



THE

# Walatowan

OCTOBER 2020

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## From the Community

### 2020 Jemez Comprehensive Health Center Expansion & Modernization Groundbreaking



Clay Padilla, President, CF Padilla, LLC

Aaron Johnson, Division Manager,  
Brycon Corporation

William Glasgow, RA, Senior Project  
Manager, Brycon Corporation



GREGORY T. HICKS AND ASSOCIATES, P.C.  
• ARCHITECTS • PLANNERS •

Gregory T. Hicks - President/Registered Architect

Russ Golightly - Vice President/Registered Architect

RME ABQ, LLC - Structural Engineers

BG Buildingworks, Inc.



iinábá, Inc.

Duane Aspaas, President

Robert Runge, II, PE, Director,  
Construction and Engineering

Patrick Aspaas, Architectural  
Designer

Mechanical/Plumbing/Electrical Engineers

On September 3, 2020, The Jemez Health and Human Services (JHHS) staff, Pueblo of Jemez Tribal Council, Governors, Design-build and Construction management teams celebrated the groundbreaking of Jemez Comprehensive Health Center Expansion and Modernization project. Everyone in attendance practiced social distancing; tribal and health leaders expressed their hopes and gratitude for the upcoming development in Walatowa. "There are many goals with this project that we look forward to sharing with the community as the project moves along. I appreciate the people's patience and understanding because this construction will be disruptive for over a year. Still, in the long term, it will be best for the community." stated JHHS Director, Melissa Stone.

This project took a few years of planning, designing and managing the new Health Center's architectural design. The expansion and modernization of this building will include:

- Remodeling old additions
- Building new additions
- Separating business offices from health rooms
- Installing new technology ex: more automatic doors

**Tribal leaders at the Jemez Health Center Expansion &  
Modernization Project Groundbreaking.**

*Continued on page 2*





## 2020 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

## The Walatowan October 2020 Edition

All photos and images are used with permission. Editorial content is intended for informational purposes only. Every effort has been made to ensure that the information in this publication is as current as possible at press time.

The Walatowan is distributed to box holders in the 87024 Zip Code. If you want to receive this newsletter and do not have an 87024 P.O. Box, please contact the editorial office at Tamara.

[Colaquer@jemezpuueblo.org](mailto:Colaquer@jemezpuueblo.org)

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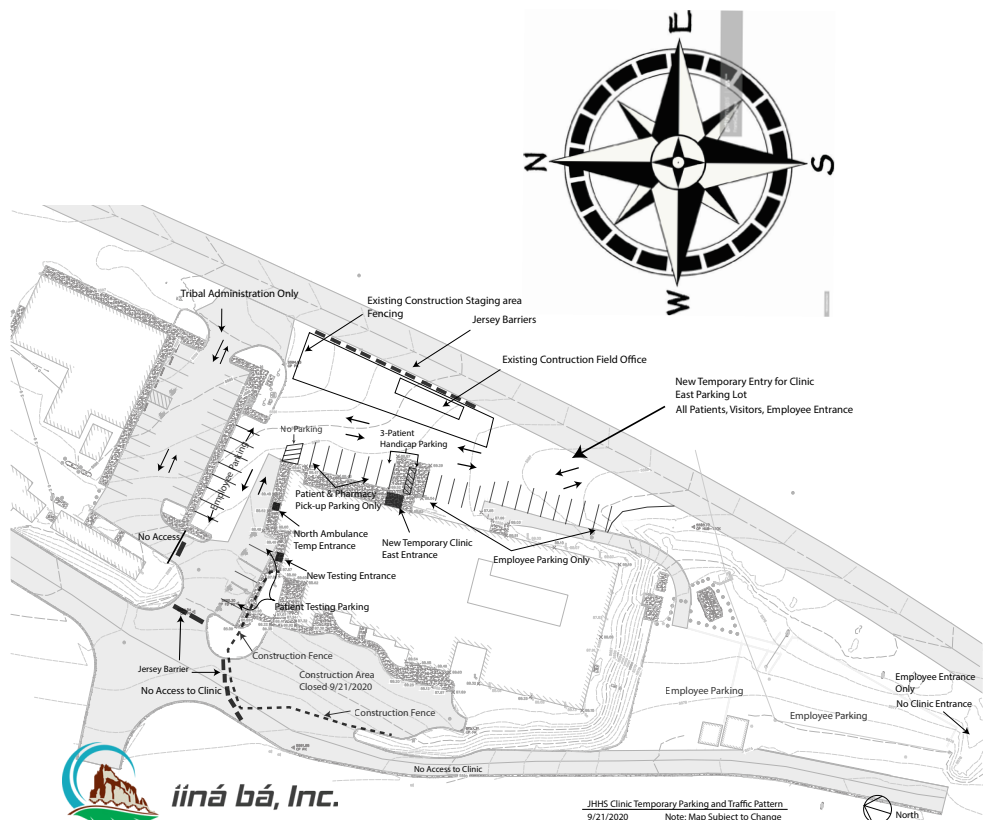
## From the Community, Continued

Gregory Hicks from Gregory T. Hicks and Associates explains his time working on the designs for the Expansion and Modernization project. "Everyone has been helpful, good-natured, and understanding in providing the best we can. I'm extremely pleased and honored to work with the Pueblo of Jemez."



Gregory T Hicks explains the architectural designs for the Jemez Health Center Expansion & Modernization Project.

Following is a detailed overview of the project and visual maps for traffic flow during construction:



iiná bá, Inc.

JHHS Clinic Temporary Parking and Traffic Pattern  
9/21/2020  
Note: Map Subject to Change



Continued on page 3

## *From the Community, Continued*



### **Parking:**

The Health Clinic will mark New Designated parking for patients with signs, and parking spaces will be on the east and north side of the clinic. New entrance for patients to visit the clinic will be from the east and north parking lot. (Refer to Map on page 2 for directions)

- The patient entrance to the clinic will be on the EAST side of the clinic through the door that used to be shipping and receiving. The green mark on the plan indicates this new entrance. We hope to erect a tent at the entrance to make its location more visible.
- Three spaces for handicapped parking and 6 for patient parking will extend from the new entrance north. We can add more handicapped parking if needed.
- Employee parking will be in the 12 spaces south of the new entrance.
- The North parking lot has 9 spaces for patients on the north side facing administration.
- 6 spaces for employee parking are on the north side of the building, against the building.
- The clinic will construct a new door (Marking in green). The door's location will be on the north side of the existing exam room. The Health center expects the door will be complete by Septemeber 27, 2020.
- Until the new door complete (10/9), the ambulance entrance is the north door (marked in green), which the clinic will designate as an employee entrance.
- Pharmacy pick-ups will be on the East side of the building. The Pharmacy will deliver meds to patients waiting in designated parking areas in the north lot against the building. Someone will bring prescriptions out of the East door to patients waiting in their vehicles.
- The West Entrance is shutting down starting 9/21/2020 until further notice. The clinic is expecting the West Entrance to shut down for at least three months.
- The new patient entrance will be on the East Side of the building (Side adjacent to highway 4).
- (Please plan when on extra time when scheduling to visit the clinic) The Jemez Health employees will mark areas for traffic flow with signage. They will also be escorting patients to their destination after they check-in and have temperature taken.
- The clinic is also adding temporary access to the north area for testing entry.
- Temporary fences have been set in place to accommodate construction activities.

### **What is to Come:**

Construction of the new exterior additions starts on the clinic's west side (adjacent to Sheep Springs Rd). This phase will consist of the exterior and will move to the interior. Interior patient traffic will change with the new entrances inside the building. Wayfinding and signage postings will be throughout the building to direct foot traffic flow.

### *From the Community, Continued*

**Announcements:** The construction staging fencing is moving north up to the sidewalk where the flag pole is. There will be one entrance off of Highway 4 to enter the east and north parking areas. Traffic flow will be a two way. We feel this will be safer than having drivers enter from both sides of the fenced area. Traffic will also flow this way after the new parking lot is complete so everyone can get used to the new traffic pattern.

**Current Status to Date:** The first phase started on the exterior shell of the new building addition. Demolition of the west areas began on September 15, 2020.

**Safety:** Please be aware of the construction equipment around the west side of the clinic. Heavy machinery and vehicles will be around the clinic for the next several months. Areas marked and fenced off are not to be entered by non-construction personnel. Security will be on-site to help direct any patients and traffic. Allow for extra time to get to the clinic.

The next upcoming editions of the Walatowan will continue to provide updates on the next phases of construction. The Jemez Pueblo Comprehensive Health Team thanks the community for their patience and understanding during this construction and transition time.

Expected and unexpected changes are happening everyday with parking. We will make every attempt to keep you informed. If you have any questions or concerns, please contact Melissa Stone at (575) 834-3055, Hilario Armijo at (575) 834-3028, (505) 692-5568, or Patrick Aspaas at (505) 635-0652.

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### *From the Governors*

Due to the COVID-19 Pandemic and the Pueblo of Jemez's restrictive measures and Lockdown, the Ban on "Trick or Treating" will continue this year. For our community members' safety, "Trick or Treating" will not be allowed within the Pueblo of Jemez on October 31, 2020.

Your adherence to this directive is much appreciated.

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## TRIBAL COUNCIL

### Tribal Council Report

**2020-28** - Authorizing the Pueblo of Jemez Planning, Development, and Transportation Department to contract with Star paving company for the administrative complex parking lots and sheep springs way improvement project.

**2020-29** - Authorizing the Pueblo of Jemez the use of COVID-19 Treasury funds for installing and operating seven temporary modular buildings to conduct COVID-19 Testing, Facilitate distance learning, and improve telework capabilities for public employees during the current public health emergency.

**2020-30** - Authorizing the Pueblo of Jemez Planning, Development, and Transportation department to contract with echo DCL, LLC, for the temporary modular buildings for the COVID-19 Response Project.

**2020-31** - Approval of FY2021 General Fund Budget.

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**JHHS****Public Notice from Jemez Health and Human Services**

Jemez Health and Human Services (JHHS) experienced an event that may affect the security of some patients' information. Although we are unaware of any actual misuse of the information, we are notifying the public, providing you with information about the event, our response, and steps you may take to better protect against the possibility of identity theft and fraud, should you feel it is necessary to do so.

If your information was involved in the breach, you will receive a letter from JHHS. If you do not receive a letter, your information was not involved. This public notice is to inform you of the situation.

**What Happened?**

Earlier this year, JHHS learned that various laptops and computer towers may have had their hard drives intact when they were donated for the Jemez Pueblo Civic Center sale that occurred on October 13th, 19th, and 20th. Because the impacted devices may have contained Protected Health Information (PHI), JHHS worked quickly to (1) determine what devices were donated and were still at the Civic Center; (2) retrieve what hard drives were still in the devices that were found; (3) send these drives to a forensic specialist to determine if any patient information had been accessed; and (4) investigate how this incident occurred. We were able to retrieve all of the donated laptops and verify that no PHI was present or accessed. We are unable to verify whether the two donated P.C. towers had their drives removed prior to being sent to the Civic Center. Our internal computer disposal log certifies that the hard drives were removed from the PC towers. However, out of an abundance of caution and in light of our findings regarding the donated laptops, we sent letters to patients who may have been impacted by the events. We determined on August 27, 2020, that a breach may have occurred and are sending notice within the 60 day period required by the Office of Civil Rights.

JHHS conducted an extensive investigation with the assistance of third-party forensic specialists to determine the nature and scope of the incident. The forensic specialists were unable to determine the full extent of any information that may have been breached on the devices that were sent to the Civic Center and were not retrieved. We then performed a comprehensive review of all information that may have been stored on these devices at the time of the incident to identify the individuals whose information may have been accessible to unauthorized users. We then worked to determine the identities and contact information for potentially impacted individuals.

**What Information Was Involved?**

We determined the following types of information relating to our patients may have been present on the devices and disk drives and, therefore, potentially accessed during this incident: full name, date of birth, patient ID, treating clinician, medical history, and assessment of the service performed.

**We are currently unaware that any of this information was accessed or misused by any unauthorized users.**

**What We Are Doing?**

We take this incident and the security of your personal information seriously. Upon learning of this incident, we immediately took steps to secure devices that may contain patient data and to secure our internal systems further. As part of our commitment to the privacy of personal information in our care, we are working on reviewing our existing policies and procedures and on implementing additional safeguards to secure the information on our systems further. JHHS will also be notifying the Office of Civil Rights, as required by law.

**What You Can Do?**

We encourage you to remain vigilant against incidents of identity theft and fraud, to review your account statements and explanations of benefits, and to monitor your credit reports for suspicious activity.

10/19/2020

**JHHS****Public Notice from Jemez Health and Human Services**

JHHS sincerely apologizes for the inconvenience and concern this incident causes. Your information privacy is very important to us, and we will continue to do everything we can to correct this situation and fortify our operational protections for you and others.

You may contact us with questions and concerns in the following ways: by calling our Privacy Office at our (575) 834-3190 between the hours of 8 a.m. and 5 p.m., Monday to Friday; by sending an e-mail message to [jhscompliance@jemezpuablo.us](mailto:jhscompliance@jemezpuablo.us); or addressing a letter to our postal address, Ryan Vigil, Privacy Officer, Pueblo of Jemez Health Center, P.O. Box 279, Jemez Pueblo, NM 87024-0279.

**Law Enforcement**

***Incident Citation Reports***  
***August 01, 2020 ~ August 31, 2020***  
**JEMEZ PUEBLO POLICE DEPARTMENT**  
***Violation Summary***

<b>VIOLATION DESCRIPTION</b>	<b>TOTAL</b>
BRAKE LIGHTS. SIGNAL LAMPS AND SIGNAL DEVICES	1
CHILD PASSENGER RESTRAINT; ENFORCEMENT	1
DISPLAY OF REGISTRATION PLATES AND TEMPORARY REGISTRATION PERMITS; DISPLAYS PROHIBITED AND ALLOWED	7
NO PASSING ZONES	3
OPEN CONTAINER	1
OPERATORS MUST BE LICENSED	4
RECKLESS DRIVING	1
REGISTRATION OF VEHICLES	8
REQUIREMENT OF INSURANCE	2
SPEEDING 11 TO 15	50
SPEEDING 16 TO 20	25
SPEEDING 21 TO 25	4
SPEEDING 26 TO 30	1
SPEEDING 31 TO 35	2
SPEEDING OVER 10 MPH IN ANY SCHOOL AREA DURING SCHOOL HOURS	1
SPEEDING UP TO AND INCLUDING 10 OVER	1
TAIL LAMPS	1
UNLAWFUL TO DRIVE WHILE LICENSE SUSPENDED OR REVOKED	3
UNLAWFUL TO PERMIT UNLICENSED PERSON TO DRIVE MOTOR VEHICLE	1
<b>AGENCY TOTAL:</b>	<b>117</b>

**Natural Resources*****WELCOME NEW CULTURAL RESOURCES SPECIALIST!***

The Pueblo of Jemez Natural Resources Department has welcomed Byron Andrew with virtual open arms. Mr. Andrew is the new Los Alamos Pueblo's Project Cultural Resources Specialist. He will be focusing on establishing a solid working relationship with the Los Alamos National Laboratories Cultural Department. He will also be doing extensive research on cultural properties surrounding the laboratory and on laboratory property that pertains to Jemez Pueblo.

After four years of dedicated hard work, Mr. Andrew left the BIA-Branch of Geospatial Support, also referred to as BOGS. He was a Cartographer for BOGS, where he dealt with various forms of digital mapping. Mr. Andrew holds two degrees: 1) Bachelors of Science in Geography, with a minor in Native American Studies, obtained from UNM; and 2) Associates of Applied Science in Geospatial Information Technology, obtained from SIPI. He looks forward to tackling his new position. If you see Byron Andrew please feel free to give him an air hug/high five or shout out congratulations on his new position.



## SOCIAL SERVICES

### CARES Act Welfare Assistance

*Submitted by: Gwendolin Bitsuie, Protection Services Specialist*

# Have you lost a job, put on furlough, or terminated due to COVID-19?

## Jemez Pueblo Social Services

### CARES Act Welfare Assistance

*This is an Emergency Welfare Assistance until Funds are Exhausted*

COVID-19 Funds are authorized to support individual/households impacted by job loss, furlough, termination due to COVID-19. The applicant must NOT qualify for unemployment or other emergency assistance resources.

Enrolled Tribal Members must provide their Jemez Tribal Enrollment number, birth certificate, social security and drivers license or ID.

- Applications are limited to one per household
- Submit applications with Jemez Pueblo Social Services
  - » An application must include all members of the household
  - » Documentation to support eligibility for relief funds:
    - ✪ Employer letter of termination
    - ✪ Job loss
    - ✪ Furlough
    - ✪ Denial letter from unemployment

## SOCIAL SERVICES

### Adverse Childhood Experiences

*Submitted by: Beaver NorthCloud*

The term Adverse Childhood Experiences (ACE) results from a significant study done in the mid-nineties by Kaiser Permanente, and the Center for Disease Control and Prevention. This research published in health journals explain the prolonged impact of adverse childhood experiences. Their conclusions of ACE are common across all populations. Initially, the review was to find a correlation between childhood adversities and obesity to discover further details.

The ACE study is a survey of ten questions about childhood, including abuse and neglect, violence (witnessing or being a victim), substance use and abuse in the household, untreated mental health issues, and a parent's absence due to incarceration. Children growing up with toxic stress may have difficulty forming healthy and stable relationships, leading to the likelihood of finding themselves in a domestic violence relationship, thus perpetuating this cycle. They may also have unstable work histories as adults and struggle with finances, jobs, and depression throughout life. One can pass these effects on to their children if they do not take care of it early on.

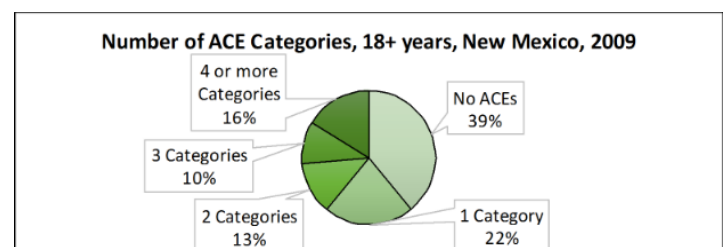
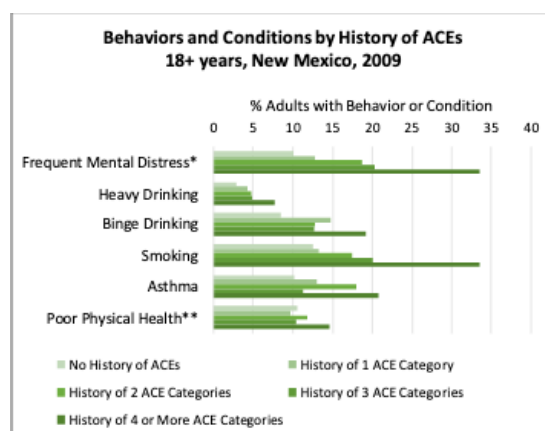
ACE can trigger by parental divorce or imprisonment, poverty, witnessing violence, or living with someone with an untreated mental illness. The accumulation of ACE can increase adult alcoholism, drug abuse, and multiple chronic diseases. As the number of ACEs increases, so does the risk for adverse outcomes, later and throughout life. Some populations are more vulnerable to experiencing ACEs because of the social and economic conditions they live, learn, work, and play in.

Some people face further exposure to toxic stress from historical and ongoing traumas due to systemic racism or the impacts of poverty resulting from limited educational and economic opportunities. The effect of colonization on American Indian and Alaska tribes' well-being includes historical grief over the loss of language, culture, land, and spirituality. These effects often lead to negative statistics in society. According to the state's Kids Count organization, New Mexico children suffer one of the highest childhood poverty and hunger rates. Despite challenges in New Mexico, communities and families can find the tools to improve children's well-being. Most kids can and do bounce back from traumatic events - but their resiliency can also be exhausting, so it is recommended to practice self-care and healing whenever possible.

#### Other references:

<https://www.americashealthrankings.org/explore/health-of-women-and-children/measure/ACEs/state/NM>

If you would like to learn more about Adverse Childhood Experiences, please call Beaver North Cloud at 575/834-3116; she is the Prevention Coordinator with the Jemez Social Services Program.



# SOCIAL SERVICES



## New Mexico

### ACEs Initiatives and Actions

As knowledge about the science of adverse childhood experiences (ACEs) spreads, ACEs initiatives have launched in all 50 U.S. states and the District of Columbia. Hundreds of cross-sector collaboratives are educating and engaging organizations and policymakers about ACEs science. In turn, these organizations are implementing trauma-informed and resilience-building practices and policies based on ACEs science; many legislatures are passing resolutions and/or bills.

#### Highlights

A 2016 study, [Adverse Childhood Experiences in the New Mexico Juvenile Justice Population](#), demonstrated the connection between ACEs and juvenile delinquency. The University of New Mexico Health Sciences Center launched the [Institute for Resilience Health and Justice](#), which works with UNM School of Law graduates to help at-risk families navigate social and economic hardships that may be creating stress and impeding their health. In 2016 the [Center for Child and Family Justice](#) was established at the University of New Mexico Law School by the Children's Court Improvement Commission to prepare lawyers to provide holistic, multidisciplinary, trauma-informed, culturally competent advocacy for families and children.

In 2015, the New Mexico Department of Health published an [ACEs Fact Sheet](#). Bernalillo County's Behavioral Health Initiative is [funding a two-year \\$6 million project](#) to reduce ACEs; the project funds eight providers in the Albuquerque region.

#### State Initiative

No state initiative was found.

#### Local Initiatives

[Bernalillo County Behavioral Health Initiative](#)

#### Legislation (Sources include NCSL)

N.M. Stat. § 32A-23B-2, 2016 — Home visiting program services required to promote child well-being and prevent ACEs.

HB 136 creates the childhood poverty awareness training act, requires all school districts and charter schools that have at-risk children to receive training on how childhood poverty impacts achievement, includes an understanding of ACEs.

Find links and add your updates to all initiatives and legislation at [www.bit.ly/ACEsInitiatives](http://www.bit.ly/ACEsInitiatives)

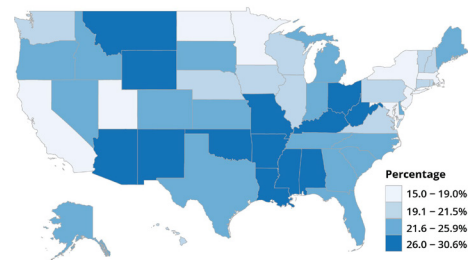


27.8%  
NM\*

21.7%  
USA

### Percent of children with 2 or more ACEs

NM ranks 48th in the US for lowest percentage of children with ACEs scores of 2 or more.



CAHMI (Child & Adolescent Health Measurement Initiative) surveys parents or guardians about their children ages 0-17.

Percentage of children aged 0-17 yrs. who experienced two or more of the following:

- Hard to get by on income (somewhat or very often)
- Saw or heard violence in the home
- Victim/witness of neighborhood violence
- Lived with anyone mentally ill, suicidal, or depressed
- Lived with anyone with alcohol or drug problem
- Parent/guardian divorced or separated
- Parent/guardian died
- Parent/guardian served time in jail
- Often treated or judged unfairly due to race/ethnicity

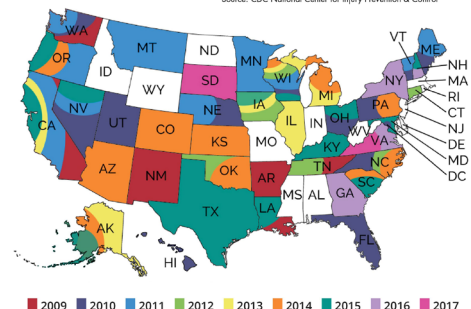
**Citation:** Bethell, CD, Citation: Bethell, CD, Davis, MB, Gombojav, N, Stumbo, S, Powers, K. Issue Brief: A national and across state profile on adverse childhood experiences among children and possibilities to heal and thrive. Johns Hopkins Bloomberg School of Public Health, October 2017.

[www.cahmi.org/projects/Adverse-childhood-experiences-aces](http://www.cahmi.org/projects/Adverse-childhood-experiences-aces)

\* State Range: 15.0% – 30.6%

### States Collecting ACEs Data 2009 – 2017

Source: CDC National Center for Injury Prevention & Control



The ACEs module of Behavioral Risk Factor Surveillance Survey (BRFSS) data comes from interviews with adults about their experiences to age 18. BRFSS is sponsored by the CDC and other federal agencies.

## PLANNING & DEVELOPMENT



### Planning, Development and Transportation Department Updates

*Submitted by: Sheri Bozic, Department Director*

The Planning Development and Transportation Department (PDTD) is working on numerous infrastructure improvement projects for the Pueblo. Below are the project status updates. If you have questions, please contact Sheri Bozic, Director, at (505)382-3299 or Amanda Rubio, Transportation Project Manager at (505)321-3489.

#### **NM 4 Multi-use Pedestrian Trail**

The NMDOT awarded a \$4.7 Million Grant to the Pueblo to design and construct a multi-use pedestrian trail along the NM-4. The project entails planning, designing, and building a 1.9-mile pedestrian trail between Pueblo Place Housing Subdivision and Bear Head Canyon Road. This project will facilitate safe pedestrian passage between many community services and residences located along the NM 4. The preliminary engineering is currently in progress. PDTD will host a public meeting (potentially virtual) to share information about the project and gain community feedback. Please keep an eye out for the meeting announcement in the newsletter.

#### **NM-4 Bypass**

Tribal leadership and staff from the PDTD, Realty Department, Public Works Department, and Natural Resources Department are currently working with the NMDOT and their engineering firm to complete the project's planning and design. After the procedure is complete, the Pueblo will seek funding to construct the NM-4 bypass.

#### **NM-4 Traffic-Calming Project**

In September, there were two solar-powered speed display/radar feedback signs were installed along the NM-4. Next, the Pueblo will install a gateway treatment sign at mileposts 2 and 8. The purpose of these traffic-calming measures is to mitigate speeding through the Pueblo.

#### **Tribal Administrative Complex Parking Lots/Sheep Springs Way (South Entrance off NM 4)**

The project will design and construct improvements for the existing Tribal Administrative Complex parking lots and Sheep Springs Way. Improvements include grading and paving the parking lots and Sheep Springs Way, widening Sheep Springs Way to two lanes, and installing a retaining wall on the west side of the clinic, detention ponds east of NM-4, and south of the clinic landscaping, and lighting. The project will add additional parking spaces, ensure ADA compliance, improve traffic flow, and increase pedestrians and drivers' safety. The Pueblo has obtained funding for this project, and construction will begin in the fall.

*Continued on page 12*

## PLANNING & DEVELOPMENT

### Planning, Development and Transportation Department Project Updates Continued...

#### **Walatowa Fitness Center Parking Lot/Bear Head Canyon Rd.**

The project will design and construct a new parking lot at the Walatowa Fitness Center and will improve the entrance of Bear Head Canyon Road to the Fitness Center. The preliminary engineering tasks were completed in 2019. PDTD is actively searching for funding for project construction.

#### **Owl Springs Way Bridge Replacement Design**

The project will complete the design plans 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 fall 2020. After the design is complete, the POJ will seek additional funding to construct the replacement bridge.

#### **Pedestrian Trails and Bikeways Facility Plan**

With extensive community input, the Planning, Development, and Transportation and Pueblo of Jemez teams developed pedestrian trails and bikeways facility plans for the Pueblo. The Pueblo will utilize the plan to seek funding to design and construct new pedestrian pathways and improve existing trails at the Pueblo.

#### **Cell Tower**

The project will construct a new 100-foot cell tower at the northwest area of the track near the Walatowa High Charter School. The purpose of the cell tower is to provide wireless access to the community.

#### **Road Maintenance**

The road maintenance team works diligently to improve roadway and parking lot conditions throughout the Pueblo. The team has completed or is currently working on the following projects:

- Installing gates at the intersection of Good Spirits Road and NM-4, the intersection of Route 802 (at the entrance of the road to transfer station & WTI) and NM-4, and Route 81 (at the San Ysidro/Jemez boundary);
- Replacing all street signs throughout the Pueblo; and
- Patching potholes at various locations with asphalt.

The top priority project is those that will improve traffic safety and bus routes. For questions regarding road maintenance, please contact Vincent Toya, Heavy Equipment Supervisor at (505)500-5336.

The top priority projects are those that will improve traffic safety and bus routes. For questions regarding road maintenance, please contact Vincent Toya, Heavy Equipment Supervisor, at (505)500-5336.

#### **Speed radar feedback signs along the NM-4.**

Construction Tip – Call Before You Dig

Please call 811 or 1-800-321-2537 at least two working days in advance before you start any digging project. Whether you plan to do it yourself or hire a contractor, smart digging means calling 811 before each job. The 811 representatives 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>.

#### **FREE Vehicle Removal!**

Do you have an unauthorized, abandoned, or unwanted vehicle on your property, causing a nuisance that you want permanently removed? ATLAS Towing & Recovery will take all cars that are damaged, wrecked, totaled, salvaged, scrapped, running or not, FREE of charge. Call Amanda Rubio or ATLAS for more information and schedule a pickup at 505-445-9104. ATLAS will be cautious; they will be wearing PPE and practice social distancing when they come into the village.

## HEALTH

### Influenza Vaccines

*Submitted by: Dr. Catherine Taylor, JHHS Medical Director*

Flu season will soon be upon us. This year, even more than ever, it is crucial that everyone gets a flu vaccine. Both Influenza (flu) and COVID-19 are respiratory viruses. They infect and potentially damage the respiratory system more than other organ systems. Having both infections at the same time is likely to cause serious illness. The national goal and recommendation are to immunize everyone by October 31, 2020. We will be doing everything we can at the JHHS Health Center to meet this goal.

#### **First, some facts about the flu vaccine:**

- Every year a new vaccine is made. Scientists take their best guess as to which strains of the flu virus will be most prevalent that flu season. The two main types of flu viruses are Type-A and Type-B. This year our flu vaccines are quadrivalent, meaning that the vaccines consist of four different strains: two of Type-A and two of Type-B.
- The vaccines do not contain the flu virus and cannot infect you with the flu. The vaccines consist of hemagglutinins, which is a type of protein found in the virus. Sometimes people can have flu-like symptoms after receiving the vaccine. These symptoms are not the flu. It is your body trying to build immunity to help you resist the flu if exposed.
- Flu vaccines no longer contain preservatives or mercury compounds.
- After receiving the vaccine, your body will take about two weeks to build up antibodies, and thus immunity, to the flu. So it is essential to get vaccinated by October 31. Statistics show that the signs of Influenza are usually not until November.
- You can still get the flu vaccine if you are allergic to eggs.

Health professionals recommend that everyone from six-months-old and up to get vaccinated every year. If your child is younger than eight-years-old and has not received a total of two flu-vaccine injections in the past, then they will need two injections this year, with each shot one month apart. Everyone will receive one injection this year. They also recommend everyone over Sixty-five get a higher-dose vaccine. There will not be an inhaled version of the vaccine available, but there will be an injectable version.

#### **So why should you get the flu vaccine?**

According to the Centers for Disease Control and Prevention (CDC), the flu vaccine:

- Keeps you from getting sick with the flu. Last flu season, statistics estimated that the vaccine prevented 4.4 million flu illnesses.
- The vaccine reduces the risk of flu-associated hospitalizations for children, working adults, and elders.
- This vaccine is an important preventive tool for people with chronic medical conditions such as diabetes and heart disease.
- It helps to protect women during and after pregnancy.
- Has been shown to reduce the severity of illness in people who get vaccinated but still get sick.
- Getting the vaccine protects you and everyone around you.

There will be a variety of ways for you to get your flu vaccine. The clinic is always available six days per week. Flu clinics are going to be offered in the evenings and on Saturdays. Stay tuned for more information on newsletter and bulletins. Since children are not physically in school, it is imperative that you bring your child in for the vaccine because they will not be getting vaccinated at school. As always, you can call the clinic at 575-834-7413 for more information.

## HEALTH

### Breast Cancer and Depression Screenings

*Submitted by Dawn Dozhier, PA-C, Physician Assistant*

“Breast cancer is the second most common cause of death from cancer among American Indian and Alaska Native women. The goal of breast cancer screening is to reduce deaths associated with breast cancer through early detection. Mammograms are the best way to find breast cancer early, and breast cancer treatment is more effective and less harmful when it is started in the early stages of the disease process” (Indian Health Service)

Mammograms find breast cancer early when treatment can be more successful. From ages Forty or Fifty, 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 may 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 21, 8:00 am – 5:00 pm
- Thursday, October 22, 8:00 am – 5:00 pm

To schedule with the MammoVan, make an appointment with a provider for a referral. Call the Jemez Health Clinic: 575-834-3022

### *Depression Support and Screening*

#### **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 compromising 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 go away
- Judge or criticize them
- Suggest or imply they're weak or a burden on others

For depression screening or to discuss symptoms of depression with your health care provider, schedule an appointment at the Jemez Health Clinic at 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)**  
**nmcrlisline.com**

**National Suicide Prevention Lifeline**  
**1-800-273-TALK (8255) (toll-free)**  
**suicidepreventionlifeline.org**

## CENSUS & ELECTION NEWS

### "Please Complete the 2020 Census & Exercise Your Right to Vote"

*Submitted By: Peter Madalena, Senior (Towa) Voting Rights Coordinator*

#### Census And Voting Results Affect Planning and Funding for:

Healthcare, employment and training, education, schools, highways, transportation, housing, community development and rural water, grants, tribal programs, and many resources are needed every day by our people and community.

#### Three Ways to Exercise Your Right to Vote: Early Voting, Absentee Voting, and Election Day!

- Sandoval County will be mailing out Absentee Applications to all registered voters by September 14, 2020.
- Election Day-Tuesday November 3, 2020, at Community Resource Center 7 AM-7 PM.
- Early Voting Site- October 29 & 30 (Thurs/Friday) Community Resource Center 10 AM to 7 PM.
- Tuesday Oct 6, 2020 is deadline for voter registration.
- Tuesday October 6, 2020 Absentee voting begins.
- Saturday October 17, 2020 Early Voting begins.
- Thursday/Friday October 29 & 30 Early Voting Site at Community Resource Center 10 AM to 7 PM.
- Tuesday November 3, 2020 ELECTION DAY -7:00 AM to 7:00 PM

#### NOTICE

Sandoval County will be mailing out Absentee Applications to all registered voters by September 14, 2020. The last day to submit your Absentee Application will be October 20, 2020 @ 5:00 pm.

Sandoval County will have Absentee Ballot drop boxes at each Early Voting & Election Day Sites.

Absentee Ballots must be in the Bureau of Elections no later than November 3 @ 7:00 pm.

If you need further information or assistance please contact our Native American Voting Rights office at (505) 934-8826.



#### SANDOVAL COUNTY 2020 General Election

##### Absentee / Early In-Person Voting Locations Dates and Times

##### Schedule

<u>Oct. 6, thru Oct. 30, 2020</u>		<u>Times: 8:00 am to 5:00 pm (Monday thru Friday)</u>
1). Absentee/By Mail -----	Sandoval County Administration Building D. 1500 Idalia Rd., Bernalillo, NM	
Early/Absentee In-Person -----	Sandoval County Administration Building D. 1500 Idalia Rd., Rio Rancho, NM	
<u>Oct. 17, 24 &amp; 31, 2020</u>		<u>Times: 10:00 am to 7:00 pm (Saturday's)</u>
Absentee/In-Person -----	Sandoval County Administration Building D. 1500 Idalia Rd., Rio Rancho, NM	
<u>Oct. 17, thru Oct. 31, 2020</u>		<u>Times: 10:00 am to 7:00 pm (Mondays thru Saturdays)</u>
2). Early Voting -----	Voting Machine Warehouse 800 South Hill Rd., Bernalillo, NM	
3). Early Voting -----	Corrales Community Center 4326 Corrales Rd., Corrales, NM	
4). Early Voting -----	Our Lady Queen of Angels 1701 Tulip Rd. SE, Rio Rancho, NM	
5). Early Voting -----	Community of Joy Lutheran Church 841 Saratoga Dr. NE, Rio Rancho, NM	
6). Early Voting -----	Plaza @ Enchanted Hills 3575 Highway 528 NE, Rio Rancho, NM	
7). Early Voting -----	Soul Rio Church 2003 Southern Blvd, Rio Rancho, NM	
8). Early Voting -----	Italian American Club 1565 Stephanie Rd. SE, Rio Rancho NM	

## EDUCATION

### Jemez Department of Education Updates

*Submitted by: Jeremiah Powless, Education Services Manager*

Greetings,

The Department of Education would like to share information about different schools throughout the year to help you achieve your educational and career goals. This issue is New Mexico Highlands University (NMHU). NMHU recently hired a new Native American Liaison at their Las Vegas, NM campus, to answer questions you may have about NMHU. You can read more about this person at <https://www.nmhu.edu/spintz-harrison-new-native-american-liaison/>. Also included is some general information about the school for reference. If you have any questions about any college, the Department of Education is available to help you find answers and provide valuable insight.

Please look forward to learning about different colleges and universities in the months to come.



**NEW MEXICO HIGHLANDS UNIVERSITY**

**METRO CENTERS**

**Located in Albuquerque & Rio Rancho**

**UNDERGRADUATE DEGREE PROGRAMS:**

Business, Criminal Justice, Psychology, Social Work, Software Systems Design, and Education

**GRADUATE DEGREE PROGRAMS:**

Business, Social Work, and Education

**Advantages of taking NMHU courses:**

- Affordable tuition
- Conveniently located in Rio Rancho west of Hwy. 528 from Intel, and ABQ near San Mateo & Indian School Rd. NE
- Flexible course schedules (face-to-face,

**EDUCATION*****Jemez Department of Education Updates Continued....*****TUTORS NEEDED!**

The Department of Education is hiring tutors for the 20-21 school year to assist students in person as well as online for grades K-12 and possibly College level. In the Subjects of Mathematics, English/Writing, and Sciences. Dates would be October 1st, 2020, May 30th, 2021. Compensation would be dependent on education and experience.

If you are interested, please send a resume (see email below), a letter of interest stating what subject(s) would be interested in, and the schedule you are available to tutor.

For more information or questions, please call Jeremiah Powless (Education Services Manager) at  
**575-834-9102 or email at: [jer.powless@jemezueblo.org](mailto:jer.powless@jemezueblo.org)**

**Open Enrollment for Walatowa Headstart Language Immersion Program (WHSLIP) for School Year 2020-2021*****Recruiting Children Ages: 3 to 5 years old***

Applications will be available via email and office visits by appointment.

***Please provide the following documents:***

**Birth Certificate, Certificate of Indian Blood (CIB), Income Statements** (Pay Stub, W-2, 2019 Tax Return, Child Support Letter, Declaration of Income- *if you are self-employed or claiming no income, please request for a form at the WHSLIP*), **Public Assistance** (TANF or SSI Benefits Letter) and **Updated Immunization Records**.

**Please contact Danielle Sando at (575) 834-7366 for any questions about the enrollment requirements or application.**



## EDUCATION

### Colorado University Upward Bound Program

#### Program Information:

Colorado University Upward Bound (CUUB) is a pre-college program for current high school students. It provides students opportunities to prepare for college entrance, succeed in pre-college performance, and ultimately achieve success in higher education pursuits. Since its inception in 1981, the CUUB has dedicated itself to bringing the mission of Upward Bound to Native American youth. CUUB currently serves 103 high school students from 12 high schools located in 6 different tribal communities: Navajo, Ramah Navajo, Southern Ute, Ute Mountain Ute, Pine Ridge, and Jemez Pueblo.

Opportunity open to first-year students or sophomores who attend one of our partnered high schools (JVHS or WCHS). Please see attached photos or visit our website for eligibility requirements: <https://www.colorado.edu/cuub/>.

#### CUUB Services:

- Students will participate in monthly virtual programs such as online tutoring, advising, and instruction during the Academic Year. Participants will receive monthly stipends for attending these sessions. CUUB also provides laptops and hotspots if needed.
- During the summer, students spend 6-weeks in Boulder, CO, at the University of Colorado campus. Students will take classes to prepare for college, make lifelong friendships, and go on cultural activities such as Rockies Games, Garden of the Gods, Elitch's Amusement Park & much more!

Online application or mail-in application options available.

**Online Application:** <https://botform.compansol.com/202233504391041>

**Priority Application Due: October 15, 2020!**

\*Acceptance is on a rolling basis\*

#### Eligibility Requirements for Prospective Students:

- Students enrolled in grades 9-11th and attending JVHS, WCHS, or the other ten partnered high schools.
- Students must meet federal low-income guidelines or be potential first-generation college students (neither parents having a bachelor's degree) or both.

**Contact Cassie Sando for questions.**

**Email:** [cassie.sando-1@colorado.edu](mailto:cassie.sando-1@colorado.edu)

**Phone:** 303-492-2884

#### Links:

**To Photos:** [https://drive.google.com/drive/folders/1j2fJHJzhtDOMZOITqJKGGN5Z\\_\\_u6JPWW?usp=sharing](https://drive.google.com/drive/folders/1j2fJHJzhtDOMZOITqJKGGN5Z__u6JPWW?usp=sharing)

**Link to our website:** <https://www.colorado.edu/cuub/>

**Link to the online application:** <https://botform.compansol.com/202233504391041>



## EDUCATION



“

It'll be the best experience you have in high school. Lots of fun and laughter.

-Recent CUUB 2020 GRAD  
Tohatchi, New Mexico

“

Not only is CUUB a summer academic program, but it's full of really great friendships, activities, and an awesome experience at a University

-Recent CUUB 2020 GRAD  
Rock Point, AZ

## WHAT IS CU UPWARD BOUND (CUUB)?

Upward Bound provides opportunities for students to prepare for college & ultimately achieve success in higher education pursuits. CUUB's vision is to inspire & empower students to succeed, and to celebrate their cultural identities in whatever post-secondary path they choose.

### MAILING ADDRESS

CU Upward Bound Program  
CASE Building, W220  
1725 Euclid Ave.  
UCB 200  
Boulder, CO 80309



UNIVERSITY OF  
COLORADO AT  
BOULDER

## UPWARD BOUND

NOW ACCEPTING NEW STUDENTS! APPLY TODAY!

**CU Upward Bound  
Apply Today!!**



## What is CU Upward Bound?

Upward Bound provides opportunities for students to prepare for college & ultimately achieve success in higher education pursuits. CUUB's vision is to inspire & empower students to succeed, and to celebrate their cultural identities in whatever post-secondary path they choose.



### CUUB Services

- Academic Advising
- Online Tutoring
- Monthly Stipends
- College Fair + College Tours
- Summer Academic Institute (6-weeks in Boulder, CO)
- Exposure to recreational and cultural activities
- Access to laptops and hotspots



### For Questions ?

Email: Cassie.Sando-  
1@colorado.edu  
Phone: 303-492-2884

Follow CUUB on Social Media  
@cuubupwardbound

### How To Apply?

#### Apply Online or Mail-In Application

Find the online application at the following link  
<https://botform.com/pansol.com/202233504391041>

or

visit our **website** to download an application:  
<https://www.colorado.edu/cuub/>



**Application Deadline: October  
15, 2020**





Pueblo of Jemez  
4417 Highway 4  
Box 100  
Jemez Pueblo, NM 87024

Presort Standard  
US Postage Paid  
Albuquerque NM  
Permit No. 1741

## **COVID-19 Updates**

Update: As of October 14, 2020, the Pueblo of Jemez currently has four active, positive cases for COVID-19. There has also been an increase in the number of close contact exposure to the COVID-19. To ensure the mitigation of the spread of COVID-19, it is encouraged that everyone in the community is tested during community-wide testing events.

As the flu season begins, it is crucial than ever to receive a flu vaccine during 2020-2021. Viruses such as flu and COVID-19 will likely spread during our fall and winter months. To help the community is safe from both flu and COVID-19, please make an effort to receive your flu vaccination. Below are the times, days, and locations of flu clinics for October.

<b>Date</b>	<b>Time</b>	<b>Location</b>
Tuesday's	12:00PM - 4:00 PM	Public Health Building
Thursday's	1:00 PM - 7:00 PM	EMS Building
Saturday's	9:00 AM - 1:00 PM	JHHS Clinic