



# Red Rocks Reporter

FEBRUARY 2012

## In This Issue

From the Governors.....	1
Valles Caldera Grazing.....	1
Community Notices.....	2
Volunteers Needed!.....	2
Call 911 for Emergencies.....	3
Governors Address Tribal Staff.....	3
Tribal Administration.....	3
Walatowa Veterans Association.....	4
Jail Diversion Program.....	4
Alcohol and Your Teenager's Brain.....	5
Dating Violence.....	6
Thank You Note.....	6
Parenting Skills Classes.....	6
Revitalizing Our Jemez	
Running Tradition.....	7
Applause.....	7
Heart Disease and Diabetes.....	9
Jemez Pueblo Enhance Fitness.....	9
February is American	
Heart Month.....	10
Tribal Council Report.....	10
Disabilities Awareness	
Conference.....	11
Beware of TV Health	
Product Scams.....	11
Protect Yourself From	
Hantavirus.....	12
Poison Prevention Month.....	12
SDRCS Board Member Wanted.....	13
Changes in Lunches at SDRS.....	13
Head Start News.....	14
Children's Dental Health Month.....	14
Prenatal/Childbirth Classes.....	14
Jemez Valley Public Schools.....	15
JCDC News.....	16
Election Updates.....	16

## GOVERNOR TAKES JEMEZ ISSUES TO WASHINGTON

Governor Joshua Madalena went to the nation's capitol to meet with federal officials, including New Mexico Senator Tom Udall, about Jemez land and natural resources issues.

In December 2010, the Pueblo of Jemez signed an historic Memorandum of Understanding (MOU) with the US Forest Service. In discussions with Faye L. Krueger, Assistant Deputy Chief of the National Forest Service, Gov. Madalena outlined plans to increase the level of the MOU to provide services to the US Forest Service and create a site stewardship program making Jemez responsible for monitoring all ancestral villages and sacred sites, as well as other initiatives with in more than 300,000 acres of the Jemez Ranger District.

The MOU gives the Jemez nation decision-making powers over its aboriginal lands and provides a model implementation of the United Nations Declaration on the Rights of Indigenous Peoples. Mr. Obama had announced his support of that document at the White House Tribal Conference in 2010.

"This historic MOU is one of the first documents of its kind. Jemez is paving the way for other tribes to reclaim their ancestral lands," the Governor says. "We've had significant letters of support from tribal nations across the country that want to do what we are already doing."

Tribal Councilman Paul Chinana and Bennie Shendo, Jr., who had been meeting with other federal officials on the Governor's behalf, joined Gov. Madalena at a dinner with President Barack Obama on Friday, Jan. 27. At the dinner, Mr. Obama reaffirmed his support for tribal sovereignty issues.

"We are very fortunate to have this level of relationship with the President," Gov. Madalena says. "It's always an honor to have the opportunity to speak with him."

## Jemez Wins Valles Grazing Contract

*Submitted by Jonathan Romero, Natural Resources Department*

The Pueblo of Jemez has been awarded a grazing contract that will allow tribal cattle producers to graze 250 cow/calf pairs at the Valles Caldera National Preserve (VCNP) for the 2012 summer season. New Mexico State University also received an award.

"Winning this grazing contract is vitally important. I am overwhelmed with joy that we have the opportunity to graze our animals on this landscape just as our forefathers had done for many generations," says Governor Joshua Madalena. "We must take advantage of this opportunity to rest our range and farmlands. This is a great advantage for our livestock producers."

Grazing at the VCNP reaffirms the Pueblo of Jemez connection to this traditional domain. In addition, moving cattle away from the Walatowa community will allow lands to recover from the effects of grazing. Weaned calves will be heavier because of the high quality grasses; the Valles offers some of the richest grassland in the country. In addition, registered sires with top genetic traits will improve the herd.

For more information, please contact Jonathan Romero at the Natural Resources Department at (575) 834-3202. Details about an upcoming planning meeting will be announced.

**GOVERNORS' NOTICE: By order of the Governor, participation in this Valles Caldera National Preserve grazing program is MANDATORY. ALL cattle producers are REQUIRED to graze their herds at the Valles Caldera the this summer.**



### 2012 TRIBAL GOVERNORS

Joshua Madalena

*Governor*

Larry Chinana

*First Lt. Governor*

Juanito Toya

*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*

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## FROM THE GOVERNORS

# Community Notices

Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juan Toya, with the help of our tribal officials, will enforce the following rules and regulations as we continue our religious and cultural practices that have sustained and empowered us from time immemorial.

In 2011, our religious leaders approved non-member Indian female spouses to participate in tribal traditional and/or cultural events if they have been married five or more years.

Through our cultural activities and our customs, we rely on powerful symbols and beliefs that have existed successively in our society. In order to provide long-term preservation of our culture, the various components of our traditions must be protected. On behalf of the War Chief and War Captains, with support of the Governors, this notice is being circulated to all tribal members.

Enrolled tribal members must, at all times, be involved and participate in community obligations, events and/or traditions, cultural and religious ceremonies and obey all rules and regulations established or set forth by the War Chief and War Captains.

Only enrolled Pueblo of Jemez tribal members shall participate in religious/cultural ceremonies that are closed to the public. A non-member Indian female spouse will be allowed to participate in tribal traditional and/or cultural events at the discretion of the tribal leadership on the grounds of marriage. If married within the last five years, the female spouse will not be allowed until such time as this individual has fulfilled and respected all aspects of our culture and tradition. Non-Indians, non-tribal members, and unmarried males and females will not be allowed to attend traditional religious ceremonies taking place in the Pueblo that are closed to the public. Tribal members should not engage in inviting non-member friends, acquaintances or extended families to our activities.

Pets are not allowed in the plaza during religious and cultural ceremonies. Owners, please obey this rule and confine your pets so they do not wander.

**As a reminder, any type of recording or photo taking device, including cameras and cell phone, are prohibited and will be confiscated.**

## Zero Tolerance

The Governors remind all community members that aggressive or violent behavior toward tribal officials will not be tolerated. Several tribal codes address assault charges. The penalty for assault or battery of a tribal official can be six months to one year in jail, a fine of \$1,000 up to \$5,000 or both.

**Violators will be arrested and prosecuted!**

## Volunteers Needed!

Pueblo of Jemez tribal leaders encourage tribal members to volunteer with the Ponderosa Volunteer Fire Department (PVFD.) The PVFD serves the Pueblo of Jemez and surrounding communities.

"Having Walatowa community members quickly available in emergencies is critical to the safety of our community," says Second Lt. Governor Juan Toya. "In addition, it's important to have a local fire department so Walatowa homeowners can get affordable insurance."

Sandoval County Fire Department will provide training for fire suppression and emergency medical services first responders at no cost. Equipment will be provided.

All community members, male and female, are invited to take this opportunity to help protect our village and our neighbors. For more information, contact First Lt. Governor Toya at (575) 834-7359 or Emergency Services Department Director Dave Ryan at (575) 834-7628.

## IN AN EMERGENCY ALWAYS CALL 911!

**The local phone at the Law Enforcement office is NOT staffed after hours and on weekends. Use that number only for routine, non-urgent matters.**

**In an emergency, call 911. When you call 911, Dispatch can send a response team even if local Jemez responders are currently on another call.**

## TRIBAL ADMINISTRATION

## GOVERNORS MEET WITH TRIBAL STAFF

Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juan Toya met with tribal employees at an assembly at the Youth Center on Jan. 31.

Governor Madalena thanked the staff for their hard work and excellent service to the community. "We depend on federal funds," the Governor noted. "These are difficult times for all of us, even the President of the United States."

"We will continue to have a voice in Washington. When I go there, I think about my people and the people throughout the Jemez corridor," the Governor continued. "Jemez is at the forefront of the nation's 565 tribes. For instance, the White House is using the Memorandum of Understanding we signed with the US Forest Service in December 2010 as an example to promote their declaration of Rights of Indigenous People that affirms the rights of native people to manage their indigenous lands. We were the first tribe to make use of that law."

The Governor outlined some plans for this administration, including continuing the focus on reclaiming lands, providing job opportunities for tribal members, and helping high school graduates find education, direction and purpose. "The Governors can't do it alone," Gov. Madalena said. "It takes a team, and tribal employees are an important part of that team."

The Governor recalled that when his father José Madalena served as Governor in 1982, the tribe employed only 25 people. Today, there are more than 300 staff members.

"We need to continue to create opportunities for our people. The national unemployment rate is the highest ever, and the job market is more competitive for our tribal members. Economic development is critical."

The Governor cited the need for a nursing facility and assisted living residences to serve tribal elders as well as those recovering from surgery or illnesses. "When our elders go to a nursing home in Albuquerque, they die of loneliness and depression," he said. "We need to bring them home where their families can stay close to them."

Stressing the need for improved communication, the Governor advised directors and managers to share information with their staff. He also plans community meetings so the public can stay informed and offer suggestions and recommendations. "We have knowledgeable, educated people in our community who can offer valuable perspectives," he noted, adding that staff will be better informed about the Governors' schedule and activities. "We have an open door policy," he said.

First Lt. Governor Chinana thanked the group for their professionalism and skills. He advised staff members to know and follow existing regulations, rules, policies and procedures as well as the chain of command. "The Governors are neutral. We make decisions based on the best interests of our community."

Second Lt. Toya encouraged team work and cooperation in the workplace and thanked staff for their skills and dedication.

## News You Can Use

### Utilities Rates

Please note that utility rates for Walatowa residents go up to \$40 per month starting in February. This rate covers water, sewer and solid waste disposal. The rate increase was approved by Tribal Council in August to help the Public Works Department return to financial stability.

### Household Plumbing Repairs

Walatowa homeowners should be aware that they are responsible for the water and sewer pipes between their homes and the connection to the community system. The PoJ Housing Department and Public Works Department will make every effort to assist community members with emergency repairs. **However, residents are responsible for the cost of any repairs between the main community system and the individual residence.**

### Hazardous Waste Disposal

The Pueblo of Jemez Transfer Station has special arrangements for disposal of regulated waste, including toxic cleaning solutions, paint, used oil, solvents, batteries, electronics and other hazardous

materials. Please bag these items separately and follow the procedures described on signage at the Transfer Station.

### Junk Vehicles

If you have an old vehicle that no longer runs and you want to dispose of it, please contact Jerry Trujillo at Planning and Development at (575) 834-0094 to arrange to have it hauled away. The steel value of your vehicle may net you about \$100 or more with a title.

In addition to being unsightly, abandoned vehicles can be a danger to children and can harbor rats, mice and other disease-carrying animals. Let's keep our community clean and safe for our families!

### Fencing Easements

Tribal officials and staff will identify arroyos and ditches that require immediate cleaning and maintenance.

By tribal ordinance, all fences must be at least five feet from these ditches. Fences that are over the required five-foot easement will be removed.



## WALATOWA VETERANS ASSOCIATION

# NEWS FOR WALATOWA VETERANS

At the WVA monthly meeting on Jan. 12, the following officers were elected:

<i>Chair Commander</i>	Odell Fragua
<i>Vice-Commander</i>	Gail Madalena
<i>Secretary</i>	Martha Chosa
<i>Treasurer</i>	Travis Baca
<i>Sergeant at Arms</i>	Thomas Larry Pecos
<i>Spiritual Leader</i>	Gerome Fragua

The next veterans' meeting will be held Tuesday, Feb. 14 at 6 p.m. in the WVA office at the Jemez Civic Center. We will have a pot-luck dinner along with our meeting, so all you veterans bring your favorite dish and your sweethearts!

Very Respectfully,

Travis Baca, *WVA Service Coordinator/Treasurer*  
 Odell Fragua, *Chair Commander*  
 Gail Madalena, *Vice Commander*  
 Martha Chosa, *Secretary*

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### Walatowa Jail Diversion Veterans First Program

The Pueblo of Jemez has been awarded a grant from the New Mexico Human Services Division to implement a program to address veterans and their families who have been affected by post-traumatic stress disorder (PTSD.) The grant also initially assisted in the formation of the Walatowa Veterans Office in the Civic Center. The Jail Diversion Veterans First Project is administered by the JHHS Behavioral Health Program.

This program uses tribal strategies to engage Jemez veterans who have been arrested and have been assessed with PTSD. The program diverts them into treatment instead of incarceration. This significant program requires the collaboration of Tribal Court, Probation, Law Enforcement, the Behavioral Health Program, and the JHHS Health Clinic as well as external agencies such as hospitals, treatment providers, and the University of New Mexico. The program will include a service coordinator who will be the liaison between the agencies and programs to provide seamless services to these veterans and their families.

The program is intended to become a model for other tribal communities that want to truly address the needs of veterans and their families who have been affected by PTSD.

"It is our hope that quality judicial and treatment services come together to improve the lives of our community veterans in addressing this serious disorder," says Behavioral Health Program Manager Keahi Souza, LMSW, who oversees the program. If you have any questions about this new program, contact Dave Panana, BSN, Interim JHHS Director, or Keahi Souza at (575) 823-7413.

### Call for Artists! Veterans Creative Arts Festival

New Mexico veterans are invited to show their talents and celebrate the healing qualities of the arts at the Tenth Annual Veterans Creative Arts Festival, March 7 and 8 (visual arts) and March 9 (performing arts) at the Murphy VA Medical Center in Albuquerque. The Festival is open to all veterans enrolled at VA medical facilities, including NM VA Health Care System (NMVAHCS) employees who are veterans. Completed applications and entries are due by March 2, in person or by mail, to 1501 San Pedro Drive SE in Albuquerque.

The divisions are music, visual arts, creative writing, drama and dance. Veterans can enter three items per division. Judging for the visual arts division is March 6; the music, dance and drama divisions will be judged on March 9. Creative writing will be judged separately.

Local first-place winners will compete nationally via digital images and compact disc. The national show will be held in Boston from Oct. 8-15, 2012.

"In 2011, we came in second with an incredible 19-medal win, including Best of Show," says Nan Gile, recreation therapist

For more information about the visual arts division, call Nan Gile at (505) 265-1711, ext. 2499. For more information about the performing arts divisions, call Barb Tremmel at (505) 265-1711, ext. 4208. For creative writing, call Keena Neal at (505) 265-1711, ext. 4747. If calling from outside of Albuquerque, you can call toll-free at (800) 465-8262, followed by the appropriate extensions.

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### VA Golden Age Games

New Mexico veterans age 55 and older are encouraged to participate in the 2012 National Veterans Golden Age Games from May 31 to June 5 in St. Louis, Mo. Veterans who currently receive care from NMVAHCS are eligible. Download an application at the Golden Age web site at [www.va.gov/opa/speceven/gag/index.asp](http://www.va.gov/opa/speceven/gag/index.asp).

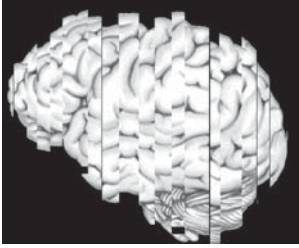
The Golden Age Games are the premier senior adaptive rehabilitation program in the US, and the only national multi-event sports and recreational seniors' competition designed to improve the quality of life for older veterans, including those with a wide range of abilities and disabilities. Events include swimming, cycling, golf, shot-put, discus, 10-meter air rifle, table tennis, dominoes, shuffleboard, horseshoes, nine-ball, bowling, checkers and croquet. Each event has seven age categories, starting at age 55. There are divisions reserved for veterans with visual impairments and those who use wheelchairs.

The application includes a physical exam (including EKG,) TB skin test, medication profile and general health statement completed by the participant's physician.

Veterans interested in competing in this year's games can call Cathy Williams, recreation therapist, at (505) 265-1711 or toll-free at (800) 465-8262, ext. 2469.

## BEHAVIORAL HEALTH

## Alcohol and Your Teenager's Brain



If you think underage drinking is harmless, think again. New research shows that alcohol affects a youth's developing brain differently than an adult's brain. Alcohol use can damage memory, learning and impulse control, and the damage can be permanent.

The human brain goes through rapid growth, development and "wiring" changes between the ages of 12 through 21. Even when teens "feel" grown up, their brains are still developing, no matter what they want to think or how independent they want to be.

### Alcohol and Brain Damage

*Neural plasticity* is the ability of brain circuitry to physically reorganize itself as a result of new learning and experiences. As the adolescent brain develops, it must make key neural connections to wire itself to become a responsible, thoughtful adult. Alcohol acts as a depressant that slows down brain activity and hinders development.

Think of it as computer. Alcohol is like a computer virus, shutting down or distorting neural messaging, destroying essential connections and interfering with proper programming for successful adulthood. It's like loading new software onto a computer. If you interrupt the process and fail to load the software correctly, the system will not function properly. If you destroy the disc, you cannot retrieve the missing information.

Alcohol damages two key brain areas. The *prefrontal area* is responsible for thinking, planning, judgment, deci-

sion making and impulse control. This area undergoes the most change during adolescence and plays a critical role in forming adult personality and behavior. Alcohol can cause severe changes in this area, and this damage can be long-term and irreversible.

The *hippocampus* is involved in learning and memory. This area suffers the worst alcohol-related brain damage in teens. Teens who consumed more alcohol had significantly smaller hippocampus areas. In addition, short-term or moderate drinking impairs learning and memory far more in youths than in adults. Frequent drinkers may never be able to catch up in adulthood, since alcohol inhibits systems crucial for storing new information.

### Parents are Important

Most parents don't realize they are the primary influences in their children's lives – more important than friends, teachers, TV stars and movies. When teens were asked about the most influential people in their lives, they placed their parents first. When parents were asked about the greatest influences on their teens, they placed themselves last.

Parents often underestimate the extent of teen drinking and how destructive it is. Of youth who said they had been drunk in the last year, 31 percent of their parents thought they were nondrinkers.

Some parents may view underage drinking as inevitable, but it's not. To be alcohol-free, teens need the active involvement of their parents. All children need help from their parents to guide them through their teenage years.

### ABOUT YOUR BRAIN

**More complex than the world's most powerful computer, the brain is responsible for everything we think, see, hear, feel, smell or do. It even creates and directs all of our emotions.**

The brain is divided into areas that direct different parts of our bodies. Like a complex computer, the different parts work at the same time through more than one billion brain cells called neurons. A neuron looks like a tree, with branches (*dendrites*), a "trunk" (*axon*) and roots (*axon terminals*.) neurotransmitters are tiny sacks of powerful chemicals at the root tips. At the top of the trunk is a *soma*, a tiny electrical generator.

Brain neurons communicate by sending electrical and chemical messages from the roots of one neuron to the branches of another. If a thought or action is repeated, a neuron sends more chemicals and the receiving neuron makes more branches to receive them. The neural connection is strengthened until it looks like a bushy tree instead of a spindly tree. It becomes a dominant neural pathway.

At birth, 40% of our neurons are already "wired" for automatic functions like breathing, circulation and digestion. The other 60 percent are waiting to be stimulated by learning and experiences to make connections. When we learn new things or do new activities, new neural connections are made, "wiring" our brains. The more neural connections we make, the smarter and more capable we become. This wiring process is especially active during adolescence.

Alcohol slows down this brain activity and interferes with brain development. The damage can be permanent.

Source: NM Department of Transportation and the Utah Department of Alcoholic Beverage Control.

### Did you know?

Children who start drinking before age 15 are five times more likely to develop alcohol problems than those who start after age 21.

Most parents talk to their kids about drinking around two years too late.

If your family has a history of alcoholism you children need to know that they are at a greater risk for problem drinking.

## SOCIAL SERVICES

# Dating Violence: *What You Need to Know*

Submitted by Carol Vigil, Family Advocate

In dating violence, one partner tries to maintain power and control over the other through abuse. Dating violence crosses all racial, economic and social lines. Most victims are young women, who are also at greater risk for serious injury. Young women need a dating safety plan.

### **Young men may believe:**

- ✦ They have the right to "control" their female partners in any way necessary.
- ✦ "Masculinity" is physical aggression.
- ✦ They "possess" their partner.
- ✦ They should demand intimacy.
- ✦ They may lose respect if they are attentive and supportive toward their girlfriends.

### **Young women may believe:**

- ✦ They are responsible for solving problems in their relationships.
- ✦ Their boyfriend's jealousy, possessiveness and even physical abuse, is "romantic."
- ✦ Abuse is "normal" because their friends are also being abused.
- ✦ There is no one to ask for help.

**You can choose better relationships when you can identify the early warning signs of an abusive relationship, under-**

**stand that you have choices, and believe you are a valuable person who deserves to be treated with respect.**

### **Early warning signs that your date may eventually become abusive:**

- ✦ Extreme jealousy
- ✦ Controlling behavior
- ✦ Quick, intense involvement
- ✦ Unpredictable mood swings
- ✦ Alcohol and drug use
- ✦ Explosive anger
- ✦ Isolates you from friends and family
- ✦ Uses force during an argument
- ✦ Believes in rigid sex roles
- ✦ Blames others for his problems or feelings
- ✦ Cruelty to animals or children
- ✦ Verbally abusive
- ✦ Abused former partners
- ✦ Threatens violence

**Help is available!** If you are involved in an abusive relationship, you need to remember that no one deserves to be abused or threatened. Remember you cannot change your batterer, and in time the violence will get worse. You need to take care of yourself. Remember your safety is most important!

The Domestic Violence Prevention Program at Social Services is available to help. They also have resources available.

Call (575) 834-7117 if you need help or just want to talk about your situation.

### **Safety Planning**

You should think ahead about ways to be safe if you are in a dangerous or potentially dangerous relationship. This safety plan is for anyone who may be abused by or afraid of a spouse/partner, boy/girlfriend, family member or others.

### **What I can do before a violent incident:**

- ✦ I will always keep some money hidden. If possible, I will set up a separate account and hide the check book.
- ✦ I will have at least two extra sets of keys for the car and house. I will keep one set in a safe and available place outside the home.
- ✦ I will plan where to go, develop an escape route and hiding place. I will not let my abuser know where I am.

### **What I can do during a violent incident:**

- ✦ I can leave the physical presence of the offender if possible.
- ✦ I can scream to alert a neighbor to call 911.
- ✦ I can never hesitate to call police if I am afraid.
- ✦ If I have to leave my children in the home, I will contact the police when I am safe.

**If you need help, or if you know someone who does, please call the Social Services Program at (575) 834-7117. All calls are strictly confidential!**



**Women's Support Group meets Thursday, Feb. 2 and 16, from 6 to 8 p.m. at the Social Services conference room across from Law Enforcement near the Youth Center. If you have questions, please contact Carol Vigil at (575) 834-7117.**

**Parenting Skills Class (PSC)** is free and open to the Jemez Pueblo community. PSC is a 12-session class focusing on communication, prevention, parental involvement and modeling of healthy behavior. Child care services are provided during sessions for children six months and older.

A new PSC group will start in February. For more information contact Joline Cruz, Prevention Coordinator at (575) 834-7117 or jrcruz@jemezpuablo.us.



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



DUKE CITY MARATHON  
September 23, 1990  
Marathon Foto

## STEWART LORETTO

**Q. Why do or did you run?**

I started running when I was young. I liked it because it made me feel good.

**Q. What motivated you to run?**

What motivated me to run was when I started running as a young boy, it was in high school and going to the NM State Cross Country meet representing Jemez Valley High School.

**Q. What are your major accomplishments?**

- 1990. Duke City Marathon (26.2 miles.)
- 1976, 1991 and 2000. La Luz Trail Run at Sandia Mountains.
- 1976. Ran NM State Cross Country meet in high school.
- June 2000. Ran Suzuki Rock 'n' Roll Marathon, San Diego, CA.
- Ran Las Vegas International Half Marathon (three times.)
- Took my nephew Vernon S. Tosa to run the three mile course; he took first place for his age group; he was 12 years old at the time.
- Participated in the traditional footraces.
- Participated in many of our Jemez community fun runs.



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

To me, the kids are doing good. I hope they keep running. Keep up the good work. Stay on the right track and stay healthy

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

We need to talk to our kids about staying out of trouble. Keeping the tradition alive and eating right. Stay active.

## Applause!

Congratulations to Kathleen Sandia who finished the PF Chang Rock 'n Roll (Half) Marathon in Phoenix on Jan. 15 along with nearly 4,000 others who finished the race. Kathleen ran with the Leukemia and Lymphoma Society's Team in Training to raise money for cancer research, advocacy and patient services.

"I've always wanted to run a marathon, and I saw this opportunity and took it, not only for myself but also to help raise money to find a cure for patients battling cancer," Kathleen says. "It was an **awesome** feeling to finish. It was also a great feeling to know I did it for a good cause. I see so many community members who are cancer patients, and I did this for them!"

Kathleen has recommitted to the Leukemia and Lymphoma Society's Team in Training, and will aim for Nike Marathon in San Francisco in October. She plans to run the full marathon. She starts training in May and will be looking forward to donations to fulfil her commitment to raise more money for the Leukemia/Lymphoma Society.





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

Continued from page 7

### VERNA TOSA

#### Q. Why do or did you run?

I started running because my dad (Thomas Tosa) always challenged us. I started to run because our family members were runners. My brothers were very good runners. I saw my dad run. I saw him run many of our traditional races. I remember him winning some of those races. Because of what I saw, I began to pursue my running career. I grew up as a little girl in Roswell, NM and ran in the elementary school. And I came back home to Jemez and ran for Jemez Valley High School.

#### Q. What motivated you to run?

My dad had many stories about his running days. My dad encouraged us to be active. My dad always expressed his well wishes to become a better person and athlete, and to continue believing in our Jemez traditional ways. He always made us feel good about ourselves. He continued sharing his words of wisdom with us to the day he passed away. Those words I hold close to my heart today.

I also saw my brother Paul become a great runner. He was always running. He ran at Jemez Valley High School.

I ran with my friends. I became a member of the Towan Track Club that was mostly comprised of female runners. We were coached by Frank Armijo Sr. We ran a lot of road races outside of Jemez and this helped us stay motivated. We were able to travel and see what was out there beyond Jemez. We competed against people from many parts of our state and country. One of the many field trips we took was to see the Pike's Peak in Colorado. This trip became one of my motivators to get better at running.

#### Q. What are your major accomplishments?

- **1970s.** Member of the Towa Track Club under Coach Frank Armijo Sr.
- **1970s.** Competed in the Mother's Track meet.
- **1970s.** Competed in the Women's' traditional foot races.
- **1976.** Graduated from Jemez Valley High School.
- **1976.** Athlete of the Year award.
- Participated in high school volleyball, basketball, track and softball.
- Qualified for NM State Track & Field Meet. Came in third place in the short distant event.
- Duke City Mini-Marathon.
- Participated in our community fun runs/walks.
- Mentor and role model to our Jemez community.

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

Keep the running tradition alive by teaching our young kids to keep running or get involved in sports. Talk to your kids about physical activities and playing outdoors. Don't stop trying. Believe in our Jemez traditions and teach our culture and traditions to our children. Even if you are being lazy, just go play outside to get some exercise or go for a walk or jog.

We used to play outdoors a lot when we were growing up. I remember times when I got together with my friends and bought stuff at our local stores such as the Kiska Store or Jemez Trading Post and just go somewhere to hang out without getting into trouble. I also helped do chores around the house. We need to have our children do the same.

I have volunteered to take our young athletes to many places in New Mexico and across the country. I truly believe that running can take you to places you never dreamed of going.

I want our community families to carry on the tradition by praying and believing in our Jemez ways. Keep our Towa language alive. Talk to our children in our native tongue.



## COMMUNITIES PUTTING PREVENTION TO WORK

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

A lot of kids are watching TV at home after school, TV shows that are geared towards them like SpongeBob, Hannah Montana, and many other Disney Channels. Some kids have games they play at home. We need to get our children to play outside more.

We need to have families to encourage our younger generation to exercise. We, as parents, need to set good examples by becoming positive role models.

*Author's note: I want to commend all the runners from our community. I want to thank all our community athletes for not giving up and finding ways to stay healthy. I want to wish you all the best. Keep our culture and traditional way of life going. Keep praying for good fortunes and keep all the good things close to your heart. Thank you.— Verna Tosa*

**If you have any questions or want to meet with us about the questionnaire and to set up a time, please call Shawn at or Cornell at (575) 834-3091.**

## Heart Disease and Diabetes

Submitted by Gail Overton, MS, LD, LN, Diabetes Case Manager/  
Nutritionist

**People with diabetes are at increased risk for heart disease and stroke. But you can take action to improve your health and protect your life!**

- ♥ **Keep blood pressure under control.** High blood pressure is a major risk factor for heart disease and stroke. When someone has both diabetes and high blood pressure, the risk for heart disease and stroke doubles. For most people with diabetes, the goal for blood pressure will be less than 130/80.
- ♥ **Maintain healthy cholesterol levels.** People with diabetes often have high LDL (bad) cholesterol, low HDL (good) cholesterol and high triglycerides. These abnormal cholesterol levels are often found in people who have early coronary heart disease. For people without heart disease LDL should be below 100. For those with heart disease LDL should be below 70. Triglycerides should be below 150. HDL cholesterol should be above 40 for men and above 50 for women.
- ♥ **Lose weight if you are obese.** Obesity is a major risk factor for heart disease. Weight loss can improve heart disease risk, decrease insulin levels and decrease insulin resistance.
- ♥ **Increase physical activity.** Not being physically active is a major risk factor for heart disease and insulin resistance. Exercise and losing weight can prevent or delay the onset of type 2 diabetes, lower blood pressure and help lower the risk of heart disease and stroke.
- ♥ **Maintain blood glucose control.** Medications may be needed manage blood sugar. A reasonable goal for A1C is below 7.
- ♥ **Quit Smoking.** Smoking puts people at risk for heart disease and stroke, whether or not they have diabetes.

Ready to get started? Need some help? The Jemez Diabetes Program team can give you the information and skills to create a healthier life for yourself and your family! Call (575) 834-7207.

*Adapted from www.heart.org and American Diabetes Association Clinical Practice Recommendations 2012*

### SENIOR CENTER

## Jemez Pueblo



All senior citizens (55 years and older) are invited to join a FUN group exercise class to improve your

★ Balance ★ Flexibility ★ Alertness  
★ Strength ★ Fall Prevention ★

**TUESDAY, THURSDAYS AND FRIDAYS**

**11 A.M. TO 12 NOON**

**at the Jemez Senior Center with  
instructor Felipita Loretto**

**Class is free to all seniors. Free initial assessment.  
Participants are welcome at any time.**

All levels of activity are welcome — beginners to advanced. Participants should plan to make a 16-week commitment.

**Beautiful Work-Out Room! Fun Environment!**

Contact Felipita Loretto at (575) 834-7207 to sign up for the new class that is starting NOW!

For more information, call New Mexico Senior Olympics at (888) 623-6676.

Sponsors and Partners



## PUBLIC HEALTH

# FEBRUARY IS AMERICAN HEART MONTH: *Are YOU Doing Enough?*

February is American Heart month, so it's a good time to think about a disease that kills more than 600,000 Americans each year. Heart disease is the leading killer of both men and women, and the leading cause of death among Native Americans.

But there's lots we can do to stay heart healthy. According to the CDC, making these healthy lifestyle choices can help.



- ♥ Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- ♥ Select fat-free and low-fat dairy products
- ♥ Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- ♥ Cut back on foods high in dietary cholesterol.
- ♥ Choose foods lower in salt/sodium.
- ♥ Cut back on beverage and foods with added sugars.
- ♥ Keep an eye on your portion sizes.
- ♥ Stay physically active and exercise regularly.

### Know The Signs

It's important to know the signs of an impending heart attack, because they can start slowly and the symptoms may seem mild. The National Heart, Lung and Blood Institute notes that these signs may mean a heart attack is in progress.

- ♥ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that last more a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ♥ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one arm or both arms, the back, neck, jaw or stomach.
- ♥ Shortness of breath, with or without chest discomfort.
- ♥ Other signs may include a cold sweat, nausea or light-headedness.

### Symptoms Are Different For Women

The National Institutes of Health (NIH) found that women often experience new or different physical symptoms as long as a month or more before experiencing heart attacks. The symptoms most commonly reported were unusual fatigue, sleep disturbance, and shortness of breath.

Many women never had chest pains. Surprisingly, fewer than 30% reported having chest pain or discomfort prior to their heart attacks, and 43% reported have no chest pain during any phase of the attack. The women's major symptoms before their heart attack included:

- ♥ Unusual fatigue
- ♥ Sleep disturbance
- ♥ Shortness of breath
- ♥ Indigestion
- ♥ Anxiety

Women's symptoms are not as predictable as men's during the heart attack as well. Major symptoms include:

- ♥ Shortness of breath
- ♥ Weakness
- ♥ Unusual fatigue
- ♥ Cold sweat
- ♥ Dizziness
- ♥ Nausea
- ♥ Lower chest discomfort
- ♥ Back pain
- ♥ Upper abdominal pressure or discomfort that may feel like indigestion.

"Women's symptoms can be so different from men's, so it's important for women to pay attention. If you have any kind of new or unusual symptoms," says Dr. Elizabeth TopSky. "Don't ignore what your body is telling you—paying attention could save your life."

*Did you know?*

**Heart diseases and stroke are the primary causes of death and disability among people with type 2 diabetes.**



**At least 65% of people with diabetes die from some form of heart disease or stroke.**

## TRIBAL COUNCIL

# Tribal Council Report

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

**Dec. 20, 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:

Delegated to the Jemez Health Board full authority and responsibility for oversight of general operations and management of the Jemez Health & Human Services Department as required and established by US Centers for Medicare and Medicaid (CMS) laws and regulations, Accreditation Association for Ambulatory Health Care (AAAHC) accreditation standards, the Federally Qualified Health Center (FQHC) requirements and the health policy formulation requirements for Public Law 93-638 compact tribes.

**Dec. 23, 2011.** Gov. Toledo, First Lt. Gov. Shendo and Second Lt. Gov. Waquie proposed the following resolutions which were approved by the Tribal Council:

Approved the Pueblo of Jemez Public Works Department increase for utility rates for commercial users from \$35 per month to \$70 per month for small users, \$100 per month for medium users, \$150 per month for large users and \$200 per month for extra large users, effective Jan. 1, 2012. The user size is based on the number of people using each facility. A list of department user sizes is available at the Tribal Administration office. The rate increase will add \$30,960 to the department's annual operating budget.

Approved the Public Works Department budget for fiscal year 2012.

## VOCATIONAL REHABILITATION

## Disabilities Awareness Conference March 21

The Jemez Vocational Rehabilitation Program hosts its 13<sup>th</sup> Annual Disabilities Awareness Conference on Wednesday, March 21 at the Walatowa Youth Center from 9 a.m. to 2 p.m. A Fun Run/Walk will start at 7:30 a.m. This will be an interesting, entertaining and informative way to learn about the Jemez Vocational Rehabilitation (JVR) Program and services and about disabilities.

Now in its 16<sup>th</sup> year, the JVR program hosts this conference to help participants learn that *disability* does not have to mean *in-ability*. While disability is a fact of life, it does not have to define how that life is lived or what an individual with a disability can accomplish.

This year, the conference will focus on hidden disabilities – disabilities that are not immediately obvious to observers. Many “invisible” disabilities include learning disabilities, heart and lung diseases, diabetes and lupus. These conditions can interfere with employment and education.

Learn more about how people with hidden disabilities meet the challenges of living and working. The JVR’s keynote speaker will talk about the personal journey through the disability process to achieving life goals. A panel of JVR consumers will speak about

their experiences living with disabilities, how they faced life challenges even when the odds seemed stacked against them, and how they succeeded in achieving their goals. “This conference kicks off our newest five-year grant, so we are really excited about another excellent event,” says Program Manager Sarah Michaud.

The conference will also feature booths from Pueblo of Jemez and state agencies that provide services to people with disabilities and their families. Local artisans from the Pueblos of Jemez, Santa Ana and Zia showcase their arts and crafts.

There is no cost to register, but due to the length and content of the event, registration is limited to people age 12 and older. Lunch will be provided to all registered attendees. Sign language interpreters will help participants with hearing impairments participate in the conference fully.

Registration forms will be available at the Pueblos of Jemez, Santa Ana and Zia. People can also call the JVR office at (575) 834-0012 to register by phone or e-mail to JVR Program Manager Sarah Michaud at smichaud@jemezpueblo.us. The JVR also invites anyone who wants to help plan the conference to call the JVR office.

### MEDICAL SOCIAL WORK

## Beware of TV Health Product Scams!

We’ve all seen very tempting TV ads that promise a new service or gadget that will make life more wonderful and easier. However, usually these ads are intended to make someone else money rather than really make your life easier. Some common examples include:

- ✦ the store that promises to get you a motorized scooter with almost no effort on your part and “at no cost to you...”
- ✦ the diabetic supply company that will ship your “free” supplies straight to your home.
- ✦ the Medicare Advantage Plan which covers “everything” Medicare won’t.

Some products may actually be more convenient for you, **but beware.** Some of these skilled professionals are in the business of selling items you don’t need or want.

If someone shows up at your house uninvited and asks you to sign paperwork you don’t fully understand, or if you call the “toll-free 800” number to learn more about the offer, you may be starting a process you didn’t plan for or want. Often company representatives ask for your Medicare number and the name of your primary care doctor. Then they fax lots of requests to your doctors for equipment and supplies you may be unneces-

sary. The promise of “free” supplies usually means the company plans to bill your Medicare benefits instead of you. Some items (such as diabetic machines and supplies) may already be available to you at no cost through existing JHHS programs at the Jemez Health Clinic.

Other times, insurance representatives may show up at your door offering extra goods and services so they can handle both your Medicare and Medicaid benefits. ***Changes to your insurance coverage can affect which doctors you are allowed to see or which hospitals you can be admitted to.***

***Always get more information about the offer before you sign anything and never give out personal information,*** such as your date of birth, Social Security or Medicare number, over the phone unless you are absolutely sure who you are talking to. An ounce of prevention may save you from having to produce a pound of cure!

As always, if you have questions about anything you are considering, feel free to call Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.



## PUBLIC HEALTH

# Protect Yourself From Hantavirus: What You Need to Know

### What is Hantavirus?

Hantavirus is a virus that is carried in the urine, saliva or droppings of infected rodents, primarily deer mice. People are infected by breathing in the virus during direct contact with rodents or from disturbing dust and feces from mice nests or surfaces contaminated with mice droppings or urine.

### Symptoms

The incubation period for hantavirus pulmonary syndrome can vary from one to five weeks. The early symptoms are similar to the flu, including fever, chills, headache, fever, muscle aches, shortness of breath and difficulty breathing. If these symptoms appear, seek medical attention immediately.

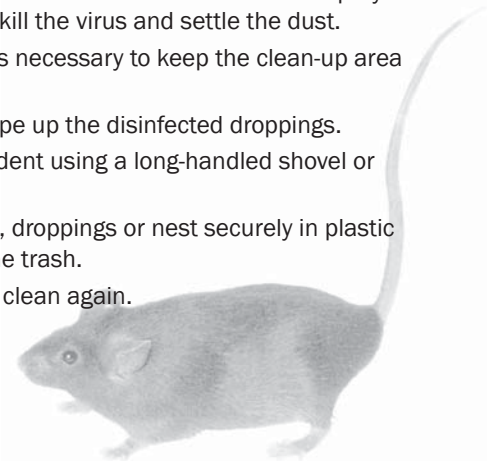
### How can I protect myself from Hantavirus Pulmonary Syndrome?

- ☑ **The best defense against infection with hantavirus is to avoid all contact with rodents, their nests and droppings.**
- ☑ If entering a home or confined space with rodent infestation, open doors and windows and allow the area to air out for one to three hours before cleaning.
- ☑ Seal, cover or screen openings larger than a quarter inch to prevent mice from entering homes, sheds or crawl spaces.
- ☑ Wash dirty dishes and clean up food immediately. Keep food, including pet food, tightly sealed or covered in hard plastic or metal containers. Don't leave pet food out overnight.

### What if I find signs of mice in my home?

Removing rodents from your home will decrease your risk of hantavirus infection. Follow these standard rodent removal and clean-up guidelines:

- ☑ Do not sweep or vacuum areas with evidence of rodent activity until proper clean-up methods have been used.
- ☑ Use snap traps baited with peanut butter. Thoroughly disinfect rodent traps before re-using or disposing.
- ☑ Wear rubber gloves and a N-95 dust mask.
- ☑ Spray the droppings, nest or dead rodent until soaked with a household disinfectant solution (1½ cups of bleach to one gallon of water.) Soak the area for 10 to 15 minutes. Spray disinfectant to help to kill the virus and settle the dust.
- ☑ Reapply disinfectant as necessary to keep the clean-up area moist for dust control.
- ☑ Use paper towels to wipe up the disinfected droppings.
- ☑ Remove the nest or rodent using a long-handled shovel or other implement.
- ☑ Double-bag the rodent, droppings or nest securely in plastic bags and dispose in the trash.
- ☑ Disinfect the area and clean again.



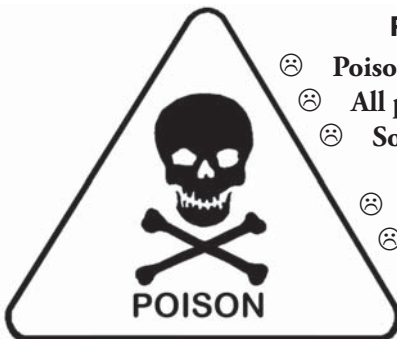
**In 2011, New Mexico's first case of hantavirus pulmonary syndrome was reported in January.**

## INJURY PREVENTION

# FEBRUARY IS POISON PREVENTION MONTH

*Submitted by Jennifer Andrew, Injury Prevention Program*

### Parents: Make sure your children read and understand this information!



- ☹ **Poisons can make you sick if they get inside your body.**
- ☹ **All poisons are bad for you, even if they look or smell good.**
- ☹ **Some poisons are used for cleaning. Always ask a grown-up before opening a cabinet, closet, bottle or box.**
- ☹ **Paint can have poison in it. Never drink paint or eat paint chips!**
- ☹ **Pills are NOT candy. Take pills and other medicine only if a parent, nurse or doctor gives it to you.**
- ☹ **Tell a grown-up if something you eat or drink makes you sick.**
- ☹ **Ask a grown-up before you put anything in your mouth.**

**Stay Away From Poisons. If you have any questions about poisons, ask a grown-up!**

**If you have any questions or if you think someone has been exposed to poison, call the Poison Hotline at (800) 222-1222**

**You can use this number anywhere in the US to be connected to the nearest Poison Control Center.**

**PROTECT OUR KIDS — KEEP POISONS UP AND AWAY!**



## San Diego Riverside Charter School Seeks Volunteer For Governing Board



San Diego Riverside Charter School (SDRCS) is seeking to fill a vacancy on our Charter School Governing Board. The board consists of seven members who are typically elected to three-year terms.

As an integral part of SDRCS, the Governing Board helps shape the learning and educational experience of our students. By providing guidance and oversight, the Board assists in ensuring compliance with the law, strategic planning for the future, and developing balanced and sound budgetary decisions. Governing Board members participate in monthly board meetings (first Tuesday) and provide input and guidance to the principal for the school's operations and future. Board responsibilities and oversight include budget, policy, transportation, enrollment, facilities, charter renewal, etc.

If you want to learn more about this opportunity to serve as a Governing Board Member, please contact Ramona Perea at SDRCS at (575) 834-7419 or e-mail to [monaperea@yahoo.com](mailto:monaperea@yahoo.com) for more information.

## Changes to School Meals at SDRSC

*Submitted by Gail Overton, MS, LD, LN, Diabetes Case Manager/Nutritionist*

School meals are intended to "safeguard the health and well-being of the nation's children." To ensure that children at San Diego Riverside Charter School are getting optimal nutrition, new menus are being developed according to the most recent Dietary Guidelines for Americans. Free meals offered to students must meet these guidelines to qualify for reimbursement from the National School Lunch Program (NSLP).

The Dietary Guidelines reflect current, science-based consensus on proper nutrition, a vital element in promoting health and preventing chronic disease. The guidelines also provide the nutritional basis for federal nutrition assistance programs.

### The Childhood Obesity Epidemic

Being overweight and obese are now major health concerns affecting children and adolescents. Studies show that excess food consumption, poor food choices, and decreased physical activity contribute to childhood overweight, obesity and related chronic health conditions. The Centers for Disease Control and Prevention (CDC) 2003-2006 National Health and Nutrition Survey found almost 32 percent of children 6 to 19 years old are overweight or obese.

Obese children and adolescents are at risk for health problems during their youth and as adults. They are more likely to have risk factors for cardiovascular disease, high blood pressure, high cholesterol, and type 2 diabetes than other youth.

### Nutrition Guidelines

The guidelines recommend the following standards.

- ✦ No more than 30 percent of a person's calories should come from fat, and less than 10 percent from saturated fat.
- ✦ School lunches should provide one-third of the Recommended Dietary Allowances (RDAs) of protein, Vitamin A,

Vitamin C, iron, calcium and calories. School lunches must meet federal nutrition requirements, but decisions about which specific foods are served and how they are prepared is made by local schools.

- ✦ Nutrient targets increase protein and certain vitamins and minerals and reduce inadequate nutrition and excess eating.
- ✦ No alternate menu planning approaches are allowed.
- ✦ Both breakfasts and lunches must provide higher protein in the form of meat or meat alternatives.
- ✦ Weekly fruit and vegetable servings will double at breakfast and rise substantially at lunch.
- ✦ Schools may not substitute between fruits and vegetables; each has its own requirement, ensuring that students are offered both fruits and vegetables every day.
- ✦ A minimum number of vegetable servings is required from each of four vegetable subgroups.
- ✦ Initially, half of grains must be whole-grain rich. After two years, all grain products must be whole-grain rich.
- ✦ Schools must substitute low fat and skim milk for higher fat milk.
- ✦ To increase milk consumption, chocolate milk will be offered when available from the company supplying food to SDRCS.

These changes ensure that all children in the school breakfast and lunch programs have access to more healthy foods.

The JHHS Public Health Program, SDRCS Principal Tony Archuleta and Head Cook Anthony Yepa ask for your support and understanding of our intentions to improve the quality of your children's meals during the school day. This project will be a huge undertaking and the process will take some time. Please be patient and know that we make these changes in the best interests of your children's health.

## EDUCATION

# HEAD START NEWS

Submitted by Lana Toya, Early Childhood Program Manager

As we start a new year, I want to thank the 2011 Tribal Administration for a wonderful year in 2011. Your support and leadership was greatly appreciated. As Head Start requires the participation of our tribal leaders, we look forward to working with the 2012 Tribal Administration.

In April 2011, Tribal Administration participated in the Federal Onsite Monitoring Review, a very important process that happens every three years. At this time, an Office of Head Start Federal Reviewer team visited Walatowa Head Start for one week and conducted interviews, reviewed documentation, and conducted observations to ensure that we are complying with the rules and regulations of the Federal Performance Standards.

### Improved Technology

For 2012, Walatowa Head Start is working to improve services. We will train in PROMIS, a web-based record-keeping software for monitoring, tracking and enhancing services to children and families. This software also reduces the amount of paper used at the center.

Training to service coordinators and teachers will start in February and we'll start utilizing this software in every aspect of the program by the next school year. Many changes are required to make data collection easier and suitable for the

software. We need your patience and understanding as we begin this transition.

### Staff Development

While technology is important to program improvement, staff development is critical. Walatowa Head Start receives Training & Technical Assistance (TTA) funding that can only be used for professional development training. Federal Performance Standards require Head Start staff to receive 15 hours of professional development training every year.

Monthly training is offered on site through tribal programs such as Public Health, Behavioral Health and Social Services Programs on topics including bloodborne pathogens, challenging behaviors, child abuse and neglect, self-esteem, and child development. We also hire consultants to travel to WHS or send staff to off-site training opportunities.

### NACFC Conference

For the next two years, the Native American Child & Family Conference (NACFC) is returning to Albuquerque. The NACFC is an annual conference for staff, parents, tribal leaders and management teams. The conference will be Feb. 28 through March 3 at Hotel Albuquerque. This year's theme is *Inspiring Leaders to Action*.

A conference of this magnitude takes

teamwork. The Southwest Consortium, comprised of Head Start directors from Jemez, San Felipe, Five Sandoval, Isleta, Santo Domingo, Laguna, Sandia and Santa Clara, are planning the conference. The purpose of Southwest Consortium is to improve and promote services to children, families and communities served by Indian Head Start programs through training and technical assistance. I encourage everyone interested in attending or helping with this conference to contact the center at (575) 834-7366 for more information.

This a great time for new beginnings! If you want to work with young children and have experience working in an early childhood setting, Walatowa Head Start has three coordinator positions open in the areas of Health, Family Services and Transportation. The interview committee will interview qualified applicants for these positions, so if you have the qualifications, please submit an application through the tribal Human Resource Department.

Through the year, I will provide information about Walatowa Head Start, especially about eligibility, recruitment, selection, enrollment and attendance as we start the recruitment and enrollment process for the 2012-13 school year.

If you have questions or concerns, or want to learn more, please contact me at (575) 834-7366 or stop by the center.

## Honor our children.



**Give them a healthy smile.  
Make an appointment  
for yourself to protect  
your baby's teeth.**

February is Children's  
Dental Health Month

**Call the Jemez Dental Clinic  
to make an appointment: (575) 834-7388**



## Prenatal/Childbirth Education Classes

**Wednesdays, 6 p.m.**

**Jemez Room at the Health Center**

- Feb. 1 Physical & Emotional Changes
- Feb. 8 Labor & Delivery
- Feb. 15 Breast-feeding
- Feb. 22 Newborn & Car Seat Safety
- Feb. 29 Immunizations & Newborn Care

Refreshments will be served. Dads are encouraged to attend. Both parents receive gifts for attending.

If you have questions, contact Mildred Baca, CHR, MCH, at (575) 834-7413, ext. 354.

## EDUCATION

# Jemez Valley Public Schools

## Jemez Valley Middle School News

Submitted By Laura Mijares, Principal

The school year is more than half over and the second semester promises to be as productive, exciting and interesting as the first. Middle school students can participate in a number of enriching academic offerings. All Language Arts students are fortunate to be reading quality literature: sixth grade is currently reading *Guts* by Gary Paulsen; seventh grade is lucky to be reading *A Wrinkle in Time* by Madeleine L'Engle; and eighth grade is stretching their minds by reading *The Ruins of Gorlan* by John Flanagan.

All three grades have had opportunities to apply their classroom learning to real life experiences. Seventh grade students attended the New Mexico State Legislature and lobbied for House Memorial 3, "The Students' Outdoor Bill of Rights." The students helped author the bill in collaboration with the UNM School of Law group Wild Friends. The sixth grade completed an extensive program with School Resource Officer Deputy Roger Kane. The GREAT Program (Gang Resistance Education and Training) is intended as an immunization against delinquency, youth violence and bad choices in early adolescence. The eighth grade devoted much of their studies to either pre-algebra or Algebra I, using many real-world math solving skills and applications.

A friendly reminder about student absences and tardies: School begins promptly at 7:44 a.m. I encourage everyone to use our bus system, which offers safe, reliable transportation (not to mention friendly and professional drivers!) As of the week of Jan. 23, the middle school is not achieving our attendance goal of 93%. Our students need to be in school and engaged in the business of

learning. Let's work together to make this happen.

The middle school has tested all students in reading, language skills, math and science. Students identified as "English language learners" are being tested for English proficiency, which will help better meet their individual learning needs. We also have state testing requirements with the NM Standards Based Assessment in March. We all are aware of its importance. It is used to rate our schools and determines proficiency levels for graduation.

Testing is sometimes hard and demanding on the students. The students have done a great job! As a reward for all their hard work, students will participate in a pep rally on Feb. 7.

Winter season would not be complete without a boisterous shout out to our sports teams. The girls' basketball coach (Clarice Fragua), the boys' basketball coach (Eugene Gachupin,) and the Spirit Team advisor (Sissy Griego) have done a great job of enlivening our school spirit and giving us something to yell for.

I'm proud to announce that the prestigious Wells Fargo Teacher's Partner Program sponsored by the Golden Apple Foundation of New Mexico has recognized two of our middle school teachers. Mr. Arthur Knox, history teacher, secured a grant to take the entire eighth grade class on a daylong tour of the Trinity Site led by the National Atomic Museum staff. Mrs. Ann Menser, gifted programs teacher, received funding to create a short film based on the new science curriculum, i3Laser. i3Laser was developed by the National Science Resource Center at the Smithsonian Institution, and is a discovery based science program.

Last, our second quarter report cards were excellent and reflected the hard work of our students. I applaud the achievements of our middle school honor roll students.

## JVPS Plans a "Real" K-12, Full-Color, Hard Cover Yearbook *Senior Parents and Local Businesses Invited to Advertise*

Jemez Valley High School will have something great to read by graduation this year: a full-color, hard cover, 100+ page "real" yearbook worthy to be displayed on coffee tables in every student's home. More good news: parents of seniors get first rights to purchase ad space where they can praise and honor the accomplishments of their graduates.

Usually parents like to include a paragraph describing memories and photographs of their graduates. *Special pages are available on a first-paid, first-served basis.* For other readers, especially businesses, remaining advertising space may be purchased; the rates are full page: \$320; half page: \$160; quarter page: \$80; business cards: \$40. All ad fees include full color graphic design services provided by student staff who are learning photography and layout skills using Adobe Photoshop® and InDesign® software.

Two veteran teachers have volunteered to share their expertise with students working on the yearbook. Allan Didier has taught science and computer software and repair classes at JVPS for 12 years; veteran teacher Doug Moser is new to Jemez Valley and has advised yearbook creation at other New Mexico schools. With their staff of 23 students, they will create a book which aims to be a time

capsule that captures the photographs and memories of a year in the life of students in all three JVPS schools.

*Only pre-purchased yearbooks will be printed.* Secretaries at all three schools can accept payment. "Extra copies will not be sold," says Moser. Books cost \$45 until Feb. 17 and \$55 until March 30, when sales end.

"This class is run like a small business, with advisors playing managers, the students working as employees, and the goal being to produce a satisfying product for the public while turning a small profit," Moser explains "All ad sales help to make the books more affordable after printing costs. Any profits are re-invested in camera equipment for the next year's book."

Readers will see the efforts of the Valley's students in May when the yearbook is released. *Parents should place orders for books and ads now;* business owners can get space in the book if they can beat senior parents to the high school secretary's desk.

If you want more information about this project, or to schedule an interview with Allan Didier and Doug Moser, please contact Monica Tolleson at (575) 834-3312, or e-mail the advisors at [adidier@jvps.org](mailto:adidier@jvps.org) or [dmoser@jvps.org](mailto:dmoser@jvps.org).



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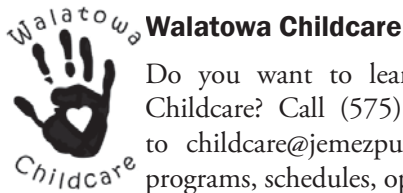
## JEMEZ COMMUNITY DEVELOPMENT CORPORATION

### JCDC News

#### JCDC Board of Directors

Want to get involved? The Jemez Community Development Corporation (JCDC) needs individuals interested in serving on the Board of Directors. If you are interested in helping develop the business interests of the Pueblo of Jemez, join our team. A business background is beneficial. Commitment is for at least one meeting per month for two to four hours. Meetings are usually held in Bernalillo.

If interested, please send an e-mail to [tourism@jemez-pueblo.com](mailto:tourism@jemez-pueblo.com) for additional information.



Do you want to learn more about the Walatowa Childcare? Call (575) 834-7678 or send an e-mail to [childcare@jemez-pueblo.com](mailto:childcare@jemez-pueblo.com) to learn about our programs, schedules, opportunities and available space.

#### Walatowa C-Store

Congratulations to our three **WIC Here – Win Here** winners for January who won Walatowa Prize Packs. If you want to enter to win, just cash your WIC check at the C-Store.

#### Walatowa Visitor Center

Now carrying Pendleton towels! Come on in and take a look!

## ELECTION UPDATES

The 2012 Presidential primary election is just around the corner. Please register today to vote!

**Election Day June 5 7 a.m. to 7 p.m.**

#### Jemez Civic Center

Deadlines	
To file as a candidate	March 20
Last day to register to vote in this election	May 8
Absentee voting begins	May 8
Early voting begins	May 19

For more information call the Native American Voting Rights Office at (505) 934-8826, Bureau of Election Office (505) 867-7577 or SOS-NAEIP office (800) 477-3632.

**LET YOUR VOICE BE HEARD: IT COUNTS TO VOTE!**