



THE

Walatowan

RED ROCK REPORTER

SEPTEMBER 2019

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FROM THE GOVERNORS Pecos Feast Day, August 11, 2019

I would like to thank all the People who made the Pecos Feast in Pecos, NM a success! The Pecos National Historic Park team was outstanding in preparing and helping the event become a success. I would like to thank the Tribal Leadership, Cacique members, traditional leaders, singers and dancers for taking part in our annual feast day. Also, to the community members who made this possible, thank you for your generous donations that lead to a great feast day. It was an Honor to see the Hemish people come together as we brought in many blessings to our ancestral village in Pecos through song and dance.

With these blessings, may our villages, our people and our lands stay strong, and may all your households be blessed with good health and wealth.

It was truly a blessed day. Thank you once again, may all your blessings be answered and granted.

Pecos Governor and Leadership

Continued on page 2

Pueblo Revolt Commemorative Run Sunday, August 11

See story and more photos on page 3.





2019 Tribal Governors

Governor
Governor David M. Toledo

1st. Lt. Governor
John Galvan

2nd. Lt. Governor
Elston Yepa

Tribal Council

Joe Cajero
Paul S. Chinana
Raymond Gachupin
Frank Loretto
J. Leonard Loretto
Raymond Loretto, DVM
José E. Madalena
Joshua Madalena
J. Roger Madalena
David M. Toledo
José Toledo
Michael Toledo, Jr.
Paul Tosa
Joseph A. Toya
Vincent A. Toya, Sr.
David R. Yepa

Red Rocks Reporter September 2019 Edition

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Pecos Feast Day



Remembering the Pueblo Revolt

About 50 runners ran from the Jemez Pueblo Plaza to the Jemez Historic Monument on Sunday, August 11, one of the largest groups in recent years. After gathering in the kiva at the monument, the runners, tribal members and visitors celebrated the day with speeches, dances and arts and crafts and food from Native vendors.

Patrick Romero welcomed the crowd with a traditional blessing and retold the story of the historic Pueblo Revolt and the Jemez nation's role in the uprising.

Monument Director Matthew Barbour, PhD, thanked staff and vendors for their participation. "As with all revolutions, the Pueblo Revolt fought religious persecution and taxation without representation," Matt said. He told how the Pueblo peoples showed great restraint in warning Spanish settlers and allowing them to leave the area before attacking. "They were repaid with bloody and merciless bloodshed."

"Here, history is still alive for the people who are part of it," noted Patrick Moore, Director of New Mexico Historic Sites. "This may have been the only real revolution against conquerors in US history; the American Revolution was an insurrection against a government."



TRIBAL ADMINISTRATION

POLICE DEPARTMENT

Alert To All Area Residents

The Pueblo of Jemez Police Department is warning residents of a scam that is targeting Jemez Pueblo community members. Officials have reported that some community members have received multiple calls from a person claiming to be from the Federal Bureau of Investigations (FBI.) The caller tells the person that their vehicle was found in San Antonio Texas containing drugs, firearms and ammunition. The caller will also tell you that you are in a lot of trouble and in order to avoid being arrested you will need to go to the bank and withdraw a large sum of money and send it to him/her using gift cards only.

If you receive a call or text similar to this, do not respond by sending gift cards or money. Please report the scam to the Pueblo of Jemez Police Department immediately. **Contact the Police Department using the Sandoval County dispatch centers non-emergency number at (505) 891-7226 to have an officer dispatched to your location. IN AN EMERGENCY ALWAYS CALL 911.**

Safety Tips on Using Social Media

The mission of the Pueblo of Jemez Police Department is to reduce the risk of any threat or criminal activity on the Pueblo and to increase the effectiveness of police response by enhancing the awareness of all suspicious activity within the community. The following information supplements the warnings about recent alleged activity sent to the Community over the last few months by the Governors' office.

Due to recent reported unconfirmed, alleged activities and information obtained from social media, the Governors and the Pueblo of Jemez Police Department recommend calling in and reporting any suspicious or unusual activity information or threats immediately. This information is critical for the Pueblo of Jemez Police Department to verify the information and possibly open a criminal investigation.

The Governors and Police Department offers the Community some helpful safety tips on using social media:

SOCIAL MEDIA SAFETY TIPS

- ◆ Avoid re-Tweeting rumors and hearsay; this can create unjustified fear due to false information. It can be difficult to verify the identity of sources found on social networks, creating long-term effects and heightened fear.
- ◆ Take a sensitive and thoughtful approach when using social networks to pursue information or user-generated content.
- ◆ Remember that **any** response or post you make could go public.
- ◆ Focusing on social media, unconfirmed information, rumors or hearsay, can change your perception of your overall safety and elevate your stress level.

Contact the Pueblo of Jemez Police Department about any threatening social media post and suspicious or unusual social media activity.

Keep Yourself Safe From "Phishing"

This information was recently sent by the Governors' office to tribal staff, but the information is relevant for anyone using a computer for e-mail and messaging. Please take some time to learn about these dangerous scams.

"Phishing" is one of the most common types of cyber-attacks. Phishing attacks can take many forms, but they all share a common goal: getting you to share sensitive information such as log-in credentials, passwords, credit card information, or bank account details.

Types of Phishing Attacks

Phishing: In this type of attack, hackers impersonate a real company to obtain your log-in passwords. You may receive an e-mail asking you to verify your account details with a link that takes you to an imposter log-in screen that delivers your information directly to the attackers.

Spear Phishing: Spear phishing is a more sophisticated phishing attack that includes customized information that makes the attacker seem like a legitimate source. They may use your name and phone number and refer to your work place to trick you into thinking they have a connection to you, making you more likely to click a link or attachment that they provide.

Whaling: Whaling is a popular ploy aimed at getting you to transfer money or send sensitive information to an attacker via e-mail by impersonating a real company executive. Using a fake domain that appears similar to a real one, they look like nor-

EMERGENCY SERVICES

Safety Alerts, *Continued*

mal e-mails from a high-level official of the company, typically the CEO or CFO, and ask you for sensitive information (including usernames and passwords.)

Shared Document Phishing: You may receive an e-mail that appears to come from file-sharing sites like Dropbox or Google Drive alerting you that a document has been shared with you. The link provided in these e-mails will take you to a fake log-in page that mimics the real log-in page and will steal your account credentials.

What You Can Do

To avoid these phishing schemes, please observe the following email best practices:

- ◆ Do not click on links or attachments from senders you do not recognize, or weren't expecting. Be especially wary of .zip or other compressed or executable file types. Please be extra careful if accessing your Yahoo, Hotmail, or other personal e-mail account from a work computer.
- ◆ Do not provide sensitive personal information (like usernames and passwords) over e-mail.
- ◆ Do not initiate money transfers or send gift cards based on an e-mail request.
- ◆ Watch for e-mail senders that use suspicious or misleading domain names.
- ◆ Inspect URLs carefully to make sure they're legitimate and not imposter sites.
- ◆ Do not try to open any shared document that you're not expecting to receive.

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

Falls Prevention In The Elderly:
What You Need To Know

Submitted by Jason Tolkaz, MSW, JHHS Case Manager in collaboration with David Ryan, EMS Director, and Antonio Blueeyes & Marlon Gachupin, Injury Prevention Team



Did you know that one in four older Americans falls each year? Falls are the leading cause of both fatal and nonfatal injuries for people over the age of 65. Falls can result in hip fractures, broken bones and head injuries. In retrospect, falls without a major or minor injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active. If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. Here are six easy steps you can take today to help your older loved one reduce their risk of a fall:

- ★ Enlist their support in taking simple steps to stay safe by seeking community-based services that can assess their risk and suggest programs or services that could help.
- ★ Discuss their current health conditions. Can they manage independently or do they require personal care assistance in daily living activities?
- ★ Ask about their vision and last eye check-up. Do they need a prescription for glasses?
- ★ Notice if they're holding onto walls, furniture or someone else when walking or if they appear to have difficulty walking or rising from a chair or bed. Do they need specific mobility supplies to ambulate safely or supervision on a daily basis?
- ★ Talk about their medications. Are they being taken as prescribed? Are there side-effects? It's best to encourage them to discuss their concerns with their doctor and/or pharmacist.
- ★ Do a walk-through safety assessment of their home. Are there adequate safety devices that could prevent any unforeseen fall mishaps?

Should an unexpected fall occur, never call or visit Jemez Emergency Medical Services or the Jemez Clinic. ALWAYS CALL 911 as your first step. Trained professionals from dispatch will immediately alert the appropriate authorities and provide information about handling the medical emergency situation.

Source: National Council on Aging

TRIBAL ADMINISTRATION

EMPLOYEE APPRECIATION DAY 2019

Submitted by Joshlin Martinez, Human Resources Department Director

This year's employee appreciation event was held on Tuesday, August 13, at the Jemez Springs property. It was a sunny, fun-filled day that included good company, a delicious hot-off-the-grill lunch menu, lawn games, and camping themed door prizes.

Employees enjoyed a performance by Krazy Kasey Nicholson, the Native comedian, flutist and wellness speaker from Montana. Kasey encouraged us to take ownership of our feelings and actions, to love ourselves and each other, and to be better than good for our ancestors. There was plenty of laughter as he shared his comedy skits and dance moves.

Employees also enjoyed the sounds of seasoned lead singer and guitarist Austin Van, who performed a mix of classics and country music hits. The talented young Jemez Springs artist had many fingers and toes tapping to good tunes.

The Public Health Program facilitated the volleyball tournament. This activity was a big hit and point of entertainment for the attendees. Krazy Kasey played on the Governors' team, while the Youth Center team named Charles Angels took first place in the bracket. Prizes were also awarded to best team name and best team uniform.

Before the day was over, all employees were thanked for their hard work and dedication. A moment of recognition was also given to those who provided uninterrupted service to our community the day of the event and those who worked hard to ensure the event was successful. "To all tribal employees who attended the Employee Appreciation Event: Your preparation, attendance and participation made it a fun filled event," the Governors wrote. "And acknowledgment to all critical position staff who did not attend the Employee Appreciation event. Your positions guarantee that service to our community is not left unattended and service is provided.

"I want to send a big thank you to all of the staff who were not able to attend the Employee Appreciation event yesterday," added Victoria Acosta, Human Resources Generalist. "We know many of you are considered critical and were not permitted to leave or the program did not have enough staff to rotate in and out of the event. We really appreciate all that you do and the wonderful services you provide to the community. I cannot express enough your importance and how appreciative we are for your dedication.

A special thank you to all the managers who took it upon themselves to make sure their teams felt appreciated. Thank you for being ALLSTARS."

Thank you to each tribal employee for your dedication and hard work. Your professionalism gets the job done; keep up the good work!



TRIBAL COUNCIL

Honoring Employee Service Tribal Council Report

The Pueblo of Jemez has some major employment accomplishments this year. We are sending a very special recognition to Henrietta Gachupin who was recognized for 30 years of service and Felipita Loretto for 25 years of service. We thank you for your dedication!

5 YEARS

Leslie Baca	Administrative Assistant, Transportation
Wilson Barrow	IT Director, IT, Administration
Shirley Chinana Teacher	Head Start
Michael Emery	Physician, JHHS
Karleen Gachupin	Resident Services Counselor, Housing
Andy Loretto	Agricultural Laborer, Agriculture, Public Health
Geraldine Loretto	Contracts & Grants Officer, Administration
Clare Lucero	Interim Patient Services Supervisor, JHHS
Cyrus Lucero	Heavy Equipment Operator, Planning & Development
Virginia Lucero	Custodian, JHHS Facilities
Gavin Mora	Crew Boss, Agriculture, Public Health
Michael Pelligrini	Criminal Investigator, Law Enforcement
Lisa Romero	Administrative Assistant, Administration
Joslin Sandia	Teacher, Head Start
Beverly Scott	Accounts Payable Clerk, Finance
Leannndra Seonia	Customer Services Specialist, JHHS
Byron Tafoya	Dental Assistant, Dental
Anne-Marie Toledo	Medical Assistant, JHHS
Paul Toledo	Transfer Station Operator, Transfer Station
Bertilla Toya	Administrative Assistant, Head Start
Humberto Toya	Agricultural Laborer, Agriculture, Public Health

10 YEARS

Cedric Fragua	Supervisory Probation Officer, Tribal Court
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15 YEARS

Joylynn Chinana	Health Information Management Tech, JHHS
Faila Chinana-Waquie	Custodian, JHHS Facilities
Carrie Toya	Administrative Assistant, Law Enforcement
Peter Pecos	Therapist, Behavioral Health
Thelma Shendo	Patient Services Manager, JHHS
Christopher Toya	Tribal Cultural Properties Project Manager, Natural Resources
Monica Toya	Administrative Assistant, Senior Center
Vanessa Toya	PRC Specialist, JHHS

20 YEARS

Yvonne Chinana	Records Technician, Administration
Kevin Shendo	Education Director, Education
Jacqueline Toledo-Magdalena	Teacher, Head Start
Sheila Toya	Diabetes Community Liaison, Public Health
Virginia Toya	Community Health Representative, Public Health

25 YEARS

Felipita Loretto	Fitness Specialist, Public Health
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30 YEARS

Henrietta Gachupin	Program Manager, Social Services
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Pueblo of Jemez departments, programs and tribal administration submitted the following resolutions for Tribal Council approval.

August 26, 2019

TC-29. Approved the assessment of annual rent to Jemez Health & Human Services Department.

TC-30. Dedicated a portion of the General Fund Revenue to pay for health care services for Jemez tribal members living outside of the Contract Health Services Designated Area/Purchase Referred Care Designated Area (CHSDA/PRCDA) which is Sandoval County.

TC-31. Authorized the Pueblo of Jemez to become a Member Indian/Native Government in good standing of the National Congress of American Indians.

TC-32. Approved participation in a dissertation research study on exploring curriculum development in tribal language immersion programs with the Pueblo of Jemez Early Childhood Program from September 2019 through April 2020.

Melody Redbird-Post, M.Ed., a PhD candidate with the University of Oklahoma's College of Education, has approached the Early Childhood Program (ECP) with a request to participate in a doctoral research study which will explore tribal language immersion curriculum in order to provide the ECP with a comprehensive examination of their current curriculum development process through participation in the qualitative research study in accordance with approved research protocols as tailored to meet the goals and priorities of ECP.

The proposed dissertation research study, titled "Exploring Curriculum Development in Tribal Language Immersion Programs," will involve up to four staff from ECP volunteering to participate in up to three one-hour interviews and one thirty-minute planning observation, if approved, and after each individual completes the informed consent process. All study data will be owned by ECP/Jemez Pueblo, with the researcher planning to submit all reports and dissemination requests for review. The researcher will provide quarterly updates on progress, and progress reports, final reports, summaries, and presentation and/or publication requests for Tribal Council review and approval.

TRIBAL ADMINISTRATION

Welcome Mat



Odessa Waquiu has joined the Pueblo of Jemez as the new Compliance Officer. She brings over 13 years of experience in grant management, as well as in updating and developing policies. She served as a director for over five years working within tribal communities where she created and implemented programs based on the communities' needs. Her educational background includes a Bachelor's degree from the University of New Mexico and a Master's degree from New Mexico Highlands University.

"I look forward to assisting tribal administration in ensuring that tribal policies, procedures and procurement processes are followed," Odessa says.

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

GL Accountant	Regular Full-Time
Transportation Project Manager,	Regular Full-Time
Heavy Equipment Operator	Regular Full-Time

Jemez Health and Human Services

Physician	Full Time
Registered Nurse	Full Time
Optometry Tech	Full Time
Security Guard	Full Time
Supervisory Public Health Nurse	Full Time
Staff Dentist	Full Time
Medical Director	Full Time

Health Information Manager	Full Time
Medical Billing Specialist	Full Time
Director of JHHS	Full Time
Clinical Operations Officer	Full Time
Clinical Care Coordinator R/N	Full Time
Batterer's Intervention Specialist	Full Time
Protection Services Worker	Full Time
Child Care Worker	Part Time
Administrative Assistant	Temporary Full Time
Behavioral Health Therapist	Full Time
Clinical Psychologist	Full Time
Information Technology Security Officer	Full Time
Project HOPE Coordinator-Temporary	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

October 24/25: 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.

IMPORTANT DATES

September 3:	Filing Day for Write-In Candidate at the County Clerks Office
October 8:	Absentee Voting Begins
October 19:	Early Voting Begins

HOUSING

Is Your Home a Healthy Home?

Submitted by

The Pueblo of Housing Department wants to help you identify issues to manage for healthy home.



Keys To A Healthy Home

Keep it safe: Remove excess debris, install smoke and carbon monoxide (CO) alarms; check that locks are in working condition.

- ◆ **Keep it clean:** Control dust, create cleaning schedule

- ◆ **Keep it dry:** Prevent water leaks, identify areas that need or may need attention, then make a plan and take action.
- ◆ **Keep it ventilated:** Create air flow circulating through your home.
- ◆ **Keep it pest-free:** Spray for pests bi-annually. Seal any cracks (inside and outside;) repair screens.
- ◆ **Keep it contaminant-free:** Keep cleaning solutions in a controlled, safe and locked area.
- ◆ **Keep it well-maintained:** Inspect, clean and maintain home and equipment.

Safety is No Accident!

Practice safety in your home:

- ◆ Remove any excess debris that may cause injuries around your home.
- ◆ Prevent burglaries by making sure your locks are in working condition.
- ◆ Carbon monoxide (CO) is a DEADLY gas that can't be seen, smelled or tasted. Appliances that use gas, oil or wood to produce heat also produce CO such as:
 - Gas furnaces
 - Gas water heaters
 - Wood burning fireplaces
 - Gas heaters
 - Gas appliances
 - Gas/charcoal grills

Avoid Excess Dust In Your Home

Cleaning at least one or two times a week can help minimize allergy and asthma reactions. Dust is made up of many kinds of particles. Just a few examples include plant pollen, fibers from clothing and dead skin cells. To avoid dust accumulation, create a weekly cleaning schedule.

To minimize dust:

- ◆ Remove clutter from floors.
- ◆ Vacuum/mop hard floors.
- ◆ Clean from top to bottom.
- ◆ Avoid carpets; if you have carpets, clean two or three times per year.
- ◆ Change bedding often.

Prevent Mold and Mildew

Mold and mildew live and grow on wet surfaces in open and hidden places. They often produce a moldy smell. Mold spores float through the air and can cause lung irritation, runny/stuffy noses, itching, wheezing and other allergy symptoms. Some people can become very ill from mold and mildew. Keep your family safe and healthy:

- ◆ Keep areas common to moisture dry: Kitchen sinks, bathrooms, laundry areas, windows, etc.
- ◆ Store cloths and towels in a clean, dry place.
- ◆ Wipe down bathtub and shower after use.
- ◆ Open a window or run a fan while taking hot showers and throughout the day.

Pest Control

Keep control of any pest issues. Pests are a nuisance and can cause health issues. Flies, mice, cockroaches, ticks and fleas can carry diseases. Minimize the chances of attracting pests by cleaning and sealing any cracks or tears in the screens. Control pests by contacting a local pest control company at least one or two times per year.

Prevent contamination

Keep all medications and cleaning solutions in a dry and controlled space to avoid injuries or food contamination. Teach your children about the hazards of household chemicals and solutions including cleaning solutions for dishes, floors, bathroom fixtures, windows, etc.; as well as eye care solutions and pest control solutions.

Be especially careful about medications and medical solutions which can be highly toxic if used improperly, especially for children.

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.

New Mexico Department of Transportation (NMDOT) Grant-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 Highway 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.) (See maps below) This project will facilitate safe pedestrian passage between many of the community services and residences located along NM 4. The RFP for preliminary engineering tasks will be published in September 2019. The department will host a community meeting in the fall to share information about the trail.

NM4 Bypass

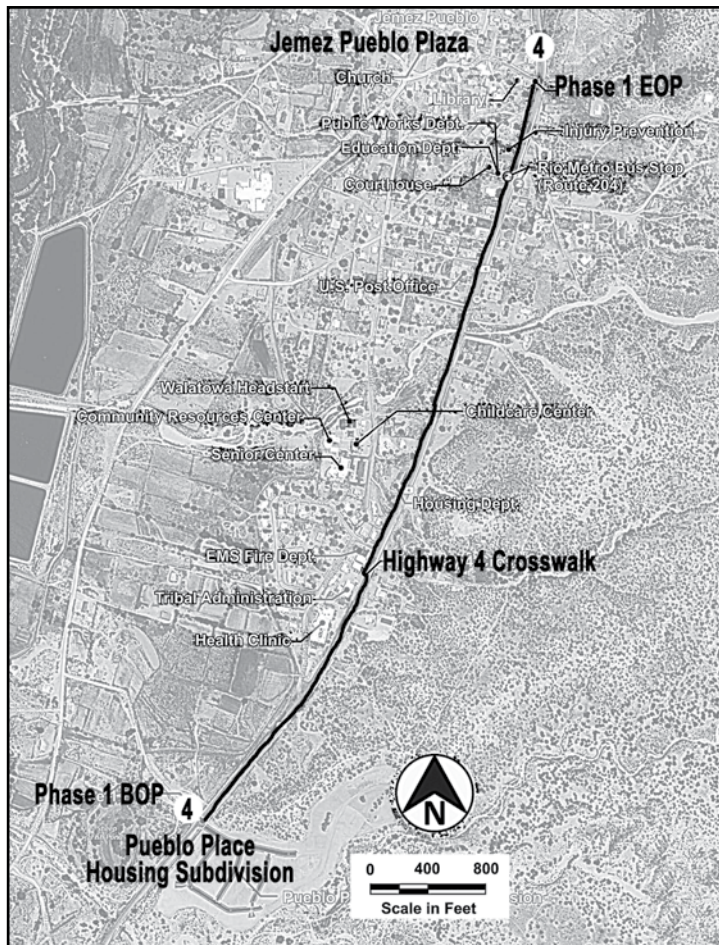
The NMDOT has programmed \$3M to complete the planning and design for the NM 4 Bypass project. The Pueblo will work closely with the NMDOT to complete this very important project. Once the design is complete, the Pueblo will apply for construction funding.

Tribal Transportation Program-funded Projects

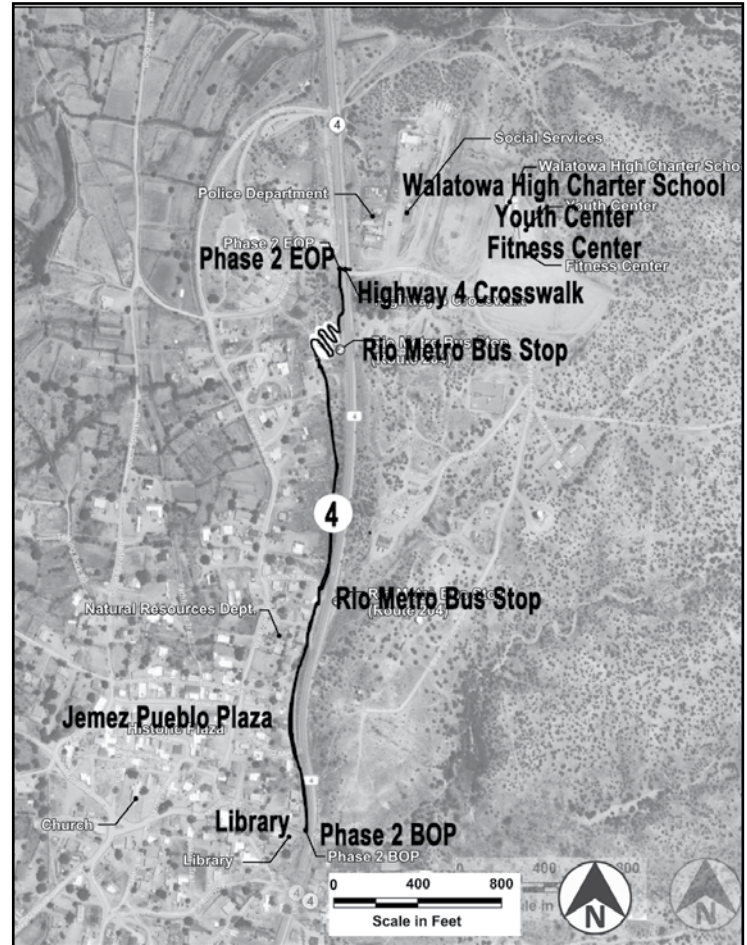
Tribal Administration Complex Parking Lots/Sheep Springs Way (South Entrance off NM 4)

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.

PHASE 1

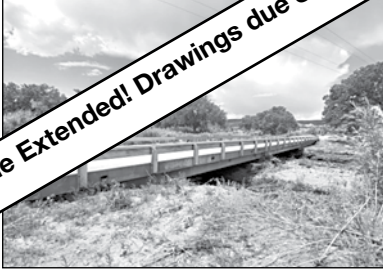


PHASE 2



PLANNING & DEVELOPMENT/TRANSPORTATION

Deadline Extended! Drawings due Sept. 26!



OWL SPRINGS BRIDGE DESIGN CONTEST

The current bridge over the Jemez River located west of the community on Owl Springs Way, was constructed in 1962 and must be replaced due to structural deficiencies. The Pueblo is working with an engineering firm to design a new bridge, and would like to include local artwork that is a simple, geometric pattern, repeatable, and culturally significant to the Pueblo of Jemez.

Please submit your drawing with your name and description of your artwork for the bridge replacement project. The winner's artwork will be displayed on the new bridge for all to enjoy. Drawings are due by September 26, 2019. The winner will be announced on September 27. Contact Yolanda Harrison for more information at (575) 834-0096.

Sample Art Work at Pojaque.



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 pedestrian walkways. 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. Please see the information above about submitting art work to be included in the bridge design.

Artwork submissions are due by September 26.

Pedestrian Trails and Bikeways Facility Plan

A pedestrian trails and bikeways facility plan will be developed. This plan will help the Pueblo seek funds to design and construct new pedestrian pathways and make improvements to existing trails throughout the community. The department will host a community meeting to gather input for development of the plan. In August 2019, a qualified engineering firm was selected to provide planning services. The plan will be completed by summer 2020.

Road Maintenance

The road maintenance crew continues to work diligently to improve Jemez roads. The crew is also in the process of conducting a Pueblo-wide assessment of needed road repairs. They are assessing the condition of cattle guards, right

of way fencing, culverts, guardrails, signs, safety markers, pavement, speed humps, washboard and potholed areas, and other structures. When 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.

Capital Outlay Grant-funded Projects

Head Start Center Project

The project entails planning, design, and construction of a new Head Start Center. In August 2019, a qualified architectural/engineering team was selected to provide planning and design services. The design will be completed by spring 2020. Construction is expected to begin in summer 2020.

Multi-purpose Facility at San Diego Charter School

The project entails planning and conceptual design for a multi-purpose facility for the San Diego Riverside Charter School. The facility will have a gymnasium kitchen, and cafeteria. In August 2019, a qualified architectural/engineering team was selected to provide planning and conceptual design services. The conceptual design will be completed by end of 2019.

Fiber Optic Project

Fiber optic cable will be installed in the existing conduit throughout the Pueblo. The project is expected to be completed by the end of 2019.

JEMEZ HEALTH & HUMAN SERVICES

Managing Diabetes, High Cholesterol and Statin Therapy

Submitted by Dawn Dozhier, PA-C, Physician Assistant

The Centers for Disease Control and Prevention (CDC) reports that American Indian/Alaska Native (AI/AN) people have the highest rates of diagnosed diabetes of any racial or ethnic group in the United States, and that cardiovascular disease is the leading cause of death among AI/AN people. People with diabetes are two to four times more likely to die from cardiovascular disease than people without diabetes. (Dena Wilson, MD, *Indian Health Service*, 2017)

People with cardiovascular disease may benefit from statin therapy. Statins are medications prescribed by doctors to help lower cholesterol levels in blood. In certain people, statins reduce the risk of heart disease and stroke. First, your doctor must determine if you are a good candidate for statin therapy. If you are a good candidate, your doctor must match the intensity of your therapy with your baseline (minimum) risk of cardiovascular disease.

Managing Diabetes While Staying Heart Healthy

Choose a healthy lifestyle: By managing your weight through proper nutrition and regular physical activity, quitting smoking, and finding healthy ways to deal with stress, you can prevent or delay the onset of diabetes or minimize its

impact on your body. A healthy lifestyle will also reduce your risk of developing a host of other medical conditions.

Know your health numbers: Through home monitoring and regular visits with your health care provider, you can keep track of your blood sugar, blood pressure, blood cholesterol, and weight. These critical health numbers provide insight into how well your treatment plan is working to manage your diabetes and safeguard your overall health, including that of your heart.

Work with your health care team: Since diabetes can have multiple health implications (effects on your vision, your feet and legs, and your heart) and since treating it can require special medications and a special diet, your health care team may include a number of medical professionals with various specialties. Your team can guide you to implement a comprehensive plan to treat diabetes and minimize its effects.

Source: American Heart Association, www.heart.org

To have your cholesterol checked and learn more about managing diabetes and statin therapy, schedule an appointment at the Jemez Health Clinic; call (575) 834-3022.



Mammavan

Save the Dates! October 23-24

See your provider for a referral.

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

JEMEZ HEALTH & HUMAN SERVICES

Welcome Mat

Jason Tolkaz, MS, is the new case manager for the Social Work and Patient Benefits/Home Health Program at Jemez Health and Human Services. He brings more than 25 years of diversified work history serving in social administration, health and human social services, and in judicial community-based practice roles. He has worked with state and federal governments; nonprofit organizations; outpatient healthcare, home care, hospital and hospice settings; and rural Indigenous American communities. Jason also earned many valuable years of experience in internships with various individual and group therapy practices and modalities.

Jason completed his Master of Science in Social Administration from Case Western Reserve University in 2018 and Bachelor of Arts in Psychology from Penn State University in 2014. He is a proud member of the National Association of Social Workers (NASW) and is looking forward towards achieving his State licensure as a Clinical Medical Social Worker.

"I strive daily to consistently provide and improve patient support and benefit resource practices that center around the various care needs for the Pueblo of Jemez and surrounding communities," Jason says.



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.

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 17 5 p.m.

Community Resource Center (CRC)

Dinner will be provided

Working Dinner: 5:15 - 6 p.m.

Conference: 6 -8 p.m.

If you have any questions, please contact

Social Services at (575) 834-7117

COMMUNITY NEWS

Not Today DNF

Submitted by Daniel Madalena, Public Health Programs

This time last year, I was sitting at my desk reflecting on my “did not finish” (known as DNF) in Leadville, Co. I remember it well. On August 18, 2018, I had not made the cutoff time at the Winfield aid station located a little over 50 miles away from Leadville. I had missed the cutoff time by 17 minutes, reaching that aid station at 6:17 p.m. and I was devastated. I had put in a lot of time and effort for this 100-mile race and I failed. I felt like I failed myself, my family and my kids. (See article in the Red Rocks Reporter September 2018 edition.)

I had read a post online from one of my favorite ultra runners: “Failures and setbacks are like pieces of a puzzle. They are necessary for success.” I let that sit right beside my dark, depressive, melodramatic thoughts. It took a minute or two to process that quote. But when I did, I was re-inspired. From that point on I made a promise to myself: I committed to doing whatever it took to make it back to Leadville 100 and finish the race!

One year later, I was standing in the middle of Sixth Street in Leadville at 3:45 a.m. on August 17, 2019. It’s cold, the moon shining bright, its light reflecting off the pavement ahead. Headlamps facing west, the crowd chanting, counting down five, four, three..... And the infamous shotgun goes off. 800 brave souls attempting to make 100 miles start what might seem to most an impossible journey.

During the first 12.5 miles, I had three goals: eat and drink as frequently as possible and maintain a nine-minute mile while doing so. That was something I had practiced many Saturday mornings on my long training runs and, just like those long runs, I was able to execute my plan. My race crew met me at the first aid station, May Queen. They wasted no time filling my soft flask handheld water bottle with Summit

Tea (A slightly caffeinated electrolyte drink,) shoved some Gu Gel Packs into my hand and pushed me right out before I could speak, but that was something we preplanned to do to minimize aid station time, because this can add up quickly in a 100 mile race.

I pushed through to the next aid station and I felt great, I felt prepared. My race crew was on point doing anything and everything in their power to have my essentials at each aid station. I remember standing at the aid station taking bites of my peanut butter and jelly sandwich, listening to them speak, speaking the Leadville lingo, shouting out “what do you want next at Twin Lakes, how many packets of GU do you want? You have six miles to Halfpipe aid station, roughly 14 miles to Twin Lakes.” A crew that had little to no experience at all was moving like a Nascar pit crew, pushing me through to get back into the race and I loved every second of it! They were efficient, motivational and supportive, something you look for in a crew.

It wasn’t until I reached Halfpipe Aid Station #3 (29.3 miles into the race) that I started to struggle with some cramping in my left hamstring. Doubt was written all over my face, my crew was concerned and nervous. I ate and drank as much as I could and I left within 45 seconds. Not long after I left the aid station, my quads felt drastically fatigued and my hamstrings were cramping. I was unable to get anything going; the uphill were brutal and the downhill weren’t any easier. I was able to muster some light jogging in the flatter portions of this section and struggled into Aid Station #4 Twin Lakes (mile 38.)

The best way to describe Twin lakes aid station is, One big party! A party you can’t attend because A.) You’re still in the race and B.) YOU’RE STILL IN THE RACE! Crowds of people surround the little town of Twin Lakes and they all cheer for everyone. This was one of the aid stations where I had designated some extra time just in case I needed to change or I needed some extra attention. As I came into the aid station, one of the crew members stood waving his arms signaling “this way.” I was pulled in behind a couple of canopy tents where a picnic table awaited with Red Bull, Dr.Pepper, and sandwiches. With the extra time, 5 minutes to be exact, I did what could to eat and drink. As my team worked on my legs, the pain radiated up and down as they massaged as thoroughly as possible. As the countdown timer hit zero, one of the crew members walked me out of the aid station and back on the course. The next 12 miles were going to be something completely different: a lot of climbing and a lot of descending, and did I mention eight river crossings?



The race crew.

COMMUNITY NEWS

Race Across the Sky, Continued

Crossing one stream after another, I finally completed all eight river crossings. With my feet drenched and pretty much frozen, I kept moving up Hope Pass. Ascending from 9,200 to 12,600 ft. is no easy task, but I felt great. My legs came together for one big push and I was on top of the highest point of the race. Looking down Hope Pass at 2:30 p.m., I knew I had work to do to get to the bottom, but I couldn't help but stand there at the top and reminisce about last year's race. I took it all in and I started my descent. Running downhill isn't easy; it puts a different kind of stress on your quadriceps, so I took it a little easy.

Right at mile 49, I felt a blister pop under my right foot, the pain produced by this little blister had me question myself and my ability to finish. I pushed through the pain/negative thoughts and arrived at the aid station at 4:15 p.m. with an hour and forty-five minutes to spare. I sat down and took my shoes off with the help of my mother and Peter Olson; we did what we could to give first aid to my wound. I looked directly up at Hope Pass and I felt defeated. Peter was my pacer; on the inbound leg, each runner is allowed one pacer to help carry anything extra the runner may need to help finish the race. Peter, optimistic guy that he is, gave me a couple of aspirin and said "Let's hit it Dan; this is what you have been waiting for, and this is what you had been training for." So without hesitation, I got up, pulled out my trekking poles and we were off. Not long after we left the aid station, the aspirin kicked in and I was running, pushing my way back up Hope Pass, running and power hiking as if I had not just completed 50 miles. At the summit of Hope Pass, I became emotional; this is when I truly felt that finishing the race was possible.

When we had returned to Twin Lakes on the inbound (mile 62,) I was feeling strong. At that aid station, my feet were checked and re-taped as forced myself to eat Chinese food. I was mentally checking my list and going over what the next 10 miles had in store for me. I left that aid station at 9 p.m. and powered through the next three miles; these miles were predominantly steep uphill, so getting into any kind of running stride was difficult. The next 28 miles were going to be run throughout the night, and my only goal was to move as efficiently and as safely as possible. I felt like the night time portion of the course was the best time, you didn't know what was ahead. I cruised right by Halfpipe mile 72 and met my race crew at an alternate crew stop near mile 74. I picked up my pacer Peter Olson here, where he was able to push me through the rest of the night.

We reached our final aid station at 5:50 a.m. The sun was peeking over the Colorado Mountains, race crews walking

around sleepy-eyed waiting for their runners to come in. I gave myself 10 minutes to get as much food in as I could; at this point that wasn't much. I took in more fluids and we were off for the final 12.5 miles. My legs were aching, sore, beat from all the punishing climbs and descents they had to bear. It wasn't until mile 95 when I felt the desire to finish strong. We made a hard push and started running, passing large crowds of people on our way to the finish line. With only one mile to go, I couldn't help but reflect on every long run, every single mile I had logged just to get to this point. I was happy; I was amazed that I was feeling so many emotions as I approached the finish line. Crossing the finish with my kids was the icing on the cake. They knew my struggle; they knew what I had to do to get to this point and sharing that moment with them was something I will never forget!

I will always remember that being greeted by so many people at the finish was amazing, but nothing like seeing the smiles on your race crew's faces. The sleepy-eyed, bushy-haired, sleep and food-deprived individuals had helped me through the twenty-nine hours and thirty-seven minutes of Leadville 100 running and I owe it all to these individuals.

Running one hundred miles isn't something that can be done alone. It took 10 people to help me cross that finish line and I owe it all to them. Thank you!

"The legendary 'Race Across The Sky' 100-mile run is the race where legends are created and limits are tested," adds Daniel's dad Joshua Madalena. "My son successfully completed the race, the first Native American to finish. He has made us very proud."



Daniel with pacer Peter Olson.



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

For Children Ages 3-5 Years Old

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

Please bring the following documents:

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

- Public Assistance (TANF or SSI) benefit letter
- Updated Immunization Records

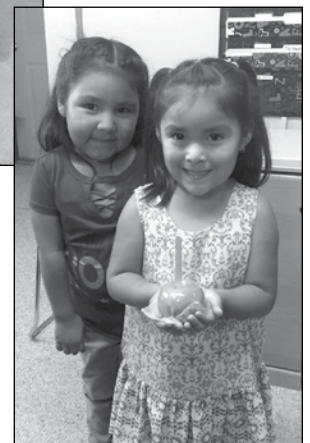
If you have any questions about the program or enrollment requirements, please contact Danielle Sando, Family Services Coordinator at (575) 834-7366.

Notice to Parents

Parents/guardians of new and returning students must attend the mandatory parent orientation on

Tuesday, September 13, 2019 at 6 p.m. at the CRC Building.

Walatowa Head Start Language Immersion Program's first day of school is Monday,



EDUCATION

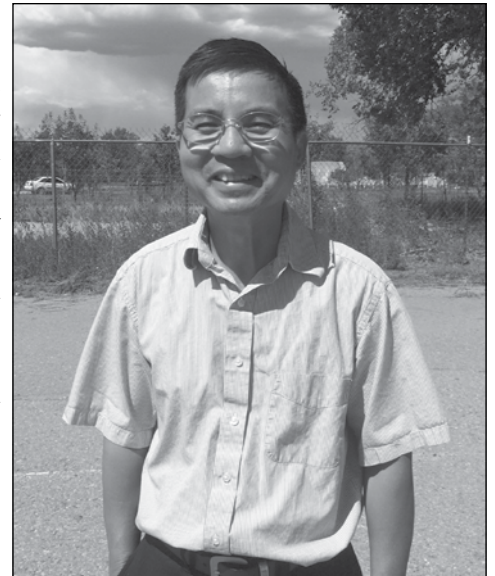
Meet the Math Teacher

San Diego Riverside Charter School is happy to introduce our Secondary Math Teacher, Mr. David Tran. Mr. Tran is a passionate teacher who helps students reach their dreams at San Diego Riverside Charter School. Mr. Tran is always excited about math and passes this excitement on to his students for a year of happy learning.

Mr. Tran holds a Master of Business Administration degree from Webster University and a Bachelor of Science degree in Applied Management from National American University. He recently applied for and received his intern license from the New Mexico Public Education Department with endorsements in Math and Business Education. Mr. Tran taught Math Foundations, Finance, and Principles of Marketing at National American University from 2010 until last year. Welcome Mr. Tran!



A portrait of Mr. Tran by one of his students.



Jemez Valley Public Schools

Jemez Valley Public Schools will remain on a four-day school week (Monday through Thursday) for the 2019-2020 school year. The school day will begin at 7:35 a.m. and end 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.

JVPS Calendar

- Oct. 17. Parent/Teacher Conferences Day
No School for Elementary
Early Dismissal for High School and
Middle School Students
- Oct. 18. Parent/Teacher Conferences
Non-Instructional
- Nov. 11. Fall Holiday
- Nov. 12. Jemez Feast Day
- Nov. 27-28. Thanksgiving Holiday
- Dec. 23-31. Winter Break – No School
- 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
- Apr. 9. Holiday
- Apr. 13-16. Spring Break – No School
- May 25. Memorial Day – No School
- May 28. Last Day of School

Snow days will be made up on Fridays of the following month.

EDUCATION

Pueblo of Jemez Community Library

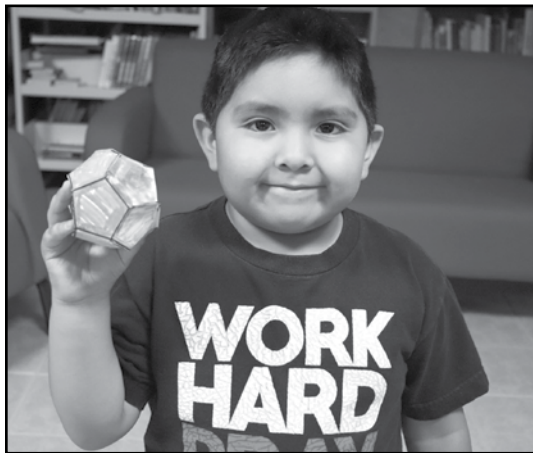
Submitted by Maureen Wacondo, Interim Librarian

The Jemez Pueblo Community's Summer Literacy Program offered science, language and arts activities to community children through the summer. The children also had opportunities to see four performances at the Santa Fe Opera and to visit the Museum of Indian Arts and Culture. The library also offers a year-round reading program, Stories from the Land Program, Towa Thursdays, Hemish Ancestral Arts Initiative, after-school homework help, and tutoring for students from kindergarten through college.

Library services include lending books, DVDs, magazines and E-book collections, including items from the Inter-Library Loan Program. Visitors can also access computers, E-Rate internet, Wi-Fi internet, print/fax/scan services, and much more.

SUMMER LITERACY PROGRAM

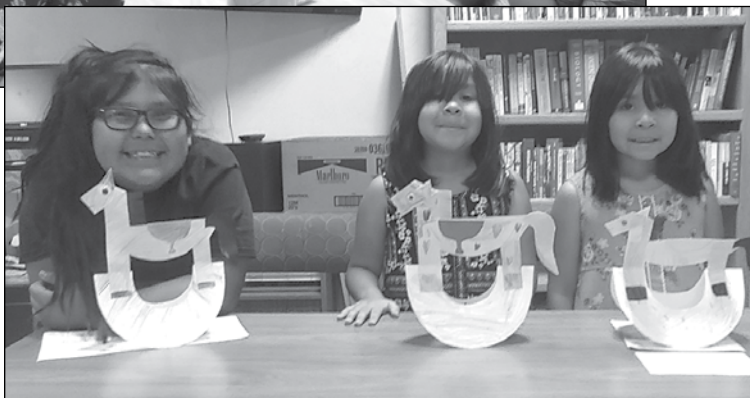
Students learned about dodecahedron (a three-dimensional shape having twelve faces). They also learned the names of different colors and to count in the Towa language.



Students learned about reflections and refractions.



Student worker and participants doing experiments in a water science project.



Participants had fun making rocking horses during arts and crafts.



Fun with water balloons on St. Juan's Day.

EDUCATION

The library is open Monday through Friday from 9 a.m. to 6 p.m. with a lunch break from noon to 1 p.m. The Library supports efforts to ensure that language, culture and history is promoted in daily activities and during business hours. Please encourage our community to learn or teach our Towa language.

The library staff welcomes any suggestions or comments to create better learning opportunities in our community. For more information, stop by the library or call (575) 834-9171.

STAR GAZING AT THE LIBRARY



SANTA FE FIELD TRIPS



The Pueblo Opera Program included *La Boheme*, *The Pearl Fishers*, *Così fan Tutte*, and *The Thirteenth Child* at the Santa Fe Opera.

Participants at the Museum of Indian Arts and Culture for a day of activities





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