



THE

Walatowan

RED ROCK REPORTER

NOVEMBER 2019

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From the Governors

Clean Water Tops the Agenda for Jemez Pueblo and the New Mexico Environment Department

On a cool, late October morning, Jemez's Governors and staff from Natural Resources Department (NRD), Public Works Department and Grants & Contracts, welcomed several leaders from the New Mexico Departments of Environment and Agriculture. In attendance were NMED Deputy Secretary Jennifer Pruett, Water Protection Division Director Rebecca Roose, Sustainable Water Infrastructure Group Manager Jill Turner, NM Department of Agriculture Division Director Dr. Brad Lewis, and New Mexico Rural Water Association Wastewater Specialist Fred Black.

The Pueblo's Natural Resources Department (NRD) Director Paul Clarke, and Water Quality Manager, Tammy Belone shared their ongoing work with the US Environmental Protection Agency to develop Water Quality Standards for the Pueblo as well as their

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Joining the Governors, from left to right, are NM Department of Agriculture Division Director Dr. Brad Lewis, Sustainable Water Infrastructure Group Manager Jill Turner, Water Protection Division Director Rebecca Roose, NMED Deputy Secretary Jennifer Pruett, and NRD Director Paul Clarke.



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
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J. Roger Madalena
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Michael Toledo, Jr.
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Joseph A. Toya
Vincent A. Toya, Sr.
David R. Yepa

Red Rocks Reporter November 2019 Edition

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From the Governors, *Continued*

current projects to improve the irrigation system's aging infrastructure and to develop a Drought Mitigation Plan which will focus on better supporting farmers during dry years. Public Works Director Todd Loretto shared updates on the Pueblo's drinking water system. The state's Deputy Director and other state personnel were able to offer support in technical assistance and provide relevant water quality data.

The state then updated the Governors and staff on current new rules and regulations being developed for oil and gas development. Specifically, the regulations being developed are associated with how the methane and water used for oil and gas drilling is to be managed to best protect people and the environment.

Given the growing demands on and threats to the Jemez River and to Jemez Pueblo's drinking water, Jemez Governors and Pueblo staff appreciated the openness and supportiveness of all of the state's leaders and staff that day. Governor Toledo expressed his gratefulness for the positive government-to-government relationships but tasked everyone to work in close collaboration to ensure that all Jemez tribal members, as well as Jemez's neighbors upstream and downstream, have clean and abundant water for future generations.

Another Film Shoots at the Red Rocks



The Jemez Pueblo Red Rocks area was one of the sites for filming Pinnacle Entertainment's feature film "Lady of Guadalupe." An international crew of 60 from Spain, Canada, Colombia and Mexico filmed in northern New Mexico and Jemez Historic Site as well as the Red Rocks area. Some tribal members were cast in the film in nonspeaking background acting roles. The touching movie explores religious themes and historically significant topics while telling the story of Juan Diego and Lady of Guadalupe in modern times with flashbacks to the 1500s in Mexico City.

Pinnacle Entertainment is a production company dedicated to creating art that will transcend cultural and generational differences. The movie tells the story of the Virgin of Guadalupe, one of Christianity's most celebrated saints, and Juan Diego. The movie was created by a talented crew of Latino actors, performers and executives, along with film stars Paola Baldion, Guillermo Ivan, Huitzil Bennett, Eric Da Silva and many others. The film underscores the importance of love, faith and hope.

POLICE DEPARTMENT

Alert! Phone Scams

Submitted by Emil A. Radosevich, Chief of Police, Pueblo of Jemez Police Department

The Pueblo of Jemez Police Department is warning residents of phone scams that are targeting Jemez Pueblo community members. Officials report that some community members have received multiple calls from people claiming to be from the Federal Bureau of Investigations (FBI,) Social Security Administration, Credit Card Hotline, Internal Revenue Service, Vehicle Warranty Service, student loans managers and several other organizations. They request your personal information, or say that you are in a lot of trouble and, to avoid being arrested, you must go to the bank and withdraw a large sum of money and send it via gift cards only.

Never give out your personal or credit card information! Never send money to anyone you don't know or who you have not contacted yourself.

If you receive a call or text similar to this, ***hang up. Do not respond by sending gift cards or money.***

Please report the phone scam to the Pueblo of Jemez Police Department immediately. The Police Department can be reached by calling the Sandoval County Dispatch Center's non-emergency number at (505) 891-7226. An officer will be dispatched to your location. In an emergency, always call 911.

The Dangers of Pellet and BB Guns, Part II

They might seem harmless enough but, as fire arm experts can tell you, they are not.

"You'll shoot your eye out!" or "They're toys." I often hear these statements when I talk about the potential deadliness of BB guns and air guns. ***These guns should never be considered as "just toys." They, like every firearm or deadly, dangerous weapon, should be treated the same as a firearm.***

Today's air rifles and pistols produce velocities of at least 400 feet per second (FPS) and upwards of 1600 FPS. As a comparison in terms of velocity, a 9mm pistol fires a projectile at an average of 1100 FPS, a 45 ACP fires a projectile at an average of 900 FPS, and a rim fire 22LR fires a projectile at an average of 1125 FPS. Most CO₂ style pistols, rifles and other inexpensive pump or single cocking rifles produce lower projectile velocities. Most of the medium to higher end single cocking and/or pump rifles average around 1000 FPS and even faster, depending on the power of the rifle and type of projectile shot out of it. These guns generally fire steel BBs or lead pellets.

BBs are 4.5 millimeters in diameter and many guns that fire BBs can also fire a .177 caliber pellet. Several pellet calibers are on the market but .177 and .22 seem to be the most common.

Tests of BB/pellet penetration on ballistics gel tell the story. Ballistics gel provides a similar standard as human tissue. Pellet penetration levels as low as 4 inches can be found in lower powered weapons; in most cases, beyond as much as 12 inches may be found in higher powered weapons. The statement, "You'll shoot your eye out" sounds like a best case scenario if one of these projectiles hits you in the eye, considering that your brain is well under 4 inches from your eye.

Parents, don't let your children run around with these like they are squirt guns. Practice a few simple rules to ensure safety for everyone. Air guns and other firearms will provide hours of enjoyment if these rules are always applied.

- All participants, including witnesses in the same area, should use eye and ear protection. Never put your finger on the trigger until you are ready to shoot.
- Treat every gun as if it was loaded.
- Don't point the gun at anything that could be injured and be sure of your target and what is behind it.
- **Kids:** make sure you have a parent with you.
- **Parents:** you are responsible for your kids so **be** responsible.

You can definitely injure yourself or another person and air guns are definitely not toys!

**The Sandoval County Dispatch non-emergency number is (505) 891-7226.
In an emergency ALWAYS dial 911.**

HOUSING

Prepare Your Home For the Cold!

Weather Proofing Your Home

Locate and seal any cracks that let out heat and allow cold air to come in. Feel for a draft along:

- ** light fixtures.
- ** switches.
- ** electrical outlets.
- ** base boards.
- ** wall and ceiling junctures.
- ** around windows and doors.

Secure the Home from Pests

Critters are just like you: when it gets cold, they want to go where it is warm. But not like you, mice and snakes can get through a hole the size of a quarter. Don't let them!

- ** Replace damaged vents, roof tiles and dryer vents.
- ** Seal up any holes around plumbing pipes, cables that enter you home, any holes around your door frames and windows.
- ** Don't wait too long to seal up any holes. The longer you wait and the colder the temperature, the longer the filler will take to cure.

Check Smoke Detectors

Dead batteries can cause smoke alarm failures, putting your family at a greater risk in case of a fire. Let the Housing Department know if your smoke detectors are not working properly.

Get into the habit of testing the alarm and changing batteries when you change the clocks for Daylight Saving and Standard Times.

Service Your Heating System

Make sure your heating system is working safely and efficiently. Call a local heating and air conditioning professional to inspect the system and make any necessary repairs or upgrades.

Space Heaters

- ** Choose the right space heater for the intended space.
- ** Heaters must be at least three feet away from furniture, bedding, clothing, rugs, and other combustibles.
- ** Confirm that the heater has been tested by the Nationally Recognized Testing Laboratories (NRTLs) and is certified to meet safety standards.

Space Heater Safety tips:

- ** Make sure the unit has tip-over and over-heat protection.
- ** Shut off and unplug when not in use.
- ** Keep heaters away from water; moisture increases the risk of electric shock.
- ** Plug the unit directly into an outlet. Do not use extension cords. Extension cords increase the chance of overheating, fires and electric shock injuries.
- ** Inspect and maintain regularly.

Exterior Christmas Light Safety

- ** Before you string up a single strand of lights, carefully check them for cracked cords, frayed ends or loose connection.
- ** Do not hang lights using tacks, nails or screws, which can pierce the cable and become electrified. Use insulated hooks instead. Using nails to hang exterior light WILL create holes in your stucco and increase chances of roof leaks.
- ** Do not leave Christmas lights on when you go to bed at night or when you leave the house.
- ** Not all lights are rated for outdoor use. Indoor lights often have thinner insulation, which can become cracked and damaged when exposed to the elements outdoors. Make sure the lights you string outside the house belong out there.
- ** When running extension cords along the ground, elevate plugs and connectors with a brick to keep snow, water and debris out of the connections.

EMERGENCY MANAGEMENT

Be Prepared for Snow Storms and Cold Weather

Submitted by Jerry Lazzari, Emergency Manager

With several nights below freezing, we know winter is well on its way. Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice and high winds. Winter storms can:

- ◆ Last a few hours or several days;
- ◆ Knock out heat, power, and communication services; and
- ◆ Place older adults, young children, and sick individuals at greater risk.

Keep your family safe this winter with these tips.

- ◆ If there is a winter storm warning, find shelter right away.
- ◆ Stay off roads.
- ◆ Stay indoors and dress warmly.
- ◆ Prepare for power outages.
- ◆ Use generators outside only and away from windows.
- ◆ Listen for emergency information and alerts.
- ◆ Look for signs of hypothermia and frostbite.
- ◆ Check on neighbors.

Stay safe when a winter storm threatens: Prepare NOW

Extreme winter weather can leave Jemez Pueblo without utilities or other services for extended periods of time.

- ◆ Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon

monoxide detectors with battery backups.

- ◆ Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for CodeRED in Sandoval County to receive emergency alerts at www.sandovalcountynm.gov/CodeRED.
- ◆ Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- ◆ Create an emergency supply kit for your car; there is detailed information at www.ready.gov/car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.
- ◆ Learn the signs of, and basic treatments for, frostbite and hypothermia.

For the latest weather conditions, go to www.weather.gov/abq. To winterize your home, visit the Federal Emergency Management Agency (FEMA) web site at www.ready.gov/winter-weather for detailed information.

Additional information about snowstorms and cold weather preparedness and emergency management activities is available through the Department of Emergency Management. If you have questions, contact them at (575) 834-7628 or by email to jerry.lazzari@jemezpuablo.us.

Thank you for your support and helping to bring our

TRIBAL ADMINISTRATION

Pueblo of Jemez Job Opportunities

Apply online at www.jemezpuablo.org.

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

Pueblo of Jemez

General Ledger Accountant	Full Time
Transportation Project Manager	Full Time
Student Outreach/Program Coordinator	Full Time
Creative Team Member, Temporary	Part Time
EMT Paramedic (3),	Part Time
EMT Intermediate (3)	Part Time
Archivist	Full Time
Administrative Assistant/Bus Driver	Full Time
Police Officer, Victims Services Officer	Full Time
Police Officer, Tribal Administration	Full Time

Health & Human Services

Clinical Care Coordinator	2 Full Time
Staff Physician	2 Full Time

Registered Nurse	2 Full Time and 2 Part Time
Supervisory Public Health Nurse	Full Time
Staff Dentist	Full Time
Health Information Manager	Full Time
Nurse Manager	Full Time
Medical Assistant	1 Full Time and 1 Part Time
Health Information Management Technician	Full Time
Clinical Psychologist	Full Time
Batters Intervention Specialist	Full Time
Protection Services Worker	Full Time
Supervisory Case Manager, Social Services	Full Time
Custodian, Community Wellness	Full Time
Senior Custodian, Internal a applicants only	Full Time
Van Driver	1 Full Time and 1 Part Time
Security Guard	Part Time

PLANNING & DEVELOPMENT/TRANSPORTATION

PLANNING & DEVELOPMENT/TRANSPORTATION 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.

NMDOT-Funded Projects

NM 4 Multi-use Pedestrian Trail

The New Mexico Department of Transportation (NMDOT) awarded \$4.7 million to design and construct a multi-use pedestrian trail through the Pueblo along NM 4. The project entails planning, design and construction of a 1.9-mile pedestrian trail between mileposts 4 and 6 (Pueblo Place Housing Subdivision to Bear Head Canyon Road.) This project will facilitate safe pedestrian passage between many of the community services and residences located along NM 4.

The Request for Proposal for preliminary engineering is expected to be published in fall/winter 2019. The department plans a community meeting to share information.

NM 4 Bypass

The NMDOT has allocated \$3 million to complete the planning and design for the NM 4 Bypass project. The Pueblo will work closely with the NMDOT to complete this very important project. Once the design is complete, the Pueblo will apply for construction funding.

NM 4 Traffic Calming Project

The NMDOT awarded \$22,000 for the mitigation of traffic speeding along NM 4 by installing traffic calming measures, including gateway treatments at each entrance to the Pueblo on NM 4 (mileposts 2.05 and 7.90,) and replacing two existing 30 mph signs with solar-powered speed display/radar feedback signs/beacons on NM 4 (mileposts 4.18 and 5.90.)

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 and JHHS parking lots, and grading, drainage and pavement improvements on Sheep Springs Way. The preliminary engineering tasks will 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. Preliminary engineering will be completed by the end of 2019.

Owl Springs Way Bridge Replacement Design

The design for a new bridge over the Jemez River will have two driving lanes and a pedestrian walkway. Preliminary engineering will be completed by summer 2020. Once the design is complete, the POJ will seek additional funds to replace the bridge.

Pedestrian Trails and Bikeways Facility Plan

A pedestrian trails and bikeways facility plan will be

developed to help the Pueblo seek funds to design and construct new pedestrian pathways and make improvements to existing trails. The department will host a community meeting to gather input for the plan. The plan will be completed by summer 2020.

Adopt-a-Road

Tribal staff will again participate in monthly village road cleanup events. All staff will be invited to pick up litter and debris along roads assigned to their departments. Department offices will remain open for the duration of each cleanup and operate with limited staff during these field events on Wednesday, Nov. 6 and Wednesday, Dec. 18, 2019.

Civic Center Clean-Out

The Pueblo of Jemez hosted three huge yard sales at the Civic Center on Sunday, Oct. 13 for tribal members only, and Saturday and Sunday, Oct. 19 and 20 that was open to the public as part of the Jemez Trail Sale.

The Civic Center Building will be demolished and the land redeveloped. Many departments used the gym as storage.

Road Maintenance

The road maintenance crew works diligently to improve roads throughout the Pueblo. They completed maintenance on all forest roads on the Pueblo's inventory. The crew is also conducting an assessment of needed road repairs, evaluating cattle guards, right-of-way fencing, culverts, guardrails, signs, safety markers, pavement, speed humps, washboard and potholed areas, and other structures. After the assessment is complete, they will prioritize the work and focus first on projects that impact safety and bus routes.

For road maintenance questions, contact Vincent Toya, Heavy Equipment Supervisor/Operator, at (505) 505-5336.

Construction Tips

Please call 811 or 1-800-321-2537 at least two working days *before* you start any digging project, whether you plan to do it yourself or hire a contractor. The 811 representative will record the location and other information about your project and notify the appropriate utility companies to mark all buried lines so you can dig safely around them! For more information visit <http://call811.com/map-page/new-mexico>.

Turn Around Don't Drown signage was recently placed in flood zones around the Pueblo for safety.



SOCIAL SERVICES

Domestic Violence: What We Need to Know

Submitted by Honor Fisher, Victim Services Coordinator

October was Domestic Violence Awareness Month. We have seen an increase in the amount not only of domestic violence but of violence in general. It's hard to turn on the television and not see something related to domestic violence.

Domestic violence is not just physical, and it's not just between husbands and wives. Domestic violence can be between unmarried partners, boyfriends, girlfriends, intimate partners, and family members and it happens in every race and ethnicity. There are different types of abuse. They can occur separately or used against the victim in combination.

Physical. Any intentional use of physical force with the intent to cause fear or injury, like hitting, shoving, biting, strangling, kicking or using a weapon.

Emotional. Controlling, shaming, blaming and purposely humiliating another person.

Verbal. Forcefully criticizing, insulting or denouncing another person, characterized by underlying anger and hostility.

Financial. When one intimate partner has control over the other partner's access to economic resources, which diminishes the victim's capacity to support themselves.

Sexual. Unwanted sexual activity; using force, threats or manipulation of victims who are not able to give consent.

Digital. Use of technologies and/or social media networking to intimidate, harass or threaten, such as checking cell phones, cyberbullying, non-consensual sexting, excessive or threatening texts, stalking on social media.

Stalking. Being repeatedly watched, followed, monitored or harassed. Stalking can occur online or in person, and include giving unwanted gifts.

And it is not just the victim who suffers. Abuse affects everyone who is close to the victim, from children who witness the violence, to the neighbor who hears what's going on, to family and friends who know that something isn't right but don't say anything, to coworkers who hear excuses for bruises or the partner's behavior that don't seem quite right.

Often victims are blamed for not leaving an abuser. But many don't realize that for many victims, it's not simple. There are many reasons why victims don't leave. Sometimes the hurdles are too many to make it easy or even possible to "just leave." Sometimes there is nowhere to feel safe, sometimes it's money, sometimes it's the children. Some victims have been so beaten down they feel that this is what they "deserve." Some abuse has been so gradual they don't even realize it is abuse. Sometimes the victim's support system is more abusive than the abuse she or he is currently facing.

When people are in abusive relationships, either with a partner or family member, often it isn't a simple fix. Sometimes it takes time to get untangled from the ties that hold the victim in place. You must find the strength in yourself to seek help, be strong, and say it is not okay to be abused. And it takes even more strength to be able to ask for help; it is not weakness to say that you can't fix what's going on.

Thank you! The Social Services Program and Planning Committee worked hard to sponsor two activities during Domestic Violence Awareness month. A Fun Run and Walk was held on Oct. 3, with 93 participants. Tribal Sheriff Jeremy Toya did the opening prayer and the welcome. The Tribal Sheriff, Aides and Fiscal Aides were at the Fun Run/Walk to help on the route. Jemez Police Department officers, Vincent Madalena and Steve Hindi also assisted with the walk and run.

"Finding and Building Your Inner Strength"

Submitted by Beaver North Cloud

The Social Services Program hosted its annual Violence Prevention Conference at the CRC on Oct. 17. The audience of approximately 60 included 15 men. The presence of men was most welcome and their participation is greatly appreciated. Our presenter was Alana Lovato (Kewa) who shared her harrowing experience about a life of domestic violence and how she was able to bring back a sense of dignity after staring into the abyss of despair, hopelessness and resignation. The moment she realized that her very life was in danger was when she also realized that the lives and future of her children were also in peril.

Alana's abuser had alienated her from friends and family; when she was most desperate, she found she had no one to turn to. She felt ashamed and guilty about where her life choices had lead, trapped and alone. She felt the power of

choice was taken; she **had** to go back to her abuser.

With the intervention of a neighbor, law enforcement, and medical resources, she made strides toward getting herself and her children out of danger. But as hard as she tried to get out, her abuser tried that much harder to keep her within his grasp and control. With the help of various resources, time and distance, Lana found herself and reclaimed her children.

Her story is about inner strength: for herself and her family and about "paying it forward." By sharing her story, she tells of hope and finding and building inner strength toward redemption. Today, she is a proud independent business owner of Paparazzi Jewelry, which enables her to be self-sustaining and independent. She is a strong and capable woman exemplifying our theme, *Finding and Building Your Inner Strength*.

Through outreach and education about domestic violence, the Social Services Program offers information about resources available to help those who are willing, ready and want to help themselves.

Call (575) 834-7117 if you or someone you care about needs help.

BEHAVIORAL HEALTH

Taking Back Our Community Part II: Methamphetamine Treatment and Healing

Tuesday, November 26 9 a.m. -5 p.m.

Walatowa Youth Center

For ages 14 and older

"Can't wait to see what we as a community will bring to our people." ... "It's all about education and working together."

"Meth issues should be addressed; our tribal leadership needs to be proactive on leading prevention efforts."

"I have been awakened to not just turn my head, but to be more compassionate to your struggles." ... "Love yourself first."

"Cloud Eagle singers made you feel the healing...very touching and such powerful songs." ... "Can't wait for Part II."

These are a few comments made after the first Taking Back Our Community conference in July. Part II of Taking Back Our Community will be held Tuesday, Nov. 26. Tribal Leadership, the Behavioral Health Program and other community partners are presenting another day of learning about addictions with a focus on treatment and healing.

Our presenters are Mary Black and Blaine Constant – Bloodline. Mary (Ojibwe) is a hip-hop artist, actress, spoken word poet and motivational speaker from Winnipeg, Manitoba, Canada. Mary has reclaimed her life through sobriety, traditional ceremonial ways, and using music and poetry. She survived addictions, domestic violence, sexual abuse, disability and mental health issues.

Blaine Constant is also from Manitoba. He has been sober since Sept. 23, 2013. He has traveled and performed fiddle music for 18 years. He also is a motivational speaker who uses

his voice to share his stories of experiencing severe trauma and finding his way. He grew up in a broken home and was severely beaten and saw his mother being abused. He identified himself as a raging alcoholic by age 16. He now shares his experiences with hopes to help those who are experiencing addictions and violence.

The two have many accomplishments. Most importantly, they share the message about staying clean and sober and living in recovery through traditional ways, music and poetry.

Law Enforcement Panel

Many community members asked to hear from Tribal Law Enforcement. They will participate in a panel discussion at the end of the day to address concerns.

The agenda includes sharing some of the solutions and recommendations from participants who attended the first community event.

"We ask that you think about how you can be a part of prevention and intervention at the community level," suggests Lena Gachupin, Behavioral Health Program Manager. "We will continue to bring awareness and education through prevention efforts, but also through working together to find solutions."

"We would like to acknowledge and thank Governor David Toledo, 1st Lt. John Galvan and 2nd Lt. Elston Yepa for their support and their willingness to stand with us at the podium," Lena adds. "We hope to continue to work with the community and encourage everyone to find our strengths as Hemish people."



Join the Great American Smokeout

THURSDAY, NOV. 21



The Great American Smokeout is a national event that encourages smokers and commercial tobacco users to use Thursday, November 21 as a date to plan to stop smoking and using commercial tobacco. They will join thousands of people across the country who also smoke/use to take an important step toward a healthier lifestyle while reducing their risk of cancer.

Currently, more than 34 million Americans still smoke cigarettes, and smoking remains the single largest preventable death and illness in the world (American Cancer Society (ACS), 2017.) They state that certain groups, such as those who have less education, low socioeconomic status, minorities, and lesbians, gays, and bisexuals suffer more from smoking related cancer and diseases.

Here are some general tips for family and friends to be involved with the quitting process:

- ♦ Respect that the person trying to quit is in charge.
This is their lifestyle change and challenge, not yours, Provide positive encouragement
- ♦ Spend quality time with the person trying to quit by doing things that will keep their mind off cravings, such as walking, seeing a movie, hobbies, etc.
- ♦ Make your home and vehicles smoke-free, even for visitors.
- ♦ Celebrate the small successes together: quitting is a big deal!

To help your loved ones take this step to a commercial tobacco free lifestyle, encourage them to use November 21, 2019 as the day to quit smoking or as a day to finally make a plan to quit. For more information go to www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.

HEALTH & HUMAN SERVICES

When You Stop Smoking

Submitted by Dawn Dozhier, PA-C, Physician Assistant

Cardiovascular disease is a leading cause of death among the American Indians/Alaska Natives (AI/AN) population and commercial tobacco use is a significant risk factor for this disease. (Source: Centers for Disease Control and Prevention.)

Benefits of Quitting Smoking

As soon as you quit, your body begins to repair the damage caused by smoking:

Twelve hours: The carbon monoxide level in your blood drops to normal.

Two to three months: Your risk of having a heart attack begins to drop.

One year: Your added risk of coronary heart disease is half that of a smoker's.

(Source: American Lung Association, www.lung.org)

Quitting commercial tobacco can require multiple attempts. The Jemez Health Clinic can help with tobacco screening, cessation counseling, nicotine-replacement therapies (NRTs), such as patches and gum, and medications, such as Wellbutrin (bupropion) and Chantix (varenicline), to reduce cravings. Please note: The Jemez Pharmacy will not dispense NRTs without prescriptions, so an appointment with a provider is necessary. For people with a history of heavy tobacco use, a lung-cancer screening with a low-dose CAT scan is recommended.

Call the Jemez Health Clinic to schedule an appointment: (575) 834-3022.

JEMEZ HEALTH CLINIC HOURS

Mon. Wed., Fri.: 7:30 a.m. to 6 p.m.

Tuesday: 7:30 a.m. to 8 p.m.

Thursday: 9:30 a.m. to 8 p.m.

Saturday: 8 a.m. to 2 p.m.

**TO SPEAK TO A PROVIDER OR
MAKE AN APPOINTMENT**

NORMAL OFFICE HOURS:

Call 575-834-7413

AFTER-HOURS MEDICAL ADVICE LINE:

Call 575-834-3026

PUBLIC HEALTH

DIABETES AWARENESS MONTH

Submitted by Steven Mora, Interim Public Health Program Manager

November is Diabetes Awareness Month. Diabetes is an important issue for our community to increase awareness and education, especially since Native Americans are at higher risk for diabetes than any other US racial group (Center for Disease Control and Prevention, 2017).

With the holidays approaching, here are some facts to keep in mind during family gatherings with lots of holiday foods.

What is Diabetes?

Diabetes is a chronic, long lasting disease that affects how the body turns food into energy. Most food is broken down into sugar, also known as glucose, and released into the bloodstream. When blood sugar goes up, it signals the pancreas to release insulin. Insulin acts as the key to let blood sugar into the body's cells to use as energy.

When people have diabetes, their bodies either don't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in the bloodstream. Over a period of time, this can cause serious health problems such as heart disease, vision loss, and kidney disease.

Main Types Of Diabetes

Type 1 diabetes is usually diagnosed among children, teens and young adults. It is caused by an autoimmune reaction, where the body attacks itself, stopping the body from making insulin. People diagnosed with Type 1 diabetes must take insulin every day.

Type 2 diabetes begins when the body doesn't use insulin well and can't keep blood sugar at normal levels. In the early stages, insulin is actually increased. Type 2 diabetes develops after years of contributing factors, such as lack of exercise, an unhealthy diet, and being overweight. Type 2 diabetes can be prevented or delayed by making healthy lifestyle changes, such as losing weight, eating healthy food, and being active.

Riak Factors

You may be at risk for developing type 2 diabetes if you:

- ❖ Are over 45 with a BMI [body mass index] greater than 25 kg/m2 with one or more additional risk factors.
- ❖ Have a family history of type 2 diabetes.
- ❖ Lack physical activity.
- ❖ Have ever had gestational diabetes.
- ❖ Have hypertension.

- ❖ Have high cholesterol.

Gestational diabetes develops in pregnant women. In many cases, it develops in women who have never had diabetes. Babies born to women diagnosed with gestational diabetes could be at higher risk for health problems. Usually gestational diabetes goes away after the baby is born but can increase the risk for developing type 2 diabetes later in life.

Diabetes Symptoms

Diabetes Symptoms include:

- ❖ Frequent urination.
- ❖ Increased thirst.
- ❖ Weight loss without trying.
- ❖ Increased hunger.
- ❖ Blurry vision.
- ❖ Numbness or tingling in hands or feet.
- ❖ Feeling very tired.
- ❖ Dry skin.
- ❖ Sores that heal slowly.
- ❖ More infections than usual.

If you are experiencing any of the symptoms, schedule an appointment with your Primary Care Provider (PCP) at the Jemez Health Center. Call (575) 834-3022 and make your appointment.

Self-Management Tips to Consider This Holiday Season

- ❖ **Eat small portions at meals**, and track your consumption by making a small plate of your favorite foods. After feeling full or finishing a meal, leave the table to avoid overeating or having another serving.
- ❖ **Eat diabetes-friendly alternatives to family favorites.** Holiday food is usually richer and heavier than normal meals, which can result in excessive calorie intake. Substitute sweet family favorites with fresh fruit to satisfy your sweet tooth.
- ❖ **Drink plenty of water throughout the day to stay hydrated.** Drinking a glass of water 30 minutes before a meal will help the digestive system and help control calories.
- ❖ **Take a 30-minute walk daily** for an active break from the holiday season. Physical activity can improve your mood and reduce stress while you make time for yourself. Inviting family and friends to join you will also increase your enjoyment of exercise.

PUBLIC HEALTH

Diabetes Awareness Month, *Continued*

DIABETES FRIENDLY DESSERTS

Suggested by Debra Tousley, Registered Dietician

TIRAMISU BITES

Ingredients:

- 12 oz. whipped cream cheese
- 2 tbsp. Truvia (stevia)
- ¼ cup brewed coffee, cold
- ½ tsp. vanilla extract
- 1 cup fat-free Cool Whip
- 30 frozen miniature phyllo tart shells (Athens Brand)

Directions:

Combine cream cheese, Truvia, coffee and vanilla in medium bowl and mix until smooth. Cover and chill two hours. Fold in Cool Whip. Using a spoon or a pastry bag, fill tart shells. Serve.

YUMMY LOW CARB GINGERSNAPS- DIABETIC FRIENDLY!

Ingredients:

- ¾ cup butter
- 2 cups Splenda sugar substitute
- 2 eggs, beaten
- ½ cup molasses
- 2 tsp. vinegar
- 3 ¾ cups flour
- 1 ½ tsp. baking soda
- ½ tsp. baking powder
- 1 tbsp. ginger
- ½ tsp. cinnamon
- ¼ tsp. clove

Directions:

Cream butter, Splenda, molasses and vinegar together until blended. Beat in eggs. In a separate bowl mix all dry ingredients and blend into butter/sugar mixture. The dough will be very firm.

Break off pieces and roll into ¾ inch balls. Place on greased cookie sheet and flatten each ball into a disk 1/2 inch thick.

Bake at 350°S for 8 minutes only. They will not darken so don't overbake. Remove from cookie sheet immediately to prevent further cooking. Enjoy while still warm!

Colorectal Cancer Screening

Colorectal cancer is the second leading cause of death for Native American men and women in the United States and has become very common in Native American communities. Colorectal cancer has a 90 percent survival rate when diagnosed and treated in the early stages (stage I or II.) It's important to become educated about the benefits of colorectal cancer screenings, especially among Native Americans where colorectal cancer is often diagnosed in the later stages when it is harder to treat.

All average-risk Native American men and women age 50-75 should have routine colorectal cancer screening exams. People with a family history of colorectal cancer may need to start screening sooner.

What are the most common screening exams?

- ✓ Fecal Occult Blood Test (FOBT) and Fecal Immunochemical Test (FIT)
- ✓ Colonoscopy

FOBT/FIT

- ✓ Safe, available and easy to complete.
- ✓ No cost screening test kit at JHHS.
- ✓ Non-invasive; the test is done in your own home.
- ✓ Finds cancer early by finding blood in the stool.
- ✓ Finds most cancers early when done every year.
- ✓ When the test is positive, a colonoscopy is required.

Colonoscopy

- ✓ Can prevent cancer by removing polyps during test.
- ✓ Examines the entire colon.
- ✓ Finds most cancers or polyps that are present at the time of the test.
- ✓ Done every 10 years if no polyps are found.
- ✓ Must be performed at a hospital or clinic, usually with sedation or anesthesia; a helper must go with the person to drive home after the test.
- ✓ Requires bowel preparation and a day off from work and activities.

Schedule an appointment or check-up with your Primary Care Provider (PCP) today at (575) 834-3022.

The best test is the one that gets done!

NATURAL RESOURCES

AMERICA RECYCLES DAY

Submitted by Tammy Belone

America Recycles Day is celebrated nationally on Friday, Nov. 15 TO celebrate and promote recycling in the US. This In 1997, America Recycles Day was created by the National Recycling Coalition. In 2009, this holiday became an integral part of the Keep America Beautiful Campaign. Today, there are thousands of events across the US not only to raise awareness about recycling, but to encourage people to recycle.

Did You Know?

- Aluminum cans can be recycled endlessly.
- Aluminum cans can go from recycling back to store shelves in two months.
- Recycling one can saves enough energy to run a TV for almost three hours.
- If everyone recycled their newspapers, over 200 million trees could be saved each year.
- 500,000 trees are cut down just to produce Sunday newspapers each week.
- Americans throw away over 25 trillion Styrofoam cups a year.
- Five million plastic bottles are used in America every hour – most are tossed in the trash
- Plastic bags in the oceans kill a million sea creatures a year.

Ashes ONLY
NO Plastic Bags

Do Your Part

We encourage community members to practice recycling at home. The Pueblo's Transfer Station has designated areas for recycling plastic and cardboard. We plan to include a bin for recycling aluminum in the near future. You can recycle those discards instead of dumping them the trash to fill up yet another landfill.

The NRD receives a General Assistance Program (GAP) grant from the US Environmental Protection Agency, Region 6 office. Last year's fiscal year funding allowed the purchase of new signs for the Transfer Station. The Recycle signs were designed to guide the community to recycle correctly:



- no pizza boxes in the cardboard recycling area.
- plastics must be dropped off loosely; do not drop off plastic bags filled with plastics bottles.



NOTICE • NOTICE • NOTICE

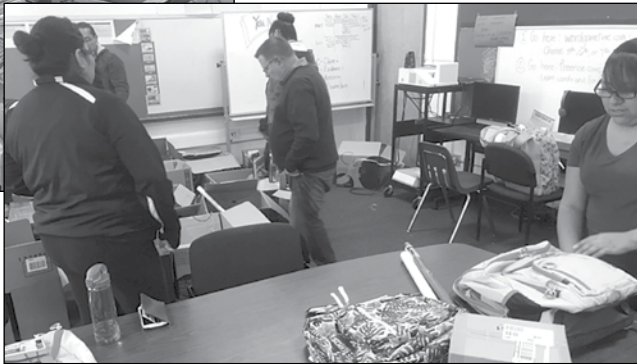
Waste Drop Off Area

- Please keep children in the vehicles when disposing of household waste.
- Be courteous of others who are also disposing of their household waste.

The **Waste Drop Off Area** sign was designed with safety in mind. Parents Alert!: Keep your children safe! Transfer Station attendants are noticing children who get out of vehicles while the adults are disposing of their trash. Often other vehicles may be going in reverse to dispose of their garbage and drivers may be unaware of and/or unable to see the children.



SDRCS News



San Diego Riverside Charter School (SDRCS) has received several large donations for the 2019-20 school year. First, the Partnership With Native Americans, a nonprofit organization, donated more than 100 pairs of shoes to support the basic day-to-day needs of our students. Every student's feet were measured and fitted with a custom shoe courtesy of the program's Shoe Distribution Service.

Another donation to SDRC was provided as a recurring gift from Mr. and Mrs. William and Irene Becks through the Fidelity Charitable Foundation. The Becks family has generously supported SDRC for many years. Their \$10,000 contribution supports SDRC Cross Country athletics, including running shoes, uniforms and equipment.

Last, the Pueblo of Jemez Police Department delivered a trailer full of school supplies generously donated by Target Stores. Our teachers quickly gathered supplies for students in their classrooms.

San Diego Riverside Charter School extends its deepest thanks to all the individuals and organizations whose contributions serve our students, staff, school and community. Your efforts and donations are deeply appreciated and go a long way in our mission to support and educate our students!

Tribal Officials Teach Santa Fe Indian School Students

Submitted by Kathleen Phelan

On September 30 and October 1, Jemez tribal officials met over 100 tenth graders from Santa Fe Indian School at the foot of Wavema, pointing out the shape of the eagle on the mountain's flanks. First Lt. Governor John Galvan, Second Lt. Governor Elston Yepa, and Cultural Resources Manager Chris Toya addressed the students, 16 of whom were from Jemez Pueblo. They spoke of the importance of the land that was historically used by the Jemez people.

"On this mountain are all the medicinal plants that each and every person can use," Chris told students, "It has everything here in the form of giving blessings; you need nothing more."

The students were on a two-day field trip to help remove invasive species at the foot of Wavema with staff from the Valles Caldera National Monument, and to plant trees in the burn zone from the 2011 Las Conchas fire on the opposite side of the Caldera with the Santa Clara Department of forestry.

Chris also discussed the fire with students, pointing out the burn scars from the 2013 Thompson Ridge fire.

"This is happening because the climate is changing," Chris said. Many nodded in understanding, as they had participated in the global youth Climate Strike at the New Mexico state capital the week before.

Santa Fe Indian School plans future work around the Caldera to help mitigate the effects of climate change.



EDUCATION



Walatowa High Charter School News

Submitted by Dr. Arrow Wilkinson (Arikara/Muskoke,) Principal

ACT Assessment

One of the goals at Walatowa High Charter School is that all juniors experience the ACT and SAT assessments. On Oct. 26, the junior class participated in the ACT assessments at Bernalillo, Rio Rancho and Cibola High Schools.

It is truly a team effort to ensure the students are provided the educational, college and career opportunities they need. WHCS staff Francine Garcia, WHCS Gear Up College/Career Coordinator, Margarita Riley, ELA Instructor, and Dr. Arrow Wilkinson, Executive Director, registered students. Ron Kruger and Forrest Becker, math instructors, Margarita Riley and Mary Warren conducted ACT Prep assignments. Business Manager Kay Toya processed purchase orders for the students' lunches after the test. Pueblo of Jemez Tribal Education Department provided transportation and Carla Gachupin, WHCS Educational Assistant, provided supervision. Parents and community members gave support and guidance. Students woke at 5:30 a.m. to get on the 6 a.m. bus to travel to their assigned high schools. The test lasted four and a half hours, followed by lunch at Dion's.

"I am so proud they were able to take the test. This gives them a baseline score so they can measure their growth when they take it again in February," says Francine Garcia, WHCS Gear Up Coordinator.

"It was a hard test. But it was my first time," notes Danielle Toya, 2021 WHCS graduate. "I know I can do better the next time. I just have to work harder,"

"We identify areas students need to improve based on the assessment results. This drives our lesson plan development and teaching strategies to help individual students," explains Forrest Becker, math/special education instructor.

On Oct. 22, 2019 the New Mexico Public Education Department announced the SAT, published by the College Board, has been chosen as New Mexico's 11th grade assessment starting in Spring 2020. WHCS has always conducted the ACT, Accuplacer, and PSAT assessments so students can be familiar with the tests.

"Regardless of the assessments, we believe that each student can demonstrate growth. I am proud of our students for trying and believing that they can do better," principal Arrow Wilkinson says.



Students on the bus to the ACT testing:

Left Row: Sefora Tosa, Cali Mora, Albert Rea-Collateta (Hiding), Julian Lucero, Kiera Sacetero, Untivia Garcia, Simona Galvan

Right Row: Danielle Toya, Kimberly Ortiz, Melaila Chinana, Chelsey Hardy (Hiding), Tyrese Armijo

McDonald's Archway School To Work Program

The McDonald's Organization partnered with Walatowa High Charter School to create our first School-To-Work Partnership: the McDonald's Archways Program.

Because the WHCS seniors have met their 90 hours requirement, they are now eligible to take advantage of the McDonald's Archways education benefits. As eligible employees, they are paired with an academic coach who has a degree in social work or counseling.

"This collaboration between WHCS and McDonald's has enabled our students to receive real work experience and an opportunity to further their employment and education. It is rewarding for us as a school to see our students being productive," says Dr. Arrow Wilkinson.

Walatowa students are now eligible for \$2,500 per year in tuition assistance which can be used for tuition and books at any Department of Education approved program which includes vocational, two-year, four-year, public, private, professional, graduate, and post-graduate institutions.

Continued on page 15



2019 Fall McDonald's Employees:

(Left to right, back row): Keithan Shendo, Valerie Barrow, Sebastian Lucero, Elias Vigil

(Left to right, front row): Kyann Lorreto, Rihanna Toya, Triston Tosa

EDUCATION

Walatowa High Charter School News, *Continued*

McDonalds Archway School To Work Program, Continued

Because of a partnership with Garza McDonald's, UNM-Los Alamos will let any Archways-eligible high school student enroll in 100 series college classes, allowing seniors to take college courses while still at Walatowa.

"They have created opportunities for themselves with their hard work and commitment," notes College and Career Coordinator Francine Garcia.

For more information about any of these programs go to Archways To Opportunity or Clementina "Clemy" Garza, Garza Enterprises, Inc., McDonald's Owner/Operator, at (505) 550-5409.

Walatowa High Charter School and River Source

The River Source supports people living as good stewards of their watersheds by providing watershed science and policy education, planning, monitoring, ecological restoration and adaptation to climate change. At a presentation at WHCS, Carlos Herrera taught ninth and tenth grade students a variety of tests that measure water flow rate. The flow of the river at a given point in time provides data on the river's health.

Students took to the task of measuring the river's width and depth at three different points and plotting measurements of the flow of a floating object between these three points, thus calculating the 'flow rate' in relation to the depth.

Water clarity and quality were tested using a variety of chemical additives that checked the PH level, the number of solids, known as particulates, and water clarity. Soil samples were brought up to investigate little critters (marine animals) that live in the river, signifying by their presence the health of the river. During the students' investigation, Herrera had them hunt for

specific creatures, such as Mayfly nymphs, black fly nymphs, water beetles, etc. Certain bugs signify if the river is healthy or not.

River Source brought it all together in the presentation, explaining a variety of factors that affect our river's health: erosion, water flow, rain and storms, human influence, natural influence such as livestock or nearby animals etc., pollution, run-off at certain seasons, the impact of the acequia, and water being pulled from the river for farming.

Continued on page 16



River researchers Angelica Casiquito, Joseph Jojolla, Elisa Magdalena, Alana Hardy, Brennan Tosa, Deseri Jojolla, Joseph Sacatero, Dale Toya, Elijah Verella learn about keeping the Jemez River healthy.



EDUCATION

Walatowa High Charter School News, *Continued*

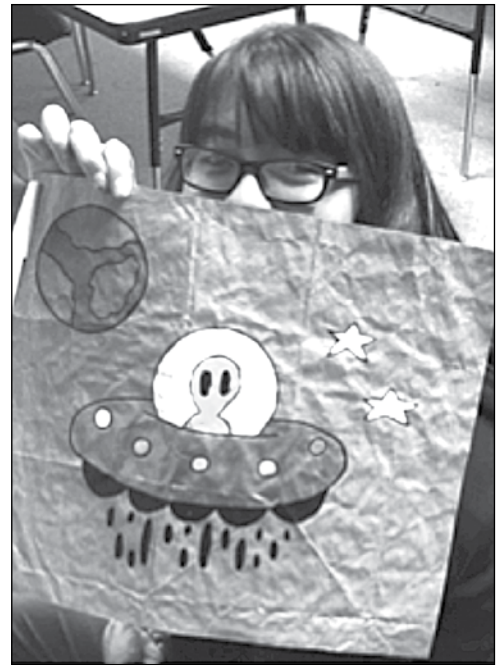
Amate Bark Paintings

The Walatowa High Charter School/IAIA Art Junior students applied research skills using the Internet to explore the history of Amate Bark Paintings, and analyze the unique characteristics and styles used by the artists of Latin America. The students demonstrated knowledge of Amate Bark Painting processes by simulating the color and texture of the paper and produce a visual representation of an Amate Bark Painting using similar colors, symbols and subject matter.

“The students are demonstrating true artistic design and research. Although we used Latin design as an influence, the students developed their own artwork,” says Troy Meek, WHCS Art Instructor.



Kiara Gachupin



Simona Galvan



*Junior Art: Cambree Gachupin,
Danielle Toya, Sefora Tosa,
Melaila Chinana*

EDUCATION

Jemez Valley Public Schools

Submitted by Joline Cruz-Madadena, Programs Coordinator for Indian Education

District Calendar Reminders

Monday, Nov. 11. Fall Holiday (No School)
 Tuesday, Nov. 12. Jemez Feast Day (No School)
 Tuesday, Nov. 19. School Board Meeting
 Tuesday, Nov. 26. TurkeyTrot
 Wed. - Thurs., Nov. 27 & 28. Thanksgiving Holiday
 (No School)
 Thursday, Dec. 19. End of Second Nine-Week Semester
 Monday, Dec. 23 to Thursday, Jan. 2. Winter Break
 (No School)
 Monday, Jan. 6. Professional Development (No School)

First Quarter Parent-Teacher Conferences

Thank You! to parents/guardians participating in parent-teacher conferences and student-led conferences in October. Your continued support and involvement in your student's education is vital to their success and academic growth.

JVPS Mobile Food Pantry (MFP)

Wednesday, Nov. 20 9:30 to 10:30 a.m.
(while supplies last)

Jemez Valley Public Schools, in partnership with the Roadrunner Food Bank of New Mexico, offers the food distribution program during the 2019-20 school year. The MFP serves Jemez Valley students, their families, and senior citizens monthly. Food distribution will occur on the third Wednesday of each month. If you want to register or have questions about participation requirements, call (575) 834-7393 to speak with Sharon Palma at ext. 314.

Members Needed for Parent Advisory Council

Jemez Valley Public Schools is requesting assistance from JVPS' parents/guardians to serve as committee members on the Parent Advisory council. Members will provide feedback on ESSA, Wellness and Safety issues, Title I, IDEA-B, Athletics, Healthy Schools, RAMS, SEL & Family Systems Classes for Parents and other issues. Individuals are asked to volunteer for one school year, attend committee meetings regularly and provide suggestions and feedback on education, safety and programing within the District.

If you are interested, please respond by Nov. 14, by contacting Joline Cruz-Madadena at (575) 834-7391 ext. 331 or (505) 393-8383.

Skyward Family Access

Friendly reminder: Parents/guardians can access their students' daily, weekly and monthly academic progress (such as

grades, class assignments) and attendance via Skyward "Family Access." The parent/guardian must have an e-mail address and access to the Internet or they can access Skyward through their student's Skyward "Student Access."

For returning students, parents/guardians will continue to have access to Skyward Family Access using their previous login ID and password. Questions regarding Skyward, please contact Lisa Pohl (JVPS Systems Manager/Network Administrator) at (575) 824-7391 or (505) 842-0902 ext. 300.

SUPERINTENDENT'S MESSAGE

Submitted by Dr. Susan Passell, Superintendent

We live one of the most beautiful places on earth. Jemez is fortunate to be home to such a rich confluence of cultures, languages, history and art placed against this exquisite environmental backdrop. We are all blessed.

The entire JVPS staff stayed for a two-hour presentation on social/emotional learning. The idea behind this is that, while a trajectory of learning has been identified academically and physically, the idea of being emotionally competent and mature is largely considered a "you've either got it or you don't" situation. The concept of social/emotional learning holds that emotional health and development can be learned. And no other type of learning – academic or physical - can occur without emotional safety. This is basic and primary.

Students who are worried about fitting in, being harassed or bullied, or feeling as if they are not worthy of love and belonging cannot learn well or thrive. Because learning can only occur in safe environments, our faculty and staff are committed to ensuring emotional and physical safety in our school environment, with other students, and in relationship with all of our employees. We desire to provide a solid basis for transforming JVPS into a district marked by increasing achievement of, not merely the academic child, but the whole child. These plans include sharing our learning with the community as we work to formulate family systems training for parents and community members.

Schools have a deep responsibility to serve our community but today I am reaching out for individuals who would like to help us with our quest toward improved achievement.

We need after school tutors who will work with students to help with high school math, science and social studies. A bachelor's degree and background check is required but JVPS will pay for the background checks for those interested. Tutors will be compensated.

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EDUCATION

Jemez Valley Public Schools, *Continued*

Rumor and Bullying Hotline

JVPS has established a Rumor and Bullying Hotline intended for staff, students and parents. The number is (505) 842-0902, ext. 700. This will enable us to address rumors and bullying issues before they spread. Anonymous information can be provided and it will be addressed as is appropriate. Staff issues will be addressed through a clarifying e-mail. Student issues will be investigated to ensure safety and a response given if possible and appropriate. Parents who are comfortable leaving their contact information will receive a response. We are creating posters for restrooms and bulletin boards around the school.

Jemez Valley SAFE SCHOOLS

Rumor and Bullying Hotline

(505) 842-0902 or (575) 834-7391

An anonymous phone message system for students, parents and staff to report rumors and bullying.

It's up to all of us!

JEMEZ VALLEY ELEMENTARY SCHOOL

Submitted by Dana Pino, Principal

Jemez Valley Elementary School appreciates the continued support of parents/guardians in their student's education and safety. Thank you for remembering to:

- Ensure that your student does not arrive before 7:20 a.m.
- Escort your student into the school office when he/she arrives late to school.
- Have your state ID available to be scanned through the Raptor System when attending events during school hours.
- Sign out your student at the end of day if he/she is not riding the school bus home.
- Have your student dress appropriately for the cold weather (pants, long sleeve shirt, jacket, hats, gloves, etc.)

JEMEZ VALLEY HIGH SCHOOL

Submitted by Scott Meihack, Principal

Jemez Valley High School was selected to receive a stipend from Los Alamos National Laboratory Foundation to participate in the 2019 New Mexico STEM Governor's Challenge. Ten high school students are working on the theme "Keep the World Safer by Using Technology." The team decided to make the world a safer place with hydroponics technology and conserving the environment. The group will use the stipend to expand the existing hydroponic system, and to purchase grow media and seeds.

Warrior's High School Basketball Coaches Needed

Head Coach (Boys)

Head Coach (Girls)

(Positions open until filled.)

Requirements: NMPED Coaching License, background check (at the applicant's expense,) JVPS Non-Certified Application

For more information, contact Scott Meihack, Athletic Director, at (505) 373-0151 or smeihack@jvps.org. Applications are at www.jvps.org, "Jobs".



TURKEY TROT Pre Kindergarten – Fifth Grade

**JEMEZ VALLEY TRACK COMPLEX
TUESDAY, NOV. 26 9 A.M.**

**PRIZES FOR STUDENTS
(One set of prizes per grade level.)**

First: Turkey

Second: Pumpkin Pie With Whipped Cream

Third: Stuffing And Cranberry Sauce

Parents/Guardians are welcome to join us and watch the FUN!

EDUCATION

TRANSGENDER 101

Wednesday, Nov. 13, 7-9 p.m.
Jemez Valley Community Center

Adrien Lawyer, co-director and co-founder of the Transgender Resource Center of New Mexico (TRCNM,) presents "Transgender 101," which covers basic terms, definitions and concepts. It also covers how to begin to be a good ally to transgender and gender nonconforming people. The TRCNM provides support, community, and connection to transgender, gender nonconforming, nonbinary, and gender variant people and their families through advocacy, education and direct services.

This event is free and open to all. Sponsored by Jemez Springs Public Library in partnership with Pueblo of Jemez Community Library and Jemez Valley Community Center, 8154 Highway 4, Canon (just north of the JGPS football field.)

From the San Diego Mission

Events and Classes of Interest

A Deeper Look at Reconciliation: Tuesday, Nov. 26, 6-8 p.m. St. Anthony Church, Santa Ana Pueblo, north of the Santa Ana tribal office. RSVP by calling the San Diego Mission at (575) 834-7300 the Friday before class.

Lay Ministers Convocation, Saturday, Jan. 11, 2020, 10 a.m. – 5 p.m. St. John XXIII Catholic Community, 4831 Tramway Ridge Dr. NE, Albuquerque. Cost: \$20 (includes lunch;) \$10 if you register by Dec. 16. Archbishop Wester will offer a day of formation and recognition for the many lay women and men who work with their pastors in the service of their local church communities. This will be the first Lay Minister's Convocation in the Archdiocese of Santa Fe. For more information or to register, contact Corey Lucero at (505) 831-8179 or clucero@archdiosf.org.

Unplanned: Based on a True Story by Cary Solomon and Chuck Konzelman. (2019) The film brings an eye-opening look inside the abortion industry from a woman who was once its most passionate advocate. The film is scheduled to be released to theaters in the coming months.

Mary of Nazareth: An Epic Film of the Mother of Christ by Giacomo Campiotti. (2014.) Based on the life of Mary, mother of Christ, from childhood through the Resurrection of Jesus. The film captures the essence of Mary's profound faith and trust in God amidst the great mysteries she lived with as the Mother of the Messiah.

To register as a library patron, visit <http://archdiosf.booksys.net/opac/archdiosf>. To subscribe to a free newsletter, or if there is an address change, contact Denise Frias at dfrias@archdiosf.org or (505) 831-8165. Should have questions, please call the San Diego Mission at (575) 834-7300.

JEMEZ SPRINGS PUBLIC LIBRARY EVENTS

Yoga. Thursdays at 9 a.m. Suggested donation \$5 to Friends of the Library

Children's Programs. Thursdays, 11 a.m. Children ages 0-5 and their adults. Activities alternate between Storytime and an unstaffed open-ended Playgroup.

Compass, Tuesdays, 3-5 p.m. Get help connecting to new resources or troubleshooting problems with established connections. Volunteer LCSW Sally Hunter can help navigate local and national services for such issues as Senior Services, legal services, caregiver resources, VA, and health resources. Every Tuesday unless otherwise noted.

Winter Wreath-Making Workshop, Saturday, Nov. 16, 1:30 p.m. Ages 15 & up. Registration required. Please register at the library by phone or in person. Shared tools and supplies provided. Please bring your own scissors, needle-nosed pliers, and wire snips if you are able. Also feel free to bring a special item you want to add to your wreath creation.

Painting for a Purpose. Sunday, Nov. 24, 2 p.m. Olympia Holliday (see Holliday360.com/art) will lead us in painting a beautiful aspen scene. Fee is \$30 and includes all materials. Advance registration and payment are required. Sign up at the library. Class limit is 20.

Donations to Friends of the Library are accepted from those who are able to offset costs. All expenses for library events are funded by the Friends of the Jemez Springs Public Library. Many of the event presenters are volunteers. Thank you all for your generous support!



Pueblo of Jemez
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TRIBAL COUNCIL

Tribal Council Report

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

October 18, 2019

TC-34. Authorized rights-of-way (ROW) for the improvement and construction of Sheep Springs Way and Tribal Administrative Complex parking lots and to waive the 25 CFR §169 valuation, compensation, and bond requirements. The Pueblo authorizes the establishment of Tribal ROWs for a period of 25 years, and a 25-year renewal. Tribal Council requests and authorizes the BIA to waive the bond, insurance or alternative form of security requirement under 25 CFR §169.103 for the identified and approved road and parking lots project. Tribal Council also authorizes the BIA to waive the valuation and compensation requirements under 25 CFR §169.110; and requests the Regional Director of the Southwest Regional Office to grant all necessary Tribal ROWs for the construction of Sheep Springs Way and Tribal Administrative Complex parking lots.

TC-35. Authorized rights-of-way (ROW) for the improvement and construction of Bear Head Canyon Road and the Fitness Center parking lot and to waive the 25 CFR §169 valuation, compensation, and bond requirements. Tribal Council also requests the Regional Director of the Southwest Regional Office to grant all necessary Tribal ROWs for this project.

TC-37. Approved a tribal member's participation in the HUD Section 184 loan program to rehabilitate and build an addition to his current home.

TC-38. Approved a tribal member's participation in the HUD Section 184 loan program in the HUD Section 184 loan program to construct a new home on a site described in the residential lease.