



# Red Rocks Reporter

MARCH 2011

FROM THE GOVERNORS

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## Vision 2020: Charting the Future of the Pueblo of Jemez

In November of 2003, Tribal Council adopted a comprehensive plan to steer tribal programs and departments through the first decade of the century. The plan set goals and objectives for every tribal department.

Now Vision 2020 is under construction to set the course for this decade. "It's critical that we get community input in this process," says Governor Michael Toledo, Jr. "The needs of our people are what drive the services the tribe provides."

### Initial Meeting

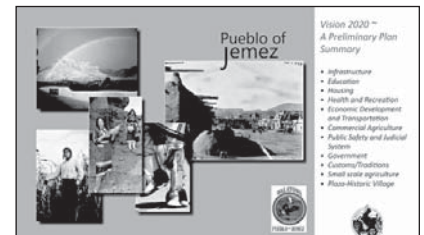
The Vision 2020 process started with a meeting of tribal employees at the CRC on Dec. 17. Roger Fragua and staff from Cota Holdings facilitated the discussions. After a prayer and opening remarks by First Lt. Governor Aaron Cajero, Sr., Tribal Administrator Vincent Toya, Sr. offered a detailed review of the changes the Pueblo has made over the past ten years.

Participants were then invited to reflect on significant events of the past decade. Individual submissions were posted to a Wall of Wonder on a time continuum. Comments ranged from national and world events, such as the death of John Lennon and the September 11 terrorist attacks, to significant milestones at home, including the opening of the Jemez Comprehensive Health Center in 2002, repatriation of remains, and the current economic recession.

Divided into tribal departments, each group noted specific accomplishments, goals and challenges over the past decade to help define Jemez Pueblo's current reality. Participating staff members came from Education/Americorps, Higher Education, Nutrition, Library, Natural Resources, Emergency Management, Law Enforcement, Tribal Court, Injury Prevention, Jemez Community Development Corporation (JCDC), Planning, Finance, Compliance, Senior Program, Public Works, Realty, Information and Technology, Health and Human Services, and the Plaza/Village Restoration project.

Then each department worked to develop visionary goals  
*Continued on page 2*

**All community members are invited to share their comments and suggestions by phone or e-mail. Watch for announcements about upcoming community meetings.**



## BUCKLE-UP JEMEZ!

The Pueblo of Jemez Governors remind you to make sure that ALL drivers and passengers in all vehicles have their seat belts fastened AT ALL TIMES!

Law Enforcement officers will be checking and issuing tickets.





## 2011 TRIBAL GOVERNORS

Michael Toledo, Jr.  
Governor  
George Shendo, Jr.  
First Lt. Governor  
William Waquie  
Second Lt. Governor

## TRIBAL COUNCIL

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*

March 2011 Edition

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## FROM THE GOVERNORS

### Vision 2020

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for the future. A spokesperson was selected to answer questions as participants went from group to group to glean more information and vote for the areas they believed are most important for the Pueblo as a whole.

From this process, lists of "Pluses" and "Wishes" were created. The general Wish List included more leadership involvement, feedback from the community, funding to include more people, more Tribal Council participation, and "more involvement from more voices in the Pueblo."

### Community Members Speak Out

This first session created a general format from which to proceed. "We need tribal members to inform us of community needs and give us their input and ideas," the Governor stresses.

Your comments are welcome now, even before the community meetings. The feedback will be gathered to present at the meetings and used to launch further discussions.

For example, a tribal member offered the following comments in a conversation with Jan-Jay Moolenijzer, tribal planner. "The solar power plant is a great idea, but why not use it to provide power to the community instead of selling it to an outside company?" he asked. "Electricity, agriculture, construction companies – these are all good ideas for economic development. But the focus should be on our own community, on becoming more self-sufficient and self-sustaining instead of being so dependent on outside resources."

Tribal members can get a draft report from the first meeting at the tribal administration building and at the Planning Department building south of the C-store. Watch for announcements about the times and locations of community meetings in the coming weeks.

If you cannot attend one of the meetings, your comments are welcome by phone, in a letter or by e-mail. Contact Jan-Jay Moolenijzer at (575) 834-0092 or by e-mail to [Jan-Jay.Moolenijzer@jemezpuablo.org](mailto:Jan-Jay.Moolenijzer@jemezpuablo.org).

## TRIBAL COUNCIL REPORT

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

**February 7, 2011.** Governor Michael Toledo, Jr., First Lt. Governor George Shendo, Jr. and Second Lt. Governor William Waquie proposed the following resolutions which were approved by the Tribal Council:

Supported the New Mexico Business Leadership Network in their effort to gain funding to enhance services provided by the Pueblo of Jemez Vocational Rehabilitation Program. Grant funds will be used to support the needs of tribal members with disabilities seeking to establish and maintain successful microenterprises.

Approved terms and provisions in the third amendment to the purchase agreement between the Pueblo of Jemez and Circle P Investments, LLC for the purchase of certain property in Anthony, NM for the Pueblo's casino project.

Approved request for funds from the appropriate federal agency to pay attorney fees for negotiation of terms and conditions of the settlement agreement to settle water rights claims in the Jemez River basin.

Authorized submission of a federal Housing and Urban Development (HUD) Rural Fund Program grant to the Office of Native American Programs Indian Community Development Block Grant (ICDBC) to develop a sports complex to replace the existing ball fields currently located on land that is designated for future housing development.

## NATURAL RESOURCES

## Updates from the Natural Resources Department

### DRP is Now NRD

The Department of Resource Protection is now the Natural Resources Department (NRD). This change follows a directive by Governor Joshua Madalena last year. The new name is more consistent with other tribes' environmental departments. It also provides some clarity as to what the department does.

Protection of the Pueblo's natural resources is still a primary concern of the NRD. However, the department is also engaged in renewable energy development, computerized map-making (GIS), and support for agriculture, forestry and cattle ranching. These programs do not exclusively involve protecting natural resources, so the new name is more accurate.

### NRD Welcomes Suzanne Gifford

Suzanne Gifford, a wildlife biologist formerly with the Valles Caldera National Preserve, is the NRD's newest full-time employee. Ms. Gifford will serve as the department's business manager. In cooperation with staff, she will develop and manage grants to support the NRD's wildlife, agriculture and forestry programs. In addition, she will manage the Los Alamos Pueblos Project (LAPP.) LAPP is the program that launched the department in 1994 and continues to provide sophisticated environmental monitoring data that helps ensure the Pueblo is not being impacted by Los Alamos National Laboratory's industrial operations. Funding for

this program comes from the Department of Energy.

Suzanne is an avid outdoors-person and enjoys hiking, skiing, hunting and fishing. She will complete a master of science degree from the University of Utah next month. The NRD is pleased to add Suzanne to its staff of scientists and technicians.

### Help Wanted!

#### NRD asks for your help in erasing three temporary roads from the landscape.

NRD completed two sub-surface surveys that created a 3D image of rock strata below the Pueblo down to 18,000 feet. The image will be used to develop drilling targets for water wells. To complete these surveys, three temporary roads were made across the Pueblo. The roads were used to send one truck down each road one time with a special instrument mounted in the bed. A crew of young Jemez technicians was hired by TBA Power, Inc., the Pueblo's contractor, to create the temporary roads with assistance from the POJ Transportation Department.

Now that the roads are no longer needed, this crew is working hard to convert the roads back to native desert. The crew is doing its best to create barriers to prevent further use of the roads. Reseeding is planned for the spring.

NRD asks the community's help in keeping people off of these roads so Mother Earth can take over again.

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## Native Busine\$\$: Trust and Connections

*Submitted by Jim Stanley. Jim is a member of the Quinault Nation, vice president of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. Contact Jim at: sovereigndevelopment@hotmail.com.*

There will be many uncertain times when a tribe moves to achieve economic diversification and prosperity. The sovereign nations that will enjoy the most success are those that have learned the principle of trust between people. Personal relationships are the key to progress. Peoples' connections, experience and knowledge allow entrepreneurs and leaders to traverse the business world and achieve goals. There is no better way to succeed or defend against failure than to build the right team of players who can help when situations match their skill sets.

Historically, Indians have been taken advantage of by many; this has created suspicion of outsiders who don't understand our culture or history. That said, I believe that today the futures of tribal businesses and off-reservation businesses are inextricably linked.

I've observed that a company's success is due to the relationships the owners make with others. The magic between people in business happens when two parties grow to know each other and understand the other's wants and needs. The relationship encourages each to help the other, even if there is no direct benefit to the helper. This kind of relationship is key to achieving extraordinary success.

When I entered banking, I struggled to balance building contacts and closing business. I was mediocre at best, but I tried

hard and got a chance to prove myself because my boss could see that I was a natural relationship builder; I genuinely like people and listen to their stories.

In time, I found mentors much smarter than myself with long track records of sustained success. They taught me that the first step to extraordinary results is to relate to people and build trust; then find ways to help them because help almost always finds a way to come back. Helping doesn't need to be a big thing, it can be simple.

For instance, at a networking event, a friend introduced me to a banker who worked for a competitor. I liked her and discovered I might be able to help her, so I mentioned one of my customers. I did not have a product they needed, but it sounded like there was a fit for her. After discussing this with my customer, we found it was a match. A few months later, I got a call from the banker I helped. This time, she had a client that exceeded her lending limit and I was offered the opportunity to bid on the business. I won a \$2 million dollar deal I otherwise would not have known about.

If you want to build your business and need a place to start, find the right relationships. Talk with people you trust or someone you meet at tribal events. Let them know your challenges and

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## INJURY PREVENTION

# BEE PREPARED: BEE SAFETY TIPS

Submitted by Ray Ashley, JHHS Safety Officer

Spring is around the corner and insect pests will return as well.

Bee stings can be unpleasant and painful. And for people who are allergic to bee venom, a sting can even be deadly.

### Avoid Bee Stings

You can take some simple steps that will help avoid bee stings.

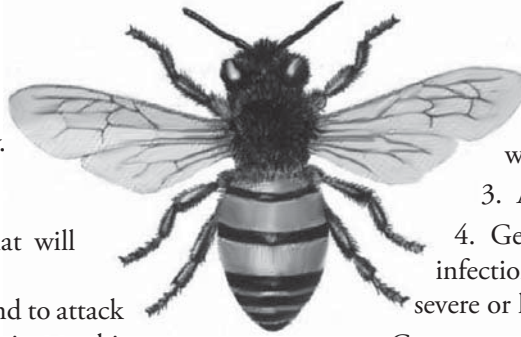
1. **Wear light-colored clothing.** Bees tend to attack dark things: dark clothing, dark hair, anything dark in color could attract the bees.
2. **Avoid wearing floral or citrus lotions or perfumes** when hiking. Bees are sensitive to odors, both pleasant and unpleasant. The smell of newly cut grass has been shown to rile honey bees.
3. **Inspect your home and yard for signs of bees.** Swarms look for cavities in trees, eaves, water valve boxes and walls as potential nesting sites. These openings should be filled or covered with a solid cover or fine mesh screening.
4. **Remove debris** such as tires, wood piles or overturned flower pots that attract bees. When removing any debris, always look before placing your hand under or into something. Use the same caution when working around air conditioners, coolers, electrical boxes or water meters.

### What To Do When Being Stung

1. Get away from bees as quickly as you can.
2. Protect your face and eyes as much as possible.
3. Go to a safe, enclosed space like a house or vehicle where bees from outside can't get inside with you.

### Sting First Aid

1. If the venom is injected quickly (less than one minute,) do not try to pull the stinger out with your fingers or tweezers because this will squeeze out more venom. Instead, scrape the stinger out with your fingernail, the edge of a credit



card, or another straight-edged object.

2. After all of the stinger has been removed, clean the area like any other wound to prevent infection.

3. Apply ice to relieve pain and swelling.

4. Get immediate medical attention if an infection develops or swelling and pain are severe or last longer than one week.

Contact your health care provider if you have questions.

### Is it Serious?

People who have a history of other allergies, such as hay fever and asthma, are more likely to be allergic to bee stings. Seek immediate medical attention if:

- ✦ You have trouble breathing.
- ✦ You have been stung many times.
- ✦ You know or suspect you are allergic to bee stings.

People who have full-blown allergic reactions can go into *anaphylactic shock*. About .5% of children and 3% of adults will experience anaphylaxis after a stinging insect bite.

### Signs of Anaphylaxis

When people have whole-body (systemic, or anaphylaxis) allergic reactions to insect stings, they may experience any or all of the following symptoms, usually within a matter of minutes to a few hours. **Get medical help immediately if someone shows any of these symptoms:**

- ✦ itching all over.
- ✦ hives or swelling that spreads from the site of the sting.
- ✦ flushing.
- ✦ swelling of the lips, tongue or throat.
- ✦ shortness of breath, wheezing or coughing.
- ✦ stomach cramps, nausea, vomiting or diarrhea.

## Did You Know?

One third of everything we eat comes from a nut or flower that was pollinated by bees.



**REMINDER: Change your clocks to Daylight Savings Time before you go to bed on Saturday, March 12.**

**Move clocks AHEAD one hour.**

**This is also a good time to check smoke alarms and change the batteries if necessary.**

HEALTH & HUMAN SERVICES

SOCIAL 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.

# Looking Ahead: April is Child Abuse Prevention Month

The Jemez Social Services Program (JSSP) invites and urges all community members to take action for children by participating in upcoming events during April:

- FUN WALK & RUN
- CHILDREN'S FAIR
- CHILD ABUSE PREVENTION CONFERENCE

Watch for flyers announcing dates, times and locations.

## CATERERS WANTED!

JSSP seeks caterers for two events in April.

JSSP will host a catering bid meeting on Thursday, March 10. Interested caterers must attend the meeting to submit bids. The meeting will address the submission process, catering dates, guidelines and responsibilities. Interested caterers must have valid Food Handlers Cards. Call Joline Cruz, JSSP Prevention Coordinator, at (575) 834-7117 and watch for flyers for meeting time and location.

VOCATIONAL REHABILITATION

# 13TH ANNUAL DISABILITIES AWARENESS CONFERENCE

Wednesday, March 16 9 a.m. - 2 p.m.

Fun Run/Walk Starts at 7:30 a.m.

Join the Jemez Vocational Rehabilitation (JVR) Program at the Disabilities Awareness Conference at the Walatowa Youth Center on March 16. The event will an interesting, entertaining way to learn about the program and its services and about disabilities.

This year's guest speaker is tribal member Maureen Wacondo, who was in a shooting incident 22 years ago that left her paralyzed from the waist down. After three months in the hospital, she spent another three months at Health South Rehabilitation Center where she learned to adapt to her disability. In the same year, she graduated with her senior class from Albuquerque High School.

With family support and the help of JVR, she was able to continue her education. Today, she lives independently in Jemez and works at the Jemez Pueblo Community Library as a librarian assistant.

A panel of JVR consumers will talk

about their experiences living with disabilities, how they faced life challenges, and how they succeeded in meeting their goals. Representatives from tribal and state agencies offering services to people with disabilities and their families will be available to answer questions. Artisans from the Pueblos of Jemez, Santa Ana and Zia will also display arts and crafts for sale.

There is no cost for the conference. However, participants must be at least 12 years old. Lunch will be provided to all registered attendees, and sign language interpreters will be available to help those with hearing impairments fully participate in the conference.

Registration forms are available throughout the communities of Jemez, Santa Ana and Zia. You can also call the JVR office at (575) 834-0012 or send an e-mail to JVR Program Manager Sarah Michaud at smichaud@jemezpuablo.us.

## JOB/COLLEGE FAIR

SATURDAY, APRIL 2 9 A.M. - 1 P.M.

WALATOWA YOUTH CENTER

The Jemez Vocational Rehabilitation Program and Jemez Education Department host a community-wide Job/College Fair. The fair is open to anyone who wants information about work and educational opportunities.

The Fair will host 25 local businesses and colleges. Participants can gather information on employment opportunities, meet business people, talk to representatives from local colleges, and pick up applications all in one place

For more information, contact the Jemez Vocational Rehabilitation Program (575) 834-0012.

*"Disability does not have to mean in-ability."*

## SENIOR CITIZENS CENTER



### *Celebrate the Grand Opening of the New Senior Center Addition!*

**THURSDAY, MARCH 17                      2 - 5 P.M.**

*Refreshments will be served.*

*Join the Senior Center staff to celebrate the grand opening of the new addition!*

The 4,600 sq. ft. Senior Center expansion and renovation feature a new gymnasium and space for aerobics, exercise, wellness classes, weight training, and other activities, and include a new sitting room and added storage space. The kitchen got an upgrade, including a commercial dishwasher and a locker area for staff. Public rest rooms were updated to comply with Americans with Disabilities Act requirements. The project also took care of the Center's drainage issues when the parking lot was rebuilt with drainage channels to carry runoff water around the building. The Senior Center reopens on Monday, March 14.

### **Family Caregiver Support Group**

The Senior Center Family Caregiver Program has started a Caregiver Support Group. Attendance in the first few months will be limited to unpaid caregivers, with plans to open the meetings to paid caregivers at a later date. Meetings will be held the first Monday of each month. A meeting is scheduled for Monday, March 7 at 6:30 p.m. at the Senior Center. All unpaid caregivers are welcome to join us.

Refreshment will be served!

## **Jemez Senior Distance Runner Honored**



In acknowledgment of his outstanding achievement as a Native American athlete, and representing the state of New Mexico as a National Senior Olympian, David Yepa was recently recognized at the National Indian Council on Aging quarterly meeting at the Santa Fe Indian School. He was also honored at the New Mexico House of Representatives, especially for his four-time competition at the National Senior Olympics, and for his many accomplishments throughout his life as a long distance runner (5K and 10K.)



Photos by Thomas Pecos.

## COMMUNITIES PUTTING PREVENTION TO WORK



## The Runners' Edge: Revitalizing Our Jemez Running Tradition

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

### HAROLD SANDO

#### Why do or did you run?

I never acquired the talent to be a baseball or basketball player. In my high school years, in particular as a sophomore, I started participating in track and field. I started as B-team member, made my first meet and I moved to the A-team. Coach Joe Cajero was proud of me and I am thankful for his coaching talents. Back then, my teammates and I were a bunch of young kids. We continue to be good lasting friends even today, and joke on how many Blake's Lottaburgers we consumed on the way home after each meet.

#### What motivated you to run?

I tried other sports, but really did not have the talent and skills, so I put all my energy and effort into running. I was told my Grandpa Sando was a great sprinter. I was very close to him in my younger years. After a while, I seem to enjoy the sport of running and stuck with it. I started to improve in my junior and senior years of high school. It also provided me an opportunity to gain new friends, attend college and travel.

#### What are your major accomplishments?

- 1967: Won the State High School Cross Country Championship
- 1967: Member of the State AAU Championship Team
- 1969, 1970, 1971: NAIA, All-District 7 Cross-Country Team member

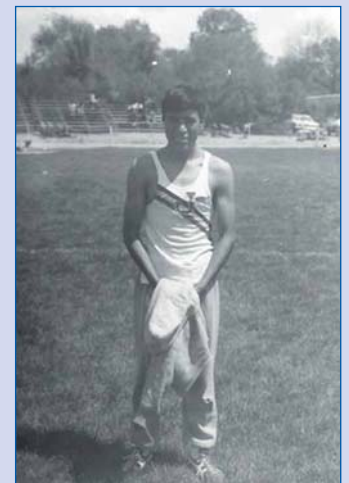


Harold Sando (front row, right) and Paul Tosa (front row, -center) warming up with his Eastern New Mexico University cross-country team.

- 1967 to 1972: Eastern New Mexico University, Lettered four years
- 1967-1972: Held several mile meet records
- 1968: District Mile Champion in high school
- 1968: Won State Track & Field Championship: One Mile
- 1969: NAIA Cross Country All-American
- 1969: Placed Fourth: six mile race, NAIA National Championships
- 1970: La Luz Champion
- 1970: Placed Sixth: six mile race, NAIA National Championships
- 1970: NAIA Cross-Country National, third place team member
- 1970: Outstanding College Athletic Award

#### What accomplishments are you most proud of?

Being able to achieve a college degree while sustaining the discipline of a high level of sports participation for four years and maintaining an acceptable grade point average for sports participation. Also the high level of motivation I received from my grandfather Juanito and Father Augustine. As a volunteer for St. Catherine's High School track and field team, I was able to coach and guide the team to individual champions, for example Anthony Armijo for the one-mile run, David Yepa in relays, and to a team championship in Track and Field. I also won the Fall Traditional races from Red Rocks sponsored by the Fire Medicine Society, and a second time won the Clown Society race from south of the village. I also won some of short races in the afternoon.



Harold Sando at Manual High School.

## COMMUNITIES PUTTING PREVENTION TO WORK

### Revitalizing Our Jemez Running Tradition

Continued from page 7

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



Harold Sando (*right*) at the Kansas Relays in 1969. Next to him is Jim Ryan, record-holder for mile race.

Sustain a positive outlook on life, listen carefully to the elders, peers and parents. Believe in our Pueblo way of life and continue to participate, respect our customs, continue to maintain the line of communication through prayers to our Mother Earth, shrines and the river. Finally, respect one another in the community.

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

Our lifestyle here has changed, the world around us has changed. The rewards and values of being a runner are not being sustained. The participation by a majority of young boys and men does not seem as popular anymore. We have become lazy, we enjoy the easy way of life. The motivation of maintaining our running tradition is important and should be encouraged from within our homes, from grandparents, and further encouraged by our kiva leaders and spiritual leaders. Last, the women in our community are keeping the running tradition alive. Women are seen running in the back roads, at the track fields and fitness center. The Pueblo should be proud of them and the effort they display year-round. They are an important segment of keeping the running tradition alive.

#### FRANK D. ARMIJO

**Why do or did you run?**

I grew up in a family where running was encouraged. My dad and brother Juan B. Armijo, both were great runners. My family members also encouraged me to run. I learned about the track meets during Father's Day at the south end of Jemez. But I actually started running the Father's Day track meet at the track field back in the late 50s.

**What motivated you to run?**

My motivation was the stories of my dad. My brother-in-law Frank Loretto told me stories about where my dad used to run... up towards the east hills, arroyos and the blue steep mountain. I heard that if I run the sandy part of the steep blue mountain, and make it all the way to the top, then you are at your highest peak in running. My brother was another inspiration to me. I also heard tales of his running. I started running short distances,



Frank Armijo (*at right*) resting after the Pike's Peak Marathon in 1969. Frank Loretto (*standing at left*) was at the event.

then as I got stronger, I started running long distances. I started to run towards San Ysidro, west of the river, eastern sands and hills and up in the mountains. I used to take my dogs running with me, and I challenged myself to beat them. I made friends from other schools and they were also my motivation to train hard since I did not want them to beat me.

**What are your major accomplishments?**

- Mid to Late 1960s: Competed in the fall traditional footraces.
- 1964: Track & Field State meet. Placed top five (freshman year lettered in track for the first time)
- 1965: High School Cross Country State Champions (Track & Field placing top five in my meets)
- 1966: High School Cross Country State Champions (Winning all my two-mile meets in the season)
- 1967: High School Cross Country State Champions (Track & Field State title in two-mile, just three seconds off state record)
- Ran Pike's Peak Marathon
- La Luz Trail Run
- Albuquerque Marathon (now Duke City Marathon)
- 1970s: Formed Towan Girls Track club
- 1980s: Competed in "Midnight Run" at UNM campus with my track club



## COMMUNITIES PUTTING PREVENTION TO WORK

### Revitalizing Our Jemez Running Tradition

#### What are you most proud of?

Having influence from my father and brother. I receive a lot of family support. I am most proud of cleaning one of the trails on the west end of the hills, a trail that has been run by many of our Jemez runners of the past. I formed a track club in our community so we can continue to keep our running tradition moving forward. As a traditional leader, I am proud to revitalize our running tradition by having some pilgrimage runs toward our sacred ancestral sites.

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

I want our young generation to keep our running tradition alive by starting at young age to run. Kids need to stay active. Many of our youth have a lot of potential to be good runners. We also need to educate our kids about the significance of our sacred sites around the community so our stories are told from one generation to the next.

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

Today, we would really love to see our youth who are growing run. Our kids are very energetic. As they get older, they are starting to see other influences like hanging around with the wrong crowd. Another factor is to see friends hanging out with friends that may be doing drugs or other bad things. It is up to each child to see what they want to do to keep our running tradition alive. I hope we see a lot of our kids run so that they can become winners and role models for the next generation.



Frank Armijo approaches the finish line at a meet in Denver. He placed second in five-mile run.

### RICKY CHINANA

#### Why do or did you run?

I ran because you experience running. I ran to increase energy, well-being, improve my self-image and for recognition. Running gave me a positive outlook and prepared me to enjoy each phase of life.

#### What motivated you to run?

I set motivation goals within my reach. In 1966, I participated in cross-country at the Jemez Valley High School. The "Jemez Runners" had stamina and endurance; I tried to keep up but didn't quit. The coach at that time told me that I didn't qualify to make the team. I was hurt but I got more persistent and more determined. Then, I started training in short distances like the 100, 200 and 400 meters. I "lettered" in track, and earned the "JV Wings" and numerous ribbons. That was my ultimate goal. The cross-country team had awesome runners. They went on to win state championships five or six consecutive years. It was a major accomplishment. The Jemez Valley High School cross country team earned recognition in the state of New Mexico.

#### What are your major accomplishments?

After high school I kept busy. I played summer baseball in the Indian Baseball League. It kept me in shape. In August of 1968 I joined the military. I went to Fort Ord, Calif., for basic training. During my childhood, I hardly was away from home or left the village. I was never exposed to the outside life; I was homesick and half the time was scared. After five weeks, I got

used to the environment. Basic training was traumatic. The drill instructors were demanding, they made us do considerable physical strength and agility training. Every day, we were push to exhaustion and vulnerability to injury-- the "no pain, no gain theory." After ten weeks, it came to one test: we either pass or go home. The physical fitness test was set on a particular day. Then it was over. I distinguished myself by attaining the highest score of any member of my unit on the physical combat proficiency test, scoring 500 out of a possible 500 points. The training paid off, I was the champion.

#### What are your major accomplishments?

- 1975: Honorable Discharge from the military. Joined the reserves and traveled to other states.
- May 1980: Started my career as a law enforcement officer in the Bureau of Indian Affairs. Considerable amount of physical fitness and study to become an officer.
- January 1988: Attended Federal Law Enforcement Training Center in Glynco, Ga., in the physical fitness coordinator program. When I returned, I became a physical fitness instructor for the BIA.
- July 1990: Attended two weeks of hard training at the



Ricky Chinana at the Save the Jemez Run in the 1980s.



## COMMUNITIES PUTTING PREVENTION TO WORK

### Revitalizing Our Jemez Running Tradition

Continued from page 9

Klamath Falls Training Facility in Oregon. I was awarded the BIA Helicopter Rappelling (Air Assault) wings by the Deputy Assistant Secretary of the Interior.

#### What are you most proud of?

On May 30, 2006, I retired from BIA Law Enforcement as a lead police officer (lieutenant) after 30 years of service. It was a special moment, the feeling of pride in accomplishing something major, knowing that danger of injury from physical assault or accident in the line of duty was ever-present. It was a lifetime of experience to achieve my mission. My department also detailed me to other reservations across the nation. I saw different tribes, their cultures and way of life, but I was always proud to come home to our beautiful valley. In reality we are fortunate to have our culture and we are blessed. Running and keeping myself in shape landed me success in my career.

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

I would tell them it takes common sense to reach your goals. It could be in anything, like running or studies. Never forget your background. Be proud of who you are and where you come from. No alcohol or drugs. It's never too late to believe in your dreams.

- Be specific.
- Visualize your goal.
- Design a plan for reaching a goal.
- Work your plan.
- Be realistic.
- Check your progress and reward yourself.



Ricky Chinana with his team-mates in 1969.

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

During the early days of my youth, it was a struggle growing up; it was always work, we didn't have computers or Nintendo games. I used to live above the Day School Road, I used to watch the fall harvest "Wa-da Races." The runners ran long distances, they had stamina and endurance. We still can keep our running tradition alive and it is our way of life.

At the present time, for the physical fitness programs to achieve ultimate success, we must be motivated to make positive changes that will carry over to our younger kids and family lifestyles. Due to present technology, kids are more aware of events that are happening around them. I would like to see more kids go beyond high school and get their degrees. In conclusion, encourage the kids to success. In my view, I see two ingredients – persistence and enthusiasm – that will allow them to reach their goals well into the future.

## STRETCH FOR SUCCESS

Stretching before you start running warms up your muscles, increases blood flow and helps avoid injuries. However, even stretching has controversy attached to it. Some runners think stretching cold muscles leads to tears and strains, the very injuries you're attempting to prevent by stretching. Professionals suggest walking for five minutes before stretching. Walking helps warm up the muscles gently, so you can stretch without straining. The bottom line is that you should develop a routine that works for your body. Going slowly in the beginning and warming up either by walking or stretching is always a good idea.

### APRIL EVENTS FOR RUNNERS

Friday, April 1

Jemez Plaza  
Sign In: 3:30 p.m., Run/Walk: 4 p.m.

April Fool's Run

Saturday, April 23

Jemez Pueblo Softballs Fields  
Sign In: 3:30 p.m., Run/Walk: 4 p.m.

Easter Egg Hunt Run

Saturday, April 16

**Albuquerque Half Marathon 2011**  
Albuquerque  
www.irunfit.org

Saturday, April 23

**Spring Fling Triathlon and Kids Tri**  
Rio Rancho  
www.active.com

Sunday, April 17

**World's Toughest 10K**  
Sandia Resort & Casino  
www.active.com

Saturday, April 30

**Wood Gormley Panther Run 5K, 2M**  
Santa Fe  
www.active.com





## What About the Home Court Advantage?

By Tony Archuleta, Principal, Walatowa High Charter School

Jemez Valley High School (JVHS) and the Walatowa High Charter School (WHCS) basketball teams are developing a competitive spirit comparable to that of the Celtic-Laker, North Carolina-Duke rivalries. In the last six years, Jemez Valley has won ten of the 12 games. However, competition has become rather intense and fans on both sides of the court are beginning to take the outcome personally.

On Thursday, Jan. 27, 2011 the teams met at the Walatowa Youth Center, which is the WHCS home court. Attendance was beyond expectation, and the Fire Marshall stopped entry to the game because of safety concerns after the building reached occupancy capacity. As

a result, several basketball devotees were sent home without having experienced the excitement of the game between the Cougars and the Warriors.

The fallout and recriminations hit Larry DeWees, JVHS principal, and Tony Archuleta, principal at WHCS. They were accused of poor planning, even though this had nothing to do with either principal.

Historically, each team plays the other at their respective courts every year, unless circumstances are such that both games must be played at one of the sites.

For the coaches, the major concern is: *Who has the home court advantage?* Experts claim that the home court advantage is extremely significant. Certainly no

coach wants to relinquish any advantage in winning the game. Furthermore, school pride also impacts the home court players.

While JVHS has a larger and more modern facility, the Youth Center is our home court, and it only holds a certain number of attendees.

If fans from all of the contiguous communities in the Jemez Valley corridor express a desire to attend the basketball game in the future, provisions can be made to rent the Santa Ana Star Center for our next WHCS-JVHS basketball game. This will ensure that all fans get the opportunity to support their teams and everyone will be happy. This will be a win-win situation.

## A Great Homecoming Game

By Corrina Chavez, Sophomore, WHCS

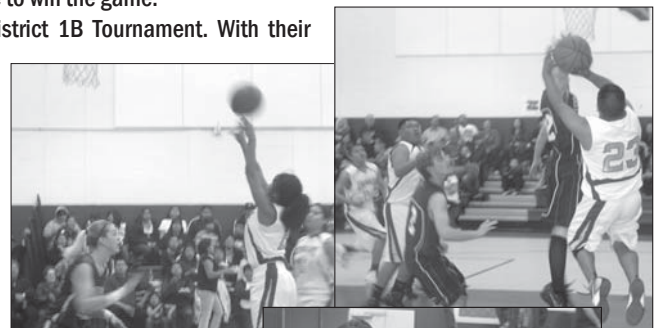
On Friday, February 18, both the Walatowa Charter High School men's and women's basketball teams beat Evangel Christian High School on Homecoming Night.

The Lady Cougars, who are having an awesome season, tore up the score board leaving a final score of 57 to 54. Captain Cleo Loretto scored 17 points throughout the game. Captain Chassidy Hardy made 12 points. With just one minute left on the clock, the Lady Cougars were playing with only four girls on the court due to fouls and an injury, but maintained excellent defense to win the game.

Teacher Francis Vigil adds that both teams went to the District 1B Tournament. With their undefeated District record, the girls earned an automatic berth to the state tournament. They played their first District Tournament Championship at Walatowa Youth Center on Saturday, March 5 at 5 p.m.

Riding a four-game winning streak, the boys won by an average of 21 points in that span. They are seeded at number 3 in the District playoffs.

**Go Cougars!**



Chassidy Hardy and a competitor help Corrina Chavez off the court after her injury.

## EDUCATION



## The Jemez SPARK Program

The Jemez SPARK (Supporting Partnerships to Assure Ready Kids) program is an early childhood transition program for children four to six years old. The program is designed to increase family engagement and develop a seamless transition from Head Start to kindergarten. The program currently serves 135 students from five local schools within our community. The Jemez SPARK program is the result of a collaborative effort with the New Mexico Community Foundation, funded and supported by the W. K. Kellogg Foundation.

SPARK brings local community schools together: Walatowa Head Start, Jemez Valley pre-kindergarten and kindergarten, Jemez Day School and San Diego Riverside Charter School. SPARK focuses on three main areas: family engagement, professional development and best practices in early childhood education. With increased family involvement, greater knowledge and more coordination opportunities for teaching staff, our goal is to have all children feel comfortable and confident as they enter their new elementary school environments. For more information, contact the Jemez Education Department at (575) 834-9102.

### SPARK TRANSITION FAIR

For Head Start & Pre-Kindergarten Parents and Children  
Information Booths for Local Kindergarten Schools

Fun Activities for Children, Food, Refreshments, Door Prizes and Incentives

Tuesday March 15 6-8 p.m.

Jemez Valley Elementary School

The fair will give students and parents an opportunity to meet with kindergarten teachers from Jemez Day School, Jemez Valley Public School and San Diego Riverside Charter School before starting their first semester as kindergarten students.



## Jemez Valley Public Schools

### Jemez Valley Elementary School

By Brad Parker, Elementary School Principal

Time just seems to go faster and faster these days. That's why it's important to try to squeeze all the time as we can for our students, both for teachers and for you as parents, uncles, aunties, grandparents and folks who love and support our community.

Did you know that the more words your children come to school knowing, the better chance they have of succeeding in school? Studies show vocabulary stays at the top in improving a student's chances for school success. Play games with your children that will increase their vocabulary. Expose them to sights and concepts that will help them transfer the ideas and topics they learn at home to school learning. Their minds don't compartmentalize school learning as opposed to home learning. It all blends as life learning.

### Testing

Each year, students in third through eighth grades and eleventh grade take the New Mexico Standards Based Assessment (NMSBA.) One big difference this year is that the NMSBA counts as the "graduation" test for eleventh graders. If they pass, they can graduate if all their coursework and other requirements are in place. Our juniors **must** take this test seriously if they want to graduate on time. In addition, legislation is heading to the Governor's desk that will hold back third graders who do not read at grade level according to the NMSBA.

We need to lock arms like never before in the interest of our children and do everything possible to help them learn. Testing will take place March 29 to April 8, so please make your plans around these dates. **Students must be in school on those dates.**

You can help your children do well on these tests. Work with them in the evenings. Help them with their homework and projects. Ask questions that will make them think and have them defend their answers. Here are some ideas for the week before and during the testing to help students do better in their testing situation:

- ▶ Get plenty of sleep before and during the test.
- ▶ Don't try to cram for the exam. Limit preparation to general concepts and encouraging your child to explain his answers.
- ▶ Make sure your child is well fed.
- ▶ Keep drama away from your child during this time. It's hard to concentrate on testing when life is upside down.
- ▶ In evenings after your child has tested, keep her away from the screen. Books, board games and conversation are good distractions that help your child's brain stay in "thinking" mode.
- ▶ Remind your children to do their best. The results will tell us (families and schools) what we need to do to help them do better next time. Even the best students have room for improvement.

## EDUCATION

# Jemez Valley Public Schools

Continued from page 13

### Events and Activities

**Tuesday, March 15.** End of the second quarter. Please check **now** to see how your child is doing in school. Teachers are happy to give you progress updates.

**Wednesday and Thursday, March 23 and 24. Parent-teacher conferences.** Take advantage of this time to speak with your student's teacher. We're all on the same team when it comes to wanting the best for our children.

**March 25. Spring holiday;** no school.

**Friday, April 1. Academic and attendance assembly** to celebrate our successes.

### Jemez Valley High School

By Larry DeWees, High School Principal

Recently, I was reflecting on the role of education in America today as it relates to the success of young people. I thought about the many facets of being a high school student and how we as educators and parents fit into this complex scenario.

Many people have faced adversity without giving up. A newspaper editor fired Walt Disney for his lack of ideas. Disney also went bankrupt several times before he built Disneyland. General Douglas MacArthur applied to West Point and was turned down twice. He tried a third time, was accepted and marched into history. Margaret Mitchell's classic *Gone with the Wind* was turned down by 25 publishers. NFL running back Herschel Walker wanted to play football in junior high school, but the coach said he was too small and advised him to go out for track instead. He ignored the coach's advice and began an intensive training program. A few years later, Walker won the Heisman trophy.

What did this group have that made them keep going when things didn't look promising? They all had a good education and people who supported them and cared what happened in their lives. We can do a lot as educators and parents. The thing that ranks first is for all students to feel they have someone who will be supportive through thick or thin. Sometimes students make it hard, but we adults must manage their barriers to show our support. With a good education and a supporting community, our students will do great things.

### Short Cycle Assessment

We have just completed the second round of the Maps short cycle assessment and are reviewing each student's scores. The general sense is that we are seeing an increase in overall scores and the data from the Maps Lexile scores seem consistent with Scholastic Reading Inventory scores. We are looking for areas of greatest improvement and then establishing game plans for areas that need to be shored up.

It's important to look at improvements to see if the techniques, lessons and methods we are using show positive influences on assessment scores. When we see areas that need improving, we must develop plans that are clear, concise and researched and that will give students the skills they need to be college-bound, join the American workforce, and be informed citizens. I appreciate the time and effort our instructors give to our search for the best education for Jemez Valley young people. The test also gives students practice in taking the SBA. It's very important for students succeed with the SBA; it not only determines the school's Adequate Yearly Progress, but will also determine if a student will graduate.

### What is GEAR UP?

GEAR UP stands for Gaining Early Awareness and Readiness for Undergraduate Programs. This discretionary program is designed to increase the number of low-income students who are prepared to enter and succeed in post-secondary education. This year, GEAR UP students and staff have accomplished a lot, adding more variety to the entire school this year.

GEAR UP teacher Mr. Gazaway teaches math, tutors after school, and helps the GEAR UP leadership. Additional staff help with math tutoring.

- The GEAR Up leadership class and group includes 12 student volunteers. The project we choose becomes the leadership students' responsibility to complete and get the rest of the school involved with staff assistance.
- All 40 juniors went on an educational field trip to a medical college, followed by a visit to the Body Exhibit.
- Fine Arts Night saw students designing programs, working on performances,

and handling audio, advertising, set-up, clean-up, props and decorations.

- Students created a voting system to choose the Homecoming King and Queen, Prince and Princess. They also organized Spirit Week activities; purchased decorations, flowers, crowns and tiaras; worked on the DJs' contract; and handled set-up and clean-up.
- The mural in the high school cafeteria was a project by Mrs. Marcanti's students and students from other classes and professional artists.
- Some leadership students attended a Jemez Mountains Electric Cooperative Junior Board of Trustees meeting. They will write papers about renewable fuels, and those selected will join the Junior Board and go to Washington, D.C.
- JVHS has purchased five additional E2020 slots because of the wide use of the distance learning program.
- Future projects and goals include the GEAR UP conference in March, the April prom, a trip to Popejoy Hall's *Cinco de Mayo* event for students studying Spanish, a field trip to a college, plus additional speakers to visit students.



### First Semester Honor Roll

Superintendent's Honor Roll		Honor Roll	
Noah S. Loeffler	9	Cameron Chinena	10
Jesirae Lucero	11	Thomas C. Dickerson	12
Nicholas E. Orta	10	Troy Madalena	12
		Hope T. Mann	9
Principal's Honor Roll		Jose A. Cordova	12
Moriah K. Lisko	9	Donae R. Parrett	10
Cassie F. Sando	10	Stephanie R. Brown	11
Michael F. Gachupin	11	Jaye Chinana	11
Victoria A. Garcia	11	Marlon Shije	11
Daniel K. Gonzales	11	Orlen J. Chavez	9
Teeah J. Toya	12	Perfilia Gachupin	12
Tianie L. Toya	10	Tiana C. Gachupin	10
Falisha R. Trujillo	11	Jordan R. Loretto	11
Keith R. Garcia	9	Jasmine P. Lovato	10
Dylan S. Parrett	9	Mark Panana	10
Michael-Ryan Peck	12	Christian E. Reid	12
Evan M. Toya	12	Lindsey R. Toya-Tosa	10
		Julia M. Wall	11
		Aubre M. Chosa	10
		Virginia C. Baca	11
		Ondrea J. Pecos	11

## EDUCATION

## Scholarship Opportunities

It's time to search and apply for scholarships for the summer and fall college semesters. The best ways to learn about scholarship and internship opportunities are doing research online and visiting your school's scholarship office. Another important resource is the American Indian Student Services Center at each school. A list of scholarships opportunities is at [www.aigcs.org/08otherscholarship/scholarships](http://www.aigcs.org/08otherscholarship/scholarships). Go to [www.collegefund.org](http://www.collegefund.org) to fill out a common scholarship application. [www.fastweb.com](http://www.fastweb.com) is a good place to sign up and receive updated information on scholarships for the current year.

**Please note:** If you need tutoring assistance in English/language arts or math (pre-algebra to calculus,) the Pueblo of Jemez Education Department can arrange tutors. For more information, contact Odessa Waquiu, Education Services Manager, at (575) 834-9102.

### INDIAN HEALTH SERVICE (IHS) SCHOLARSHIPS

For full- and part-time students. For information, go to [www.scholarship.ihs.gov](http://www.scholarship.ihs.gov).

**Deadline: March 28, 2011.** Applicants must be American Indians or Alaska Natives.  
Indian Health Service Scholarship Program  
801 Thompson Avenue, Suite 120  
Rockville, MD 20852  
(301) 443-6197 Fax: (301) 443-6048

### INSTITUTE FOR AMERICAN INDIAN EDUCATION

Eligibility criteria:

- Academic achievement; 3.0 GPA or higher
- Junior, senior or post-graduate seeking a teaching license or administrative licensure.
- Enrolled full-time in UNM College of Education.
- Permanent resident of New Mexico.
- Enrolled tribal member.
- Committed to teaching New Mexico Native American students after graduation.

Contact IAIE at (505) 277-7781.

### WHITE HOUSE INTERNSHIP PROGRAM

President Obama is committed to developing leadership skills and fostering commitment to public service through the White House Internship Program. This program mentors young leaders,

strengthens their understanding of the Executive Office, and prepares them for future public service.

A great opportunity to strengthen leadership skills, pursue commitment to public service, and serve your nation. Learn more and apply at [www.whitehouse.gov/about/internships](http://www.whitehouse.gov/about/internships). Applications for fall 2011 at [www.whitehouse.gov/about/internships/apply/application](http://www.whitehouse.gov/about/internships/apply/application). Applications will be posted until March 13, 2011.

### A.T. ANDERSON MEMORIAL SCHOLARSHIP

**Application deadline: June 15, 2011**

Established in memory of A.T. Anderson (Mohawk), a chemical engineer who founded AISES with six other American Indian scientists. Scholarships awarded to members of AISES who are American Indian/Alaskan Native college students pursuing academic degrees in the sciences, engineering, medicine, natural resources, and math.

### AISES INTEL SCHOLARSHIP

**Application deadline: June 15, 2011**

This scholarship funds American Indian/Alaska Native AISES members pursuing degrees in the sciences, technology, engineering and math. This scholarship was developed to support the advancement of American Indian and Alaska Native (students with technical and leadership

accomplishments, and a commitment to and passion for computer science. Criteria :

- 3.0 or higher cumulative GPA.
- full-time undergraduate or graduate student at accredited four year college/university, or full-time student at a two-year college enrolled in a program leading to an academic degree.
- Native American, Alaska Native, Native Hawaiian.

To join AISES, go to [www.aises.org/membership](http://www.aises.org/membership).

### BURLINGTON NORTHERN SANTA FE (BNSF) FOUNDATION

**Application Deadline: April 15, 2011**

For Native American high school seniors who live in states served by the BNSF Pacific Corp. and affiliated companies: Arizona, California, Colorado, Kansas, Minnesota, Montana, New Mexico, North Dakota, Oklahoma, Oregon, South Dakota and Washington. The award is for four academic years or until a degree is obtained, whichever occurs first. Applicants who are not selected may be considered for the A.T. Anderson Memorial Scholarship. Eligible majors include business, engineering, math, medicine, health administration, sciences, technology, education.



A team from the Pueblo of Jemez Education Department met with New Mexico legislators to lobby on behalf of Native American education programs and services. With Representative Martin Heinrich (*center*) are (*left to right*) Kevin Shendo, First Lt. Governor George Shendo Jr., Tamara Sandia, Odessa Waquiu, Rhiannon Toya and Lana Toya.

## Native Busine\$\$: Trust and Connections

*Continued from page 3*

listen to theirs. Offer any contacts you have, and ask for introductions to anyone they think you should meet. Know that it's okay to contact people you don't know. Ask how they know the referring party to give a basis for conversation. You can decide whether you want to further the discussion. If not, that's okay. Keep looking. If the person starts talking about money like you're a meal ticket without trying to make a true connection, that's okay too. They just don't get it; keep looking.

People in the best positions to help are those who currently provide services to tribes: lawyers, accountants and auditors, bankers, food service providers and other vendors that already serve tribal ventures. They want stronger customers who can do business with them for a long time, so why wouldn't they want to help? If they've been around for a while, their networks of good connections are likely to run deep, which can be gold mines of resources. Start a conversation.



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 Jemez Pueblo, NM 87024

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 Jemez Pueblo, NM 87024

## JVPS SCHOOL BOARD ELECTION RESULTS

### Jemez Pueblo Precinct 15

41 Provisional and Absentee Votes  
 67 In-person votes

**Total 108 Voters**

#### Others Communities

Zia Pueblo, Precinct 14	17
Ponderosa, Precinct 16	92
Canon, Precinct 17	144
Jemez Springs, Precinct 18a	77
La Cueva, Precinct 18b	24
Sierra Los Pinos, Precinct 18c	14
San Ysidro, Precinct 27	67
District 1 Dennis Smith	52
District 2 Christine Angela Trujillo	90
Jonathan J. Lovato	63
District 5 Mary L. England	181
Michael G. Lucero	155

Thank you to all who voted on school  
 board election day!

NAEIP Office

## Thank You Jemez!

*As a returning member of the Jemez Valley School Board, I want to thank everyone who took time from their busy schedules to support the Jemez Valley School District by voting in the February school board election. The members of the board will remain the same: Dennis Smith, Christine "Tina" Trujillo and I were all re-elected to serve another four-year term. Two members were not up for re-election: Gail Madalena (Jemez) and Anthony Delgarito (Zia.)*

*Thank you so much for your vote! As newly re-elected members of the board, we attended state-mandated training in February and were sworn in on Friday, Feb. 18. We take our oaths seriously and know our communities rely on us to see to it that our schools are providing the best education possible for all our children. We also know there are areas we could improve on and want you to know that recommendations and suggestions are always welcome, as is constructive criticism.*

*Board meetings are held in the Board Room in the Jemez Valley Administration offices on the third Tuesday of each month and start promptly at 5:30 p.m. The public is always welcome to attend.*

*Please feel free to contact us by e-mail, or leave a message for any board member at the district office at (575) 837-7391. Go to [www.jvps.org](http://www.jvps.org) for contact information.*

*Thanks once again!*

*Mary (Toya) England*

## ATTENTION MALE TRIBAL MEMBERS: DITCH WORK MARCH 18-20

All able-bodied men age 18 and over are expected to participate.