



Red Rocks Reporter

JULY 2019

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FROM THE GOVERNORS

Dear Tribal Community Members:

The goal of the Pueblo of Jemez Police Department is to reduce the risk and incidence of child abduction and to increase the effectiveness of law enforcement response by enhancing knowledge and awareness of child abduction within the community. This information supplements the warning about recent attempted abductions sent to the Community last month by the Governor's office. (*Red Rocks Reporter*, June 2019 edition.)

Reports of missing, abducted, and/or exploited children may be among the most difficult, challenging, and emotionally charged cases public safety and law enforcement agencies ever experience. The reasons are many, but children who are abducted, whether by a person the child does not know or by a family member or friend, suffer serious psychological and emotional trauma and worse.

There have been reported alleged abduction cases in the Pueblo of Jemez recently. Many were reported several hours or days after the actual incident. **The Governors and the Police Department strongly encourage reporting any suspicious or unusual activity IMMEDIATELY.** This information is critical for the Police Department to open a criminal investigation and begin the process of inter-agency cooperation that includes all local and state law enforcement agencies.

The timeliness of the police officer's response to a missing child depends on the accuracy of the reported information and how soon the information is received by Sandoval County Dispatch. This critical information can determine the police officer's approach when responding to these incidents and may determine whether the child is recovered promptly and safely.

Sandoval County Dispatch non-emergency number is (505) 891-7226.

In an emergency always call 911.

Safety Tips From the Pueblo of Jemez Governors and Police Department

30 Ways to Help Prevent Child Abduction

Young children should:

- ◆ never say they are alone if they answer the phone: they can offer to take a message or say their parents will phone back.
- ◆ never answer the door if they are alone.
- ◆ never invite anyone into the house without the permission of a parent or babysitter.
- ◆ never go into people's houses without letting relatives know where they are.
- ◆ never get into anyone's car without parental permission.
- ◆ never take candy or other gifts from strangers or anyone else without asking a parent first.
- ◆ never play in deserted buildings or isolated areas.
- ◆ scream and scatter books and belongings if they are forced toward a building or car.

Continued on page 2



2019 Tribal Governors

Governor

Governor David M. Toledo

1st. Lt. Governor

John Galvan

2nd. Lt. Governor

Elston Yepa

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

David M. Toledo

José Toledo

Michael Toledo, Jr.

Paul Tosa

Joseph A. Toya

Vincent A. Toya, Sr.

David R. Yepa

Red Rocks Reporter July 2019 Edition

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From the Governors, *Continued*

- ◆ move away from a car that pulls up beside them if they do not know the driver.
- ◆ be taught their full telephone number and address.
- ◆ be taught that it's all right to say 'no' to an adult if the person wants them to do something you've taught them is wrong.
- ◆ know that no one has the right to touch any part of their bodies.
- ◆ tell school authorities or a police officer about anyone who exposes themselves.
- ◆ tell you if someone has asked them to keep a secret from you.
- ◆ go to the nearest cashier if lost or separated from you in a store or mall.

Teens should:

- ◆ tell you where they are at all times or leave a written or recorded message at home.
- ◆ never hitchhike.
- ◆ avoid shortcuts through empty parks, fields, laneways or alleys.
- ◆ run home or go to the nearest public place and yell for help if they are being followed.
- ◆ learn to recognize suspicious behavior. Remember a description of the person or vehicle to give you or the police. Write the plate number in the dirt or snow if nothing else is available.
- ◆ if attacked for money, jewelry or clothing, give it up rather than risk injury.
- ◆ feel that they can talk to you and call you to pick them up any time, any place.

Parents should:

- ◆ avoid clothing and toys with your child's name on it. A child is less likely to fear someone who knows his/her name.
- ◆ check all potential babysitters and older friends of your child.
- ◆ never leave a child alone in a public place, stroller or car. Not even for a minute.
- ◆ always accompany young children to the bathroom in a public place and advise them never to play in or around the area.
- ◆ always accompany your child on door-to-door activities, such as Halloween, school fundraising campaigns, etc.
- ◆ point out safe houses or homes with the Block Parent sign where children can go if they are in trouble.
- ◆ keep an up-to-date color photograph of your child, a medical and dental history, and have your child fingerprinted.

Stay alert! Be aware! Keep our children safe!

TRIBAL COUNCIL

Tribal Council Report

Pueblo of Jemez departments, programs and tribal administration submitted the following resolutions for Tribal Council approval.

April 30, 2019

TC-20. Approved the appointment of Simone Toya to the Jemez Health Board for a three-year term.

TC-21. Approved the appointment of Margie King-Toledo to the Jemez Health Board for a three-year term.

June 21, 2019

TC-26. Approved the appointment of John Galvan to the Jemez Community Development Corporation Board of Directors.

From the Governors, *Continued*

Tribal Leaders Confirm Pecos Access Agreement

Pueblo of Jemez Governors and representatives from the Eagle Society met with leadership from the New Mexico Game & Fish Department and New Mexico State Parks to discuss ways to maintain the current agreements that preserve access to Terrero Cave in Pecos for traditional use. The area is shifting from NMGF management to management by the State Parks.

Todd Loretto, Juanito Toya, David Yepa and Chris Toya attended the meeting along with Paul Clarke, Natural Resources Department Director and Nadine Padilla, Deputy Secretary of the New Mexico Department of Indian Affairs.

Picuris Pueblo Visit

Tribal leaders, tribal administration staff and representatives from the Natural Resources and Planning & Development/Transportation Departments visited Picuris Pueblo to learn more about various economic ventures that tribe has initiated. The small tribe gathered information and ideas from tribal members and expanded on them to create several successful ventures.



The return of the bison to Picuris tribal lands as part of the Inter-Tribal Bison Cooperative is one very important project. The bison holds an important cultural place for the tribe. Agricultural fields being developed near the buffalo pasture will utilize the waste resource to enrich and feed the soil.

A solar panel array is operational and providing electricity to the area. A small building has been renovated for a new casino and a gas station is being built.

"As New Mexico moves to further green energy resources, we may have opportunities for our own economic development projects," the Governors noted.

Transportation Stakeholders Forum



Second Lt. Gov. Elston Yepa, Clarice Madalena and Darrell Lucero attended a Transportation Stakeholders Forum in Washington, DC June 9 -14. The week-long forum had a full agenda focused on the transport of dangerous radioactive wastes being shipped through reservations across the nation. Tribes want to see better relationships and communications with

agencies such as Nuclear Regulatory Commission, Department of Energy and private transporters and repositories of nuclear radioactive waste. Governor Yepa offered the opening prayer to start the meetings.

Keep Your Dogs in Line!

We are again having problems with stray dogs wandering the community. These animals are a danger to children, walkers and runners, as well as a danger to themselves and drivers on Highway 4. Keep your animals at home!

Tribal members are reminded that there is a one dog per household law in the community. Get your pets spayed and neutered so we can control the stray dog population.

All pets must be confined during traditional activities. Please make sure your dogs are securely confined in your yard or house!

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SENIOR CENTER

Walatowa Senior Olympians Go For the Gold

Seventeen Walatowa athletes qualified for the National Senior Olympics held in Albuquerque in June, joining almost 14,000 other seniors from around the nation. The athletes all qualified at the county and state levels and have been training diligently for the competition. Joe Cajero took the gold medal in archery, and many of our other competitors brought home medals and ribbons in their events; final results were not available at press time.

"The Governors, Tribal Council and Tribal Administration are so proud of our senior Olympians," the Governors said. "They are fine, positive representatives for the Pueblo of Jemez in a national arena."

"Whether or not we won a ribbon, we're all glad we participated," one athlete said. "We were there for our children, our families, and our community."

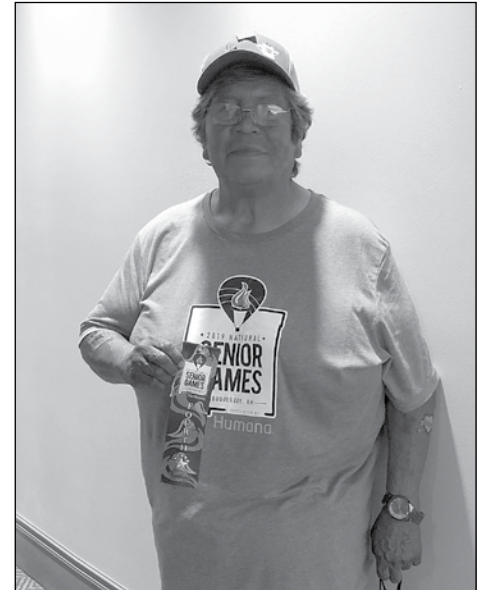
"We bring our thoughts and dreams to our training," Tony Romero noted. "We all wanted to do our best. You have to have the right mindset. The main thing is to just be *in* it. We want to be role models for our kids and our grandkids."



SENIOR CENTER

Congratulations Senior Olympians!

Michael J. Toledo Jr.	Triathlon
Cena Fragua	Doubles Shuffleboard
Albert Sando	Singles Shuffleboard
Alvin Toya	Men's Singles & Mixed Doubles Bowling
Marie Toya	Mixed Doubles Bowling
Martin W. Gachupin,	Men's Singles Shuffleboard
Andrea Fragua,	Singles/Doubles Shuffleboard
Andy Loretto	Men's Singles Horseshoes
Clara Gachupin	Women's Doubles Shuffleboard
Mabel Fragua	Women's Doubles Shuffleboard
Leonora L. Lucero	Women's Singles/Doubles Bowling
Pauline Romero	Women's Doubles Bowling
Tony Romero	50,100,200 M; Discus, Javelin, Long Jump
Joe Cajero	Bare Bow Compound
A. Pauline Romero	5K/10K, 400, 800, 1500M
Roberta Toledo,	5K/10K, 200, 400, 800M
Maggie Pecos	5K/10K, 50, 100, 400, 800M



*"You don't stop playing because you grow old.
You grow old because you stop playing."*

PLANNING & DEVELOPMENT/TRANSPORTATION

Department of Transportation Project Updates

Submitted by Sheri Bozic, Director

The Planning & Development and Transportation Department (PDTD) is working on numerous improvement projects for the Pueblo. Below are the project status updates. If you have questions, please contact Sheri Bozic, Director, or Amanda Rubio, Transportation Project Manager, at (575) 834-0096.

New Mexico Department of Transportation (NMDOT) Grant-Funded Projects

NM 4 Multi-use Pedestrian Trail

The Pueblo of Jemez has been awarded \$4.7 million for the Congestion Mitigation and Air Quality (CMAQ) Program. The funds will be used to plan, design and construct a 1.8-mile multi-use pedestrian trail between mileposts 4 and 6 along NM Highway 4 to facilitate safe pedestrian passage between many of the community services and residences located along NM 4.

Please join us for the public hearing at the Pueblo of Jemez Welcome Center on Monday, July 15, 5:30 to 7:30 p.m. to seek community input about the project.

Tribal Transportation Program Funded Projects

Tribal Administration Complex Parking Lots/Sheep Springs Way (South Entrance off NM 4)

The project entails design and construction of the Tribal Administration Building and JHHS parking lots, and grading, drainage and pavement improvements on Sheep Springs Way. The project is currently in the planning and design phases. Tribal Administration and JHHS staff are working closely on the design to ensure that the project meets the needs of the clinic. Preliminary engineering activities are expected to be completed by the end of 2019.

Fitness Center Parking Lot/Bear Head Canyon Rd.

The project entails design and construction of a new parking lot at the Fitness Center and grading, drainage, and pavement improvements on Bear Head Canyon Road. The preliminary engineering activities are expected to be completed by the end of 2019.

Owl Springs Way Bridge Replacement Design

The project entails design for a new bridge over the Jemez River. The new bridge will have two driving lanes and will include pedestrian walkways. Once the design is complete, the POJ will seek additional funding to construct the replacement bridge.

Road Maintenance

The road maintenance crew continues to work diligently to improve roads throughout the Pueblo. The crew is also in the process of conducting a Pueblo-wide assessment of

needed road repairs. They are assessing the condition of cattle guards, right-of-way fencing, culverts, guardrails, signs and safety markers, pavement, speed humps, washboard and potholed areas, and other structures. When the assessment is complete, they will prioritize the work, and focus first on projects that impact safety and bus routes.

Capital Outlay Grant-funded Projects

The POJ received five Capital Outlay grants this year as a result of the great generosity and support of New Mexico State Governor Michelle Lujan, New Mexico State Senator Benny Shendo, Jr. and New Mexico State Representative Derrick Lente. These grants will fund the following important projects:

Head Start Center Project

Funds in the amount of \$2,080,000 to plan, design and construct a new Head Start Center. The Request for Proposals to plan and design the project were published in June. The PDTD will work closely with the Education Department to complete the planning and design phases.

Fiber Optic Project

The pueblo received \$1.3 million to install fiber optic cable. The PDTD will work with the IT Department to complete the project.

Multi-Purpose Facility at San Diego Charter School

Funds in the amount of \$71,000 were awarded to install to plan and design a multi-purpose facility for the San Diego Charter School.

Childcare Center

Funds in the amount of \$50,000 were awarded to repair the roof and stucco at the center.

Water Meter Installation

Funds in the amount of \$50,000 were awarded to install water meters at the Pueblo.

Other Projects

Walatowa Veterans' Association Building Conceptual Design Project

The conceptual design will be completed by the end of July. The PDTD will use the project deliverables to seek funding for the full design and construction.

PLANNING & DEVELOPMENT/TRANSPORTATION

PDTD Art Contest: **Owl Springs Way Bridge Design Project**

Deadline August 16, 2019

Submit your drawing with your name and explanation of your artwork for the Owl Springs Way Bridge Design Project. The winner's artwork will be displayed on the new bridge. The selected design will be a simple geometric pattern that is repeatable and culturally significant to the Pueblo of Jemez. Drawings are due by August 16. The winner will be announced on August 30.

Contact Yolanda Harrison for more information at (575) 834-0096.

PUBLIC HEARING

Purpose: To Accept Public Comments and Gain Community Feedback Regarding The NM Highway 4 Multi-Use Pedestrian Trail Project

Monday, July 15 5:30 -7:30 p.m.
Pueblo of Jemez Visitors Center
Hosted by the Planning & Development and Transportation Department
Food and Beverages will be served.
For more information, call (575) 834-0096.



EMERGENCY SERVICES

Sandbags Away!

Submitted by Jerry Lazzari, Emergency Manager

Here in the Pueblo of Jemez, significant hazard threats are flooding and flash flooding. There will be times where we will need to deploy sand bags to affected areas of the Pueblo to help divert water away from or prevent it from getting into certain areas.

The use of sandbags is a simple but effective way to prevent or reduce floodwater damage. Properly filled and placed sandbags act as a barrier to divert moving water around, instead of through, buildings. Sandbag construction does not guarantee a watertight seal, but is satisfactory for use in most situations.

On June 19, 2019 from 9 a.m. until 12 noon, with the assistance of the Courts, community members, The Planning, Development, and Transportation Department, and personnel from the Emergency Medical Services (EMS) Department, 432 sandbags were filled at the Public Works Yard.

The preparedness project worked out quite well. Five pallets totaling 432 sandbags are now staged in the Public Works Yard. Now we have something we can start with if we need filled sandbags immediately to deal with any situations involving flooding.



This is just one of many preparedness activities needed throughout the community to help prepare for possible emergency situations. Many more endeavors are planned to help prepare our community for whatever we face.

Additional information about emergency planning is available through the Pueblo of Jemez Department of Emergency Management. If you have additional questions, call (575) 834-7628 or email to jerry.lazzari@jemezpuablo.us.

Thank you for your support and help to bring our community closer to being prepared.

SOCIAL SERVICES

Walking in Two Worlds: Understanding the Two Spirit/Native LGBTQ Community

The Jemez Health & Human Services Department Social Services Program presented its third Lesbian Gay Bisexual Transgender Queer/Questioning Awareness Conference on Wednesday, June 26 at the Community Resource Center. During the working dinner, tribal members shared their personal and family stories about the challenges and opportunities of living with an LGBTQ family member.

“We were created, gifted to the community by the Creator, to bring balance between the masculine and feminine.”

Lenny Hayes, MA

For parents, grandparents, siblings and family members of LGBTQ family members, one mother advised “No matter how your kids turn out, love them for who they are. They are the same people they always were. We need to love them and accept them, and they need us to love and accept them.”

Carol Vigil noted that our community needs this kind of inspiration and education.

Thomas Pecos lead the opening prayer before Victims’ Services Coordinator Honor Fisher introduced the evening’s keynote speaker. After speaking to the group in Towa, Mr. Pecos said “We need to guide and protect our young people in their path of life. All of us need love and care, no matter what. Sharing is not bad, it’s brave.”

Some tribal mothers shared their stories about their gay sons who have left the community because they felt criticized, judged and ostracized. “They just needed to get away. It was too painful to stay here,” the mothers said.

One young woman observed that every LGBTQ person has his or her own story. “I turned to alcohol,” she said. “I couldn’t be me.” Many of her LGBTQ friends were rejected by their families or communities.

Keynote Speaker

Lenny Hayes, MA, (Sisseton-Wahpeton Oyate) is a mental and chemical health therapist, advocate, mentor and educator. He identifies as Dakota Sioux Two-Spirit “Winkta” and is a survivor of sexual, physical and sexual abuse and the foster care system.

The term “Two Spirit” is a translation of the Ojibwa term used to indicate a person whose body simultaneously hosts both a masculine and feminine spirit. In some tribes, male

Two-Spirits were considered to be a third gender and female Two-spirits were a fourth gender. The term emerged in 1990 from the third annual inter-tribal Native American/First Nations gay/lesbian conference in Winnipeg, Canada. Two-Spirit people have been documented in at least 130 tribes across North America. Some tribes designate as many as 15 genders.

Historically, Two-Spirits held significant community roles including as healers or medicine persons, parents for orphaned children, conveyors or oral traditions and songs, foretellers of the future, name givers, nurses during war expeditions, pot-ter, matchmakers, regalia makers, and special role players in the Sundance.

“It’s important to remember that Two-Spirit is a Native term and should only be used to refer to Native Americans who identify,” Lenny noted.

“Two-Spirit people were treated with the utmost honor and respect before colonization,” Lenny explained. “The persecution of Europeans and missionaries created historical and intergenerational trauma that resulted in the loss of these important community roles.”

Lenny emphasized the importance of creating safe space for Two Spirit people, especially children. “Never force an individual to come out. They need to make the choice in an environment where they feel safe, loved and supported,” he advised. “When people do not feel safe and feel forced to hide their true identity, it can create great stress and mental health issues and often addictions. Children don’t need to kill themselves; adults don’t need to abuse drugs and alcohol.”

“We can make changes in our thinking, in our awareness, to understand and accept everyone. All we need to do is love them.”

“It all starts in the home. Teach your children to accept everyone they encounter, no matter how they identify,” Lenny also added that asking people how they want to be referred to is an easy and very respectful way of honoring their way of life.

The question put to the audience was: “What are you going to do?” ... “How are you going to help?” ... “How can we as a community make safe space for all of our children, brothers and sisters?”

HOUSING

Home Safety and Energy Conservation

Helpful tips for home safety and energy efficiency.

Home Safety

Locking doors/windows:

- ❖ Prevent intruders
- ❖ Protect your valuables

Keep it Cool!

Conserve energy and reduce costs:

- ❖ Turn your lights off when you are not in the room.
- ❖ Turn off air conditioning when leaving your home.
- ❖ Clean air filters once a month or replace if needed.
- ❖ Maintain water heater.
- ❖ Replace light bulbs with LED light bulbs.
- ❖ Try to utilize white window shades.
- ❖ Close windows, blinds and shades to prevent direct heat.
- ❖ Weatherize your home (Insulate your walls, ceilings and floors, upgrade your heating/cooling system.)
- ❖ Unplug equipment not in use.
- ❖ Wash your laundry in cold water.

Fire Escape Plan

- ❖ Have a plan for everyone, including children
- ❖ Find two ways out.
- ❖ Involve children in planning.
- ❖ Install/check smoke alarms and make sure they are in working condition.
- ❖ Have a backup plan.
- ❖ Have fire extinguishers available for small fires. Make sure they are filled and easily accessible.

Energy Conservation: Exterior Home Maintenance

- ❖ Chop/rake weeds and pick up trash.
- ❖ Clean your gutters.
- ❖ Clean windows.

Grilling Tips

- ❖ Propane, wood and charcoal BBQ grills must be used outdoors ONLY!
- ❖ Grills must be at least 20 feet away from any structure.
- ❖ Do not place the grill directly under any hanging tree branches while in use and hot.
- ❖ Keep children and pets away from hot grills.
- ❖ NEVER leave your grill unattended.

Pest Control Services

Interior/exterior spraying for bugs, fleas, ticks, ants, etc.

PDI pest control service comes every month. If you would like your home sprayed, please contact the Jemez Housing Department for more information. Homeowners are responsible for the cost of the extermination services.

Need Help?

The Housing Department encourages our community members to apply for Housing Assistance. The types of assistance available are Low Rent, Homeownership, Section 184 (Down Payment Assistance), Rehabilitation and Roof Rehabilitation. All applicants must re-apply for housing assistance every year. Applications are available at the Housing office and they are more than happy to assist you. Contact them at (575) 834-0305 or stop by the office at 4773 Hwy 4.

HOMEBUYER EDUCATION CLASSES

The Housing Department will offer a Homebuyer Education Classes on Thursday August 8, from 6 to 8 p.m. and Saturday, August 10 from 8 a.m. to 12 noon. Both classes will be held at the CRC Building. **Participants must attend both sessions.** Please call the office at (575) 834-0305 to enroll in the program.

VOTERS' INFORMATION: PLEASE REGISTER TODAY

If you are 18 years and older or if you will turn 18 before the next elections. You may also update your voter registration if you changed your name, address or other information on your registration form.

Vote in the upcoming Jemez Valley Public School, School Board Election scheduled for Tuesday Nov. 5, 2019.

Exercise your right to vote; your vote counts.

If you have any questions or need further information please contact the Sandoval County Native American Voting Rights office at (505) 934-8826 or stop by the satellite election office located at the Jemez Civic Center week days between 8 a.m. and 5 p.m.

PUBLIC HEALTH

Children (and Pets!) DIE in Hot Cars

Updated from Red Rocks Reporter May 2017 edition

USA Today reports that 800 children have died in hot cars since records began in 1998, according to NoHeatStroke.org. Dozens of children will be dead in hot cars by the end of the summer, if past years are any guide. Last year, a record 52 children died.

Did You Know?

Cars transform into ovens when direct sunlight heats objects inside. A vehicle can heat up 20 degrees in 10 minutes. Temperatures can soar to 120 or 130 degrees even when the outdoor temperature is only in the 80s.



Cracking the windows or not parking in direct sunlight does not make a car significantly cooler.



Heat stroke deaths have occurred even when the vehicle was parked in shade.



A car can reach 110 degrees when temperatures are only in the 60s. Heat stroke can take place when the outside temperature is as low as 57 degrees.



The body temperatures of children can increase three to five times faster than adults. Heat stroke begins when the body passes 104 degrees. An internal temperature of 107 degrees can be deadly.



The body's natural cooling methods, such as sweating, begin to shut down once the core body temperature reaches 104 degrees. Death can occur at 107 degrees.



Aside from crashes, heatstroke is the leading cause of death in vehicles for children 14 years old and younger.



These rules apply to your pets as well. Many cities, including Albuquerque, have laws against leaving pets or children in cars, with stiff penalties including jail time. **Police officers can and will break into vehicles to rescue children and pets.**

Reminder to Parents

Please make sure your children stay hydrated in this hot weather season," the Governors advise. Young children often do not feel thirsty the way adults do and older children may get so involved in play that they don't notice thirst. Remind them to carry their water bottles and drink water at least every half hour. Water is still the best choice; energy drinks, soda and fruit juice drinks just add extra sugar that kids don't need.

PUBLIC HEALTH

Father's Day Run Returns

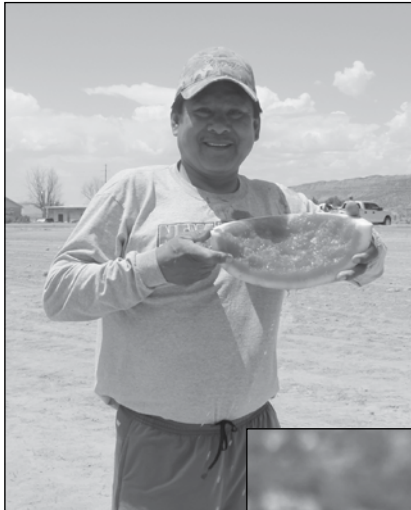
Submitted by Public Health Staff

There was a great turnout and outstanding participation at the first Father's Day track meet in over 30 years on Saturday June 15. Everyone who came walked away with an experience that brought memories, and made more memories. It was great to see our community come together to experience a nostalgic event! The Father's Day Track meet goes as far back as the 1950s and we are excited to bring it back.

Six running events included the 800, 400, 200 and 100 meter dashes and the 4 x 400 and 4 x 100 meter relays. There were games such as a gunny sack race, two-legged race, Razzle Dazzle, Sponge Toss, musical hula hoop and the famous Watermelon Eating Contest. Frederick Tosa won the men's watermelon eating contest, and the women's contest was won by Gwen Galvan. Henry Tosa Jr. won a prize for participating in the most events.

The Father of the Year Award was given to First Lt. Governor John Galvan. The award was given for the most heartfelt nomination of the day. "I nominate John Galvan because he was there for both of us when we needed him," said Isabella Galvan.

Mark your calendars for next year! It will be a grand time with family, friends and the community. Start training now to be the fastest person in Jemez. For more information, please contact Daniel Magdalena at (575) 834-7207.



At left: Frederick Tosa won the watermelon eating contest.

At right: Daniel Madalena in the lead in a relay event.

Below: Henry Tosa Jr. participated in the most events.



Governor Toledo hangs out with Public Health staff.

HEALTH & HUMAN SERVICES

IT'S SCHOOL AND SPORTS PHYSICALS TIME

Submitted by Dr. Catherine Taylor, Interim Medical Director

Thursdays from July 18 through August 22, 9:40 a.m. to 7:40 p.m

Sports physicals are an important component of the medical home concept. Sometimes, that is the only time of the year that we get to see school-aged children. The physicals are required for your child to participate in sports. Some schools, such as Head Start, the Day School and Santa Fe Indian School, require physical exams to attend. This year, the clinic is trying something new.

Every Thursday from July 18 through August 22 the clinic will offer sports physicals at from 9:40 a.m. until 7:40 p.m. They will continue to see children any day of the week for these physicals, but setting aside special time for them is a good idea. One provider each day will be doing the physical exams; all other providers will be available for the medical needs of our patients of all ages. You may call for an appointment at any time.

The clinic uses a form recommended by the American Academy of Pediatrics for the sports physicals. There is a front page for the parents or student athlete to fill out and the back page for the provider. It is very important that the front page is completed before being seated in the exam room. This gives providers information about your child's past medical history. To prepare for the physical, providers need the form. This form can be provided at the time of the visit or picked up beforehand at the clinic.

A parent must be present at the time of the exam, so if there are questions or if your child is in need of vaccines, you will be available to give permission.

Sports and school physicals are important not only because they are required, but also to assess your child's health. Besides vaccinations, providers will be counseling about healthy lifestyle and weight, viewing growth charts, and updating or completing asthma action plans for children who have asthma. They will also ask about dental health and other age-appropriate questions. Providers look forward to seeing how children have grown in the past year and finding out what their plans are for the future, especially our teenagers. If you have questions or to make an appointment, please call the clinic at (575) 834-7413.

About Syphilis: What You Need to Know

ALERT: Jemez Pueblo is seeing a syphilis outbreak; Jemez Clinic providers have diagnosed four cases in the last eight months

Syphilis is a sexually transmitted disease (STD) passed through skin-to-skin contact with a sore. Sores may appear where any sexual contact occurred. Sexual intercourse includes vaginal, oral and anal penetration or contact. **Infected people may show no signs for years while infecting others.** Pregnant women can transmit syphilis to their fetus.

If untreated, syphilis can cause brain damage, paralysis, blindness or death. However, if diagnosed early, syphilis is easy to treat with antibiotics. Syphilis can be cured with antibiotics, but antibiotics will not reverse damage already done.

Symptoms of Syphilis

Primary Stage: One or more sores, round and painless, so they can go unnoticed. Sores usually last three to six weeks and are less visible on women than on men. Even after the sores disappear, you must still receive treatment.

Secondary Stage: Reddish-brown rashes or spots on palms of hands or soles of feet; the rash usually does not itch. Other symptoms include fever, swollen lymph glands, sore throat, hair loss, headaches, weight loss, muscle aches and fatigue. These symptoms will go away, but without

treatment, your infection will move to the later stages.

Latent Stage: No visible signs. Without treatment, you can continue to have syphilis for years without any signs.

Tertiary Stage: Can affect the heart and blood vessels, and brain and nervous system. Tertiary syphilis is very serious and occurs 10 to 30 years after infection. The disease damages internal organs and can cause death.

Practice Safer Sex

- ❖ Know your status! Get tested regularly for STDs if you are sexually active.
- ❖ If you have an STD, do not have sex unless you tell your partner beforehand.
- ❖ Use condoms, dams, or other barriers, but remember that these are not 100% safe.
- ❖ For more information on safer sex, go to plannedparenthood.org.

GET TESTED at the Jemez Health Clinic; call (575) 834-7413. Testing is always confidential.

Source: US Centers for Disease Control and Prevention

HEALTH & HUMAN SERVICES

Summer Asthma Triggers

Submitted by Dawn Dozhier, PA-C, Physician Assistant

Summer events are a great time to celebrate with family and friends. If you have asthma, be aware of possible triggers around you and take steps to avoid them.

Fireworks create smoke and particulate matter that contribute to air pollution, which can trigger asthma. Consider watching firework displays from indoors.

Smoke From Barbecues or Bonfires. Like fireworks, smoke from other fires can also trigger asthma. If you are hosting the party, consider cooking indoors. If you are attending a party, try to avoid smoke.

Pollen. The top pollen in many areas during the summer is grass pollen. In southern regions, grasses may pollinate throughout the year and trigger symptoms.

Scents. Scented products also contribute to air pollution and can trigger asthma. You may encounter scented candles (like citronella candles), scented oil in tiki torches, perfume or cologne on other guests, or fragrances and air fresheners. If scents trigger your asthma, you may need to send a polite request to the host in advance to ask that they not use these products. It's not a celebration for anyone if a guest experiences breathing distress.

Source: Asthma and Allergy Foundation of America (AAFA)

If you have an active diagnosis of asthma, follow up with your primary care provider at least **once every six months** to ensure good control of your condition. If you need your rescue inhaler (albuterol inhalers) at all during the night or **more than twice a week**, your asthma may not be in good control, and your asthma-maintenance medications may need to be adjusted. Pay closer attention to avoiding environmental triggers and allergens.

Keeping your asthma under good control:

- ◆ prevents long-term problems with the lungs related to poor asthma control;
- ◆ reduces the recovery time for common viral or bacterial infections;
- ◆ helps you maintain a more active lifestyle;
- ◆ reduces missed days of work and school;
- ◆ improves sleep;
- ◆ decreases visits to the ER;
- ◆ and reduces risk of severe asthma attacks.

Call the Jemez Health Center at (575) 834-3022 to schedule an appointment with your healthcare provider to discuss what can be done to improve control of your asthma.

JHHS Health Board Vacancies

Submitted by Lupe Bryan, Health Board Chair

The JHHS Health Board is seeking persons interested in serving on the Health Board. If you have education and/or experience in one of the following areas, your expertise will be appreciated: health care, financial/banking, business, health education and federal/Indian law. At this time, there is an immediate opening in the Health field. Tribal Council has recently approved changing the terms from two years to three years. This is a great opportunity to learn, understand and experience what is required by the funding agencies to operate a clinic.

The Health Board was established in 2001 by the Tribal Council to provide oversight for the operations of Jemez Health and Human Services, also known as the clinic.

In 2010, the Pueblo of Jemez assumed full responsibility for the operation and management of health care services under PL 93-638. Since becoming a Self-Governance tribe, the responsibility changed from IHS to members of Jemez. Therefore, the involvement of our tribal people is very important so your needs can be met.

In 2013 JHHS became designated as a 330 Community Health Center by Health Resource Services Administration (HRSA) and expanded its mission to serve non-natives living in the Jemez corridor. To date, non-natives who come to the clinic have added to third party payments with their health insurance coverage.

Please submit a letter of interest and your resume to the JHHS Health Board. You may leave them in the office of Alberta Sando at the Jemez Clinic.

NATURAL RESOURCES

WHY BEES ARE IMPORTANT

Submitted by Tammy Belone, Natural Resources Department



Many of us think bees are a nuisance, but did you know bees have a very important job here on Earth? The world would be quite a different place if bees didn't exist. According to onegreenplanet.org, bees are responsible for pollinating about one-sixth of the flowering plant species worldwide and approximately 400 different agricultural types of plants. Pollination is the transfer of pollen from the male part of the flower, the anther, to the female part of the flower, the stigma. Once pollination is complete, a plant's seed, nut or fruit is formed. Bees and other animal pollinators (bats, moths, butterflies, hummingbirds, ants and beetles) assist in the production of approximately \$29 billion worth of crops in the U.S. alone! Without help from animal pollinators, our daily

food supply would look very different. For example, foods that would no longer be available if bees stopped pollinating agricultural fields are: broccoli, asparagus, cantaloupes, cucumbers, pumpkins, blueberries, watermelons, almonds, apples, cranberries and cherries.

Save the Bees!

Here are ways we can help save the bee population:

Avoid using harmful pesticides and herbicides.

Plant a "bee friendly" garden.

Support your local beekeeper.

Next time you see a bee, don't shoo it away but thank it for its hard work!

US FOREST SERVICE

Put Out Your Campfires!

Frustrated fire prevention staff on the Santa Fe National Forest (SFNF) continue to find far too many abandoned campfires – more than 45 in a recent weekend alone. Most of the abandoned campfires – still the leading human cause of wildfire – are found at dispersed campsites on the Jemez and Pecos/Las Vegas Ranger Districts. Fire and recreation staff working in the field are also seeing illegal campfire rings.

Although Northern New Mexico saw good precipitation through the winter and spring, conditions are drying and fire managers point out that it only takes one abandoned campfire in the wrong place to put human lives, natural resources and property at risk.

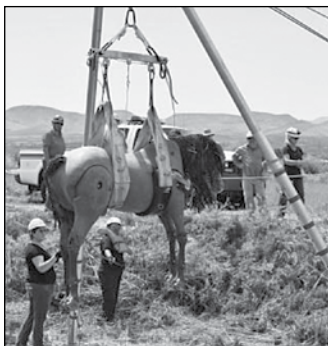
The SFNF's public awareness campaign helps educate people on the proper way to start and – more importantly – put out a campfire. While most forest visitors camp responsibly, the few who do not put the forest and surrounding communities at risk.

If you plan to gather around a campfire, please do it safely by following Smokey Bear's campfire safety procedures. **Never leave your campsite until the fire is completely extinguished and cold to the touch. Remember that fireworks and explosives are *always* prohibited on federal lands.**

At press time there were seven active wildfires in New Mexico, totaling 18,444 acres with more than 625 personnel on scene. New Mexico has also seen smoke impacts from the 123,263-acre Woodbury Fire on the Tonto National Forest in Arizona. The New Mexico fire season may be later than usual this year, but it's here now.

Don't be the one who makes it worse by abandoning a still-burning campfire.

New Mexico Pueblo Outreach Project



HORSE CARE AND RESCUE

Thursday August 1 5:30 – 8:30 p.m.

Acoma Tribal Auditorium

Presented by NMSU Socorro County

Agriculture Agent, John Allen

CEUs offered

ACOMA PUEBLO AGRICULTURE DAY

Friday August 2 8 a.m. - 3:30 p.m.

Acoma Community Center

Lunch Provided

Alfalfa and Pasture Production

Bull Selection

Cattle Pregnancy Demonstration

USDA Updates

Door Prizes!



LAND GRANT
PROGRAMS



TRIBAL ADMINISTRATION

Honoring Exceptional Employees

Shawn Larson, IT Systems Specialist

Shawn Larson, IT Systems Specialist, has associate degrees in math and engineering and is working towards his bachelor's degree in computer science at the University of New Mexico. He has professional certification from Microsoft as a Microsoft Certified Systems Engineer on Microsoft Windows Server, and also held the Cisco Certified Network Associate certification for several years. "Besides supporting the organization's computers, I am also responsible for the network and the servers, for example, the e-mail server. In my previous job, I learned a great deal working as a network engineer at New Mexico Highlands University," Shawn says. "I have had the honor of working with the Pueblo of Jemez since the IT Department was created in 2003."

"Shawn does his best to get projects completed correctly and in a timely manner," says his supervisor Wilson Barrow, who heads the IT Department. "Shawn works at being a constant professional at his work."



Pueblo of Jemez Job Opportunities

Apply online at www.jemezpuablo.org.

For more information, contact the Human Resources Department at (575) 834-7359.

Tribal Administration

All full time

Transportation Program Manager, Planning and Transportation Department

General Ledger Accountant, Finance Department

Accounting Supervisor, Finance Department

Health and Human Services

All full time

Nurse Manager

Physician

Community Prevention Specialist

Registered Nurse

Optometry Technician

Security Guard

Supervisory Public Health Nurse

Staff Dentist

Medical Director

Health Information Manager

Medical Billing Specialist

Director of Jemez Health and Human Services

Clinical Operations Officer

Behavioral Health Therapist

Clinical Psychologist

Batterers' Intervention Specialist

Youth Center Coordinator

RPMS and Network Specialist



COMMUNITY NEWS

SPECIAL INVITATION

**Grand Opening
of the New
Jemez Valley Credit
Union San Ysidro
Branch**

SATURDAY, JULY 20 11 A.M. – 1 P.M.

Food Music Prize Drawings*

***Must be present to win prize drawings.**

JEMEZ SPRINGS BATTLE OF THE BADGES BLOOD DRIVE

TUESDAY, JULY 16 10 A.M. – 2 P.M.

**Jemez Valley High School Auditorium
Call Cathy Wiseman at (575) 834-7451 or
Vitalant (877) 258-4825
to sign up.
Or go to vitalant.org**

EDUCATION

WALATOWA HIGH CHARTER SCHOOL CLASS OF 2019

The Walatowa High Charter School Class of 2019 graduated on Friday, May 3 at the Walatowa Youth Center. Parents, grandparents, relatives and friends joined the Governors to honor the graduates. Temeya Gachupin gave the Valadictorian address and Tyra Vigil gave the Salutatorian address. The community sends best wishes to these young people as they embark on the next steps in their journeys.



Jordan R. Chinana

Son of Charmaine Chinana & Julian Vigil
Future Plans: Southwest Indian Polytechnic Institute
Major: Natural Resources



Kobe D. Chinana

Son of Sheryl Chinana & Michael Ceto
Future Plans: Universal Technical Institute - Arizona
Major: Diesel Mechanic



Temeya A.K. Gachupin

Daughter of Regina Gachupin
Future Plans: Ft. Lewis
Major: Liberal Arts



Joachim O. Galvan

Son of Camella Galvan
Future Plans: Universal Technical Institute - Arizona
Major: Diesel Mechanic



Chenae M. Henderson

Daughter of Yolanda Henderson and Delvin Chama Sr.
Future Plans: ARMY

Tiana N. Nieto

Daughter of Byron Shije and Jennifer Shije
Future Plans: Carrington College
Major: Dental Assistant



EDUCATION



Amalia M. Pino

Daughter of Myrna Pino and Gerald Pino
Future Plans: Arizona Automotive Institute
Major: Automotive Welding

Cody Pino

Son of Delphine Pino and David Pino Sr.
Future Plans: Haskell Indian Nations University –
Basketball North/South All Star
Major: Environmental Science



Preston A. Pino

Son of Anthony Pino and Albenita Pino
Future Plans: Haskell Indian
Nations University – Basketball North/South All Star
Major: Environmental Science



Tyra P. Vigil

Daughter of Cenovia Vigil and Joseph Vigil
Future Plans: New Mexico Military Institute
Major: Criminal Justice



Darion J. Duran

Son of Clarinda Loretto and Damian Duran
General Education Diploma
Employed: McDonalds Inc.

High School Equivalency Credential

Emilio Gachupin
Son of Sonya Gachupin
Grandson of Genevieve and Celestino Gachupin
Future Plans: US Army



**Class Motto: “Do not follow where the path may lead.
Go, instead, where there is no path and leave a trail.”**
Ralph Waldo Emerson

Congratulations Graduates!

The Pueblo of Jemez Governors, Tribal Leaders and community join proud parents and grandparents to honor these young men and women who have completed the next phase of their higher education. We wish them success and happiness in their future endeavors.

COLLEGES AND UNIVERSITIES

NEW MEXICO STATE UNIVERSITY

Nichelle Sando BA, Information & Communication Technology

SOUTHWESTERN INDIAN POLYTECHNIC INSTITUTE

Summer 2018

Toya, Kevin M. AAS, Vision Care Technology

Fall 2018

Long, Ambrosia T. AA, Liberal Arts
Waquie, Genevieve AAS, Vision Care Technology

Spring 2019

Toledo, Katherine M. Certificate, HISET/GED
Toya, Ivan M. AAS, Vision Care Technology
Lucero, Sherice S. AAS, Accounting
Sando, Anthony R. AAS, Business Administration
Sando, Anthony R. AAS, Accounting

UNIVERSITY OF NEW MEXICO

Rita Y. Martinez MCRP, Community Regional Planning/
MPA, Public Administration
MS, Health Education
Alexis L. Perea BBA, Business Administration
Vincent A. Toya Political Science/Economics
Teran Villa BA, (December 2018)

HIGHLANDS UNIVERSITY:

Spring 2019

Titus Fragua Bachelors Social Work

Spring 2018

Geraldine Lovato Bachelors Social Work

GRAND CANYON UNIVERSITY

Tamara E. Sandia BS, Business Administration

MINNESOTA STATE UNIVERSITY

Zachary Vicenti BS, Computer Science

** Information current at press time. If you have any additions or corrections, please contact the Education Department at (575) 834-9102.*

Open Enrollment For Walatowa Head Start Language Immersion Program School Year 2019-2020

For Children Ages 3-5 Years Old

Enrollment applications are available at the Walatowa Head Start Language Immersion Program (WHSLIP). Applications must be **completed** at the WHSLIP and it is important to bring your child's documents at this time.

Please bring the following documents:

- Birth Certificate
- Certificate of Indian Blood (CIB)
- Income Verification (Pay stub, W-2, 2018 Tax Return, 1040 Tax Statement, Declaration of Income. *If you are self-employed or claiming no income, please pick up a form at WHSLIP.*)
- Public Assistance (TANF or SSI) benefit letter
- Updated Immunization Records

If you have any questions about the program or enrollment requirements, please contact Danielle Sando, Family Services Coordinator at (575) 834-7366.

VOCATIONAL REHABILITATION



JVR Job College Fair

Wednesday, August 20 10 a.m. – 2 p.m.

Walatowa Youth Center Gym

Are you looking for a job or interested in going to school to find a career? Visit the Jemez Vocational Rehabilitation (JVR) Program Job/College Fair on Wednesday, August 21, at the Walatowa Youth Center Gym from 10 am to 2pm. Vendors will be on site selling food for lunch. This will be a convenient and excellent opportunity to learn about available jobs as well as what colleges have to offer. Dress to impress and bring your updated resume!

There are many good reasons to attend a job/college fair. First, you will be able to visit many different employers and colleges all at one time and in one place. This saves gas, time and money. You can strategically visit recruiter booths and learn about career paths that you may never have considered. Get answers to your questions directly from the business or college representatives. You can also complete applications on site as well as be interviewed. At a job/college fair, you put a face to an application and can formally introduce yourself to the employer or college recruiter; this increases the chances of getting that job or being accepted to a college.

If you are with a business or college and would like to set up a free booth, please contact Yolanda Toya at the email address below. For information about the Job/College Fair, please contact the JVR office at (575) 834-0012 or e-mail Yolanda Toya at yolanda.toya@jemezpuablo.us.

Welcome Mat



Estevan Sando has joined the Housing Department as the new Resident Services Counselor. A tribal member born and raised in the pueblo, he worked with the Community Wellness Program prior to a move to an insurance company where he worked with tribes from across the nation, assisting tribal governments, businesses and homeowners with their insurance needs. As the Resident Services Counselor, he will be responsible for providing varied programmatic and administrative assistance to the Housing Department clients and professional staff.

"I enjoyed working with my community while I was employed with the Community Wellness Program and am very excited to work for my people again," Estevan says. "My new position with the Housing Department will once again allow me to work with the people of my community."

Jeremiah Powless is the new Education Services Manager for the Department of Education. He brings over five years of higher education experience working with Native American students and communities. As a Higher Education Advisor for the Oneida Nation of Wisconsin, Jeremiah's duties included the areas of college preparation and exploration, financial aid, community outreach, career exploration, and the allocation of tribal scholarship funds, just to name a few. Jeremiah also worked for the University of Wisconsin – Madison as a Native American Student Recruiter before moving to the southwest with his wife and two children.

Jeremiah completed his Bachelor's Degree in Communications from the University of Utah in 2005 and graduated from Arizona State University in 2016 with an Executive Master's degree in Sustainability Leadership. Jeremiah is a member of the Oneida Tribe of Wisconsin and for the last few years has been working in business development in the areas of customer experience, threat suppression, and website/search engine optimization services.





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FROM THE GOVERNORS

Continued from page 3

Feast Day Preparations

As we look forward to Feast Day this August, now is the time to start tending your yards and nearby roads to get ready to welcome our guests. Start the cleanup process now!

A Reminder for Farmers

Please respect our precious waters. Although we had abundant snow and rain earlier in the year, we are seeing the water levels in the river dropping.

Please do not leave your fields during irrigation. Stay with your water and monitor the process in case any problems develop.

Adopt a Road

This month's Adopt a Road initiative will be Wednesday, July 30. Staff from all tribal departments will be on the roads to clean up trash. Please be extra careful when driving.

Community members are encouraged to join the project

then or at any time. Our roads are our responsibility. Do your part to keep our roads clean and safe.

Food Booth Upgrades

A number of upgrades have been made to the Red Rocks area food booths to welcome visitors during the tourist season. In addition to repairs and fresh paint, booths 2 and 3 have new electric outlets. New sand around booth 5 will help the cooks who were dealing with a tripping hazard.

