



Red Rocks Reporter

AUGUST 2012

In This Issue

Tribes to Co-Manage Jemez State Monument	1
Community Notice	2
Tribes to Collect Outstanding Fees.....	2
Hemish Community Spiritual Gathering.....	3
Tribal Council Report: New Grazing Ordinance	3
Jemez Sues for Return of Valles Caldera.....	3
Tribal Opposition to Medicaid Changes	4
Letter to Community.....	5
Heat Safety.....	6
Taking Care of Yourself	6
How Alcohol Affects Families	7
Sobriety Conference.....	7
Meet Your Weight Loss Goals.....	8
Softball Tournament	8
Immunization Awareness Month.....	9
Take Care of Your Kidneys.....	9
Head Start News: Health Screening Dates	10
Walatowa Child Care.....	10
Walk or Bike to School	10
Healthy Feet Are Happy Feet.....	11
Parents' Involvement Education	11
Women's Talking Circle	11
Jemez Hosts Students from Ecuador	12
Havasupai Field Trip.....	13
Jemez Valley Public Schools	14
Tribal Libraries Fundraiser	14
Youth Summerfest	14
West Nile Virus Alert.....	15
Pueblo Revolt Celebration.....	16
Voters' Information	16

JEMEZ TO CO-MANAGE MONUMENT

Jemez Pueblo Signs Agreement With State of New Mexico for Joint Management of Historic Jemez State Monument

Pueblo of Jemez leaders, the New Mexico Department of Cultural Affairs and the Museum of New Mexico Board of Regents signed an historic Memorandum of Understanding (MOU) to jointly manage the Jemez State Monument in Jemez Springs. The signing took place at the Museum of New Mexico Board of Regents meeting at the New Mexico History Museum in Santa Fe on July 19.

This agreement brings a new level of responsibility and participation to the Jemez State Monument, site of the prehistoric village of Giesewatowa, one of the many villages where Jemez people lived in the 1300s. In the 1620s, Spanish priests began building the San José de los Jemez Mission Church using Jemez forced labor. The ruins of the church are prominent at the site, while the Giesewatowa Pueblo is mostly unexcavated.

“The people of Jemez are committed to the preservation of our cultural identity,” Governor Joshua Madalena said. “We are honored to return to a leadership role in preserving Giesewatowa as an important link to our ancestral heritage.”

“This is an historic moment for the State of New Mexico and Jemez Pueblo,” NM Department of Cultural Affairs (DCA) Secretary Veronica Gonzales commented. “Negotiations with Governor Madalena have been a pleasure and honor, and we are thrilled by the opportunity for collaboration, joint management, and the engagement of Jemez leadership in such a significant cultural site.”

“We are proud to enter this historic partnership with Jemez Pueblo,” Regents President Karen Durkovich said. “We look forward to renewed energy and spirit in programs at the site.”

Monuments Director Richard Sims added, “It is a deeply meaningful event when a heritage site can make strong connections with the people who are the proud caretakers of that heritage.”

This new partnership will lead to a Joint Management Plan between the Pueblo of Jemez and the DCA through the State Monuments Division. The MOU formalizes collaboration and understanding to develop new exhibits and cultural presentations, cultivate a community support group and a volunteer and docent program, and expand educational outreach for Jemez schools, Sandoval County and the entire region. Cultural tourism economic benefits will increase by giving tourists the opportunity to take scheduled tours of Jemez Pueblo, visit the Walatowa Visitors’ Center and Museum, and view the dramatic ruins of the centuries-old village and mission.

A recent survey found that Jemez State Monument is the third most-visited of the seven state monuments. The monument was nominated for National Historic Landmark status and listed in the State Register of Cultural Properties in 1969 and in the National Register of Historic Places in 1973.

See page 16 for information about the Pueblo Revolt Run and celebration at the Monument on August 12.



The Governor and tribal leaders sign an historic MOU to co-manage the Jemez State Monument. Photo by Marlon Magdalena



2012 TRIBAL GOVERNORS

Joshua Madalena
Governor
Larry Chinana
First Lt. Governor
Juan Toya
Second Lt. Governor

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Red Rocks Reporter

August 2012 Edition

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FROM THE GOVERNORS

Finance Department To Enforce Unpaid Fees

Did You Know?

Tribal members owe the Pueblo of Jemez over \$2,000,000 in unpaid fines, fees and water bills.

The Pueblo of Jemez is responsible for protecting the welfare of tribal members and providing essential services to the community, such as clean, healthy drinking water, safe wastewater management, road maintenance and repairs. There are significant costs associated with providing these services and tribal governments cannot provide services at no charge.

Tribal Council has approved monthly water bills for all community households. Tribal members are also responsible to pay ditch fees and fees due to Tribal Court. These funds are needed to cover the costs of providing services. At press time, fees owed to the Pueblo of Jemez include:

Domestic Water Use Fees	\$567,000.50
Ditch Fees	\$468,480.00
Tribal Court Fees	\$1,139,892.48
Total Fees Owed	\$2,175,372.98

Enforcement

Starting immediately, requests for tribal services such as surveys, title status reports, land transactions, service line agreements, and water and wastewater services will be reviewed to confirm that tribal member applicants have paid all current and outstanding fees from Public Works, Tribal Court or ditch work. Records will be checked with the Finance Department. Applicants who owe money to the tribe may be denied additional services.

Community members who cannot pay their bills in full can arrange payment plans to fulfill their obligations. Work plans may also be available in some cases.

If you know that you have outstanding bills to the Pueblo of Jemez, please arrange to start payments immediately. Tribal Administration can serve our community only when tribal members work together responsibly to fulfill their obligations to our community and tribe.

Contact the Pueblo of Jemez Finance Department for more information at (575) 845-7359.

NO Hydrant Water for Agriculture

Some tribal members continue to damage the community water system by using hydrant water to irrigate their fields. Using hydrants to water fields and crops puts a great strain on the water system and destabilizes the system. Air gets into the lines, the system shuts down and households are without water for their families' needs. **Hydrant water is for domestic use only.**

Attention Farmers: DO NOT use hydrant water to irrigate your fields.

This ban applies to everyone in our community.

Violators will be cited in Tribal Court.

FROM THE GOVERNORS

Jemez Sues for Valles Caldera Return

On July 20, Jemez Pueblo filed suit against the United States for return of the Valles Caldera National Preserve (VCNP.)

"We believe this may be the first time that any American Indian tribe has sued the United States to return Indian lands outside the reservation," says Tom Luebben, Jemez Pueblo special counsel for land claims. "Just like the return of the sacred Blue Lake to Taos Pueblo, this effort may take many years. The Pueblo must prove that it holds aboriginal Indian title to the Valles Caldera going back more than 800 years to the time when the Hemish people first migrated into the Jemez Mountains."

"We have never relinquished our aboriginal rights to this area," says Gov. Madalena. "The many traditional cultural sites on the Valles Caldera remain critically important to our people. The area also includes natural resources, including herbs and wildlife, that are important to our way of life. We will reclaim these lands for our people and our cultural heritage."

The VCNP is currently managed by a Board of Directors and mandated to achieve financial self-sufficiency by the time their terms expire in 2015.

"We are working on a management plan to train and prepare tribal members for professional land management responsibilities. We are also seeking other professional resources as we need them," the Governor says.

Gov. Madalena adds that he wants to keep the Valles Caldera open to visitors. "We want to preserve and protect these sacred lands for our people as well as share them with others who will appreciate this special place."

Hemish Community Spiritual Gathering

Jemez tribal members are encouraged to join a gathering with our spiritual leaders at the Valles Caldera on Saturday, August 11, to honor and celebrate the Pueblo of Jemez' exclusive aboriginal title to Valles Caldera lands. Tribal members will gather in the Plaza at 7 a.m. to make the pilgrimage together. Buses and shuttles will be available. Carpooling is strongly encouraged. Activities will include the Jemez Spirit of the Mountain Run/Walk at 9 a.m. Meals will be provided.

For more information, contact Charles Sandia at 834-7059, Kathrine Chinana at 834-7413 or the Tribal Office at 834-7359.

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well informed.

July 16, 2012. Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juan Toya proposed the following resolution which was approved by the Tribal Council:

The Pueblo of Jemez Grazing Ordinance as amended. This Ordinance applies to all grazing on Pueblo of Jemez tribal lands. Below is an abridged version of the ordinance. For a copy of the complete ordinance, contact the Natural Resources Department at (575) 834-7696.

Section 1: Grazing Management Units. Effective grazing use of Pueblo rangelands requires organizing the total grazing area into grazing management units. The Natural Resources Department will maintain the grazing units' boundaries on a GIS map. Designated grazing management units are:

J-10 Dragonfly Unit	J-80 Peralta Unit
J-20 Thompson Spring Unit	J-90 Jack Rabbit Flats Unit
J-30 San Luis Unit	J-100 Owl Springs Unit
J-40 Holy Ghost Unit	J-110 Red Rock Unit
J-60 Hondo Unit	J-120 Chamisa Unit
J-70 Bear Springs Unit	

The NRD will establish the maximum number of livestock grazed on each grazing unit and submit the recommendation to the Governor for approval. The prescribed grazing capacity will consider wildlife and other non-livestock requirements and be reviewed at least every five years and adjusted as needed. In severe drought conditions, the NRD will reassess and adjust stocking rates as needed.

Section 2: Purpose. The purpose and intent of this grazing ordinance is to help Jemez tribal members:

Using proper grazing management, conserve the land, forage, forest, water and wildlife resources of the Jemez reservation and adjoining rangelands and improve these resources where they have deteriorated.

Equitably distribute tribal resources to the maximum number of tribal members.

Equitably administer grazing privileges to yield the highest return to tribal producers consistent with sustainable yield management principles.

Protect and enhance Pueblo of Jemez sovereignty by exercising civil regulatory authority over the Pueblo's natural resources.

Section 3: Range Management. The NRD will enforce this ordinance and monitor herds under grazing permits. The Range Manager will be housed in the NRD.

The Range Manager will report to Tribal Council regularly. The Range Manager's authorized activities include:

Inspect herds and rangeland to prevent overgrazing;

Collect, organize and catalogue data about soils, foliage and water resources;

Investigate the impact of grazing on soils, foliage and water resources;

Ensure compliance with grazing permits by inspecting herds, gathering evidence regarding alleged permit violations, and presenting evidence during enforcement proceedings;

Consult with federal and state agencies on proper range management;

Consult with the Jemez Pueblo Livestock Association to implement this ordinance;

Continued on page 15.

HEALTH AND HUMAN SERVICES

Jemez Leads Opposition to Medicaid Changes

The state of New Mexico has proposed a Medicaid Modernization plan called Centennial Care that will radically change how Medicaid is administered for eligible patients and reimbursed for health care providers. Centennial Care would require all Medicaid recipients to enroll in a designated managed care organization (MCO.) The MCO would be responsible for managing and coordinating care and reimbursement.

The Pueblo of Jemez is leading an initiative with many other tribes to strongly oppose the plan as currently written. "Centennial Care would compromise patients' welfare and threaten the reimbursement system that now pays for a significant amount of patient care at the Jemez Clinic," says Governor Joshua Madalena. "In our experience, MCOs have not addressed Native American patients' special circumstances, especially in rural areas."

At a New Mexico Legislative Health and Human Services Committee meeting on June 25, 2012, Gov. Madalena testified on the Pueblo of Jemez opposition to Centennial Care. A formal position paper was also submitted to the committee.

Background. Like many tribes, the Pueblo of Jemez has exercised its right under P.L. 93-638 to contract health care funds that IHS would have spent on our individual tribal members. We then determined and designed the best health care system for our tribal population.

Our clinic met or exceeded many clinical standards under the Government Performance Results Act (GPRA.) IHS uses GPRA to report to Congress on the quality of care provided to Native patients. GPRA measures clinical data (various diabetes measures, cancer screening, etc.); quality of care; prevention (immunizations and injury prevention); and infrastructure.

A recent Association for the Accreditation of Ambulatory Health Care (AAHC) accreditation survey commended our health clinic as a **model** for what "medical homes" should be in rural communities. In addition, Jemez Health and Human Services is the largest employer in our community.

Attack to Tribal Sovereignty. Without consultation, the state's plan proposes to pull our large Medicaid-eligible population into a managed care organization (MCO) that is not a part of our sovereign design. The state will pay these MCOs a substantial fee for assuming the risk of caring for Native Americans.

The NM State-Tribal Collaboration Act requires communication and cooperation between the state and tribal governments. The state failed to conduct good faith consultation with tribes, and did not notify us 60 days before submitting the plan. The state calls it a "technicality." In fact, tribal consultation is not a technicality but a federal mandate. The recent withdrawal of the plan is tantamount to the Centennial Plan development and implementation. We believe the state will simply sit on the plan until it is time to resubmit it, thus eliminating any opportunity for comment.

The Failure of MCOs. Native Americans want to restore the fee-for-service option. We have had negative experiences with MCOs. Although the state claims it will ensure that our people's needs are met through an MCO, the record tells a different story: Wait lists for services remain in the thousands. MCO outreach and education in

rural areas are insufficient and ineffective. Existing MCOs often fail to coordinate care, leaving the burden of care coordination to tribal benefits coordinators and shifting the cost of care to our tribal health departments.

The following examples demonstrate the challenges the Pueblo of Jemez faces with existing state MCOs, Amerigroup and Evercare:

Situation 1. A patient who required dental surgery under anesthesia at a hospital is covered by Amerigroup. The oral surgeon was an approved dental provider but refused to perform the procedure unless payment was guaranteed. His office has had experiences with Amerigroup failing to pay for treatment.

Almost four months after treatment was authorized (two months after surgery was completed), the patient's claim was denied because Amerigroup incorrectly listed Jemez Contract Health Services (CHS) as the "primary payment source." Eventually they acknowledged that CHS is by law the "payor of last resort."

To date, Amerigroup has failed to pay the surgeon and Jemez CHS funds were used as payment to protect the patient's family from collection attempts.

It took **five months** for the fully-covered patient to receive needed services. Jemez CHS paid surgeon's fees that should have been covered by Amerigroup. We have no cost estimate for the significant amount of time and effort our benefits coordinators spent to resolve this matter.

Amerigroup receives substantial per-member, per-month payments from Medicaid to provide care to this patient. They were paid but failed to meet our tribal member's needs. The state failed to manage this MCO with which they contract.

Situation 2. A patient who is covered by Evercare was prescribed home occupational therapy. Jemez benefits coordinators made repeated efforts to arrange services because Evercare failed to do so. Several service providers expressed interest until they heard that Evercare was the MCO; then they declined due to Evercare's poor provider payment history.

When Jemez eventually found a therapist to provide services Jemez CHS funds paid for these services although Evercare is responsible for them.

Services finally began **six months after** the initial order. Jemez spent many unreimbursed hours and funds to help this Jemez tribal member, yet Evercare collected state funds for his care.

Negative Impact on Tribal Economies. As a rural, non-gaming tribe, the Pueblo of Jemez works hard to maximize third party billing from Medicaid and other resources to supplement the cost of care for our patients. Of our clinic's user population of 2,607, 28% are Medicaid-eligible. The revenue we collect from Medicaid comprises 70% of our overall revenues. Any interruption or reduction in third party revenues would negatively impact our health system and our ability to maintain current levels of service; it would certainly not allow for expansion of services.

MCOs do not understand that tribal CHS are "payors of last resort." However, MCOs are fully aware that we may have CHS funds to supplement what they will not pay. Again, the state has not managed their own contractors in a way that protects the right and access to care for Native American patients.

Tribal Opposes Medicaid Changes

Continued from page 4

For these reasons, the Pueblo of Jemez has no faith that Centennial Care will benefit our community or any other tribal community. Many tribes agree and submit the following:

1. Tribes want direct communication with Governor Martinez to discuss Centennial Care, the process and health impact to Native Medicaid population.
2. Tribes request a meeting with CMS and State Medicaid Assistance Division together to discuss Centennial Care and its impact on Native Medicaid population health care.
3. Based on tribal sovereignty, the Affordable Care Act and other legal protections, there is no mandatory participation for Natives to enroll in managed care, nor is there a penalty if a Native does not buy health insurance. Therefore, the state must maintain fee-for-service (FFS) arrangements for tribes and support the 'opt out' option currently in place. The tribes want this provision stated in writing.
4. The state claims that FFS plans do not allow innovative block grants and unique plans designed for individual tribes. The Pueblo of Jemez believes the opposite is true.
5. If the "opt-out" provision is maintained for tribes, the state can work with tribal organizations to design appropriate systems in true government-to-government good faith negotiations. The state must design and develop Medicaid Modernization plans with tribes as stated in federal and state consultation laws.
6. Tribes want the "no cost sharing" and "no mandatory participation in managed care" provisions written into the plan.
7. Tribes want to see and discuss tribal health outcomes data from existing managed care relationships, including FFS data from managed care providers.
8. Tribes want "retroactive coverage" retained. Currently, Medicaid offers "retroactive eligibility" so children and adults can have their medical bills reimbursed for the three months before being enrolled in Medicaid. This ensures that low-income families are not sent to collections for unpaid medical bills. **Hospitals and Indian health providers will face the loss of hundreds of millions of dollars of revenue statewide** and bear the costs of unpaid patient debt if this provision is eliminated.

The state incorrectly assumes that retroactive eligibility will not be needed as of January 2014 because "everyone" will have health coverage. **Native Americans and very low income people are exempt from healthcare reform's mandate to get coverage** and may not enroll right away. Many of them will have medical debt prior to seeking coverage.

The tribe has been notified that the federal government has rejected the Centennial Care plan citing lack of tribal consultation as required under the State-Tribal Collaboration Act.

At press time, a meeting with the state had been scheduled. It is unknown whether state officials will respond positively to the tribes' concerns, however.

"As Governor, I am charged with ensuring the protection and well-being of my people. I sincerely believe that these comments and experiences are similar to those of other tribal communities," Governor Madalena concluded.

COMMUNITY NEWS



*Dear Family, Friends and Acquaintances,
My name is Kathleen Sandia and I'm a Pueblo of Jemez tribal member. I have three beautiful children and two grandbabies. I LOVE to run. I run on our beautiful land of Jemez. I work at the Pueblo of Jemez Health Center.*

My mission is to help find more effective treatments and cures for blood cancers. To accomplish this, I recommitted to a sports endurance event as a member of The Leukemia and Lymphoma Society (LLS) Team In Training (TNT.) I participated last year with LLS/TNT and am honored to be part of that wonderful team again. Like other members, I am running and raising money to help find better treatments for leukemia, lymphoma, Hodgkin's disease, myeloma and other blood cancers. I'm improving the quality of my life by participating and, with your support, we can help improve the quality of life for patients and their families as well.

I am training to run the Nike Women's Marathon in October 2012. Most important is the opportunity to help raise money to find a cure for patients battling cancer. Cancer does not discriminate according to race, age, color or creed. Therefore it's important to me to aid in the battle. Who knows, someone in our community, a family member, may be battling the deadly disease? My commitment is to raise \$2,950 for blood cancer research, advocacy and patient services. It's a big challenge for me, but nothing compared to the challenges and pain that cancer patients go through every day and night. The least I can do is to train and fund-raise.

I will greatly appreciate it if you consider making a donation in support of my efforts to fight cancer and help advance research. If you wish to donate in honor of someone who is battling cancer, please let me know. I will add their names to my training and race shirts to be worn throughout the event. You can make a donation online at my TNT website at <http://pages.teamintraining.org/nm/nikesf12/lksandia> or make checks payable to LLS (tax-deductible) and mail to PO Box 543, Jemez Pueblo, NM 87024.

Contributions:

*\$26: \$1 per mile I run \$52: \$2 per mile I run
\$75: \$5/week of training \$100: What a thoughtful gift!*

I am happy to accept any amount!

My sincere thanks to you all! It means so much to me and to so many others who have joined the fight against cancer.

*Sincerely,
Kathleen Collateta-Sandia*

Together We Can Beat Cancer!

SENIOR CITIZENS

“It’s Too Darn Hot:” Planning for Excessive Heat

Submitted by Gloria Fragua, Outreach/Family Caregiver Program

Every year, people die from “excessive heat events.” Excessive heat events are prolonged periods when temperatures reach 10° F. or more above the average high temperature for a region.

Excessive heat events seem to have a higher impact in cities. One reason is that roads and buildings absorb the sun’s energy and contribute to the formation of “heat islands.” Urban residents get less nighttime relief from high temperatures; rural areas cool off at night while cities retain the heat. People living on the top floors of buildings without air-conditioning may be exposed to excessive heat. Outdoor activities and drinking alcohol in hot weather also cause heat-related health problems.

Older adults and young children are at higher risk from excessive heat events. Health conditions such as chronic illness, mental impairment and obesity can also increase a person’s vulnerability. People on certain medications are also susceptible. Living alone or being confined to a bed and unable to care for one’s self increases the risk.

The body normally cools itself by increasing blood flow to the skin and perspiring. When the body’s temperature control system is overloaded, perspiring may not be enough. High humidity can make it even harder for the body to cool itself.

Heat stroke is the failure of the body’s temperature control system and the most serious health effect of excessive heat events. When the body loses its ability to cool itself, core body temperature rises rapidly. As a result, heat stroke can cause severe and permanent damage to vital organs. The victim’s skin appears hot, dry and red. Other warning signs are confusion, hallucinations and aggression. **If not treated immediately, heat stroke can result in permanent disability or death.**

Reduce Exposure to Excessive Heat

The best defense against excessive heat is prevention. Air-conditioning is one of the best protective factors against heat-related illnesses and death. Just a few hours of air conditioning can greatly reduce the risk. Electric fans may provide comfort, but when temperatures are in the high 90s, fans do not prevent heat-related illnesses.

The following strategies can save lives:

- * **Visit air-conditioned buildings** in your community if your home is not air conditioned. Buildings may include senior and community centers, libraries, movie theaters, shopping malls or cooling centers.
- * **Take cool showers or baths.**
- * **Drink lots of fluids.** Don’t wait until you are thirsty to drink. If your doctor has restricted fluid intake, make sure to ask how much to drink when it’s hot. Avoid beverages containing caffeine, alcohol or large amounts of sugar. These drinks cause dehydration.
- * **Ask your health care provider if your medications could increase your risk of heat-related illness.**
- * **Wear lightweight, light-colored and loose-fitting clothes.**
- * **Visit at-risk neighbors, friends or family members at least twice a day.** Watch for signs of heat-related illness: hot, dry skin, confusion, hallucinations and aggression.
- * **Call 911 if medical help is needed.** See the Red Rocks Reporter July issue for more details about heat-related illnesses.

Taking Care of Yourself

Submitted by Gloria Fragua, Outreach/Family Caregiver Program

Taking care of yourself may seem like a luxury, but it’s essential to your health and well-being. Your immune system can become compromised with stress and grief, leading to illness. Taking care of yourself involves exercising control over your own life, which increases confidence. Make room for balance in your life by clearing your mind and supporting yourself to manage a demanding lifestyle.

Self-Care Tips

Laugh. Laughter naturally produces pleasure.

Get enough rest, food and nutrition. Keeping your body energized and healthy is important. You’ll feel better physically and emotionally.

Find relaxing activities like a massage, yoga, stretching or some type of meditation. At least ten minutes of quiet time can help clear your mind and help you relax.

Make time to do something that gives you pleasure. Listen to music, garden, shop, walk with a friend, go to a movie. A prescription for self-care doesn’t have to be expensive.

Join a support group. Share with our group and talk through

your stressful times. The support group may be all you need. Meetings are held the first Monday of the month.

Start a journal. Writing can be good therapy.

Rekindle your faith and spirituality. Go to church, give your life meaning, and enjoy the richness of Mother Earth.

Read books on change, stress relief or self-help.

Seek and accept help. When people offer assistance, accept it.

Every little bit helps! These tips and suggestions won’t eliminate stress, but will help reduce its negative effects. Some stress and anxiety is normal. But if stress progresses, you may need to seek help.



PUBLIC HEALTH

BEHAVIORAL HEALTH

How Alcohol Affects the Family

Submitted by Mildred Baca, CHR/MCH

Alcoholism is defined as a disease or illness. Alcoholism is a chronic disease and can last a lifetime without help. Alcoholics can be of any age, background, income level, and social or ethnic group. Alcoholism is progressive. It will not go away or get better with time unless a person gets help.

From the very first sip, alcohol starts affecting body and mind. After one or two drinks, people may start feeling more sociable, but drinking too much affects basic functions such as walking and talking. You may say things you don't mean and do things you won't remember. Some affects of alcohol disappear overnight, but others can stay a lot longer or become permanent.

Alcohol affects judgment and reasoning, slows reactions, disturbs balance and coordination, impairs vision and hearing, decreases concentration, causes drowsiness, creates tremors and blackouts, and disrupts family and work life. Alcohol irritates the stomach, and may cause nausea and diarrhea. Alcohol also has a dehydrating affect.

Alcohol and the Family

Alcoholism is a family disease and is responsible for more family problems than any other single factor. An alcoholic can disrupt family life and cause harm that can last a lifetime for family members, especially children. A recent US Department of Health and Human Services study found that 76 million American adults have been exposed to alcoholism in the family. One in four families has problems with alcohol. Each family member may be affected by alcohol differently.

Children of alcoholics may have problems in school. The stress at home prevents them from studying. Often children of alcoholics have difficulty establishing relationships with teachers and classmates, and may drop out of school. These children live in extremely unstable home environments. Children of alcoholics also may feel guilty for their failure to save their parents from the effects of alcohol.

Crime and violence are associated with alcoholism. Incest and battering are common in alcoholics' families. Almost 30 percent of father-daughter incest and 75 percent of domestic violence cases involve a person who is an alcoholic. Incest and domestic violence victims often blame themselves for what happens. They feel guilty, ashamed and helpless to the point where they themselves may turn to alcohol to escape the pain.

Alcohol and Pregnancy

Parental alcoholism affects the child even before birth. In pregnant women, alcohol is carried to all of the mother's organs and tissues, including the placenta. When a pregnant woman drinks one can of beer, the fetus is exposed to the equivalent of three cans of beer.

Pregnant women who drink alcohol throughout pregnancy may give birth to babies with fetal alcohol syndrome (FAS.) Fetal alcohol syndrome is a major cause of birth defects. About 5,000 babies are born each year with severe damage caused by FAS. Babies born with FAS are small and underweight compared to normal babies. They have deformities of the brain and skull; characteristic facial features are small eye openings, thin upper lips, long, flat faces and a long groove in the middle of the upper lip. Children with FAS have learning difficulties, short attention spans and memory problems.

Deciding to stop drinking is the most important decision a mother can make for herself and her baby's life.

For more information on alcohol and its effects, or if you are seeking professional help, please contact Jemez Health & Human Services Behavioral Health Program at (575) 834-7258 or the Public Health Programs at (575) 834-7207. ***All calls are strictly confidential.***

Sobriety Conference

Submitted by Bill Fragua

The Jemez Behavioral Health Program and the Jemez area Alcoholics Anonymous group hosted the 2012 Sobriety Conference on June 21 at the CRC with more than 100 people participating. The day started with a Sobriety Run at 6:30 a.m. with assistance from the Public Health Program.

The Walatowa Veterans Association opened the event with an Honor Guard. Mr. Alton Tosa gave the invocation. Behavioral Health Program Manager Keahi Souza welcomed the group with a discussion of the importance of living a sober life. Second Lt. Governor Larry Chinana also spoke to our people about the importance of not drinking, noting that alcohol is not part of our Jemez way of life.

Male and female speakers gave presentations about their journeys to sobriety. Participants reported that one of the highlights of the conference was the newcomers' panel which included several of our own tribal members. A second panel featured tribal members who have more experience with their sobriety.



The afternoon concluded with an open mike session, sobriety countdown and closing prayer.

If you need help with an alcohol problem, or if you care about someone who does, please contact the Behavioral Health Program at (575) 834-7258. ***All calls are strictly confidential.***

Behavioral Health Program Manager Keahi Souza, MS, MSW, LMSW.

PUBLIC HEALTH

Meet Your Weight Loss Goals

Submitted by Alva Gachupin, Health Advocate

Are you tired of working out and not seeing the results you want? Your weight is a balancing act and the calories you consume are part of that equation.

Weight loss comes down to burning more calories than you take in. You can do this by reducing unneeded extra calories from food and beverages and increasing the calories you burn through physical activity.

Here are some tips to help you with your weight loss goals.

Plan meals ahead of time. You'll be less likely to make unhealthy last-minute food choices.

Go nuts with nuts. Eating a handful of nuts will help you stay full. Try soaking them in water for a different texture.

Skip fried foods. There are other, healthier ways to cook: roasting, steaming, poaching, baking, braising and broiling.

Grocery shop with a list and a time limit. You'll be less likely to stray into the processed foods section.

Don't confuse thirst with hunger. Drink a glass of water when you feel hungry to see if that's what you're really craving.

Take a brisk walk before lunch or dinner. Not only will you get in some exercise, you're less likely to choose something unhealthy after a little movement.

Are your dishes too big? A healthy dinner should fit on a 9-inch plate. You may find that kid-sized plates are more appropriately sized to feed an adult!

Get your zzzzzs. Sleep deprivation alters hormones levels that regulate hunger, causing an increase in appetite.

Build muscle. Muscle burns at least four times as many calories as fat. Add 20 minutes of strength straining two to three times a week.

Keep track of your steps. Use a pedometer to count your steps; reach 10,000 steps a day or you're not moving enough.

Weigh yourself and keep track of your progress in a journal; people who do are more likely to lose weight.

Distracted dining is trouble. Avoid eating in front of the TV or at the movies; you consume more calories when you're not paying attention.

Pass on pop. You'll be amazed by how much weight you drop by simply switching to water.

Eat a healthy breakfast. You'll have a better chance of losing and maintaining weight loss.

The bottom line: The key to successful weight loss is a commitment to making permanent changes in your diet and exercise habits.



TEN WEIGHT LOSS TIPS

Submitted by Felippta Loretto,
Health and Fitness Technician

1. **Eat at least five servings of fruits and vegetables per day.** They're packed with fiber, vitamins and antioxidants, and low in calories.
2. **Watch your portion sizes.** Americans are eating much more than what our bodies need.
3. **Don't skip meals.** Skipping meals can cause your body to go into a fat-storing starvation mode, making it harder to burn calories. Eating small meals helps balance your calorie intake throughout the day.
4. **Choose wholesome fresh foods.** Avoid highly processed foods.
5. **Don't be overly restrictive.** Small treats once in a while can be rewarding.
6. **Read and understand food claims and labels.** A product labeled "fat-free" does not mean that it is low in calories. Always read nutrition labels on packaging.
7. **Watch sugary drinks,** such as juices, sodas, extra cream and sugar in your coffee or tea. Sugar adds up quickly. Try drinking mostly water throughout the day.
8. **Keep a food journal.** A food journal helps you plan your eating patterns or habits.
9. **Make small changes.** Set small goals to achieve the changes you want to make.
10. **Exercise, period.** We need 30 to 60 minutes of physical activity every day to stay healthy. Add weight-bearing exercise at least two times a week.

COED AND MEN'S SOFTBALL TOURNAMENT AUGUST 17 - 19

All Open — Everyone Plays!

Certified ASA Officials

First game at 5:30 p.m.

Double Eliminations

(12-player teams, including coaches)

Entry Fee: \$185; \$100 non-refundable deposit

(no personal checks please)

For more information, call Ira Tosa at
(505) 917-4015

PUBLIC HEALTH

Take Care of Your Kidneys

Submitted by Gail Overton, Diabetes Educator

The kidneys clean the blood by filtering out waste and excess water and sending them to the bladder to be eliminated as urine. Kidney disease, which is also called *nephropathy*, occurs when the filtering system isn't working.

Risk Factors For Kidney Disease

Diabetes is the leading cause of kidney disease; 44 percent of people starting dialysis have kidney failure caused by diabetes.



High blood pressure is the second leading cause of kidney failure. Ask your health care provider about the right blood pressure for you.

Heart disease is connected with kidney disease. People with heart disease are at greater risk for kidney disease and people with kidney disease are at higher risk for heart disease.

Family history of kidney disease. Kidney disease tends to run in families. If a parent or sibling has kidney failure, you may be at risk.

For People With Diabetes

It's very important for all people with diabetes to be screened for kidney disease. The American Diabetes Association recommends three tests to screen for kidney disease:

Blood pressure. High blood pressure can be a sign of kidney damage and can also cause kidney damage. The blood pressure goal for people with diabetes is less than 130/80. Get your blood pressure checked at every clinic visit.

Urine albumin tests. When kidneys are damaged, a protein called albumin leaks into the urine. A test can detect

very small amounts of albumin in urine. This test should be done yearly.

Estimated glomerular filtration rate (eGFR) blood tests.

Damaged kidneys do not remove all of the waste product *creatinine* from the blood. How well kidneys are filtering can be calculated from blood creatinine level, weight, age, sex and race. Some laboratories calculate the eGFR automatically and report it with blood creatinine level. People with diabetes should get an eGFR test yearly.



What You Can Do

People with diabetes can take action to help prevent or slow the progression of kidney disease.

- ▶ **Keep blood glucose under good control.**
- ▶ **Keep blood pressure under control.**
- ▶ **Don't smoke and avoid second-hand smoke.**
- ▶ **Take over-the-counter pain-killers sparingly.** Some studies link heavy use with higher risk of kidney disease.

Resource: Karen Halderson, MPH, RD, LD, CDE, Extension Diabetes Coordinator, Adapted from www.nkdep.nih.gov/resources.shtml and American Diabetes Association Complete Guide to Diabetes, Fifth Edition

Immunization Awareness Month

National Immunization Awareness Month encourages everyone to protect their health by being immunized against infectious diseases. August is the perfect time to remind your family, friends and coworkers to make sure their immunizations are up-to-date.

Children must be current on immunizations before they can return to school. Students heading to college should update their vaccinations before moving into their dormitories. Adults should get regularly scheduled booster shots. And soon it will be time for everyone over six months old to get a seasonal flu shot.

Young Children

- ▶ Children under age 6 need a series of shots to protect against measles, rubella (German measles,) polio, chicken pox and hepatitis.

Preteens

- ▶ All 11 and 12 year-olds need shots to protect against tetanus, diphtheria, whooping cough and meningitis.
- ▶ Doctors recommend that girls also get the HPV vaccine to protect against the most common cause of cervical cancer.

Adults

- ▶ All adults need tetanus booster shots every 10 years.
- ▶ People age 65 and over need a one-time pneumonia shot.
- ▶ A vaccine to protect against shingles is available for older adults. Shingles is a very painful disease caused by the virus that causes chicken pox, and can occur in anyone who had chicken pox as a child.

Talk to your health care provider about which immunizations you and your family need. Call the Jemez Health Clinic at (575) 834-7314.

Health Tip: Keep a copy of your vaccination records in a safe place. You may need them if you need medical care when you travel.

PUBLIC HEALTH

Healthy Children Walk or Bike to School

Submitted by Cornell Magdalena

School is just around the corner. Encourage our community students to walk or bike to school to reap the benefits of living a healthy lifestyle!

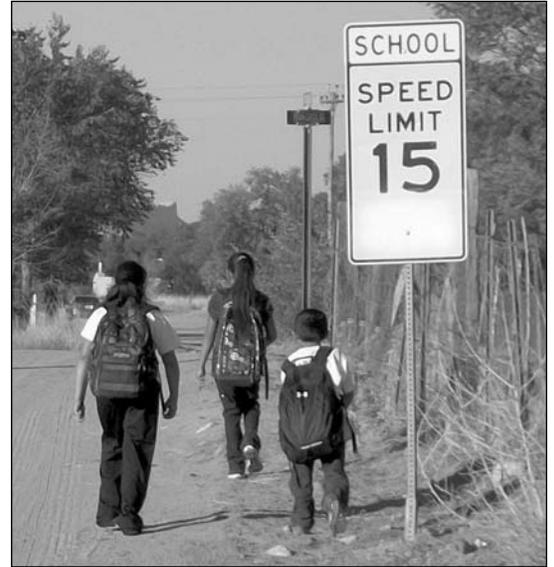
Our community children successfully stayed active over the summer by participating in the Summer Recreation and the Healthy Bodies, Healthy Minds Walatowa Bike Club. The improvement in the health and well-being of our children is encouraging. We want to continue our efforts by encouraging our children to stay physically active during the school year by walking or biking to their local schools.

Walking or biking to school every day is great exercise. Children get to school energized and ready to learn. Kids spend more time with their friends and classmates. Health benefits for children who walk or bike to school include weight and blood pressure control, reduced risk of diabetes and better academic performance.

With fewer parents driving their kids to school, the streets are safer and the air is cleaner because there are fewer cars on the road. Plus parents save money on gas.

When children walk or bike to school, we also get the opportunity to improve pedestrian safety, decrease neighborhood and school traffic, and reduce pollution in neighborhoods. Creating pedestrian- and bicycle-friendly neighborhoods is good for our community.

Have a great and safe school year!



Walatowa Childcare Earns Two-Star Certification

Effective July 1, the Walatowa Childcare is now a two-star facility licensed by the New Mexico Children, Youth and Families Department (CYFD.) To achieve a STAR level license, facilities must meet all of the STAR Essential Elements. Programs must continue to maintain licensing requirements for staff training and education, learning activities,

environment, family involvement, ratios and group sizes, and communicating and sharing information with parents.

The Walatowa Childcare thanks all who helped with the certification. Congratulations to the staff who recently completed the New Mexico Early Care, Education, and Family Support 45-hour course *Foundations in the Seven Basic Competencies*: Rachel Gachupin, Paulita Toya, Cassey Romero and Alleyna Madalena. All Walatowa Childcare staff now hold 45-hour certifications.

“This has been a challenging process and we’re very proud of our staff and grateful to everyone who helped with the certification,” says Monique Sando, Jemez Community Development Corporation (JCDC) general manager. “We will continue to work to improve our facility and take it to the next level.”

This certification allows Walatowa Childcare to maintain the Tier 2: CYFD Subsidy Program, which provides childcare subsidies for low-income families that are working or in school and need childcare. For more information on CYFD Childcare Assistance Program, contact CYFD directly at (800) 832-1321 or at the Rio Rancho field office at 4359 Jager Dr. NE, Suite A in Rio Rancho.

Walatowa Childcare operates four classrooms in a three-tiered

program (CCDF, CYFD and private pay.)

Infants	3 months to walking
Toddlers	Walking through 2.5 years old
Caterpillars	2.5 to 3.5 years old
Butterflies	3.5 to 6 years old

They also offer before and after school programs.

To learn more about the Walatowa Childcare, employment/ intern opportunities or childcare spaces, please contact the Walatowa Childcare at (575) 834-7678 or by e-mail at childcare@jemezpuablo.com.

HEAD START NEWS

Attention parents! School starts Head Start students on Tuesday, Sept. 4. There will be a meeting for parents on Tuesday, Aug. 28.

Health screenings will be given Thursday, August 23 and Friday, August 24 at the CRC.

The screenings will include hearing, vision, dental and developmental assessments.

New projects on the agenda include a new swing set, borders for the play area, and a new stove.

SOCIAL SERVICES

Parental Involvement in Children's Education

Submitted by Joline Cruz, Social Services Prevention Coordinator

Schools are limited in what they can do *alone* for children. It's important for parents to recognize the powerful role they have in their children's education. Success in school begins at home, where parents are the first and primary teachers throughout their children's educational experience.

Creating an environment of teamwork between home and school can support a child's learning process. Studies show many benefits when parents take responsibility to become team players with schools and children. Developing a team partnership requires:

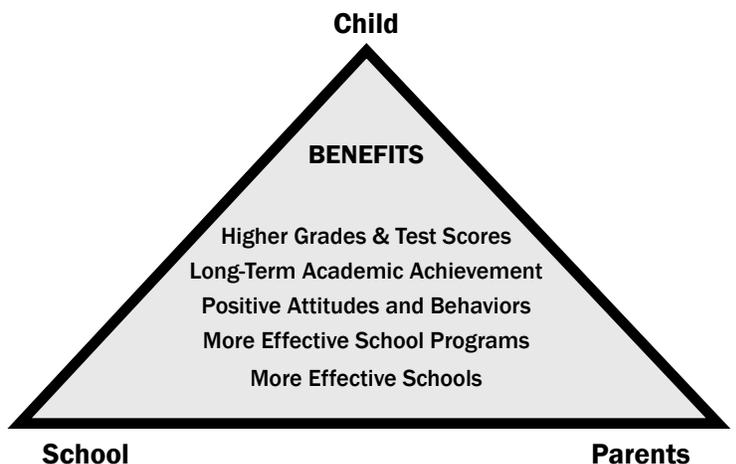
- ☛ **Active parental involvement with the schools**, for example, participating in parent-teacher conferences, fund raisers, orientations and school activities.
- ☛ **Communicating with team players** – the school, the parents, the child. Get to know your child's teacher; volunteer to help in the school; learn about school and classroom policies and support them; inform teachers of any stressful situations or changes at home that might affect learning for your child; let teachers know when and where you can be reached during the day; if you are upset with the school or an individual, gain composure before contacting them.
- ☛ **Creating a supportive learning environment at home**. Model love and respect for learning; read to and with your child; show an interest in your child's learning; set appropriate expectations for your child's developmental level and abilities; and know how and where your child studies best.

When parents become team players in their children's education, they say to their children:

- ♥ I care about you.
- ♥ I believe in education.
- ♥ I will support you and encourage you to reach your highest potential in education.

Resource: Practical Parent Education

Jemez Social Services Program wishes all parents and children a safe and happy school year!



Women's Talking Circle

Tues., Aug. 7 & Wed., Aug. 29 6 - 8 p.m.
Social Services Building Conference Room

The group will discuss issues including domestic violence, sexual assault and stalking.

"We need to bring awareness to the community of Jemez Pueblo about these issues and provide support and resources for people, especially for victims," says Farrell Shortman, BSW, Outreach Specialist. "These Talking Circles will also give us feedback and help us determine what other services our community may need."

Snacks will be provided. For more information, contact Farrell Shortman at (575) 834-7117.

Healthy Feet = Happy Feet

Podiatry Services at Jemez Pueblo

Submitted by Virginia Toya, CHR

The Public Health Program offers podiatry clinics twice a month at the Walatowa Senior Center. Currently, Dr. Faith Shapiro is the podiatrist on contract to provide this specialized service.

People with diabetes are priorities for these clinics. An annual foot exam is part of the Diabetes Standards of Care. Comprehensive foot exams by a podiatrist can help prevent amputations from having uncontrolled diabetes.

Other patients with foot problems who do not have diabetes can also be seen if they are referred by their medical providers.

If you are having pain or any problem with your feet, please go to the Jemez Health Clinic first before coming to the podiatry clinic. The podiatrist requires a medical doctor's referral prior to being seen and evaluated at the podiatry clinic. If you had X-rays done at the clinic for foot pain, please request your X-ray CD and bring it with you to your appointment so services can be provided.

If you have an appointment for the Podiatry Clinic, please keep it or call to cancel if you are unable to attend. Other people on the podiatry waiting list can then be called to fill vacated appointment slots and times.

Happy feet are a very important part of being healthy! If you want more information, please contact Virginia Toya, CHR, at (575) 834-7207.

JEMEZ VALLEY HIGH SCHOOL

Submitted By Brad Parker, Jemez Valley High School Principal

English

History

CHEMISTRY

School News

BIOLOGY

Social Studies

MATH

Jemez Hosts Students From Ecuador



(Above) Marco Quilca, Margarita Pagalo, Roberto Minda, Gabriela Naula and Nicolas Farinango dance for guests at the CRC.

(At right) Margarita Pagalo and Roberto Minda demonstrate an Ecuadoran traditional dance.



The Pueblo of Jemez Department of Education, in partnership with the University of New Mexico (UNM), hosted a group of five college students from Ecuador in July. The students attended the UNM Latin American and Iberian Institute to improve their written and spoken English language skills. After their course work was completed, our indigenous cultural exchange brought the students to our community to experience Native American culture and government through routine family, tribal and community life. The students also toured Jemez tribal departments and programs to learn more about how we address language and culture, education, health care, water issues and natural resources.

The group attends San Francisco University in Quito, Ecuador; the school requires each student to reach an intermediate level of English proficiency to graduate and receive their degrees. All of the students were from various Ecuadoran indigenous ethnic groups.

Marco Quilca is from the Cayambi ethnic group in the Andean region, one of the oldest in Ecuador. He is studying mechanical engineering and works as a math tutor in the University's Learning Center and as an assistant in the Business School.

Margarita Pagalo is from a small town near Riobamba,

Chimborazo and belongs to the Calpis ethnic group, part of the Puruha culture. She is studying hospitality to use her spirit of service to efficiently serve others.

Roberto Minda, from Morona Santiago in the southern Ecuador Amazon region, is from the indigenous Shuar people. He is studying international relations, with minors in political science and anthropology. He also plays on the university's basketball team.

Gabriela Naula is from the Puruha ethnic group and lives in Quito with her parents and siblings. A chemical engineering student, Gabriela is interested in environmental issues and hopes to start a business helping communities affected by environmental problems.

Nicolas Farinango, of Otavalo nationality, was born in San Pedro, a small village near Cotacachi. He recently graduated with a degree in business administration and marketing and works as an assistant administrator in the Ethnic Program Office at San Francisco University.

As a way to thank the Jemez community for the warmth and hospitality they experienced, the students gave several presentations that were open to the community. Each student showed a short video that described their homes and communities, and the group performed several dances from their home cultures.

EDUCATION

HAVASUPAI NATION FIELD TRIP

Submitted by Darwin Cajero

Visiting the Havasupai Nation at the bottom of Grand Canyon, Ariz., was a challenge but a very beautiful place for adventure and experience. I had the opportunity to visit the Grand Canyon with the Ecological Society of America, a program for diverse students who are studying natural resources, environmental issues, ecology, and Native American indigenous studies. The trip focused on water sustainability in the Colorado River Basin from a cultural and ecological perspective. The group included 17 undergraduate and graduate students and four mentors/staff members. We gained valuable exposure to traditional knowledge from cultures that are similar to other tribes.

On the morning of May 27, we departed for the three-hour drive to the rim top of Havasu Canyon. We started our hike around 8:30 a.m. before the temperature hit 100 degrees. We were accompanied by four guides who did a tremendous job of supplying snacks, water and foot care if needed.

The tall red canyon walls provided plenty of shade as we made our way down to the Supai village. As we got closer to the village, we came across a creek which was extremely clean and pure. The water was turquoise and we could clearly see through it. The water was so clear because of the calcium carbonate formed from the natural spring water.

As we entered the village of Supai, some community members were relaxing in the town center where there were a grocery store and a deli. We stopped at the grocery store to refill on water, buy cold drinks, ice cream and post cards. The only transportation is by foot, helicopter and horseback. Every item is flown in by helicopter. It's like a third world country here in America.

The Havasu people have learned to

conserve their resources. One big issue is trash. They don't have a transfer station where you can dump your trash. They must pay a helicopter to remove their trash.

After a rest at the village, we kept walking down to Havasu Falls. Once we cooled off and swam for a while, we started our journey to the campground where tents were already set up.

The following day, the guides made breakfast and Roberto Nutlois gave a presentation about the Black Mesa Water Coalition. Roberto discussed what they had to do to promote sustainability. Then we walked down the canyon to Mooney Falls where we encountered a 200' climb down a canyon wall. This was intense and we had to do three point anchors at all times so we didn't lose our balance. We had to be very careful! Once we arrived at the bottom, we had time to swim in the pools of water. Back at camp in the evening, Havasupai elder Edmund Tilousi discussed their culture and history of the Havasupai Nation.

The next morning, we woke at 3:45 a.m. to break camp and get an early start to beat the heat for the hike back up to the rim. The early morning was nice and cool and everyone made it to the top by noon. Our guides made lunch and closed the trip with a poem in which we all had one line to say.

In Flagstaff we had a closing dinner with Rex Tilousi, a Havasupai elder. He gave a presentation of the canyon when he was growing up. He attended boarding school at a very young age and was nearly forced to forget his language. He said that if he spoke his language, his mouth was washed out with soap. He spent a year at the boarding school since they had limited access to transportation. When he returned home, he practiced all his songs and traditional knowledge.

It felt good connecting with the Havasupai and knowing there are other indigenous nations who also want to protect and preserve their natural resources, language and culture. Their way of life is similar to ours. They plant corn, beans and squash which are their main sources of food. Their resources are being destroyed by Canadian miners who are mining uranium to sell to make bombs, bullets and weapons. It destroyed Rex's heart when he learned how they are using the uranium because it was coming from his land and he was taught to value life and the resources of their lands.

In closing, I want to say be proud of who you are. Jemez is well known for its beauty, traditional food, and our Towa language. When we leave the Pueblo, we represent Jemez Pueblo and our People."



Darwin Cajero at Mooney Falls.

EDUCATION

Jemez Valley Public Schools

Submitted by Brad Parker, Principal, Jemez Valley High School

Registration

Returning students: please bring proof of residence.

New students must provide proof of residence as well as immunization records, birth certificates and updated high school transcripts (if applicable.)

Students who want to participate in sports must have recent physical exams as of April 1, 2012 and be academically eligible. The high school office has forms that we file for the year. Submit this form to the high school athletic director, Mr. Parker, not to the coach. Ms. Mijares serves as the middle school athletic director, so she will receive the physical exams for athletes participating at the middle school level.

If you need the form, you can get one at the high or middle school office or request one by e-mail to Ms. Monica Tolleson at mtolleson@jvps.org and we will e-mail it to you.

Our new assistant superintendent, Mrs. LeAnne Salazar-Montoya, comes to us from northern New Mexico. She will serve as the new elementary school principal and will have responsibilities in the central office. Mrs. Salazar-Montoya will also participate in this year's class of aspiring superintendents. When you get a chance, come around and visit with her. Our previous assistant superintendent, Dr. Susan Wilkinson Davis, is the new superintendent for Vaughn Municipal Schools. She will be greatly missed. We wish her the best of luck in her new assignment.

Events and Activities

- August 1: Registration (8 a.m. to 4 p.m.)
- August 8: Staff Return
- August 10: First day for students
- August 15: No School (Zia Feast Day)
- August 23: Open House for all schools
- Sept. 3: No School (Labor Day)

Graduation

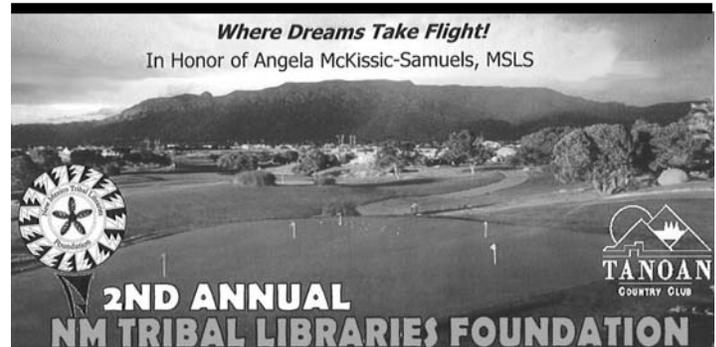
Every school year brings with it things to look forward to and challenges. One of the big challenges this year will be graduating our seniors. As of this writing, looking at both the sophomore and junior classes who took the NMSBA last year, we will have a large percentage of seniors who will not graduate.

Parents will need to come in and chat with me so we can make a plan to get their student's scores up to a level where the state will allow them to graduate. It will be a lot of hard work on both the school's and the parents' parts, but I feel we can win this one with hard work from school, home and students. Once school starts, I will be calling the affected students and parents into my office so we can make a plan.

Being at school every day, on time, with all work done, and being ready to learn will be an understood requirement. For students who did not pass the NMSBA, if high school graduation is important, nothing can take the place of hard work at all times; no other commitments can be a priority over school.

Having said that, this year promises to be one of the best yet!

NEWS YOU CAN USE



Golf Tournament

MONDAY, AUGUST 20 TANOAN COUNTRY CLUB GOLF COURSE

Proceeds support New Mexico tribal libraries in continuing to provide library services, materials and programs to their communities: Jemez Pueblo Community Library, Acoma Learning Center, Pueblo of Isleta Public Library, Laguna Public Library and San Ildefonso Pueblo Community Library.

Registration deadline: Aug. 17 Sponsorship Deadline: Aug. 10

Registration starts at 7 a.m. Shotgun starts at 8 a.m.

Registration includes greens fee, cart, ditty bag, range balls, T-shirt, lunch.
 1st, 2nd, 3rd & Last Place Winners Closest to the pin (Men & Women)
 Longest Drive (Men & Women) Car or motorcycle for a hole-in-one!

REGISTRATION FEE: \$1,000 per team of four players

SPONSORSHIPS: \$3,000 Sun Sponsor: Two Teams (8 Players)

\$2,000 Eagle Sponsor: One Team (4 Players)

\$1,500 Parrot Sponsor: One Team (4 Players)

Contact Maureen Wacondo at (505) 362-6463, mwacondo@yahoo.com or Janice Kowemy at (505) 552-6280, for more information.

Make checks payable to: New Mexico Library Foundation, P.O. Box 650, Jemez Pueblo, NM 87024

2012 Kewa Pueblo Arts & Crafts Summerfest

YOUTH AGES 19 & UNDER

FRIDAY, AUGUST 10 7:30 A.M. TO 4 P.M.

TRADITIONS MARKETPLACE

Youth are 19 and under are invited to showcase their talents and sell their work. Artists, sculptors, jewelers and craftspeople are welcome!

This all-day event will include a run/walk, water fight, Zumba and much more.

For registration information, call (505) 771-9583.

NEWS YOU CAN USE

Tribal Council Report

Continued from page 3

Pueblo of Jemez Grazing Ordinance, Amended July 16, 2012,
abridged, continued.

Construct and maintain needed improvements;
Develop proposals to fund ongoing range management activities; and
Solicit public comment and obtain expert advice as needed.

Section 4: Grazing Permits. Grazing permits are required for all livestock on the tribal rangelands covered by this ordinance.

The Governor is empowered to issue and cancel permits. The Governor may, after consultation with the Range Manager, cancel permits for violations of permit conditions.

The Governor may grant preference to applicants who are members of the Jemez Pueblo Livestock Association.

The NRD will set reasonable permit fees based on costs to maintain range-related natural resources. The NRD will consult with the Jemez Pueblo Livestock Association to determine fees.

Grazing permits constitute written agreements between the Pueblo and permit holders.

Permit holders' responsibilities include supervision and care, maintaining good animal husbandry practices, moving and/or transporting animals, and maintaining existing water and forage resources.

All livestock over the age of two years must be branded and carry tribal identification ear tags issued by the NRD to each animal.

Bulls must be branded and rotated out of the herd at three years of age.

Livestock must be vaccinated and inoculated as required.

Grazing permits may not be exchanged, sublet, assigned or transferred.

Fees. The NRD will establish a fee per Animal Unit Month (AUM) with the Governor's approval. All permit holders must pay fees to the Pueblo of Jemez Finance Department monthly. The NRD will use revenues from fees to improve range resources for cattle.

Permit holders who, because of permit violations, have their permits cancelled, will be prohibited from receiving future permits.

Any individual who grazes livestock on the reservation without a permit is guilty of trespassing and will be subject to civil and criminal penalties under the Pueblo of Jemez Tribal Code.

Section 5: Livestock Health Regulations

Permit holders must provide:

- (a) sufficient good quality, wholesome food and water;
- (b) adequate shelter and protection from the weather;
- (c) veterinary care when needed to prevent suffering; and
- (d) humane care and treatment.

Permit holders will inspect all animals under the permit at least weekly and at least every other day during calving season and weaning.

Permit holders must provide adequate, humane care for any injured animal as soon as the injury is discovered.

Permit holders or owners who mistreat, injure, kill without justification, torment, abandon or fail to provide necessary sustenance to an animal will be guilty of a misdemeanor and sentenced to up to 90 days in jail or assessed a fine of \$500 or both.

The Governor is empowered to confiscate, impound, sell or euthanize any animals neglected by permit holders.

Unauthorized livestock will be impounded and sold.

Mosquito Tests Positive for West Nile Virus

The New Mexico Department of Public Health found a mosquito sample from the Pueblo of Jemez to test positive for the West Nile Virus (WNV.) The mosquitoes were collected Tuesday, July 10, 2012.

Mosquito Fogging

Weather permitting; the Natural Resources Department proceeded with a mosquito "fogging mission" approved by Governor Madalena.

Reminder: Mosquito fogging is always a last option for mosquito control. Help reduce mosquitoes by eliminating standing water in barrels, buckets, tires and other items around your home and fields that collect water after rains. Reporting areas of stagnant water to the Natural Resources Department at (575) 834-7696 or (575) 834-3205.

Protect Yourself

Everyone who is outdoors should protect themselves with mosquito repellent that contains DEET. Re-apply repellent if you are being bitten by mosquitoes. **Always follow the directions on the product.** Sweating, perspiration or getting wet may mean that you need to re-apply repellent more frequently.

Wear light-colored long-sleeved shirts and pants when you are outdoors in addition to using mosquito repellent (DEET). Limit outdoor activities from dusk to dawn.

Symptoms of West Nile Virus

Most people infected with WNV have no symptoms. But some who contract the virus may have symptoms that can include fever, headache, nausea, body aches and mild skin rash. In a few cases, the disease will progress to encephalitis (brain inflammation.)

The time between the mosquito bite and the onset of illness (the incubation period) ranges from three to 15 days. It is estimated that 1 in 150 people who are infected with WNV will need hospitalization. There is a 3 to 15 percent death rate in humans who develop encephalitis. The elderly are particularly susceptible to illness caused by WNV. There is no specific treatment for WNV, although supportive care is important.

If you have questions or concerns, contact Ray Ashley, Environmental Health Specialist, at the Natural Resources Department at (575) 834-3205 or (575) 834-7696.



PUEBLO of JEMEZ

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

Presort Standard
US Postage Paid
Albuquerque NM
Permit No. 1741

Boxholder
Jemez Pueblo, NM 87024

JEMEZ STATE MONUMENT PRESENTS
9TH ANNUAL PUEBLO INDEPENDENCE DAY
In Commemoration of the 1680 Pueblo Revolt
SUNDAY AUGUST 12, 2012

On August 10 and 11, 1680, the Pueblo People of New Mexico — aided by some Apache and Navajo allies — launched a successful rebellion against Spanish colonization.

The commemoration will begin with a pilgrimage run from Walatowa plaza to Gisewatowa plaza. Participating in this run is a way to pay tribute to the Ancestors and show appreciation for the sacrifices they made. Their brave resistance helped preserve the Pueblo way of life: our culture, our languages and our right to one day reclaim our aboriginal lands.

- 7 a.m. Run begins at the Jemez Pueblo plaza. The public is welcome to participate. Water stations will be available.
- 10 a.m. Guest speakers at Jemez State Monument.
- 10:30 a.m. - 3:30 p.m. Enjoy traditional Native dances, sample authentic Native foods and shop for arts & crafts.

FREE Vendor booths available. Call Jemez State Monument for details at (575) 829-3530 or www.nmmonuments.org. Free admission for New Mexico residents.



2012 PRESIDENTIAL GENERAL ELECTION

TUESDAY NOV. 6, 2012
7 A.M. TO 7 P.M.
JEMEZ CIVIC CENTER

REGISTER TODAY AND VOTE!

If you need more information, call the SOS/NAEIP office at (505) 934-8826, (505) 238-7164 or (800) 477-3632.

Thank you to everyone who voted in the Primary Election in June.:

Jemez Pueblo Precinct 15 Voter Turnout

Early In Person Voting	66
Absentee Voting	167
Election Day	372
Total voters	605

Exercise Your Right To Vote and Be Heard
"It Counts To Vote!"



New Mexico State Monuments

