



Red Rocks Reporter

MAY 2011

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CASINO PROJECT UPDATE

In 2004, the Pueblo of Jemez began pursuing the establishment of a casino in Anthony, NM, as allowed by the Indian Gaming Regulatory Act (IGRA) of 1988, for economic development purposes. IGRA is the governing federal statute that establishes the jurisdictional framework that governs Indian gaming. One of the exceptions after 1988 for off-reservation gaming on lands acquired by a tribe is that Secretary of the Interior, after consultation with tribal, state and local officials, including officials of nearby tribes, determines whether establishing gaming on newly acquired lands would be in the best interest of the tribe and its members and would not be detrimental to the surrounding community. The decision also requires that the state governor concurs with it. Over the last seven years, tremendous effort, time and resources have been devoted to this project.

We have reached a milestone with the publication of a Draft Environmental Impacts Statement (DEIS) in the *Federal Register* on April, 8, 2011. The *Federal Register* advised the public that the Bureau of Indian Affairs as lead agency, in cooperation with the Pueblo of Jemez, intends to file the DEIS with the US Environmental Protection Agency (EPA) for the proposed approval of a 70.277 acre fee-to-trust transfer and casino project to be located within Doña Ana County. A final public hearing was held April 30, 2011 at the Loma Linda Elementary School in Anthony.

In early April, Governor Michael Toledo Jr., and members of the Enterprise Board (Paul Chinana, Raymond Loretto, Vincent Toya, Sr. and former First Lt. Governor Benny Shendo, Jr.) visited supporters in Anthony, Las Cruces and El Paso, including the mayors and city councils of both Anthony and Las Cruces, and Commissioners of Doña Ana County. Denise Ramonas, staff member of the tribe's partner Circle P, also joined the delegation. The group also met with the editorial boards of *The El Paso Times*, *The Las Cruces Bulletin*, *The Las Cruces Sun*, *Ser Empresario* (a Spanish language magazine) and *El Diario* (a Spanish-language newspaper.). Frank Paiz, Governor of the Ysleta del Sur Pueblo, and members of his Tribal Council also welcomed the group to their community. The purpose of the visits was to inform them of the progress and pending publication of the DEIS. We are very satisfied with the outcome of these visits, as there is significant local community support for our casino.

Next steps. Once the DEIS is completed, BIA Regional Director William Walker will analyze the input and make a determination. He will send his recommendation to Secretary of the Interior Ken Salazar. Mr. Walker's determination about putting the land into trust will be based on two criteria under IGRA: **1) Would this project be in the best interest of the tribe and its members,** and **2) Would this project not be detrimental to the surrounding community of Anthony.** If the recommendation is positive and the Secretary puts the land into trust, the issue comes back to New Mexico for Governor Susana Martinez' concurrence.

Tribal members are requested to send letters to Mr. Walker and Governor Martinez to tell them how important this economic development project is to our community. Sample letters are available at the tribal office. Several community meetings will be held for further discussions.

Thank you for your continued support of our administration and may we all prosper.

Sincerely,

Michael Toledo, Jr.
Governor

George Shendo, Jr.
First Lt. Governor

William Waquie
Second Lt. Governor





2011 TRIBAL GOVERNORS

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

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TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

May 2011 Edition

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HOUSING

THE ROOF OVER OUR HEADS

The Housing Department Force Account Labor team is making a difference in the Jemez community. The account pays skilled workers from Jemez to work on designated rehabilitation projects in the village.

"This group is a 'dream team'," says Housing Director JD Bennet. "These guys are highly qualified, as skilled and dedicated as they come. We have plumbers, carpenters, electricians, tile and flooring specialists, everything. Malcolm Cajero, Terrence Casiquito, Harold Toledo and Herbert Tsoie are training to be building inspectors. Henry Tosa is already qualified to inspect electrical work."

The Housing Department launched the initiative to meet two critical community needs: repairs for older homes and creating jobs in the community.

"Our workers are temporary full-time employees. There are days when some may be laid off, primarily because of weather issues or a problem with supplies," JD explains. "But they know we'll call them back. They have long-term employment with us." With between 26 and 30 workers on the payroll, the workforce is putting wages back into the community. All workers are paid according to federal Davis-Bacon standards.

The US Department of Housing and Urban Development (HUD) provides funding for home construction and rehabilitation projects, but regulations are very strict about how the money is spent. "If the tribe forms a separate company, it would have to submit competitive bids for projects just like any other company. The rules are very clear about how competitive bids must be obtained," JD explains. "But with the Housing Department acting as the contractor, we can get the work done without some of the red tape and follow HUD's mandate to hire locally at the same time."

Launched in September, Force Account crews now operate independently with two supervisors, foreman Henry Tosa and scheduling supervisor Malcolm Cajero. "They manage themselves," JD says. "They're in charge of scheduling, supervision, safety meetings and managing materials."

Malcolm Cajero is proud of his crews and the work they are doing. "We're committed to do as much as we can with the resources we have," he says. In addition to his job with the Housing Department, Malcolm is finishing work for his associates' degree and training as a building inspector.

The projects currently underway include critical roof repairs. A new, high-tech roofing process seals the roofs against further damage and creates permanent, water-tight seals. "It's a lengthy process," Malcolm explains. "We completely tear down the roof to the vigas and replace any needed materials before we can put the new material down. Then we cover the area with a fire-resistant rubbery material that deflects the sun and wind. A spun-flex fabric that stretches and bends covers the base coat. Then we apply a white sealer. These roofs should last for a long time."

"HUD funds cover only rehabilitation projects," JD says. "But once we're in there, we can do anything we find that needs to be repaired as long as it's not a remodel or redecorating project. We've been able to fix dangerous wiring, put in new floors, replace corroded gas and water pipes, mold remediation, repair walls and other projects so people have the safe, sanitary housing they deserve."

JD reminds community members that applications for homes and home repair projects are accepted any time. "We don't do 'poverty.' We serve everyone," she adds. "The income restriction is 80% of Sandoval County median income, and most people can qualify." For some programs, elder or disabled status may change the priority on the waiting list. Application information must be updated yearly to stay active. "We'll keep going until we run out of money!" JD says. For more information, call the Housing Department at (575) 834-0305.

(Top) David Loretto shows the flexible fiber that forms covers the roof base coat

(Below) Curtis Tafoya applies the final seal coat.

(At left) David Chinana, interior crew supervisor observes as Tyson Toya replaces wiring that was damaged because of leaks in the roof.



PUBLIC WORKS

Water Projects

IHS Scattered Site Program Applications

The Indian Health Service's (IHS) Scattered Site Program provides funding assistance for installing water and sewer services for tribal members who are receiving or building new homes or have homes that do not have water or sewer service.

If you have or will have a home that is 80% complete by September, 2011, IHS applications must be submitted by May 24 to be eligible for installation of services in this funding cycle. If you are planning a home in 2012, IHS application must be submitted by August, 2011 to plan for funding next year's Scattered Site Project.

The Jemez Pueblo Public Works office can provide IHS applications and more details about this program. The Public Works office phone number is 834-7942 and the office is located in the Civic Center.

Water Main Flushing The Week Of May 9, 2011

Water main flushing part of a scheduled preventive maintenance program to help improve and maintain good water quality and flow in the Pueblo.

Flushing will begin at the northern parts of the Pueblo on May 9 and finish at the southern by May 13.

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

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

We regret any inconvenience the flushing might cause. 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, Utility Manager, at (505)709-0032.

ATTENTION TRIBAL MEMBERS!

The Pueblo of Jemez Utility Board is seeking new members. Have a voice in supporting our community's essential services.

For more information and to volunteer, please contact Anthony Armijo, Acting Director of the Public Works Department, at (575) 834-7942.

NATURAL RESOURCES

NATURAL RESOURCES DEPARTMENT UPDATES

ATTENTION: FARMERS OF WALATOWA

It's farming time! The Natural Resources Department (NRD) requests that all Walatowa farmers assist agriculture/range technician John D. Romero by irrigating your fields and removing any weeds and brush prior to services from the department. This will help improve services for Jemez farmers.

A down payment of \$30 is required in advance of tractor work. The remaining payment will be invoiced 15 days before tractor work is completed, based on the fee schedule below. Costs are partially covered by a government program, but farmers must pay an additional fee to cover fuel expenses and equipment maintenance.

AG-Program Tractor and Implements will provide the following services:

	PLOWING	DISC	BORDERS
¼ Acre	\$35	\$15	\$15
¼ Acre	Whole Package \$65		
½ Acre	\$65	\$25	\$25
½ Acre	Whole Package \$100		
¾ Acre	\$95	\$35	\$35
¾ Acre	Whole Package \$130		
1.0 Acre	\$125	\$45	\$45
1.0 Acre	Whole Package \$155		

The whole package includes plowing, disc, dragging and borders. Contact the Natural Resources Department for more information. For payment or questions, call Alberta Vigil, office manager, at (575) 834-7696. For scheduling, call John D. Romero at (575) 834-7696 (office) or (505) 259-0628 (cell.)



ARE YOU A FARMER?

Consider selling at the Jemez Springs Farmers' Market Grand Opening Saturday, June 4 9 a.m. - noon Upper lot of Civic Center land (next to Credit Union) Call 829-4141 for information and to sign up for a booth



A project of Jemez Sustainable Solutions, a 501(c)3 Nonprofit Organization www.JemezSustainable.org

NEWS YOU CAN USE

Holy Ghost Restoration Funds Awarded

The Pueblo of Jemez won a grant from New Mexico Rural Alliance Community Competitive Grants for continued restoration and rehabilitation projects at Holy Ghost Recreation Area. Second Lt. Governor William Waquie gave a presentation at the conference on April 28 that won the \$20,000 award. The funds will be used to repair, replace and improve the picnic area and campground. Once the rehabilitation is completed, the area will be open to the public for healthy, family oriented recreation and cultural tourism activities. Holy Ghost Recreation Area is expected to create significant, ongoing

revenue for the tribe.

Work on the project has begun with a feasibility study, pond assessment and rehabilitation plan, power source assessment and analysis, preliminary architectural/engineering report and a business plan already completed. Water source and environmental assessments are in progress, as are fencing, road and drainage repairs, and rehabilitation of the fishing ponds.

"This project may not be glamorous, but it's important to the Pueblo," says Second Lt. Waquie. "The Holy Ghost



project supports some of our major goals including land stewardship, fostering family-oriented activities, cultural preservation and exchange, and economic self-sufficiency."



REduce ★ REuse ★ REcycle

Walatowa Green Stars Linsey Toya, Tianie Toya, Mark Panana and Emmet Yepa (not pictured) collect bags of plastics and aluminum cans from the Jemez Health Center just two weeks after delivering recycling bins. They have also placed bins at the Fitness Center, the Senior Citizens Center and the Community Resource Center (CRC.)

The Walatowa Green Stars were invited to give a presentation at the New Mexico Public Health Association conference in Albuquerque. Congressman Ben Ray Lujan invited the group to submit a letter to his office describing their program and goals. He will forward the letter to appropriate officials in Washington, DC to request funding for their recycling efforts.

The group was also recognized as Volunteers of the Month by the Jemez Springs Village Council.

NATIVE BUSINES\$: Economic Expansion

Tribal economies are transitioning from natural resource based to diverse commercial enterprises. For sustainable economic growth, know the "critical mass" of your economy.

Knowing the critical mass of a tribal economy is important. The tribe must be able to determine the appropriate size of a purchase when acquiring a new venture. A venture that is too big may jeopardize the existing portfolio because the cost of handling any problems will require cash or manpower so large that it could harm the overall operation. A venture too small or without enough profit potential could stagnate growth if there is inferior return on resources (people, property and cash.) This should not be confused with starting small with the intent and timeline to grow or incubating a business to nurture the entrepreneurial activities of tribal members. A venture that is the correct size allows a tribal nation to manage risk and promote stable long-term growth.

Whether you are a tribe or an individual, three things can help avoid the pitfalls of new business ownership: *One*, don't pay too much at the beginning. Ask around and get good advice on valuation. *Two*, get the seller to carry part of the loan (if it's a purchase;) a seller who is still on the hook to be repaid is likely to contribute when times get tough or else risk losing any return. *Three*, run through worst case scenarios and ask yourself how long you could keep the doors open if the business has its worst year(s) ever following your purchase; if the answer is "not too long" then think about looking for a smaller deal.

Hope is not a management strategy.

This article is derived from Native Peoples Magazine, March/April 2011 issue. Jim Stanley thanks Daniel Gibson, editor, and Stephen Phillips, publisher, for the opportunity to share with a wider audience. Jim is a tribal 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.

HEALTH & HUMAN SERVICES

HEALTH BOARD SEEKS MEMBERS

The Health Board helps oversee operations of JHHS programs and services.

Preferred candidates will have some of the following qualifications:

- **Finance/banking expertise** at a leadership level.
- **Executive business skills** such as strategic planning, consensus building, communication, business operations and human resource management.
- **Clinical care oversight experience** in clinical quality, credentialing and privileging of providers, accreditation and medical staff policies.
- **Commitment to the community** as demonstrated by service on other Pueblo of Jemez Boards.
- **Knowledge of federal and Indian laws** that apply to providing health care to tribal members.
- **Experience** serving on or working with Boards of Directors.

Make a difference in our community!

If you are interested in joining the Health Board, have the qualifications and commitment, please contact Deven Parlikar, JHHS Director, at (575) 834-3197.

TARGET: ACCREDITATION

Jemez Health and Human Services (JHHS) programs and services are one step closer to accreditation by the American Association of Ambulatory Care Centers (AAAHC.) The organization surveys clinics across the country to certify compliance with high standards of patient care.

Surveyor Jerry Short was at JHHS on Monday, April 25 for a consultative survey to help prepare for the official survey. Jerry is a retired pharmacist who spent 30 years as a commissioned officer with Indian Health Services and is very familiar with tribal and IHS clinics. The consultative survey included patient care in the Medical and Dental Clinics, Pharmacy, registration and medical records, administration, policies and procedures, laboratory and radiology services, facilities and maintenance, and other issues. First Lt. Governor George Shendo, Jr., Second Lt. Governor William Waquie and Health Board Chairman Paul Fragua attended the concluding meeting where Jerry presented preliminary findings indicating the survey results were extremely successful.

"Thanks to all of you for playing your part in a very successful AAAHC consultative survey, which accurately predicts how well JHHS will do in the final official survey," says Dr. David Tempest, Medical Director. "Jerry Short was very complimentary in the exit interview with remarks like 'Your policies and procedures are the best I have ever seen' and 'top notch credentialing and privileging files' (thank you Jolene Tosa.) But probably the sweetest music to a medical director's ears: Jerry said he would have no hesitation bringing any of his family members to us for care."

"The surveyor gave us 90 of 100 points on the survey," says JHHS Director Deven Parlikar. "The last mile of this marathon is going to be the toughest, but we can do it. I want to thank everyone who made this possible."

SOCIAL SERVICES

Thank You!

Jemez Social Services Program thanks the Pueblo of Jemez community, employees, programs, contractors, the planning committee, and local businesses and programs for making Child Abuse Prevention Month a success. JSSP appreciates your generosity, donations, time and participation in the Fun Run and Walk, Children's Fair and Child Abuse Prevention Conference.

The program received donations from Lydia Chinana, Mabel Sando and family, Sheila Toya, Annette Chinana, Bobby Bates, Martha Chosa, Anne Marie Toledo, Joline Cruz, Dorell Toya, Debra Toya, Henrietta Gachupin, Narcisso Toledo, Jim Upshaw, Paulita Toya, Public Health, CPPW, Senior Center, Tribal Court, Isotopes, Graphic Connection, Saggio's, Heart and Sole Sports, Tribal Arts, Jean's Greens Wolfe's Bagels, Filbertos, StarBucks, Twisters, Walgreens, WonderWash, Starlight Bowling Center, Cliff's, It's a Girl Thing TUTUS, and RoadID.

Children's Fair participants included JHHS Behavioral Health, Vocational Rehabilitation, Dental, Injury Prevention, Public Health and Community Wellness Programs as well as EMS, Tribal Enrollment, Tribal Court, Police Department, SPARK, Pueblo of Jemez Community Library, Tribal Youth Program, Green Stars, NAPPR, Five Sandoval WIC, PB & J Family Services, Durham School Services, Lovelace Salud, US Forest Service Jemez Ranger District, FBI, Walatowa Head Start, Jemez Valley Public Schools and Child Find, Walatowa Veterans Association, Walatowa Flowers and Drummer, Jemez Day School Band and NAYE.

Welcome Mat



Elizabeth TopSky, MD has joined the medical team at Jemez Health & Human Services. An enrolled Chipewewa Cree tribal member, Dr. TopSky is from the Rocky Boy reservation in Montana. She is a family practice physician specializing in women's health and wellness and children's health care. Dr. TopSky has just completed her move to New Mexico with her husband and three children to be closer to relatives. "I'm very excited about this new adventure," Dr. TopSky says. "The Clinic has a lot to offer."

Dr. TopSky will help implement the Clinic's new electronic health records system and will be involved with Contract Health Services.

SENIOR CITIZENS CENTER

PUEBLO OF JEMEZ SENIOR ATHLETES

Submitted by Rose Shendo

The Jemez Pueblo Senior Citizens Program is proud to announce the results of very successful competitions by our senior athletes at the 2011 All Indian Game Day in Isleta. Thirty-one Jemez senior athletes competed in the games. Our athletes won 15 first place, 14 second place and 12 third place ribbons in several events including foot races, archery, bowling, shuffleboard, basketball free throw, softball throw, soccer ball kick, Frisbee throw and other events.

Our team was very enthusiastic and excited as they competed. Staff helped get team members to their competitions, and a few staff members helped manage and supervise various competitions, and set up and take down of venues.

At the end of the games, teams participated in the parade of athletes where their enthusiasm, excitement and team spirit were judged. Because we showed true spirit and a little preparation, the Jemez Senior Team won the Team Spirit Award. We also earned the second place plaque for the highest



Community Profile: Tonita Toya

Senior Athlete, All Indian Game Day Honoree

Submitted by Rose Shendo

Tonita Toya was a guest of honor at the All Indian Game Day social dinner on the night of March 23. The Senior Program nominated one person who is dedicated to the Senior Olympics and who will attend the 2011 National Senior Olympics in June. We were honored to choose Tonita.

Tonita was raised in the traditional way, which often meant working long hours to fulfill the duties assigned by her parents before being allowed personal time. She has come a long way to the modern world of "you're never too old to enjoy life." She is the mother of two enterprising sons and has been blessed with several grandchildren. Although she was challenged by a hearing and speech impediment since childhood, she has grown to become a woman with many fine qualities that she eagerly shares with the community.

At 72, Tonita is lively and always ready to lend a hand whenever or wherever needed, whether it's to help another senior carry a load or teach a youngster curious about learning to make tortillas.

She has been active in Senior Olympics for over eight years, and usually places near the top of her events, which include

field events, recreational events, race walk and bowling. This year, she qualified for the first time to compete in bowling at the National Senior Olympics. It's great to see her when participation is mentioned; the great big smile comes across her face reveals she is truly looking forward to participating in the National Games!

It's certainly an honor shared by all senior athletes who will compete in the National Senior Olympics Games, especially those from our community who have earned a place representing our Senior Program and the people of Jemez.

The Senior Program staff and the senior citizens of Jemez admire Tonita and appreciate her warm smile and her companionship. Her friendly disposition is an asset to every event and activity she attends.



SENIOR CITIZENS CENTER

Caregivers' Corner

Submitted by Gloria Fragua

Strengthening Our Culture Through Our Elders

Strengthening Our Culture Through Our Elders was the theme of the 23rd Annual Arizona Indian Council on Aging Conference held at Fort McDowell Yavapai Nation, Ariz., in March. Several Jemez elders attended the conference.

One big challenge in today's society is staying culturally sensitive to our elders needs' by promoting healthy practices. The opening address, *Voices of our Elders*, was given by Dr. George P. Charles (Yup'ik) from Alaska. His message: listen to our elders, think the way they think, be wise and stay healthy. Kelly Washington (Maricopa) gave the keynote address, *Culture is a Responsibility Shared Equally by Those Willing to Learn and Those Willing to Teach*. He advised us to reach out to children at an early age and teach them our culture; whoever listens will receive benefits and will in turn become teachers. It is our responsibility to teach!

Our Walatowa Singers opened the kick-off and the audience enjoyed our program. Two of our elders were top finalists in the Twist competition. We also had a wonderful time at the conference Game Day. For the team aerobics, the group danced to "Any Man" by Shania Twain. We had the audience whistling and cheering and were congratulated for an outstanding performance. The elders had a good time and were grateful to be able to share with other tribes. Over all, the training was great!

Caregiver Social

The quarterly social for community caregivers was held at the Senior Center on Wednesday, April 6. The event started with dinner, followed by a presentation by the Hospice of the Sandias. The topic of end-of-life issues was well received: It's about how you **LIVE!**

- ☀ Learn about your options, choices and decisions.
- ☀ Implement your advance directive plans.
- ☀ Voice your end-of-life wishes.
- ☀ Engage others to talk about their wishes.

Talking about end-of-life wishes before a crisis is valuable and allows time for honest discussions and serious planning.

Margaret Garcia, Program Manager, explained the three-year program for the Title VI – Part C Family Caregiver Program, its goals and objectives as well as expectations from the program. She emphasized the importance of participation.

Helen Gachupin presented ice breaker games and emphasized the importance of caring for ourselves and listening. To perform well as caregivers, listening skills play a major role in daily tasks.

During the break, we gathered in the gym for a workout with line dancing that had everyone moving. Then Marsha Milas, from Marsha Morning Glories, taught hands-on Easter crafts. We made angel towels and bunnies. Marsha also joined in the line dance—she can really do the feast dance in her little apron!

Zuni Adult Day Service Visit

Some community caregivers went to Zuni Pueblo to visit the Adult Day Services and the Senior Center. Karen Leikity, Director

for the Center, briefed the group on its history and funding. She explained the program in detail and our caregivers were very impressed. We toured the complex and had lunch at the Center with the residents. It was nice to share things we had in common and to find that some of them knew our tribal members through the armed forces, school at SFIS or from their jobs.

The trip provided insight about respite care services. This facility offers training, crafts and recreation while caregivers spend their days doing chores. This type of facility is needed in our community. The participants had positive feelings about the center.

Elder Training

Participants have completed training offered by the Senior Program. I am proud that they devoted time from their busy schedules to attend classes. Thank you and congratulations on your completion!

Six-Week Arthritis Self-Management Course provided basic medical information, self-help principles and techniques for problem solving, pain management, exercise and body mechanics, energy conservation, relaxation and stress management as well as medications and treatments. The elders learned how simple exercises could make a big difference in reducing pain.

Peer Counseling Training helps families with home visits and assisting elders through times of loneliness, depression and isolation. Participants also get encouragement on independence and decision-making. Topics include *Introduction to Peer Counseling, Empathic Listening, Depression and Anxiety in Later Life, Getting Started with Clients, Grief and Loss, Dementia, Addictions, Interventions, and Documentation and Referrals*.

Thumbs up to Senior Companions!

National Volunteer Week was April 10-16. The 13th Annual Governor's Spotlight on Volunteers Celebration was held at the Sheraton Uptown in Albuquerque on Friday, April 15. The agenda offered several breakout sessions, followed by lunch and an awards ceremony. Nicole Brady, KOB-TV Channel 4 news anchor, presented the awards. On-site service projects included making a no-sew blanket, catnip pouches and the One Million Bones Project.

The Senior Center has only one senior companion, Mr. Frank Gachupin, who has been providing services in our community. We want to thank him for all he does. This program provides help to frail elders and homebound people who have difficulty completing daily tasks. They also provide transportation for grocery shopping and medical appointments, and help with bill paying. They offer short periods of relief for caregivers.

Being a Senior Companion can be one of the most rewarding, fulfilling times in your life. You will make a difference in the lives of other elders! We are currently recruiting Senior Companions. Representatives from the Albuquerque office will be at our Center on Thursday, May 5 from noon until 1 p.m. to present their program and recruit interested parties. Come join us!

Caregiver Support Group meetings are held the first Monday of each month at 6:30 p.m. These meeting are open to all caregivers in the community.



The Runners' Edge: Revitalizing Our Jemez Running Tradition

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

PAUL TOSA

Why do or did you run?

I ran because it was fun. Running among the Jemez has been very important for as long as anyone can remember. I ran in the September races in which we competed against others our age, turquoises *vs.* pumpkins. I ran in school because it was fun and I loved to win races against boys my age from all over the state. Running to the mountain tops from the pueblo is a challenge and so important to our spiritual life. I knew that running cleansed me and made me stronger. It improved my ability to hunt, and I thought good thoughts.

What motivated you to run?

I was motivated because running was a central part of life of all Jemez men. My father and grandfather taught me that, and it motivated me to be like them and like other great runners of the Jemez. I knew that running was good for me physically and spiritually. I felt good when I was running. When I was not running, I wanted to be out running again. It was only natural that I would run. I was very proud that I could run long distances in my surrounding landscape. I was proud to be in the tradition of famous Jemez runners like Whee-Kay-bo-lay, who would run from Jemez to Laguna and return with a vase or bowl from there. He would run this great distance, leaving in the morning and be back at Jemez by afternoon. Stories of his accomplishments motivated us all, as those of all champions Jemez has produced and keeps on producing.

What are your major accomplishments?

- 1968. State Cross-Country Champion.
- 1968 & 1969. Reached the summit of Redondo Peak, "The Place Of the Eagle."
- 1968 & 1969. Ran La Luz Trail. Won in open junior division.
- 1968-1970. Participated in cross-country and competed against the best in the state.
- 1969. State Track Champion: fastest two-mile run; hold the record time of 9:42.3.
- 1970. Eastern New Mexico University cross-country team.
- Participated in Fall Races.

What are you most proud of?

I was told tales that if you reach the top of Chamisa Mesa (Sheep Wool), the blue mesa east of the pueblo, then you are at your highest peak in running, and if you tried and didn't make it, you needed to work harder. So in my sophomore year in high school I tried. I made it half way to the top and fell on my knees from exhaustion, so I put a rock at the point I reached and trained harder to try again. The following year I tried again; I started from my house, ran on Day School Road, past the sculpture house and into the arroyo beside the baseball fields and straight to Chamisa Mesa Sheep Wool. It was very tough; it was a gradual incline all the way to the mesa. When I got to the bottom of the mesa, it was straight up to the top. I was able to reach the top in my junior and senior years. I am also proud to say that I made it to the summit of Redondo Peak, "The Place of the Eagle," twice. I also did this my junior and senior year. Tales of Whee-Kay-bo-lay, Paa-wha-sai-yu, and Tyi-la encourage to me run long distances. I wanted to be like them and cover many miles of running. In 1968 and 1969, I ran to "The Place of the Eagle;" I started from my house, ran northeast from the village, I ran on the sacred trail that leads straight to Jemez Falls, from Jemez Falls I would go up straight to the summit. When I got to the summit, I'd pray to the spirits, and head back home.

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

Know the stories of Jemez running from the past. Realize that joy comes from running. It's fun and it makes you healthier and stronger. You are a Jemez Pueblo Indian, and running is another way you carry on the beautiful and meaningful ceremonies that make all our members special.



The Jemez Valley Cross-Country Team: Paul Tosa (top right) with (left to right) John Waquie, Robert Waquie and Harold Sando, and (front row) Freddie Sabaquie and Frank Armijo.

COMMUNITIES PUTTING PREVENTION TO WORK

ing Tradition

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

The main challenge is to help our younger members recognize the joy of running and being healthy. School athletics and New Mexico Amateur Athletic Union (MNAAU) are strong motivators to some, but not all. Find out why the proud NMAAU runners are so drawn to the sport. Make that the role-model for the others.

A very practical challenge is providing leadership in identifying the traditional trails and scheduling events to clear them and give credit to those who use them, both for practice and for ceremonial purposes when that time comes. Medals for knowledge of the tradition and participation are every bit as important as medals for winning organized races.

I hope that all of our community people, traditional society leaders, and tribal and secular officials maintain our freedom

and vitality in our traditional way of life. We must all realize the importance of teaching our pueblo youth our mother tongue Towa to have them speak fluently in everyday life and in traditional song and dance. We are deeply rooted in our Hemish origins and histories. We must all move forward in unity to meet new challenges. We know who we are, We are Hemish People. We are the land. We must continue to make our traditional way of life stronger, thus preserve our ways of long ago for our future generation.

***Acknowledgement:** In loving memory of my grandfather Francisco Tosa (1888-1970), a wise teacher and very knowledgeable about our people, their ways and their history. May it be that he, from the Spirit World, look upon my efforts with pleasure and deep satisfaction and give his blessing to my efforts to pas on the wisdom and knowledge to our community people.*

FACT OF THE MONTH

Because running is a beneficial practice to keep the muscular system and mental activity at high levels, it's considered a great tool against diseases like stroke, which can damage the brain. Running maintains the good health of blood vessels that carry blood to and from the brain and therefore fights against stroke.

EVENTS FOR MAY

SATURDAY, MAY 14

2nd Annual Run with Kenyans for Global Health
Albuquerque
www.active.com

TUESDAY, MAY 17

May is Older Americans Month

Jemez Plaza
Registration and Warm-up 5:30 p.m.; Run/Walk at 6 p.m.

SATURDAY, MAY 21

Jemez Mountain Trail Runs: 5M, 5K, Half Marathon
Los Alamos
www.highaltitudeathletics.org

City Solve Albuquerque Urban Race

Albuquerque
www.citysolveurbanrace.com

SATURDAY, MAY 28

Will Run for Wine 5K
Albuquerque
www.active.com



JHHS Public Health Program CPPW Presents

SENIORS WALK TO WELLNESS

Get ready to walk the road to WELLNESS!

Tuesdays & Thursdays at the Senior Center at 10 a.m.
Walk a mile with a SMILE Everyone is welcome!

For more information, call Cornell Magdalena at (575) 834-3091 or Virginia Toya or Mildred Baca at 834-7207.

SAFETY ALERT: DRIVERS, WATCH FOR PEDESTRIANS AT ALL TIMES, BUT ESPECIALLY DURING THE SENIORS WALK TO WELLNESS!

FITNESS CENTER CLASSES

All classes held at the Walatowa Youth Center

Monday	Zumba	noon & 7 p.m.
Tuesday	Zumba	7:15 p.m.
Wednesday	Total Body Conditioning	noon
	Zumba	7 p.m.
Thursday	Zumba	noon
Friday	Kickboxing	noon

Men's basketball league every Thursday at 6 p.m.
Call the Community Wellness Program at (575) 834.3071 to check daily schedules.

PUBLIC HEALTH

RUN THE CALDERA! SATURDAY, JUNE 11

The sixth annual Run the Caldera Marathon, half marathon and a new 10k take place on Saturday, June 11, 2011. These runs provide a great opportunity to run at over 8,000 feet of elevation and see special areas of the Preserve. The courses follow old logging roads through the forest with spectacular mountain views.

During the marathon you will experience over 2,100 feet of elevation change. The half marathon will also have significant climbs and descents. The new 10k will run through forested areas in Banco Bonito. Aid stations will be strategically placed (approximately every three miles) to assist and encourage runners.

Each runner will receive an event t-shirt and all finishers will receive an award. The top three male and female finishers will receive additional awards.

Volunteers Needed!

The 6th Annual Run the Caldera needs more than 70 volunteers for parking assistants, aid station help, T-shirt distribution, check-in help, course marshals, finish line food preparation, and tear down.

For more information call Tom Wilkie, special events coordinator, at (505) 428-7722 or email to twilkie@vallescaldera.gov.



MAY IS NATIONAL PHYSICAL FITNESS & SPORTS MONTH

Sponsored by the President's Council on Physical Fitness and Sports

National Physical Fitness and Sports Month is a great time to promote the benefits of physical activity. Getting active increases your chances of living longer and can help you:

- Control your blood pressure, blood sugar, and weight.
- Raise your "good" cholesterol.
- Prevent heart disease, colorectal cancer and type 2 diabetes.

Here are some tips to help you get active:

-  Aim for at least two hours and 30 minutes of moderate activity every week. This includes activities like walking fast, dancing or biking.
-  Do muscle-strengthening activities at least two days a week. Be sure to strengthen all major muscle groups including the legs, hips, back, chest, stomach, shoulders and arms.

Easy Pantry Makeovers for Weight Control

Make these easy changes to your pantry to boost nutrition and improve heart health without a lot of fuss.

1. **Portion nuts in snack-sized bags.** Nuts are a healthy snack. Overweight people who ate a moderate-fat diet containing almonds lost more weight than a control group that didn't eat nuts. But pay attention to how many nuts you eat or you could gain weight instead of losing it. The appropriate serving size for nuts is one ounce, or about 200 calories, depending on the nut. Keep yourself from mindless nibbling: Put handful-sized portions into zip-lock bags. A handful is what you can hold in the palm of your hand with fingers closed. Limit yourself to a serving or two a day.
2. **Buy the smaller size.** The larger the portion in front of you, the more you'll eat. When researchers sent parents home with a movie and either 1- or 2-pound bags of candy and either a medium or jumbo tub of popcorn for each family member, they ate more M&Ms from the 2-pound bag than from the 1-pound bag and about half a tub of popcorn, regardless of the tub size. Order the small bag of popcorn at the movies and buy single-serving snack food packs instead of jumbo sizes. The extra money you might save buying larger sizes isn't worth derailing your weight-control efforts.
3. **Stock these three cans: canned beans, corn and tomatoes.** Add a can to stretch higher-calorie dishes, or combine to make tasty, low-cal meals. Try these great ideas:
 - ♥ Add one can each of corn, garbanzo beans and plum tomatoes to your pasta salad recipe. You'll boost the salad's texture and flavor, and as a bonus, you'll be able to eat more salad for just a few more calories. As a double bonus, you'll get healthy amounts of fiber and important nutrients.
 - ♥ Toss a can of light tuna with a can of white beans. Add a drizzle of olive oil, a squeeze or two of lemon, and a sprinkle of oregano. Serve on pasta: low-fat, low calorie, low-cost!
 - ♥ Mix a can of kidney or black beans with a can of corn, add some canned salsa and a few shots of hot sauce. Serve with rice for a tasty, high-nutrition vegetarian meal.
4. **Spice it up!** Use hot sauce, salsa, cayenne and Cajun seasonings instead of butter and creamy or sugary sauces. Besides providing flavor with no fat and few calories, many of these spicy seasonings turn up your digestive fires, so your body temporarily burns more calories. Capsaicin, the ingredient that puts the fire in hot peppers, can put the chill on your appetite.

Applause!

The Injury Prevention Program was honored by the Albuquerque Area Indian Health Service with the Tribal Community Injury Prevention Award.

The team went to the awards ceremony in April. The program also won the award in 2008.





Walatowa Head Start Registration

Was your child born between Sept. 1, 2007 and August 31, 2008? Your child maybe eligible for Head Start. Walatowa Head Start Fall Registration is open until Friday, May 13, 2011. Pick up an application today!

WALATOWA HEAD START ELIGIBILITY GUIDELINES

- Age: 3 or 4 years old.
- Low income
- Children with disabilities
- Child must be an enrolled member of an Indian tribe

The following documents are required for new students:

- Certificate of Indian Blood (CIB)
- Income verification (1040 tax statement, W2, pay stub, Public Assistance letter.)
- Current immunization record.
- *Applications will not be considered complete unless all documents are attached (no exceptions.)*
- *Applications will be ranked and scored to determine eligibility according to Walatowa Head Start eligibility guidelines. When all places are filled, remaining applicants will be placed on a waiting list.*

HEAD START DISABILITY PROGRAM

Does your child have special needs? Is your child receiving Early Intervention and ready to transition into Head Start? Do you think your child needs special help?

The Head Start Disabilities Program provides services to children ages three to five. Through the Jemez Valley Public Schools, Head Start can provide a wide range of services from identification to placement and therapy for children. Parents also can have training on parenting and special education.

A child who is a Native American Professional Parent Resource (NAPPR) client can continue to receive therapy at Head Start if eligible. Head Start will work with parents and an early intervention specialist for a smooth transition from an early intervention program into Head Start.

If your child turns three years old before Sept. 1, your child may be eligible for Head Start. Children with disabilities are given enrollment priority. For more information, call Dorell Toya-Upshaw at (575)-834-7366.

Kids Have a Blast at SPARK Easter Event

Submitted by Rhiannon Toya

SPARK hosted an Easter Transition Day for all Early Childhood students on April 19 at the Walatowa Youth Center. Students, teachers and staff from Walatowa Head Start, Jemez Day School and San Diego Riverside School came together for an Easter egg hunt, fun games with elders, and learning the fundamentals of the Shinie game taught by Brophy Toledo. Everybody had a great time!

Elders from the Senior Citizens Center lead games they had played as children. Leonard Shendo also sang a wide array of songs and the children danced to every song! It was awesome to see the children mingling with students from different schools and also to see the elders and children play together and converse. SPARK will definitely continue to hosts events like this one.



EDUCATION

Governor Testifies at Congressional Briefing

Submitted by Kevin Shendo, Education Department Director

The Tribal Education Departments National Assembly (TEDNA) invited Governor Michael Toledo, Jr. and the Jemez Department of Education to testify at a Congressional briefing on the role of tribal education on Monday April 18, at the US House of Representatives in Washington.

Congress and the Administration are preparing to reauthorize the Elementary and Secondary Education Act (ESEA), currently known as the No Child Left Behind (NCLB) Act. The ESEA is the largest federal law serving students. It provides most of the federal funding to states for education and includes critical Indian education programs. The Obama administration and many Congressional staffers are interested in increasing the role of tribal education departments in the ESEA reauthorization.

The briefing was to educate Congress about what TEDs are, what they do, why they are needed, and how they can better serve tribal students. Congressional staffers who will draft the ESEA legislation, officials from the Departments of Education and Interior, and the White House attended. The general purpose is to create awareness about tribal capacity in Indian education. This is one aspect of TEDNA's effort to increase the roles of tribal governments in reauthorizing the ESEA.

Before the briefing, TEDNA and the Native American Rights Fund (NARF) hosted a pre-meeting at the National Congress of American Indians (NCAI). Quinton Roman Nose, president of TEDNA, and Amy Bowers, NARF staff attorney, provided briefing details, an update on ESEA reauthorization, and an overview of the week's schedule. The participating tribes were the Tulalip of Washington state, White Earth Nation

of Minnesota, Hoopa Valley of California, Cherokee of Oklahoma, Chickasaw of Oklahoma, Oglala Sioux of South Dakota, and the Pueblo of Jemez. Only four had the chance to testify: Hoopa Valley, Cherokee, Chickasaw and Jemez.

Governor Toledo gave powerful testimony citing *Jemez Vision 2010* as the catalyst that sparked the education movement in Jemez, from which came three main themes: "First, to *build capacity* within our tribal members to assume responsible leadership roles; second, to *take ownership* over the educational systems, schools and programs that serve and provide for our tribal members; and third, to *redefine education* so Jemez language and culture are at the heart of how, where and what we teach our children to ensure the survival and advancement of our Jemez people."

Governor gave examples of education programs working in Jemez and the collaborative efforts with our community schools. He described community, parent and student support systems, and reported student academic success, graduation rates, school attendance rates, AYP scores and successful transitions of students into colleges or careers. Governor closed by reiterating the critical need and importance of "authorizing tribal education agencies to perform state education agency functions, thus fully recognizing the status of tribal education agencies as formal components of tribal governments," and "ensuring the educational sovereignty of tribes and our right to self-determination."

After the briefing, the group met with Colin Kippen, director of the National Indian Education Association (NIEA), who provided an update on NIEA's work to support tribes in the ESEA reauthorization and the work that lies ahead to ensure that support of TEDs makes it into the language of the bill.

The following days were filled with meetings with key Congressional offices to



Kevin Shendo, Gov. Michael Toledo, Jr., Dr. Yvette Roubideaux, Paul Fragua and Deven Parlikar met to discuss health and education at the Pueblo of Jemez. Dr. Roubideaux wrote in her blog (www.ihs.gov): "I met with a delegation from the Pueblo of Jemez ... and congratulated them on their decision to transition to Self Governance of their healthcare programs and to their leadership in developing innovative strategies to improve the health of their community."

further discuss and gain support for Indian education in the ESEA reauthorization. The Department of Education also partnered with Jemez Health and Human Services (JHHS) Director Deven Parlikar and Health Board Chair Paul Fragua to meet with key federal agencies and national organizations to promote school and community-based health initiatives through collaborative efforts. Some key contacts included the Assembly for School Based Health Care; Senate Committee on Health, Education, Labor and Pensions; Alliance for Excellent Education; Indian Health Services Director Dr. Yvette Roubideaux and her staff; and staff from Senator Udall's and Senator Bingaman's offices.

The Jemez delegation had a profound impact on the individuals with whom they met. All expressed appreciation and support for the collaborative efforts of Jemez and our Health and Education Departments to provide holistic, comprehensive community and school based programs with support systems for all our community members.

The Pueblo of Jemez was also featured in a report on tribal education departments authored by the Native American Rights Fund which was provided to Congress by the Tribal Education Directors National Assembly. The report featured seven tribes that have developed viable tribal education departments, built local capacity, are innovative in their approaches, and are exercising some local control.



EDUCATION

Jemez Valley Public Schools

Jemez Valley Elementary School

By Brad Parker, Elementary School Principal

I have often written about the strong support our schools have from the PTA. Our community truly wants the best for their children and they put their time and money where their hearts are. As a principal, it is humbling to have this kind of support.

One group of unsung heroes are those who come into our schools regularly. These folks are not in it for recognition. They know that if we put a strong emphasis on our lower grades (kindergarten through second grade) and those children get a sound basis in literacy, then by third grade and on our children will have much better chances of succeeding in school and life.

We have dedicated volunteers at all levels, but the volunteer who should be recognized this month is Ms. Deb Williams, who has no student presently enrolled. Deb served as our pre-kindergarten teacher two years ago. Last year she spent away from the Valley. Upon returning with her masters' degree in reading, she has worked like a trooper with Mrs. Smith's second graders. When Deb is in, I know I can find her in the book room next to Mrs. Smith's

room, working with a couple of students on reading. Between the masterful teaching Mrs. Smith's students receive in her class and Deb's hard work, all the students' reading scores in second grade have skyrocketed. Thank you, Deb Williams for your hard work and dedication on behalf of our students.

Since the last article, the Public Education Department has taken even more money away from our schools. Regardless, we are determined to provide the best education possible for our children here in the valley. However, now more than ever, we need strong school-home connections to ensure meaningful communication. Education is sometimes repetition, sometimes exploration and sometimes diversion (NOT a screen!) Engage your children in long talks. I have said it before: Children spell "love" T-I-M-E. Please find out what makes your child learn and ensure this happens either at home or at school.

Thank you, as always, for allowing me to serve this Valley and our most precious children.

Day to Day Marvels at Jemez Valley High School

By Larry DeWees, High School Principal

I've seen a very large change, especially in the last 10 years. Students are reading a lot less. What can this produce? In my judgment, the lack of reading has created gaping holes in students' knowledge, working vocabulary and background information, which are very important to bring to the page. I have witnessed that students can read the words, but they can't comprehend the text.

Today, students are much more likely to find other things to do rather than read. They encapsulate themselves in an entertainment bubble with Facebook, texting, instant messaging, and so on. They do a lot of entertaining themselves, but I'm not sure they do a lot of informing themselves. Many students really struggle with difficult texts. They don't do a good job of monitoring their comprehension when it falters and I've found that their ability to really focus on reading seems to lessen with each year.

What can we do to help? Direct vocabulary instruction is important to ensure that students know key terms they encounter in their reading. However, such instruction alone is not sufficient. By one estimate, explicit vocabulary instruction can teach, at best, about 400 words a year, which is a far cry from the 5,000 words students must add to their vocabularies each year to build the 80,000 word vocabularies they need to be successful in college, or the 50,000 words needed to be mature readers. On the other hand, estimates based on the research of William Nagy show that if students read widely for one hour a day, five days a week, they'd likely learn at least 2,250 words a year and possibly more. This is not a silver bullet that will make all students proficient readers immediately, but it's the best way to get the journey started so all students can reach their educational goals and become lifelong learners. By the way, this works for adults as well.

I want to sincerely thank American Legion Post 75 for their help

working with the senior class of 2011. They've been a real blessing to these students and their sponsors.

Closing notice: The track area will be closed this summer and into the fall for total renovation. We're excited about getting a new track and field. Signs will be posted when the area closes. It will be great to have one of the state's best facilities when it is completed.

Testing

The first round of the NMSBA (New Mexico Standards Based Assessment) is complete. Thank you to Ms. Young, Ms. Garland and the juniors for their hard work through the testing and for keeping focus during the entire exam. After the testing, our students felt the assessment was challenging, and are anxious to get their scores.

I chatted with some students after the test to learn how the four-day testing schedule went and what could make it more efficient and effective. There was general consensus that the four-day schedule was the best way to approach the testing. Many had talked to friends in other areas who were taking three or even four weeks to test; their friends were disappointed in their schedules.

Some suggestions we will use in the next session include: extended breakfast periods before we start; scheduling the whole day for tests instead of half days; taking breaks after each session instead of every other session; and offering an "unwind" area after sessions are over. By refining these aspects, we hope to create the best schedule for our students to be successful in the assessment.

News Update: The New Mexico educational community received this from the Governor's office:

"Gov. Susana Martinez signed a bill that allows school districts to suspend standardized tests that are not required by the federal

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EDUCATION

Jemez Valley Public Schools

Continued from page 13

government. The bill also allows this year's juniors to graduate without passing an exit exam. The reprieve, however, lasts only one year. Next year's juniors will be required to take the exit exam.

The bill suspends a previous law that required this year's juniors to pass the SBA to graduate. The SBA test for juniors is cumulative and covers math, language arts, social studies, science and the U.S. and New Mexico constitutions."

Until 2009, students took the New Mexico Competency exam in 10th grade and could retake all or portions of it to graduate by the end of 12th grade. The graduation exam was changed to the SBA as part of a comprehensive reform of high school standards.

Juniors have already taken the SBA and are still required to take it under federal law. However, the results of that test will be used only to determine school progress under the No Child Left Behind Act and will not have direct consequences for students.

Federal law requires students in grades three, eight and 11 to be tested for proficiency in math and reading. Those tests must be given next year, but districts and charter schools can decide whether to give other tests in areas like writing and social studies.

Gear UP Success

Four student leaders and sponsor Melissa Garcia attended the Jemez Mountain Electric Cooperative Junior Board meeting. Students were chosen by their grade point average. Victoria Garcia, Daniel Gonzales, Michael Gachupin and Alana Chinana participated with essays on "What Is the Value of Electricity?"

Victoria won an expense-paid trip to Washington, DC. The Coop says it's been a long time since a Jemez Valley student won this contest. Victoria also will be able to enter an article in a contest; the winner will place a wreath at the Tomb of the Unknown Soldier.

The Sports Scene

Baseball: The Jemez Valley Baseball team consists of Darian Sando, Jordan Loretto, Rodney Toya, Noel Fragua, Raymond Gachupin, Keenan Yepa, Scott Shendo, Michael Gachupin, Christian Reid, Alan Trujillo, Joe Chinana, Keith Garcia, Chris Lucero, managers Alana Chinana and Melissa Martinez. Jemez Valley is trying to win the district and get back to the state playoffs this season!

Track: Ours athletes have been very successful, with all of them placing in one meet or another. The track team includes Virginia Baca, Adrian Chavez, Kaila Gachupin, Raymond Gachupin, Michael Gachupin, Jennyfer Gutierrez as manager, Alexandria Madalena, Troy Madalena, Valene Madalena, Gavin Medina, Robin Parrett, Deanna Pino, Meranda Pino, Leandra Saiz, Cassie Sando, Evan Toya, Rodney Toya, Teeah Toya and Kalainia Waquie.

We have several athletes who are doing double duty between baseball, softball and track. Troy Madalena has already qualified for the state track meet in the 1600 and 3200 meter runs.

Softball. Alex Tosa is coaching the softball team and they are responding well. The girls are exciting to watch and are playing a very good brand of ball. The roster is Briana Chinana, Jasmine Loretto, Robin Parrett, Jesire Lucero, Julie Pecos, Deanna Pino, Leandra Saiz, Tyana Toya, Teeah Toya, Kalania Waquie, Julia Wall, Jasmine Lovato, Amber Trehern, Donae Parrett, Miranda King, Bernae Chama. Aubre Chosa and Falisha Trujillo are managers.

Save the Date: Graduations!

April 29	Southwestern Indian Polytechnic Institute (SIPI)	10 a.m.
May 7	New Mexico State University Pan American Center	10 a.m.
May 13	Institute of American Indian Arts IAIA Dance Plaza	2 p.m.
May 14	University of New Mexico University Arena (The Pit)	9 a.m.
May 14	Jemez Valley High School High School Gym	10 a.m.
May 17	New Futures Tingley Coliseum	2:30 p.m.
May 19	Rio Rancho High School Santa Ana Star Center	10 a.m.
May 19	Del Norte High School Tingley Coliseum	3:30 p.m.
May 20	Walatowa Head Start Walatowa Youth Center	12 p.m.
May 20	Jemez Day School Jemez Day School Gym	10 a.m.
May 20	Cleveland High School Santa Ana Star Center	11 a.m.
May 20	Manzano High School Tingley Coliseum	7:30 p.m.
May 21	Walatowa High Charter School Youth Center	10 a.m.
May 21	Bernalillo High School Santa Ana Star Center	11 a.m.
May 21	Eldorado High School Tingley Coliseum	11 a.m.
May 22	San Diego Riverside Charter School Walatowa Youth Center	11 a.m.
May 23	St. Pius X High School Santa Ana Star	10 a.m.
May 26	Jemez Valley Middle School 8 th Grade Continuation JVHS Auditorium	6 p.m.
May 26	Santa Fe Indian School 8 th Grade Promotion Paolo Soleri	10 a.m.
May 27	Santa Fe Indian School High School Paolo Soleri	10 a.m.

NATIVE AMERICAN FISH & WILDLIFE SOCIETY NATURAL RESOURCES YOUTH PRACTICUM

Sponsored By Native American Fish and Wildlife Society Southwest Region,
U.S. Fish and Wildlife Service, Region 2 and Turner Enterprises, Inc.

JUNE 20 - 24 LADDER RANCH, HERMOSA VILLAGE
(about 15 miles northwest of Hillsboro, NM)

For Native American high school students at no cost.
Transportation, meals, housing and all training materials
will be provided.

Ladder Ranch is 156,439 acres of great wildlife and habitat diversity. Explore ecosystems ranging from desert grasslands to pine forests in the foothills of the Gila Mountains. Learn about natural resources management from natural resources professionals while making friends and having fun!

Study water quality analysis, stream ecology, electro-fishing and transplanting native fish, wildlife tracking and management, reptile and bird biology and identification, habitat evaluation, rangeland and forest inventory, soil analysis, stream restoration, bat monitoring, native plants and more.

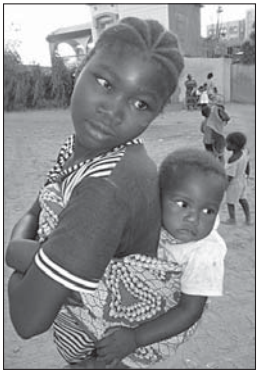
For information, contact Norman Jojola at (505) 753-1451 or (505) 927-3494; Jeanne Lubbering at (505) 281-7694; or Joe Early at (505) 248/6602 or joe_early@fws.gov.

Mission Accomplished! Medical Care to Burkina Faso

Submitted by Lana Toya, Early Childhood Education Director

On April 1, the Lighthouse Medical Team started our mission to minister to the people of Ouagadougou, Burkina Faso. I joined a team of ten volunteers that included two doctors, two nurses, a college student, a pastor and three others volunteers. The trip took over 24 hours, including layovers, from Santa Monica to Burkina Faso. Our mission was to provide medical care for five days. When we arrived, we were greeted by Pastor Benjamin Mettle of The Door Church in Ouagadougou and several parishioners who helped load 20 large boxes of medication and medical supplies, plus our luggage.

The next day, Sunday service was in French, translated by a man in the congregation. Then Pastor Mettle showed us the rented three-bedroom home that would house our small clinic, and included a triage area, a pharmacy and three examining rooms. The clinic would open from 8 a.m. to 5 p.m. from Monday to Friday.



Every evening we attended revival services where Pastor Garret King of Gabon, Africa, preached. By the end, many people had locked in to the congregation and received miraculous healing.

Before opening the clinic each morning, we began with prayer and a song. I was assigned to work with world-renowned cardiologist Dr. Lawrence Czer, Medical Director of the Heart Transplant program at Cedars-Sinai Hospital in Santa Monica. Dr. Czer is known for his research on experimental and clinical aspects of heart transplantation and the intraoperative evaluation of valvular heart disease. He presents his findings throughout the world. An article in *The Los Angeles Times* noted that Dr. Czer is just doing his best "to be the hands and feet of Christ, giving aid where it's needed in some of the poorest, most war-ravaged places on the continent."

"We don't stay in great hotels," Czer told the *Times*. "We're with the people. We don't exclude anybody. We see the poorest

of the poor. We lay hands on people. We touch people. We tell them we love them. We think that's what, probably, Jesus would do if he were walking the earth at this point."

I had the wonderful opportunity of scribing for him as he examined close to 100 patients a day. He gave me a quick course on different medications and their treatments, which he prescribed and I dispensed. Patients generally got three or four medications to treat infections and diseases. The most common were high blood pressure, fungal/skin infections, malaria, stomach worms, eye problems, and wound care. Dr. Czer also removed two tumors. I was most impressed by the way he treated every patient with dignity and respect like he would his patients in Santa Monica, who are affluent and even famous celebrities. At the end of every exam, he asked if we could pray for our patients and he always recognized God as the Great Healer and he an instrument used by God. This was a humble man.

On Wednesday, the Lighthouse Medical Mission made the evening news; word had spread throughout the area that free medical care and medication was available. Local television crews filmed the clinic and interviewed Dr. Czer and Pastor Mettle. The next day, the number of people waiting at the clinic increased and crowd control became a concern; many people were desperate to get medical care for their families. The US Embassy heard about the medical mission's impact, and invited us to dinner to thank us. Important officials from the Department of Health also attended the dinner.

We owe much gratitude for the success of the medical mission to Pastor Mettle and his congregation who showed up before we arrived and stayed after we left to prepare and sanitize the clinic every day. They also served as translators. One translator spoke six tribal languages as well as French and English! Pastor Mettle made a lasting impression on Dr. Czer, who has been volunteering his talent and time for 15 years and goes on medical missions at least twice a year. He commented



(Top) People wait for free medical care at the clinic.

(Below) Dr. Czer examines an elderly man. Lana Toya is ready to help dispense any medication he needs.

(At left) A young girl tends her baby sister.

that this medical mission was the most organized medical mission ever!

When we left, we had successfully treated 1,000 patients! We also donated thousands of dollars worth of medicine to a local hospital. In addition, the US Embassy agreed to treat and fund three referrals: two mastectomies and a jaw tumor in a young boy.

I want to thank the Pueblo of Jemez, my family, friends and loved ones who supported me, donated to my bingo fundraisers, came to bingo and made it possible for me to be part of this mission. I also want to thank my grandmother, Clara M. Toya, who passed while I was in Burkina Faso. While I was deeply saddened, I dedicated the last day of the clinic to her memory. I will always remember how happy and proud she was of me and always supported me in doing the work God has placed on my heart through my church.

I will never forget the faces of the people of Burkina Faso who were so grateful to us for coming. With your help, many lives were healed and changed. *Mission accomplished!*





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

Tribal Court Reminders

To all defendants: make an effort to bring in payments for your delinquent accounts. Later in the month, payment reminders will be sent to your post office box numbers. For information about your account and payments due, call the Tribal Court office at (575) 834-7369 or stop by the office.

To those on probation: You are court-ordered to report to the Tribal Court office to sign in. If you have not completed your Community Service Work, please do not wait to report for work. There is plenty of work that needs to be done in our community.

If you do not comply with these court orders, you will receive a notice of noncompliance and be summoned back to court for further action.

TOWA ARTS & CRAFTS COMMITTEE PRESENTS 21ST ANNUAL JEMEZ RED ROCKS ARTS & CRAFTS SHOW

MEMORIAL DAY WEEKEND
MAY 28 AND 29 9 A.M. TO 5 P.M.

Native American Arts & Crafts, Traditional Dances,
Traditional Jemez Foods

BOOTH FEES

Jemez Tribal Members \$100; shared booth \$125
Nontribal Participants \$150; shared booth \$175

Booth reservations due May 16, 2011

For more information, call (505) 274-8770.

VOTER REGISTRATION

If you are 18 years old and over, you can register today to vote in the 2012 primary election.

Registered voters: you can update your voter information at the Voting Rights Office at the Jemez Civic Center or call (505) 934- 8826 or Sandoval County Bureau of Elections office at (505) 867-7577.

The county is in the process of redistricting. If you need more information, call one of the numbers above.

REMINDER! To all tribal members who own dogs. Please keep your pets at home and do not allow them to follow you to the Plaza during any religious, cultural of traditional activities.