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## From the Governors: Jemez Hosts Miss Indian World

Miss Indian World Cheyenne Eete Susan Kippenberger, 23, (Seminole) started her tour of New Mexico with a visit to the Pueblo of Jemez. From the Hollywood Reservation in Hollywood, FL, she was crowned at the Gathering of Nations PowWow in April. The Governors hosted a Meet-and-Greet event to welcome her to Jemez on Sunday, Sept. 22 at the Community Resource Center.

She is the daughter of Joe and Susan Kippenberger, the Granddaughter of Lawanna Osceola and her family is of the Panther Clan. Her Indian name "Eete" was bestowed upon her by her Grandma Lawanna. This is the first time a Seminole Tribe of Florida member has been crowned Miss Indian World.

With an Associate Degree in Accounting from Keiser University in Fort Lauderdale, community-oriented Cheyenne seeks ways to support her community as well as sustain Seminole culture. She is the proud Chairwoman of "Healing The Circle in Our Tribal Communities Symposium" of the Native Learning Center. She maintains tribal teachings by enhancing her skills at sewing traditional patchwork and participating in language classes with an elder from her reservation. She also craFull-Times palmetto dolls and creates

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(Left to rigjt) Governor David Toledo, Cacique Arlan Sando, 2nd Lt. Governor Elston Yepa and 1st Lt. John Galvan with Miss Indian World Cheyenne Kippenberger.



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## From the Governors, Continued

loom beadwork. Cheyenne stays healthy physically and mentally through running, yoga and reading. Inspired by Congresswomen Sharice Davids and Deb Halaand, Cheyenne will continue her education by pursuing an additional degree in Political Science.

Cheyenne will strive to bring awareness to the strength and resilience of Native American and Indigenous Peoples, help to destigmatize mental health issues, and improve quality representation in the media for Native American and Indigenous people globally.

Native American women between the ages of 18 and 25 travel from around the US and Canada to represent their tribes and compete in a series of categories. Cheyenne earned the



crown – and two "best" awards – aFull-Timeer four days of competition among 17 other contestants. The contestants serve as cultural ambassadors of their respective tribes and of Native Americans in general. They are expected to show poise, pride and positivity, and work to keep the diverse cultures of Native Peoples alive and thriving.

The Miss Indian World pageant has a reputation for crowning winners who have a deep understanding of their tribe's traditions, history, ancestors and culture. Throughout the four-day competition, contestants accumulate points based on how they do in public speaking, traditional talents, personal interviews, written essays and dance. Cheyenne not only had the most cumulative points, but also took the award for best personal interview and best traditional talent – a demonstration of traditional Seminole hairstyling.

### **TRIBAL COUNCIL**

# **Tribal Council Report**

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

#### Sept. 4, 2019

TC-33. Approved the General Fund Budget for Fiscal Year 2020.

## Minute Man Film Shoots at Jemez

Jemez Pueblo will be among the settings for the new film *Minute Man*, starring Liam Neeson, Katheryn Winnick, Jacob Perez and Juan Pablo Raba. The film is directed by Robert Lorenz and produced by Warren Goz, Eric Gold, Tai Duncan and Mark Williams. It is produced by Azil Productions, LLC

The film is the story of a rancher on the Arizona border who becomes the unlikely defender of a young Mexican boy desperately fleeing the cartel assassins who have pursued him into the United States.

The production will employ 90 New Mexico crew members,

15 New Mexico actors, and 150 New Mexico background talent crew members.

### **PLANNING & DEVELOPMENT/TRANSPORTATION**

Owl Springs Bridge Design Contest Winner

Congratulations to Wah-pah-waa-gee Laura Fragua-Cota whose design was chosen for the Owl Springs Bridge project. Along with the drawing Wah-pah-waa-gee included a description:

"View B – The earth design on the west side displays the beginning of where the water springs forth. Near the opening are plants and other growth around the area. The blue is symbolic of the water that comes from the spring. The water then comes down to bring the water to the earth and for our people. In this design I thought of the use of colored metal to help create this bridge. It begins on the west side where the design begins with the spring beginning there and it ends on the other side of the earth design with the water going onto the earth."

The Planning and Development/Transportation Departments have received a \$5.5M grant for design and construction for a 1.8 mile pedestrian trail along NM 4 with foot bridges going over the arroyos. The other artwork submissions will be incorporated on those bridges.

If you have any questions, please contact Amanda Rose Rubio, Transportation Project Manager, at (575) 834-0094.





**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 NMDOT awarded a grant of \$4.7M 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 along NM Highway 4 (Pueblo Place Housing Subdivision to Bear Head Canyon Road.) This project will facilitate safe pedestrian passage between many community services and residences located along NM 4. The RFP for preliminary engineering tasks is expected to be published in fall/winter 2019. A community meeting will be held to share information regarding the trail.

#### NM 4 Bypass

The NMDOT has programmed \$3M 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.

## 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. The preliminary engineering tasks will 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 a pedestrian walkway. The preliminary engineering tasks will be completed by summer 2020. Once the design is complete, the POJ will seek additional funding to construct the replacement bridge.

#### Pedestrian Trails and Bikeways Facility Plan

A pedestrian trails and bikeways facility plan will be developed for the Pueblo. This plan will assist the Pueblo in seeking funds to design and construct new pedestrian pathways and make improvements to existing trails throughout the Pueblo. A community meeting is planned to gather input for development of the plan. The plan will be completed by summer 2020.

#### **ROAD MAINTENANCE**

The road maintenance crew continues to work diligently to improve Jemez 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, ROW fencing, culverts, guardrails, signs, safety markers, pavement, speed humps, washboard and potholed areas, and other structures. AFull-Timeer the assessment is completed they will prioritize the work, and focus first on projects that impact safety and bus routes.

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

#### CONSTRUCTION TIPS

Please call 811 or (800) 321-2537 at least two working days **before** you start any digging project. Whether you are planning to do it yourself or hire a contractor, smart digging means calling 811 before each job. 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.



#### **KUDOS!**

Vince Toya competed in the 2019 National Equipment Heavy "Roadeo" competition at the National Tribal Transportation in Indian Country Conference. Vince placed in the top three as a Loader Operator in the Supervisor Division. Congratulations and thank you for representing Jemez Pueblo!

# Safety Tips for Handling Air, BB, Pellet and Airsoft Full-Time Guns

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

Air guns are not toys! They are real, functional guns, and can be dangerous or lethal when if they are not handled properly. Always observe all of the proper handling and safety procedures of a live firearm.

It is essential that all air gun users understand the proper handling and functions of their air gun, airsoft full-time or paintball guns.

Before shooting any air gun, read and understand the instruction manual and all of the air gun's functions.

### Part I: Always Observe the Following Safety Rules

- Always wear the appropriate eye protection at all times when handling your air gun, airsoFull-Time or paintball guns.
- Learn how to handle, load, unload, operate, fire and care for your air gun, airsoFull-Time or paintball guns.
- NEVER PLAY with your air gun. It is a potentially dangerous weapon that can cause serious harm or death.
- Always keep the air gun pointed in a safe direction, NEVER point any weapon, loaded or unloaded, at any person or any thing you do not intend to shoot.
- Always keep your air gun unloaded until ready to fire. Make sure it is unloaded before cleaning.
- Keep your finger off the trigger until you are actually aiming at the target and ready to shoot.
- Never rely on an air gun's "safety" to protect you from unsafe handling. A safety is a mechanical device, not a substitute for common sense and good safety procedures.
- Never leave an air gun unattended or where it could fail and fire.
- If an air gun is hit sharply or dropped, damage to the

internal precision mechanism may result in an accidental firing.

- Store air guns, airsoFull-Time or paintball guns and pellets separately, beyond the reach of children. Make sure the air gun and pellets are locked and secured so children and untrained individuals cannot access them.
- Know your target and what is beyond. Ask yourself what your pellet will hit if it misses.
- Never brandish your air gun or airsoFull-Time gun in public. It may confuse people and may be a crime. Police and others may think it is a firearm. Do not change the coloration and markings to make it look more like a firearm. That is dangerous and may be a crime.
- A BB gun is a pneumatic firearm. While it fires projectiles with less momentum than a chemically-powered firearm, it does have enough power to cause injuries. It can even cause lethal injuries in very unusual circumstances. This means that you should ensure that a child is mature enough to handle a weapon before giving one to him or her. They must be educated on firearm safety.
- Always assume the weapon is loaded and charged.
- Always know where your barrel is pointing.

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

### **TRIBAL ADMINISTRATION**

# **Pueblo of Jemez Job Opportunities**

Apply online at www.jemezpueblo.org. For more information, contact the Human Resources Department at (575) 834-7359.

Tribal Administration and Programs		Health Information Manager	Full-Time	
GL Accountant	Regular Full-Time	Information Technology Security Officer	Full-Time	
Transportation Project Manager	Regular Full-Time	Job Coach/Job Developer, Vocational Rehabilitati	on Program	
Heavy Equipment Operator II	Regular Full-Time		Full-Time; Temp	
Procurement Technician	Regular Full-Time	Lead Dental Assistant (-Internal Applicants only)	Full-Time	
Construction Laborer	Regular Full-Time	Medical Director	Full-Time	
	0	Optometry Technician	Full-Time	
Jemez Health and Human Services		Staff Physician (Two Openings)	Full-Time	
Administrative Assistant, Vocational Rehabilitation Program		Project HOPE Coordinator, Vocational Rehabilitation Program		
Full-Time; Temporary			Full-Time; Temp	
Batterers' Intervention Specialist, Social Service	. 1 /	Protection Services Worker, Social Services	Full-Time	
Clinical Care Coordinator, RN, Clinic	Full-Time	Registered Nurse	Full-Time	
Clinical Psychologist, Behavioral Health	Full-Time	Security Guard (2 openings)	Full-Time	
Custodian, Community Wellness	Full-Time	Staff Dentist	Full-Time	
Senior Custodian (Internal Applicants only)	Full-Time	Supervisory Case Manager, Social Services	Full-Time	
Fitness Trainer, Community Wellness	Full-Time	Supervisory Public Health Nurse	Full-Time	

## **VOTERS' INFORMATION: PLEASE REGISTER TODAY**

Jemez Pueblo will be voting in the upcoming regular local elections:

#### Jemez Valley Public School District School Board

District 3: Jemez Pueblo, Fill Unexpired Term District 5: At Large Position, Four Year Term

#### Three Cuba Soil and Water Conservation District Supervisors: 1, 2, 5: Four Year Terms

#### **IMPORTANT DATES**

October 8:	Absentee Voting Begins
October 19:	Early Voting Begins
October 24/25: E	Election Voting Site, Jemez Civic Center
	from 10 a.m. to 7 p.m.

November 5:	Election Day at the Community		
	Resource Center from 7 a.m. to 7 p.m.		

If you will be turning 18 years old by election day, please register today to VOTE!

If you have any questions please contact the Sandoval County Native American Voting Rights Program office at (505) 934-8826 or the Jemez Valley Public Schools District at (575) 834-7391.

### JEMEZ COMMUNITY DEVELOPMENT CORPORATION

## JCDC NEWS



Monthly board meetings are open to the public. If you have interest in attending or becoming a Board Member, please e-mail jcdc@jemezpueblo. com for more information.

JCDC is interested in acquiring quotes/bids from local seamstresses within the community to create a traditionally styled uniform to be worn by JCDC Staff. Please contact Alexandra Fragua at (575) 834-7235 or at alexandra@ functionalearth.com.



HPA BLOCK SALE Fully Stabilized Blocks 4" x 10" x 14;" Average Weight 40 lbs. 60 ct. per pallet Call for more information (575) 834-7235



#### Open Daily 6 a.m.-10 p.m.

Join the Team! Positions are available for part-time, on-call employees. Speak with a cashier or manager about applications.

The C-Store is accepting bids for a traditional pie vendor. Call the store for more information (575) 834-7530.



The Childcare Center hosted a Community Meeting on October 1 to share community input and opinions to build a unique curriculum for the young minds of our community.



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The Welcome Center host classes for Traditional Drum Making. This class is open to Jemez community members over the age of 18. Classes will begin Wednesday, October 15, 2019. 10 spaces are available on a first come, first served basis.

Contact the Welcome Center at (575) 834-7235 for more information.

17<sup>TH</sup> ANNUAL OPEN AIR MARKET OCTOBER 12 & 13 Featuring more than 40 regional Native Artisans Multi-cultural arts and crafts vendors Traditional Jemez Dances Bread Baking Demonstrations Events and performances begin at 9 a.m. each day.

Remember to like them on Facebook and follow on Instagram @ JemezWelcomeCenter

### **JEMEZ HEALTH & HUMAN SERVICES**

# Why You Need Breast Cancer Screening

Submitted by Dawn Dozhier, PA-C, Physician Assistant

"Breast cancer is one of the five most common causes of cancer death among American Indian and Alaska Native women." (Indian Health Service)



MammeVan Save the Dates! October 23-24 See your provider for a referral.

### **VOCATIONAL REHABILITATION**

# Behind on Bills? Start with One Step!

### FINANCIAL EDUCATION CLASSES

First Class: Tuesday, October 8 5:30 p.m. Second Class: Tuesday, October 22 5:30 p.m. Held at the CRC Attendance at both classes is required. Dinner will be provided.

Learn more about: \$ Eight tools if you are behind on bills. \$ Where does my money come from and where does it go? \$ Financial goal setting. \$ Paying my bills. \$ Making good choices. \$ How to "Pay Me First!" \$ How to deal with creditors. For more information, contact the Jemez Vocational Rehabilitation Program at (575) 834-0012. Mammograms find breast cancer in early stages when treatment can be more successful. From age 40 or 50, mammograms should be done every one to two years. But if you have a family history of breast or ovarian cancer, mammograms may be recommended at an earlier age. A conversation with your healthcare provider can help you understand or decide when you should start this life-saving test. Make an appointment for regular breast-exam screenings and mammograms.

The MammoVan will provide screenings outside Jemez Health Center on:

Wednesday, October 23, 8 a.m. – 5 p.m.

Thursday, October 24, 8 a.m. – 5 p.m.

To schedule with the MammoVan, make an appointment with a provider for a referral. Call the Jemez Health Clinic at (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

AFull-Timeer-Hours Medical Advice Line: Call 575-834-3026

## **Depression Screening and Support**

Submitted by Dawn Dozhier, PA-C, Physician Assistant

Sooner or later, everyone gets the blues. Feeling sadness, loneliness, or grief when going through a difficult life experience is part of being human. And most of the time, people continue to function. They know that in time they will bounce back, and they do.

But what if they don't bounce back? What if feelings of sadness linger, are excessive, or interfere with work, sleep, or recreation? Feelings of fatigue or worthlessness, or experiencing weight changes along with sadness? You may be experiencing major depression.

Also known as clinical depression, major depressive disorder, or unipolar depression, major depression is a medical condition that goes beyond life's ordinary ups and downs. Almost 18.8 million American adults experience depression each year, and women are nearly twice as likely as men to develop major depression. People with depression cannot simply "pull themselves together" and get better. Treatment with counseling, medication, or both is key to recovery.

There are many different types of depression. Events in life cause some, and chemical changes in the brain cause others. Whatever the cause, the first step is to encourage the person to let a doctor know how you're feeling. She may refer you to a mental health specialist to help figure out the type of depression it may be. This diagnosis is important in deciding the right treatment for you.

#### How To Support A Depressed Person

- ✤ Pick a place that's quiet and private.
- ✦ Give yourself plenty of time.
- ◆ Listen more than talk to understand how they're feeling.
- ✦ Save your advice for later.
- ◆ Sit face-to-face so they can see your reactions.
- Listening isn't the same thing as agreeing. You can understand another person's point of view without agreeing with it.
- Ask open-ended questions: How are you feeling? Why do you think that?
- ♦ Offer reassurance and hope. Say things like, Thank you for telling me this, There is a way through this, or I am here for you.

#### What NOT To Do:

- Tell them to "snap out of it": people cannot make themselves better.
- Encourage excess alcohol and drug use as a way of coping; it can make things worse.
- ✦ Avoid them; they already feel alone, and this can make their depression worse.
- ✦ Assume that the problem will just go away.
- ✦ Judge or criticize them.
- Suggest or imply they're weak or a burden on others.

#### **Depression Treatment: When to Get Help**

Feelings of fatigue or worthlessness, weight changes, sadness, hopelessness, thoughts of suicide: If five or more of these symptoms occur for most of the day, nearly every day, for at least two weeks, and the symptoms are severe enough to interfere with daily activities, the person may have major depression. A primary care doctor is a good place to start. The doctor can screen for depression, and help manage and treat symptoms to feel better.

For depression screening or to discuss symptoms of depression with your health care provider, schedule an appointment at the Jemez Health Clinic (575) 834-3022.

#### Call for Help 24-7:

The New Mexico Crisis and Access Line and the National Suicide Prevention Lifeline are available 24-7 for anyone with concerns or questions. Their staff is available to listen and ask about your friend or relative who may be at risk. Safety is paramount and people are waiting to help.

#### NEW MEXICO CRISIS AND ACCESS LINE

1-855-NMCRISIS (662-7474) (toll free)

nmcrisisline.com

NATIONAL SUICIDE PREVENTION LIFELINE

### 1-800-273-TALK (8255) (toll free)

suicidepreventionlifeline.org

### **PUBLIC HEALTH**

## **Poison? Know What to Do**

POISON

#### New Mexico Poison & Drug Information Center Has the Answers

Rattlesnake bites, exploding vape pen batteries, toxic pesticide exposure, poisonous mushrooms, unexpected drug interactions . . . for most of us, this would be a nightmarish list of calamities.

But they're all in a day's work for the specialists at the New Mexico Poison & Drug Information Center, says director Susan Smolinske, PharmD, professor of Pharmacy Practice and Administrative Sciences in the UNM College of Pharmacy.

The 24/7 hotline, which fielded 21,000 calls last year, is the only one in the country manned by registered pharmacists. They have to be prepared for almost anything.

Calls for help fall into several categories, Smolinske says. "Little kids are in the exploratory phase where they swallow things," she says. "Older children tend to get into mischief. Adolescents may be actively exploring mind-altering substances or even threatening suicide."

SOCIAL SERVICES

Save the Dates!

# October Is Violence Prevention Awareness Month

FUN/RUN WALK Thursday, October 3

East side of Pueblo Church Sign In: 5:30 p.m. Warm up: 5:45 p.m. Start: 6 p.m.

#### VIOLENCE PREVENTION AWARENESS CONFERENCE

Thursday October 175 p.m.Community Resource Center (CRC)Dinner will be providedWorking Dinner: 5:15 - 6 p.m.Conference: 6 -8 p.m.If you have any questions, please contactSocial Services at (575) 834-7117

Adults – especially older adults – often accidentally mix drugs or experience drug interactions. Pipeline workers and miners may face occupational exposures to dangerous substances.

> Natural hazards include snake bites, spider bites, scorpion stings and poisonous plants. Rabid dog bites, West Nile virus and botulism occur as well. And there are even occasional calls when pets or farm animals have a problem. The center's 12 Certified Specialists in Poison Information (C-SPIs) are the only certified experts in medical toxicology in the state, Smolinske says. In fact, close to 30 percent of calls come from health care providers

seeking their expertise, such as emergency room doctors and school nurses.

The center, which receives \$2 million annually in state funding, along with additional federal money, is nationally accredited and even helps to train pharmacy students who serve month-long toxicology rotations there. A health educator also offers outreach programs in the community.

Providing reassurance can be one of the most important services provided by poison control specialists. For instance, with the start of the school year, children are resuming their ADHD medication, and it's not unusual for one parent to administer a dose without realizing the other parent has already done so. The poison center staff can reassure the parents that the child will not have any kind of long-term damage.

The C-SPIs usually spend a good part of their day checking up on earlier cases to make sure that patients are receiving the right kind of follow-up care.

### IF YOU SUSPECT POISON, CALL

800-222-1222

### **PUBLIC HEALTH**

## NATIVE HEALTH INITIATIVE

#### NHI Community Asset Mapping Workshop Friday, October 25, 8:30 -11:30 a.m.

This interactive workshop will help you build strengthbased approaches to the work you do in improving communities and is free to attend. RSVP to Lorenzo at losilva086@ gmail.com.

#### **Running Medicine Profiled in Medical Journal**

Running Medicine, a fun, family-focused fitness program developed by University of New Mexico physician Anthony Fleg, MD, is highlighted in the latest issue of the *Annals of Family Medicine*. Fleg, assistant professor in the Department of Family & Community Medicine, created the program with colleagues from the Native Health Initiative. As he and his four co-authors emphasize in an *Innovations in Primary Care* note submitted to the journal, inclusion is a primary goal of the year-round program, now offered in six communities around New Mexico.

Participants include a diverse group of tribes and ethnicities, ages, fitness and ability levels. Running Medicine "celebrations" take place three to four times a week, starting with a meditation or inspirational message and dynamic stretches. People walk or run for 30 to 40 minutes, giving each other high fives and encouragement along the way.

According to the authors, participants say the top motivations for joining "are improving physical health, improving mental health, social support and a culturally grounded approach to exercise."

Even better, they write, "Over 90% of our participants feel that the program improved their wellness in each of these domains." And, they note, regular exercise "is an important complement to our high-cost, disease-oriented health care system."

#### THE GRATITUDE RUN/WALK/BIKE – NHI'S SIGNATURE EVENT

Building community, indigenous culture, and mind/body/ spirit wellness.

4TH ANNUAL GRATITUDE RUN/WALK/BIKE Come celebrate Thanksgiving with us at a family-friendly, gratitude-filled run/walk.

#### 9 a.m. Thursday, November 28

#### PLACE:. TBD

#### Free! Register on site

5k run/walk; 1 and 2 mile walks; Kid's 400m dash In place of registration fee, please bring donations for local families in need (winter clothing and non-perishable food items) or cash to support NHI programs: Running Medicine Breathe Tradition, Not Addiction; Healers of Tomorrow; and more. The Gratitude Run was a simple idea: bring together community for exercise on Thanksgiving based on 4 Fs: FREE + FUN + FAMILY + FITNESS, and has become a New Mexico tradition!

2017: 705 participants

2018: 879 participants (biggest run/walk Thanksgiving event in the state of NM)

2019: 1000+ expected

See a video of the 2017 Gratitude Run/Walk at www.youtube.com/watch?v=2M9IY3tjV28

#### Sponsors Needed

The Native Health Initiative (NHI) invites you to support love-grounded service to our Indigenous and local communities for holistic wellness.

NHI has grown immensely! The fundraising goal this year is \$50,000. This funding would support four to six staff over the coming year. For more information, contact Shannon Fleg, NHI's Partnership Director, by October 15, 2019 at Shannon@ loving service.us.



# Fall Greetings From Walatowa Head Start Language **Immersion Program**

The Walatowa Head Start Immersion Program (WHSLIP) children have been busy exploring and learning about the outside environment. Through the WHSLIP, we are exposing children to the Jemez way of life by practicing our traditions. Children enjoyed the following activities as part of their education this past month:

- $\star$  Visited the corn and chile fields to explore and observe the harvest crops.
- $\star$  Visited the community corn fields to collect corn pollen to use in their classrooms.
- \* Observed, learned and participated in the step-by-step corn meal making process. The children are using daily the corn pollen and corn meal as part of their morning prayers.
- ★ Experienced, explored and observed the environment during nature walks and community field trips to surrounding areas. Children from all classrooms participated in taking their offerings to the society houses during their fasting. A BIG thank you to all the families for your donations and support!

#### The program welcomes parents, family members and community volunteers to help with our children's early childhood learning.

#### **Dates to Remember**

October 4: Program Planning Day, No School

Thursday, October 10: Parent Center Committee Meeting, 6 p.m.

October 11, 18, 25: First Parent-Teacher Conferences; early release at 11 a.m.

Thursday, October 24: Fatherhood Event, 5:30 p.m.



Life Cycle of Corn, Family Engagement Project.

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### Head Start, Continued

October 2019





Above: Mason preparing his healthy fruit pizza snack.

At left: First Motherhood Night of the year.



## New Art Teacher at San Diego Riverside Charter School

Don Lauser is the new art teacher at San Diego Riverside Charter School. He holds a master's degree in art education but spent most of his career working as a math teacher and taught math at Jemez Valley High School from 1980 to 1985.

After working and traveling in Mexico and Europe, he resumed teaching at TVI/CNM Community College teaching math, basic skills, and English as a Second Language in the Adult Basic Education program. He retired in 2014 from CNM but resumed working at Jemez Valley Public Schools as a tutor in the Gear Up program.

Don was born and raised in Albuquerque and went to Valley High School and UNM. He is married with two sons and two grandchildren.



## **Jemez Valley Public Schools**

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

Jemez Valley Public Schools will remain on a four-day school week (Monday through Thursday) for the 2019-2020 school year. The school day begins at 7:35 a.m. and ends at 3:53 p.m. All students will receive free breakfast and lunch. Please review the attached District Calendar for important dates.

#### JVPS Administration

Interim Superintendent: Mr. Joel Shirley Elementary Principal: Mrs. Dana Pino Middle & High School Principal: Mr. Scott Meihack

#### JVPS Reminders

- Free breakfast and lunch for all students.
- New and returning students must complete the on-line registration process for SY 2019-2020.
- Students are encouraged to ride the school bus daily as this minimizes campus traffic and ensures the student attends and arrives on time.
- Students are not allowed to use cell phones, including calls, texting, listening to music, during class time.
- Student-athletes must complete the *Concussion Course* for Students and a school physical before they can attend practice. Both documents must be dated after April 1, 2019.

#### Mobile Food Pantry (MFP) NEW Distribution Time Wednesday, October 16 (while supplies last)

Jemez Valley Public Schools (JVPS), in partnership with the Roadrunner Food Bank of New Mexico, is pleased to offer the food distribution program during the 2019-20 school year. The Mobile Food Pantry will serve Jemez Valley students, their families, and senior citizens on a monthly basis. To participate, individuals must complete the Mobile Food Pantry Registration Form for SY2019-20.

JVPS' Mobile Food Pantry distribution will occur on the third Wednesday of each month. If you would like to register or have questions about participation requirements, please call (575) 834-7393 to speak with Sharon Palma at ext. 314.

### **District Calendar Reminders**

Thursday, Oct. 17.	Student Lead Conferences and Parent/Teacher Conferences No School for Elementary Students Early Dismissal for High School and Middle School Students	
Friday, Oct. 18.	Student Lead Conferences and Parent/Teacher Conferences	
Nov. 11.	Fall Holiday	
Nov. 12.	Jemez Feast Day	
Nov. 27-28.	Thanksgiving Holiday	
Dec. 23-31.	Winter Break – No School	
	2020	
Jan. 1 – 2.	Winter Break – No School	
Jan. 6.	Professional Development	
Feb. 17.	Presidents Day	
Mar. 19.	Parent/Teacher Conferences	
	No School for Elementary	
	Early Dismissal for High School and	
	Middle School Students	
Mar. 20.	Parent/Teacher Conferences	
	Non-Instructional	
-	Holiday	
-	Spring Break – No School	
-	Memorial Day – No School	
•	Last Day of School	
Snow days will be made up on Fridays of the following		

, month.

## Supervision of Children During Sporting Events and Afterschool Activities

Jemez Valley Public Schools is committed to providing a safe environment for students, staff, JVPS families and visitors. This information seeks to clarify the level of supervision provided by JVPS staff during sporting events and afterschool activities (such as open houses, family nights, parent-teacher conferences), not including the hours of afterschool programs or athletic practices, so JVPS parents/guardians and visitors are aware of the safety and supervision standards that are expected.

- On school days, there is no playground supervision before 7:35 a.m. and after 3:53 p.m. on Mondays through Thursdays.
- JVPS will not provide supervision for children in the playground outside of the specified school hours unless they are participating in a JVPS organized and supervised activity taking place in the playground area.

## Jemez Valley Public Schools, Continued

- JVPS will not provide supervision for children in the playground or outside of school buildings/facilities during sporting events and afterschool activities (such as open houses, family nights, parent-teacher conferences.)
- During sports events and afterschool activities, children found wandering the gym lobby, restrooms, hallways, playground or unsupervised in any other area of JVPS' campus will be asked to return to their seats and care of their parents/guardians.

Children are to be in the care and supervision of a parent/guardian at all times for their safety. Should there be any incidents, such as bullying, accidents or injuries during the non-JVPS supervised times and locations above, the school cannot be held responsible and responsibility will remain with the parents/guardians.

Parents/guardians are instrumental in preventing children from being injured or placed in unsafe situations. Your cooperation and acknowledgment of the District's supervision standards are greatly appreciated.

#### Skyward Family Access

Friendly reminder: Parents/guardians can access their students' daily, weekly and monthly academic progress (such as grades, class assignments, etc.) and attendance (absences, tardiness) via Skyward "Family Access." The parent/guardian must have an e-mail address and access to the internet to utilize Skyward "Family Access" 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" utilizing their previous Login ID and password. If you have questions about Skyward, please contact Lisa Pohl (JVPS Systems Manager/ Network Administrator,) at (575) 824-7391 or (505) 842-0902, ext. 300.

#### WELCOME BACK TO SCHOOL!

#### Submitted by Dr. Susan Passell, JVPS Superintendent

I am thrilled to take this opportunity to welcome all of our students back to school and honored that the parents of the Jemez Valley community have entrusted the education of their cherished children to our care. I was hired on August 4, 2019 as the superintendent of JVPS, but needed to complete my contract in Rio Rancho so I didn't transition to this district full time until August 20. I have spent the past five weeks learning about all things JVPS at break neck speed! I am greatly impressed with the teaching and leadership staff of the District who, along with the Board of Education, have demonstrated a deep commitment to the educational process and to the growth and development of our children. Every day, at least one of our teachers or administrators tells me a beautiful story about something one of our kids said or did, or they simply express that their day is brightened just being with your kids.

Our school-based staff have been working hard on creating educational plans for each teacher and student through the study of achievement data toward increased academic gains. We want to ensure the academic success of each student so they may realize their dreams, both during their time with us and throughout adulthood.

JVPS is committed to the social-emotional learning of every student and adult toward increased efficacy in relating with others. Aligned with this initiative is our commitment to parent training on family systems which honors the family as the most important factor in the social, emotional and academic learning of the child.

Last, we are looking for your help! Two school board seats will be appointed in the January 2020 School Board meeting. The persons to be appointed must:

- Be at least 18 years of age;
- Be a registered voter in New Mexico;
- Be a resident of the open JVPS district (see below);
- Not be a convicted felon;
- Not be a JVPS or locally-authorized charter school employee;
- Not be a member of a governing body of a state or locally authorized charter school; and

Return an application on time.

Candidates must reside in either:

- Jemez Springs/La Cueva/Sierra Los Pinos District; or
- San Ysidro/Ponderosa/Canon District.

An application and resume, that includes references with contact information, must be provided to the Jemez Valley Public School Board President no later than November 5, 2019. The application is available through the Jemez Valley Public Schools administrative offices and the JVPS website jvps.org or email at BPerry@jvps.org. If you have questions, please call Barb Perry at (505) 842-0902 or (575) 834-7931.

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## Jemez Valley Public Schools, Continued

#### VAPE Education

Jemez Valley Public Schools is taking an important step in educating our 6th to 12th grade students about the inherent dangers of vaping. The State of New Mexico, in conjunction with the New Mexico Department of Health, have worked to produce a documentary and education/prevention campaign on vaping. "VAPE" is centered around a documentary program regarding the use of E-cigarettes, especially in the youth community, to help parents, educators and juveniles understand the spectrum of health issues and dangers associated with vaping. Because the number of youth users is rising dramatically, the program helps explain the product and its various uses, including for nicotine and cannabis consumption. Communities, parents, and, most importantly, teens will learn the current facts around this kind of ingestion.

According to the US Surgeon General and the Food and Drug Administration (FDA), vaping by US teenagers has reached epidemic levels, threatening to hook a whole new generation on nicotine. It's interesting to note that Altria, the company that makes cigarettes, this year purchased a major stake in Juul, the leading manufacturer of vape pens. Altria also bought a portion of a Canadian cannabis production facility. Tied with the fact that over half of New Mexico high school students have tried vaping and one third of US middle and high school students reported using e-cigarettes with non-nicotine substances, there is serious reason for concern.

Among New Mexico high school students, over half (52.3%) have used an electronic vapor product and over a quarter (26.4%) used an electronic vapor product in the past 30 days. Among NM 8th grade students in Bernalillo County, more than one third (35.9%) have used an electronic vapor product and close to 20 percent (17.1%) have used an electronic vapor product in the past 30 days. Among 12th grade students in Bernalillo County, more than six 6 in 10 (64.9%) have used an electronic vapor product. *(NM Youth Risk and Resiliency Survey 2017)* 

If you are interested in learning more about this important topic, please visit www.Christopherproductions.org and www.SafeTeen.net.

You can view the video in its entirety on statewide television broadcasts:

> KNME (PBS-NM): Thursday, Oct. 17 at 7 p.m.; Saturday, Oct.19 at 2 a.m. WORLD: Saturday, Oct. 19 at 11pm

This program is underwritten by the New Mexico Department of Health, Family Health Bureau. Additional underwriters include: The City of Albuquerque/Family and Community Services Department, SafeTeen New Mexico, NM Department of Health Tobacco Use Prevention and Control Program, UNM Campus Office of Substance Abuse & Prevention, New Mexico Heart Institute, New Mexico Public Education Department, State Farm Insurance, Cooperative Educational Services, NM School Boards Association and the NM Pediatric Society.

#### Save the Date

Tuesday, Nov. 5, 5:30 p.m. FAFSA Workshop for JVHS Seniors.

#### JEMEZ VALLEY ELEMENTARY SCHOOL

Submitted by Dana Pino, JVES/MS Principal

#### **Trunk or Treat**

"Trunk-or-Treat" is scheduled for Thursday, Oct. 31 from 2:30 p.m. to 3:30 p.m. This event brings Halloween to the parking lot of Jemez Valley Elementary School for JVES students in grades Pre-K to 5th (approximately 130 students.) Students will parade in their costumes from car to car to receive goodies.

For the safety of our students, all visitors distributing Halloween goodies must:

- Sign in at the school office to receive their "Trunk-or-Treat" pass.
- "Trunk-or-Treat" pass must be displayed on their vehicles.
- Be ready to distribute goodies by 2:15 p.m.

We appreciate the cooperation of parents, guardians, and visitors in ensuring the safety of our students and schools. Questions, please call JVES at (505) 834-7393 or (505) 373-0054.

## Jemez Valley Public Schools, Continued

#### JEMEZ VALLEY MIDDLE & HIGH SCHOOLS

Submitted by Kristi Hartwick, Jemez Valley High School Counselor

#### A Parent's Guide to Student–Led Conferences

Jemez Valley Middle School and High School will take a modified approach to the traditional "Parent-Teacher Conferences" by holding "Student-Led Conferences."

#### What is a Student-Led Conference?

A student-led conference is a preplanned meeting between students, their parents and teachers that is led by the student. The student demonstrates responsibility for their academic performance by providing a review of their work and discussing their learning with their parents and teachers.

#### Student-led conferences differ from traditional parentteacher conferences:

- Students participate in all stages of the conference. They
  prepare and organize work samples, use goal setting, and
  plan next steps.
- Students lead the conversation to show what they have learned. They receive feedback from their parents and teachers about strengths and goals for improvement.

## Student-led conferences benefit students, parents, and teachers:

- Students take more ownership of their learning.
- Parents and students have open communication about school, after-school activities, and other important decisions in life.
- Teachers establish stronger working relationships with parents and students.

#### What is the Role of the Student?

The student leads the conference.

#### Before the conference, students:

- Collect work samples to share with their parents.
- Review their work with the teacher and write academic and personal goals.
- Explain the benefit of the conference as a learning process to their parents.

#### During the conference, students:

- Share and discuss learning with their parents.
- Identify strengths and learning goals with parents and teachers.
- Connect their learning to long-term career goals.
- Determine next steps to improve learning.

#### After the conference, students:

- Discuss the benefits of the conference.
- Work on the next steps to improve learning.

#### What is the Role of the Parent/Guardian?

The parent/guardian participates as an active listener and as advocates for their child.

#### Before the conference, parents:

- Encourage their child's involvement in the learning process.
- Familiarize themselves with the conference process.
- Support their child's review of learning goals for the student-led conference.
- Prepare a list of questions for discussion.

#### During the conference, parents:

- Provide encouragement, praise, and reinforcement.
- Assist their child in identifying strengths and learning goals.
- Work with their child and teachers to determine the next steps for learning.

#### After the conference, parents:

- Participate in the conference evaluation.
- Discuss the long-term value of their child's engagement in learning.

#### What is the Role of the Teacher?

The teacher is to help the student prepare for the conference.

#### Before the conference, teachers:

- Guide students in the collection of work samples and review of learning goals.
- Review learning goals.
- Explain the conference as a learning process to parents.
- Organize the conference area for successful communication.
- Set up a conferencing schedule.

#### During the conference, teachers:

- Act as guides and offer positive feedback.
- Identify new learning goals with students and parents.
- Learn about students' long-term career goals.
- Assist students and parents in determining the next steps for learning.

#### After the conference, teachers:

- Provide feedback to students and parents about the conference process.
- Review new goals and next steps for learning with students and parents.

### Jemez Valley Public Schools, Continued

#### GORUCK 9/11 Commemorative Event Benefits Jemez Valley Public Schools

Founded by a Green Beret, GORUCK is an American brand with Special Forces roots. Excellence, toughness and adaptability are the pillars of their way of life, which influence how they do what they do.

The terrorist attacks of Sept. 11, 2001, changed America and the lives of Americans forever. The GORUCK Cadre conducts 9/11 Commemorative events around the country to honor and remember those we lost: the courageous First Responders and the soldiers who fought in the Global War on Terrorism.

This 9/11 event was hosted in Albuquerque on Friday, Sept. 6 from 9 p.m. to 9 a.m. for the Tough Class #3182. The Light Class # 3232 lasted from 1 to 7 p.m. on Saturday, Sept. 7.

The GORUCK organization always has a service project to kick off their events. One of the Unhinged Rucking Club members, Larry Hartwick, is a math teacher at Jemez Valley High School. Coach Hartwick suggested the cadre make their service project a school supply donation to benefit the students of Jemez Valley.

Middle-High Schools Principal Scott Meihack would like to thank the GORUCK organization for making this generous donation to the students of Jemez Valley Public Schools.

If you are interested in learning more about the GORUCK organization, please visit www.goruck.com

# San Diego Mission Offers Classes

San Diego Mission is offering skills classes to catechists and any member of the parish who would like to learn more about Church teachings.

Tuesday, Oct. 8: Why We Do What We Do at Mass Tuesday, Oct. 22: The Place of Eucharist in

Catechesis

Tuesday, Nov. 26: A Deeper Look at Reconciliation The classes will be held from 6 to 8 p.m. at the St. Anthony Church in Santa Ana/Ranchitos, and taught

by Sister Edna from the Archdiocese of Santa Fe. Please RSVP the Friday before the class you plan

to attend so they can provide enough materials for everyone in attendance.

#### JVPS ATHLETIC DEPARTMENT FALL SPORTS SCHEDULES

Submitted by Scott Meihack, JVPS Athletic Director

The fall sports season for Jemez Valley High School's cross country and volleyball teams has begun. We encourage the community to join us to cheer on our student athletes and remind our visitors that spectator sportsmanship is just as important as sportsmanship on the course, field and court. The price of admission this year will be \$5 for adults, and \$3 for students and elders. Come out and support the Warriors.

#### MIDDLE SCHOOL AND VARSITY CROSS-COUNTRY COACH: DANNY CHINANA

DATE	OPPONENT	MS	SITE	TIME
Oct. 9	Bernalillo MS Invite	ONLY	Bernalillo MS	3 p.m.
Oct. 12	Los Lunas Invite		Los Lunas	8 a.m.
Oct. 19	Rio Rancho Ja.m.boree		Rio Rancho HS	8 a.m.
Oct. 25	Desert Academy Invite	*	Desert Academy	TBA
Nov. 1	District Meet		TBA	TBA
Nov. 9	State Championships		Rio Rancho HS	9 a.m.
* Includes a Middle School Meet				

Please drive with extra caution along Highway 4 near Jemez Valley Public Schools between 4 and 6 p.m. Mondays through Thursdays. JVPS appreciates your support and understanding; our cross country teams utilize the local area to condition and prepare for competition.

#### VARSITY VOLLEYBALL COACH: JESSICA GALLEGOS

DATE	OPPONENT	SITE	TIME
Oct. 7	Tierra Encantada	Away	6 p.m.
Oct. Oct.	19 Evangel Christian	Home	6 p.m.
Oct. 15	Walatowa	Away	6 p.m.
Oct. 17	Santa Fe Waldorf	Home	6 p.m.
Oct. 22	New Mexico School for Deaf	Away	6 p.m.
Oct. 24	Walatowa	Home	6 p.m.
Oct. 28	NM School for Deaf (Senior Night)	Home	6 p.m.
Oct. 30	Santa Fe Waldorf	Away	6 p.m.
Nov. 4 –	9 District Tournament	TBD	TBD
Nov. 11 -	16 State Volleyball	TBD	TBD

#### MIDDLE SCHOOL VOLLEYBALL COACH: JULIE FE LEGAYADA

DATE	OPPONENT	SITE	TIME.
Oct. 7	Tierra Encantada	Away	5 p.m.
Oct. 17	Santa Fe Waldorf	Home	5 p.m.
Oct. 18 – 19	Cochiti Tournament	Away	TBD
Oct. 22	New Mexico School for Deaf	Away	5 p.m.



# **US Forest Service News**

## Forest Service Resumes Fuelwood Permit Sales on New Mexico and Tonto National Forests

The court-ordered injunction suspending all timber management activities on the five national forests in New Mexico and the Tonto National Forest in Arizona has been modified to allow the personal cutting and collection of fuelwood. The Forest Service will resume permit sales immediately.

Southwestern Regional Forester Cal Joyner said, "We are pleased with this modification, which highlights the fact that we all want to do right by the communities we serve and reduce unnecessary burdens on communities that depend on the national forests for their sustenance. I want to assure you that we are committed to continuing our work to protect wildlife and wildlife habitat from catastrophic wildfire, and we thank you for your ongoing support, understanding and patience."

The federal court's ruling is related to the recent courtordered injunction in the case WildEarth Guardians vs. U.S. Fish and Wildlife Service, et al concerning the Mexican spotted owl.

Other activities, including stewardship contracts, timber sales, thinning and prescribed burns, remain suspended in order to ensure compliance with the ruling, pending clarification or modification of the injunction.

The national forests impacted by the court's order remain open to the public for recreation and other activities. The Forest Service is extremely grateful to our state and federal partners including the U.S. Department of the Interior's Bureau of Land Management, the New Mexico State Forestry Division, the New Mexico Governor's Office and countless community leaders for helping find interim solutions.

For the most up to date information from the Forest Service please go to www.fs.usda.gov/goto/r3/mso.

## More Abandoned Campfires – Some Campers Still Don't Get It

Although the forest-wide numbers improved over the summer season, staff on the Jemez Ranger District of the Santa Fe National Forest (SFNF) found at least a dozen abandoned campfires over the Labor Day weekend, bringing the year's total for that one district alone to a whopping 164 abandoned campfires. That's 164 unnecessary opportunities for a wildfire to get out of control and threaten firefighters, public safety and our community.

Abandoned campfires are still the leading human cause of wildfire. Most are found at dispersed campsites, many along Forest Road 376, a popular corridor for campers. Jemez District staff anticipated the Labor Day holiday crowds, and crews patrolled throughout the three-day weekend.

As the monsoon season draws to a close, conditions on the Jemez District are drying. New Mexico's own Smokey Bear is the most successful symbol of wildfire prevention; as he continues to celebrate his  $75^{th}$  birthday. Fire managers are asking visitors to the forest to take Smokey's message to heart.

If you plan to gather family and friends around a campfire this fall, please do it safely by following Smokey Bear's campfire safety procedures at the Forest Service web site at www. fs.fed.us. If you need a visual, a Forest Service video is available on YouTube at www.youtube.com/watch?time\_continue=10& amp=&v=9mlsuIQ9600.

## Never leave your campsite until the fire is completely extinguished and cold to the touch.

The SFNF has been conducting a public awareness campaign both online and in person, handing out brochures and posting flyers at campsites, to help educate people on the proper way to start and – more important – put out a campfire. While the vast majority of forest visitors camp responsibly, the handful who do not put the forest and surrounding communities at risk. Don't be responsible for the next humancaused wildfire.



Pueblo of Jemez 4417 Highway 4 Box 100 Jemez Pueblo, NM 87024 Presort Standard US Postage Paid Albuquerque NM Permit No. 1741