for good health. I like running different places where they have fun runs. I like to compete with lots of other good runners. It also reminds me of my younger days.

What motivated you to run?

My motivation to run was in 1952 after my uncle Eddie R. Loretto ran at Seoul, S. Korea when he was in the service. He ran many different places and he was a very good and fast runner. I was encouraged by my dad to be as fast as him or even faster. In 1956, I started running at San Diego Mission School when I was in eighth grade. I also ran because many of the older men were very good runners and they were my role models. I also wanted to participate in the traditional races such as the kicking stick and harvest races. My way of traditional cleansing was running up to the mountains and getting traditional herbs. I went to Haskell Indian School and joined their track and field team, where I saw Billy Mills. Mills had records in the 880M. and mile events. Billy Mills encouraged me to keep running. I

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Steve Gachupin (#83) at the 1968 U.S. Olympic Marathon Trials in Alamosa, Colorado; running against Billy Mills (second from right), 1964 10,000 meter Olympic Champion.

COMMUNITIES PUTTING PREVENTION TO WORK

Revitalizing Our Jemez Running Tradition

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wanted to beat Billy Mills' track records, but due to a family emergency I came home; I never got the chance, but I wished I did.

What are your major accomplishments?

After running so many years, I became a good runner, and started to win a lot of races. It made me feel good after winning races, it also kept me busy and away from bad and unnecessary things.

- 1956: Start of my running career
- 1957: First track meet at NMHU; fourth place in one-mile run, ran for Bernalillo High School
- Bernalillo High School relay team
- Broke 880 record in high school; ran in 2:04
- Took third place in state track and field meet
- 1962 and 1963: Won Harvest Run
- First Senior Olympics, 2005: Pittsburgh, PA; ran 5K and 10K races, and top eighth finishes.
- 2007: US Senior Olympics, Kentucky; Ran 800M third place, eighth place in 1500M and both 5K and 10K.
- 2009: US Senior Olympics, Palo Alto, Calif.: 5K, sixth place, and 10K, eighth place
- 2011: US Senior Olympic qualifier in the 800M, 1500M, 5K and 10K – in Houston, Texas.

All of the USA Senior Olympics had over 300 participants each time I went.

What are you most proud of?

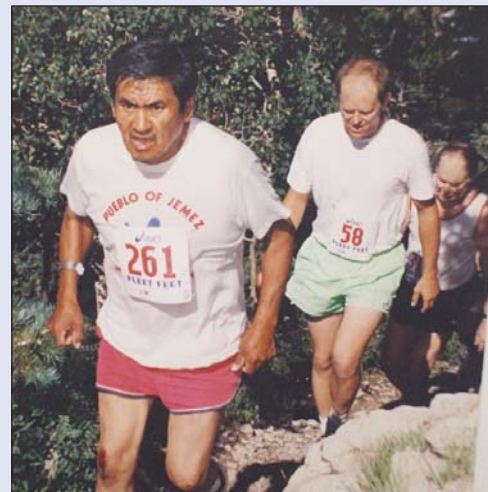
I was very lucky and proud that I qualified in the Senior Olympic games to see other big cities while meeting people from all over the country and world. All the years I have ran and the ribbons and medals I've received. It gives me a lot of pride to be Jemez.

What are some things you would share with the younger generation about keeping the running tradition alive?

I would like to see our own Jemez people become great runners and sportsmen to get Pueblo of Jemez on the map. I want to keep the running tradition alive, encourage the younger generation to take part in sports, keeping good grades in schools, listen to your parents and participate in religious activities. Talk about your future lives, how running could help you get into schools and get a better education. Stay busy and away from drugs and all bad things. We know that all the kids have a lot of potential. I would like to end by saying "Don't ever give up. We are not failures but we just tend to quit."

What are some challenges we face in keeping our running tradition alive?

All in all, show support community wide. Sometimes students don't participate beyond high school because of financial issues. The convenience of technology that the kids get involved in, they'd rather stay inside than play outside. What would benefit us is to have pilgrimages to sacred sites and to Pecos to bring the community together. Encourage the kids to have positive attitudes, and this starts from within the households. Running helps with discipline and creating strong work ethics.



David Yepa, Sr. at the La Luz Trail Run.

TONY ROMERO

Why do or did you run?

Jemez is known for a tradition of running. During my childhood I heard a lot of stories about the Pueblo runners. Running was always a challenge mentally and physically. During my childhood, I ran to and from where we worked in our chile and corn fields. Much of it was encouraged by my grandparents and uncles. That was the starting point.

What motivated you to run?

My motivation came when I started high school, challenging other schools we ran against. It was tough to wake up early in the morning and run the hills and mountains. I wanted to be part of my high school team to win the events I took part in. My team-mates ran during the summer months. Everyone had their own way of training for the autumn society race, which was my motivator to train harder to win those races. It was a tough challenge, but in a way it was fun. I wish I could still do that. Also in the summer we had that Father's Day Track and Field meet that everyone looked forward to. That's how Walatowa got its name "Jemez Track Town USA", and I'm proud to say that I ran those races and won a lot of ribbons with my fellow tribal brothers.

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COMMUNITIES PUTTING PREVENTION TO WORK

Revitalizing Our Jemez Running Tradition

Continued from page 9

What are your major accomplishments?

- 1960: Won fall traditional foot race.
- 1968: Took first place as team in medley relay at Dulce Track & Field Meet.
- 2009: US Senior Olympics, Palo Alto, Calif. Second place in javelin throw.
- 2011: US Senior Olympics, Palo Alto, Calif. Qualified to compete in javelin throw.

What are you most proud of?

I was involved in a lot of proud moments. There was a time when I won my first autumn harvest society race. I proved to myself by hard training you can accomplish whatever you endeavor.

My most enjoyable moment was running for the society for four tough years. One of my nephews, Michael Romero, ran alongside me, which I'll never forget.

One that stands out in running is a friend and classmate Steve Gachupin. I'm proud of him for encouraging and training me and the student athletes in cross-country running. He coached them and continues to coach and win lots of state cross-country championships.

One of my proudest moments was participating in the Senior Olympics in track and field. I qualified to go to nationals in Palo Alto, Calif. . This was a life-time experience. I competed against athletes nation-wide. It's a challenge to do your best to win that gold medal. I didn't win any of the gold medals, but I sure as heck tried. Anyone can do it, it doesn't hurt to try.

What do you want to share with the younger generation about keeping running tradition alive?

Our kids are getting a head start in running, which is really something to be proud of. Discipline them with what's right and wrong. Encourage them to study hard in school, train hard in sports they like. Also be patient with them, they depend on us. Once victories and ribbons are won, the final results are



Dulce Track & Field Meet, June 1968. Left to right: Jackie Fragua, Tony Romero, Frankie Toledo and Frank Armijo accepting the first place trophy.

going to be happiness and good feelings, but let us keep the tradition of running alive.

What are some challenges we face in keeping our running tradition alive?

Today, we are seeing interest in running, kids are getting involved in bike riding and running during the summer programs, which is really good. A lot of our children are running in elementary, mid-school; from then on continue to run for their high school. It's a challenge in itself to stay focussed to be a good athlete, and try to make it beyond high school and into colleges and universities for higher education. There will be many challenges in the future, more new things in technology and electronics are on the raise. We need to encourage our kids to listen, do well in school, stay physically active and climb that ladder to success.

In life we struggle, but there is a measure of hope in everyone. We all have the ability to fully commit as role models to all. I ask families to encourage children not to give up but guide them to accomplish as much as they can.

Did You Know?

Running replaces body fats with muscle tissue. Therefore, a few weeks into your running workout, you will discover that you don't drop pounds, you actually gain weight. It's okay. This only means that your running is working effectively. With continuous effort, you will eventually lose the excess pounds.

RUNNING EVENTS FOR MARCH

Sunday, March 13

Shamrock Shuffle VIII 10-Miler, 10K, 5K and Kids K
Albuquerque www.irunfit.org

Sunday, March 20

Smoking 5k
New Covenant Church 7201 Paseo Del Norte
Albuquerque www.active.com

February

28 DAYS TO A HEALTHIER HEART

February is the month for romance, but it's also a time for you to focus on loving yourself and your heart. During National Heart Month, focus on one small thing every day to lower your risk of heart disease and improve your quality of life. Share this valentine with your friends and loved ones to show them how much you care!

PUBLIC HEALTH



- 1 Get a checkup.** Your providers do more than just treat disease. They also offer screenings and preventive care. When you know your health status and risks, you can make lifestyle changes to improve your health.
- 2 Don't smoke.** Smoking damages more than your lungs. It can raise blood pressure, harden arteries and cause irregular heartbeats. Find a program to help you quit and kick the habit.
- 3 Monitor your cholesterol intake.** Your body needs cholesterol, which is found in animal foods (meat, dairy, eggs), but too much can contribute to disease. Keep your intake under 300 mg. daily.
- 4 Get moving.** Physical activity is important to a heart-healthy routine. It can help control your weight, lower blood pressure, and improve cholesterol levels. Try for at least 30 minutes of exercise every day.
- 5 Cook at home.** Homemade meals are usually lower in fat, salt, and cholesterol and higher in fiber and nutrients. When you do the cooking, you control the ingredients and the cooking method.



- 6 Boost your HDL.** You want these "healthy" cholesterol levels to be high – at least 60 mg/dL – to protect your heart. Do this with regular exercise and enjoying healthy fats found in nuts, olive oil, fish and flaxseed.
- 7 Slow down.** Chronic stress exposes your body to higher levels of stress hormones that can increase blood pressure and contribute to weight gain. Meditation, yoga, journaling, therapy and exercise can help.
- 8 Go nuts!** Almonds, cashews, flax seeds, hazelnuts, macadamia nuts, pecans, peanuts, pistachios, sesame seeds, and walnuts all contain healthy fats. Enjoy a handful 3-5 times a week for a healthier heart.
- 9 Pump iron.** Strength training benefits more than your muscles. It can lower blood pressure, strengthen the heart, and help it beat more efficiently. Aim for 2 to 3 strength training sessions every week.
- 10 Consider aspirin therapy.** Taking baby aspirin (81 mg.) can help reduce the risk of heart attack and stroke by preventing blood clots. It's not safe for everyone, so talk to your doctor first.
- 11 Sip green tea.** Iced or hot, green tea is packed with antioxidants that prevent plaque from forming on artery walls, relax blood vessels, and reduce the risk of heart disease. Enjoy 1-2 cups a day.
- 12 Lose weight.** Dropping just 10% of your body weight if you are overweight can improve your blood pressure, cholesterol levels, and overall heart health.



- 13 Avoid trans fats.** Eating even a little trans fat can increase the risk of heart disease. Foods that contain "partially hydrogenated" oil have the world's unhealthiest fat!
- 14 Satisfy your sweet tooth** with dark chocolate, with antioxidants that help prevent heart disease. Milk chocolate doesn't have the same benefits, so look for varieties with at least 60-70% cacao.
- 15 Fill up with fiber.** Soluble fiber (in oats, rice, bran, barley, dried beans, and fresh fruits and vegetables) can help lower cholesterol, which improves heart health. Aim for 25-35 grams of fiber a day.
- 16 Crack up!** Studies show that laughter may protect your heart by improving circulation and blood flow. Tell a joke, watch a comedy, or just laugh out loud. Heart health is serious business!
- 17 Try yoga.** Yoga can reduce blood pressure, regulate heart rhythm, and increase the heart's efficiency. Try a class or video 1 to 3 times per week.
- 18 Limit saturated fat.** Avoid bacon, beef, butter, full-fat dairy, coconut oil, ice cream, lard and pork. Read food labels; aim for less than 15-25 grams of saturated fat daily.
- 19 Get screened.*** Adults should get cholesterol levels tested every five years. Discuss your results with your provider.



- 20 Choose whole grains.** Foods like brown rice, oats, whole wheat and barley are packed with fiber, antioxidants, and other nutrients. A diet rich in whole grains can help lower cholesterol and improve heart health.
- 21 Catch some Zzz's.** If you average less than 8 hours of sleep a night, you could be putting your heart at risk. Getting 8 hours of restful sleep is an important part of a heart-healthy lifestyle.
- 22 Limit alcohol.** Headlines about the benefits of alcohol are controversial, since alcohol can cause other health problems. If you don't drink, don't start. If you do, limit alcohol to one drink daily.
- 23 Breathe.** Slow, deep breaths can help beat stress and lower blood pressure. With your eyes closed, practice inhaling deeply into the belly and exhaling slowly. Try this several times a day.
- 24 Know your family history.** Some health risks are partly genetic. For example, if your father had a heart attack at a young age, you should start preventive care and screenings sooner yourself.
- 25 Move more.** Every bit of activity can help strengthen your heart and maintain your weight. Find time for fitness: take the stairs, park further away, take a walk at lunch and more.
- 26 Hold the salt.** Too much salt can raise blood pressure, increasing your heart disease risk. Look for low-sodium foods and limit salt intake to less than 2,300 mg. daily.



- 27 Go fish.** Fish like salmon, tuna and halibut are rich in Omega-3 fatty acids, which promote heart health. Six to eight ounces of baked or broiled fish each week will do your body good!
- 28 It's never too late to start a healthy lifestyle.** With small lifestyle changes like these, you can improve your heart health and quality of life. The important thing is to stick with it!



*** Jemez Health & Human Services and the Public Health Programs will offer blood sugar, blood pressure and cholesterol screenings throughout February. Take the time to come in for these free screenings and take the first steps to better heart health! Watch for posters or call (575) 834-7207 for more information.**

This general information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult your health care provider before starting any nutrition or fitness program, and to discuss any concerns or questions. Information from SPARKPEOPLE. Submitted by Felipita Loretto, Nutrition and Fitness Technician, JHHS Public Health Programs.





WALATOWA COUGARS ATTACK READING SCORES

By Deimos Webber-Bey

Reading and comprehension are at the forefront of the work being done by faculty and students at Walatowa High Charter School. The faculty is implementing this initiative as a response to state and national statistics that show that only about 50% of American Indian students complete high school.

The state Public Education Department published results of the New Mexico Standards Based Assessment (NMSBA) in September 2009 that showed 51% of 11th graders in New Mexico were reading at or above basic proficiency in the 2008-2009 school year. Within the Native American population of juniors assessed in 2009, the number drops to only 37% scoring at or above proficiency.

While scores have been incrementally improving in the last two reported cycles of state testing, the WHCS community wants to ensure that current students see dramatic increases within their own high school careers, giving them the tools they need to be successful in college classrooms and in the workplace.

To address this challenge, the school implemented an Assistive Reading class at all grade levels. Each school day, students engage in differentiated reading activities that are specific to their own needs.

In the fall, students began with the computer-based course *Lexia Strategies for Older Students*, which improves automatic word recognition by reinforcing phonic elements and sound/symbol relationships. After completing *Lexia*, students move on to the *Reading Plus* program, also computer-based. Often high school students can read beautifully from the page, but struggle to answer higher-order questions on timed state tests and college entrance exams such as the ACT. *Reading Plus* methods,

such as scrolling text, build left-to-right visual coordination, perceptual accuracy and visual memory. What is ideal about utilizing computer based programs for reading is the ability to differentiate instruction. Rather than the instructor teaching one lesson to the entire class, as many as 18 different lessons can be taught at the same time. This gives the classroom teacher the flexibility to work one-on-one with students, maximizing their time in the classroom.

Face-to-face teaching has not been replaced by computer-based instruction in Assistive Reading. Group activities are included to develop interest in reading beyond schoolwork; students have been exposed to comic books, science fiction, folk tales and newspapers to improve reading comprehension. The intention is that the reading fluency developed in Assistive Reading classes will impact the major subject areas and develop life-long readers who access various types of media for work as well as for pleasure.

So far, 42 students have completed *Lexia* and are working in *Reading Plus*. Among the students who have completed 10 or more hours, there has been an average reading level increase of two and a half grade levels, according to the program's own integrated assessments. This means that a student who attends reading class during spring semester for three hours and 45 minutes a week could be at or above grade level by the end of the school year in May.

The community of students, parents, staff and faculty at WHCS is working diligently to improve NMSBA results, ACT scores, and student confidence for the graduating classes of 2011, 2012, 2013, 2014 and the future.

Seniors! Need Money For College? Apply Now for Financial Aid

Jemez Valley High School will help students complete the Free Application for Federal Student Aid (FAFSA) at a free FAFSA workshop.

Wednesday, Feb. 23 6-8 p.m.
Jemez Valley High School J & J Lab

A representative from New Mexico Educational Assistance Foundation will be available to assist students and parents.

Both students and parents will need the following documents to complete their applications:

- ▶ 2010 Federal Income Tax information
- ▶ W-2 forms
- ▶ Birth date

- ▶ Social Security number
- ▶ Driver's license number
- ▶ Records of any 2010 untaxed income
- ▶ Records of any 2010 business and investment mortgage information, business and farm records, stocks, bonds and other investment records
- ▶ Current bank statements
- ▶ Alien registration card (if you are not a U.S. citizen)

Speed Up The Process! Apply for a PIN number in advance for you and one of your parents at www.pin.ed.gov

For more information, contact Jearldine Young, Jemez Valley High School counselor, at (575) 834-7392.



EDUCATION

Jemez Valley Public Schools

Continued from page 9

start anew and create a transformed education system. Dramatic changes are often possible in the worst of times. We've seen crises such as hurricanes, tsunamis and floods which have offered, even amid ruin, opportunities for transformation. As a school and community, we must realize that some problems we thought to be insoluble and inevitable — constraints impossible to change — become possible and transformable when we start anew, as Edison did. Can that be done now in education? Yes, with a united front of our Jemez Valley neighbors — schools, parents, students and other civic leaders — working together to support education in America.

We are all working hard to help students progress to graduation, including the Maps testing for the second round of district short-term assessments. We finish with the Scholastic Reading Inventory to collect data on individual reading levels.

These assessments prepare students for the important Standard Based Assessment (SBA) on which Adequate Yearly Progress (AYP) is calculated. This is the first time this assessment will be given to eleventh grade students, with the dual purpose of graduation exit exams and AYP. The SBA is extremely important for the district as well. Quality test security and administration are imperative so all students have the best opportunity to do their best. Good testing skills will be taught to students and parents.

NEW LANL SCHOLARSHIP

The Los Alamos National Laboratory Foundation is launching a scholarship for students who plan to return to formal education after a break. The new Regional College/Returning Student Scholarship will go to returning students pursuing certificates or two-year-degrees at regional colleges. The first awards are scheduled for this spring.

"We want to provide a scholarship that includes nontraditional students, a demographic that continues to grow," said Clare Webber, subcommittee chair.

Applicants must:

- live in the seven-county area of northern New Mexico.
- hold a high school diploma or GED.
- be accepted to or currently pursuing a certificate or two-year degree.

Applicants who did not pursue formal education for two years or more before returning to school will be given preference. Preference may also go to students in programs related to science, technology, engineering, mathematics and similar areas, although strong applications in any area will be considered.

Selection will be based primarily on merit. But there will be a greater emphasis on initiative, motivation and accomplishments. Scholarships consist of one-year grants of \$1,000. Applicants in good academic standing can reapply yearly.

For more information, go to www.lanlfoundation.org or contact Tatjana K. Rosev at (505) 667-7000.

Gear Up

Gear-Up leaders are working on many festive events. The first will be the 2010-11 Warrior Homecoming, then pep rallies, coronation and the dance following the basketball games. Student leaders are also working on the prom. The final undertaking will be the graduation.

Warrior Athletics

Girls' varsity basketball coach Gutierrez finds the girls to be cooperative, hard-working and eager to please and win. He cannot say enough about the smiles on their faces and the positive comments they make during the games. All girls get to play in every game. The team includes Deanna Pino, Teeah Toya, Cassie Sando, Miranda Pino, Robin Parrett, Trisha Reid, Falisha Trujillo, Leandra Saiz, Perfilia Gachupin, Brianna Chinana and Aubre Chosa. The team managers are Alana Chinana, Lucas Shije and Clare Lucero. Sam and Holly Vanlandingham are also coaching.

The boys' basketball team members are Troy Madalena, Marshall Gachupin, Darian Sando, Gavin Medina, Christian Reid, Jordon Loretto, Fernando Shije, Michael Gachupin, Keith Garcia, Marcus Kewanwytewa, Zachery Toledo, Noel Fragua, Tristin Pino and Chris Lucero.

Graduate New Mexico

Graduate New Mexico helps students who dropped out of high school re-enroll and work to get their high school diplomas. Enrollment open to anyone, of any age, who has not completed high school graduation requirements and wants to earn a diploma. The Pueblo of Jemez Education has partnered with WHCS to support Graduate New Mexico. Enrollment is ongoing and classes are free.

Students can take classes online to complete high school credits. Students can work at their own pace and on their own schedule. The courses are designed with 16 weeks of content, but students can adjust the course-pacing guide. Students can work from any computer at any time, either full time or part time. Students who not have a computer, can arrange access through the Education Department.

After completing classes, students will earn high school diplomas from Walatowa High Charter School (WHCS).

For more information, contact WHCS Graduate NM site coordinator Louie Torrez at (575) 834-0443 or ltorrez@walatowahcs.org or Odessa Waquiu at the Education Services Center (575) 834-9102.

Did You Know?

High school graduates earn an average of \$10,000 more each year than nongraduates!



NEWS YOU CAN USE

Native Business\$: Win-Win

By Jim Stanley, Vice President, Quinault Enterprise Board, and board member, Northwest Native American Chamber.

A win-win relationship is when two or more parties do business together and work in a way that produces mutually beneficial gain. Often, a successful partnership between two companies occurs when each takes the time to understand the other.

A good example is Food Services of America's (FSA) "Solutions" program for their food service customers. FSA is a broad-line food service distributor that has experience working in Indian country. They designed a program offered in good will to their clients as acknowledgement of their loyalty. FSA believes that their clients' success is their success and is deeply committed to a partnership in which their clients can meet their daily food service needs and improve their businesses from good to great.

In the grand scheme of a competitive marketplace, FSA helps their clients (tribal food service operations) become

more profitable, operate with less waste, and unlock workforce potential. Over time, both companies work together and grow in strength. This strength allows the tribal restaurant to attract more customers and keep operating costs down; FSA retains a client that is highly likely to remain a loyal purchaser of their goods and services, and will stay in business as the economy moves up and down. Comparatively, if FSA and a tribal restaurant were to operate without building a relationship based on mutual gain, we can reasonably conclude that both parties would not have success as quickly or be able to compete against market forces as well.

If you would like to know more, you may contact Mike Abercrombie, FSA's Director of Client Relations, at mike_abcrombie@fsafood.com.

I wish you well, my friends.

Jim Stanley freely shares his knowledge and resources with you, his cousin, for your economic benefit. Contact Jim at sovereigndevelopment@hotmail.com.



About Your Income Taxes

For most taxpayers, the 2011 tax filing season starts on schedule. However, federal tax law changes made in December 2010 mean some people must wait until mid- to late February to file their tax returns to give the IRS time to reprogram its processing systems.

Some taxpayers – including those who itemize deductions on Form 1040 Schedule A – will need to wait to file. This includes taxpayers impacted by any of three tax provisions that expired at the end of 2009 and were renewed by the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act Of 2010, enacted Dec. 17. Those who need to wait to file include:

- **Taxpayers claiming itemized deductions on Schedule A.** Itemized deductions include mortgage interest, charitable deductions, medical and dental expenses, and state and local taxes. In addition, itemized deductions include the state and local general sales taxes; this change primarily benefits people living in areas without state and local income taxes. Because of late Congressional action to enact tax law changes, anyone who itemizes and files a Schedule A will need to wait to file until mid- to late February.
- **Taxpayers claiming the higher education tuition and fees deduction.** This deduction for parents and students – covering up to \$4,000 of tuition and fees paid to a post-secondary institution – is claimed on Form 8917. However, the IRS emphasized that there will be no delays for millions of parents and students who claim other education credits, including the American Opportunity Tax Credit extended last month and the Lifetime Learning Credit.

- **Taxpayers claiming the educator expense deduction.**

This deduction is for kindergarten through grade 12 educators with out-of-pocket classroom expenses of up to \$250. The educator expense deduction is claimed on Form 1040, Line 23 and Form 1040A, Line 16.

In addition to extending those tax deductions for 2010, the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act also extended those deductions for 2011 and a number of other tax deductions and credits for 2011 and 2012, such as the American Opportunity Tax Credit and the modified Child Tax Credit, which help families pay for college and other child-related expenses. The Act also provides job creation and investment incentives, but those changes have no effect on the 2011 filing season.

The IRS will announce when it can start processing tax returns impacted by the recent tax law changes. In the meantime, taxpayers affected by these tax law changes can start working on their tax returns, but they should not submit their returns until IRS systems are ready to process the new tax law changes. The delay affects both paper filers and electronic filers. The IRS urges taxpayers to use e-file instead of paper tax forms to minimize confusion over the recent tax law changes and ensure accurate tax returns.

For more information, go to www.irs.gov.





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

PREVENT FROZEN WATER LINES

Sub-zero temperatures at night may be with us for several more weeks. The Pueblo of Jemez Public Works Department suggests that all residents take steps to prevent frozen water pipes, especially those who have had problems with frozen lines in the past. Please relay this message to family and friends to help avoid water outages and costly repair expenses associated with frozen water lines.

WHAT TO DO TO PREVENT FROZEN PIPES

- ◆ **Let the faucet drip slightly** as a trickle about the size of a toothpick. Dripping keeps water in the pipe from freezing.
- ◆ **Open the base cabinets in the kitchen and bathroom** to let room air circulate. Be sure to remove harmful items and put them out of the reach of children.
- ◆ **Wrap problem pipes** with electrical heat tape.
- ◆ **Insulate problem pipes** with foam insulation wrap, especially those that run through unheated spaces.
- ◆ **If your home has skirting, make sure it's in place.** Seal openings or cracks that allow cold air and wind near the pipes.

THE WALATOWA GREEN STARS HOST

A Valentine's Day Dance

Saturday, Feb. 12 7 - 11 p.m.

at the Jemez Valley Community Center

\$3 per person \$5 per couple

Concessions will be available.

This is a drug-free community event!

BAKE SALE

Saturday, Feb. 12 10 a.m. - 1 p.m.

At the C-Store

The Green Stars are raising money to support recycling efforts in the Walatowa community.

Get Fit Walatowa! 12 Week Fitness Challenge

For individuals and four-person teams. You can participate as an individual or on a team, but not both. Awards will go to the team that loses the most body fat/pounds and to the individual who loses the most.

Register at the Fitness Center by Feb. 16. All participants must have a fitness assessment. Make your appointment when you deliver the registration form. If you've already had an assessment, a staff member will record your weight, body fat and measurements, and update the system.

You can schedule time to check weight, measurements, etc., every four weeks. At the end of the 12-week challenge, assessments will be redone and winners will be announced.

For more information, contact Kelle Aycock, personal trainer, at the Fitness Center or (505) 250-3405, kaycock@jemezpuablo.us.



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