



Red Rocks Reporter



JANUARY 2012

FROM THE GOVERNORS

PUEBLO OF JEMEZ WELCOMES NEW LEADERS

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 FIRST LT. GOVERNOR **Larry Chinana**
 SECOND LT. GOVERNOR **Juan Toya**

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Byron Yepa

Elston Yepa
Terrance Casiquito
Vincent Baca

Phillip Madalena
Vernon Tosa
Matthew Gachupin, Jr.



"We look forward to a good year serving our community," Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juanito Toya.



2012 TRIBAL GOVERNORS

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

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TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

January 2012 Edition

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FROM THE GOVERNORS

To our community,

It is an honor to greet our community as your Governors this year. As appointed by our religious leaders, we will do everything we can to help and support our people. We are looking forward to a year of continued growth, prosperity and progress.

Some of the critical issues we will address on behalf of our tribal nation include:

- ❖ *Pursuing land reclamation initiatives.*
- ❖ *Continuing water rights litigation.*
- ❖ *Establishing commercial agriculture on tribal lands to foster economic opportunities as well as reinforce our water rights claims.*
- ❖ *Encouraging and supporting post-secondary education.*
- ❖ *Improving economic development and providing more jobs.*
- ❖ *Partnering with Los Alamos National Laboratories in business ventures.*
- ❖ *Moving forward on plans for gaming in Anthony, NM.*
- ❖ *Promoting the health and well-being of our armed services veterans.*
- ❖ *Ensuring the safety of our citizens and our neighbors through the Jemez corridor.*
- ❖ *Reinforcing our relationship with the US Forest Service with regard to Jemez lands.*
- ❖ *Continuing support for the development of Holy Ghost Recreation Area and all other ongoing projects.*

Parents, it is your job to teach your children to understand and respect our Jemez culture and traditions. Teach your children about their cultural identity and responsibilities. Honor and respect our elders, and make sure that they get the attention and care they deserve.

We ask for your respect and cooperation as we move into the year ahead. We are committed to continuing transparency in our administration. We will be responsive to the needs of our community through an open-door policy. In addition, we plan a series of public meetings to give tribal members opportunities to raise issues, voice concerns and discuss solutions.

We thank you for your trust and cooperation in the year ahead.

Sincerely,

Joshua Madalena
Governor

Larry Chinana
First Lt. Governor

Juanito Toya
Second Lt. Governor

TRIBAL COUNCIL

Tribal Council Report

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

Dec. 20, 2011. Governor Michael Toledo, Jr., First Lt. Governor George Shendo, Jr. and Second Lt. Governor William Waquie proposed the following resolutions which were approved by the Tribal Council:

Authorized the establishment of a tribal police substation on trust lands acquired for gaming.

Established that the Pueblo of Jemez Tribal Gaming Commission, a governmental subdivision of the tribe, will have its principle place of business on trust lands to be acquired for Class II and Class III gaming in Anthony, NM.

Authorized the application for a US Department of Housing and Urban Development (HUD) Indian Community Development Block Grant (ICDBG) for essential electrical and water infrastructure and housing rehabilitation projects.

Approved revisions to the Pueblo of Jemez Human Resources policy for authorizing payroll loans for tribal employees under certain circumstances.

Approved the General Fund Budget for fiscal year 2012.

Authorized the gift of a \$35 credit utility water bill for December and a \$15 gift card to purchase gas at the Walatowa C-store for every community household.



TRIBAL ADMINISTRATION

Tribal Employees Celebrate Service to the Community

Tribal employees celebrated the Christmas season at a luncheon on Dec. 21 at the Youth Center. Staff was encouraged to bring donations for food baskets as well as wrapped gifts for a gift grab bag. Employees also received gift cards.

Governor Michael Toledo, Jr. welcomed the group and thanked them for their hard work and dedication through the year. April Wilkinson served as mistress of ceremonies and the event featured a visit from Santa Claus as well.

The event was also an opportunity to recognize employees for their years of service. Congratulations and thank you to:

Five Years of Service

- Jennifer Andrew
- Geraldine Baca
- Anna De Felice
- Dawn Dozier
- Joseph "Bill" Fragua
- Maria Gachupin
- Martin "Bill" Gachupin
- Erica Kane
- Lucinda Kewanwytewa
- Sharlene Magdalena
- Melinda Mora
- Alberta Sando
- Imogene Shendo
- Eric Skold
- Jonathan Romero
- David Ryan
- Melesia Toya

Ten Years of Service

- Anthony Armijo
- Maria Benton
- Joyce Gachupin
- Margie King-Toledo
- Christopher Martinez
- Charles Sandia
- Diane R. Sando
- Roberta Raton
- Marina Toya
- Christine Waquie

Fifteen Years of Service

- John D. Romero
- Pauline Tafoya-Armijo
- Yolanda Toledo
- Vincent A. Toya, Sr.

April Wilkinson, Santa Claus and Vernon Tosa lead Christmas carols.

Second Lt. William Waquie, Governor Michael Toledo, Jr. and First Lt. Governor George Shendo, Jr. thank Yolanda Toledo and Vincent Toya, Sr. for their 15 years of work for the Pueblo of Jemez.



FROM OUR COMMUNITY

LETTERS TO THE EDITOR

To the editor:

"I found this letter most heartwarming and wanted to share it with our community. As readers of our own Red Rocks Reporter, please read Venaya Yazzie's letter below. I feel you will find great interest and appreciation for her thoughtfulness.

I recall a childhood memory of the early 1940s watching Navajo families trek in covered wagons along NM State Road 4 onto Jemez Pueblo. Historically, the Diné visit the Pueblo Feast Day events, especially Jemez Pueblo on Nov. 12.

Thank you to the Navajo Times and Venaya Yazzie for such a letter and its publication. Who really knows how many generations have participated in this intertribal assemblage of the Diné and Pueblo people?"

Patrick Romero

Show Respect to Pueblo Brothers, Sisters

Reprinted with permission from the Navajo Times, Nov. 23, 2011 edition

Choose one: a 50-pound sack of Blue Bird flour, dried corn, a bundle of dried Navajo tea; a sack of potatoes; blue corn cake; kneel-down bread or a Navajo rug or turquoise jewelry.

You might be asking what kind of list is this? Perhaps it's a Thanksgiving list? Or a Diné masani's family grocery list?

Well, not really. Instead it is a list of possible goods that Diné could take with them when the journey to various Pueblo feast days during the fall and winter seasons.

What? You may be asking yourself, "Why would I be expected to bring such items to the Pueblos?"

So I ask you, reader, do you know why you should bring something with you? Do you know the historical reasons why we Diné visit the Pueblo feast day events?

Truly it is my hope that such intertribal activity among 21st century Diné holds much more than watching the dances of Pueblo clans, eating red chili and Pueblo bread, and buying Pueblo jewelry. For this intertribal act of assemblage between Pueblos and Diné is not only an act of good will and solidarity and the perpetuation of thankfulness, but it is a way of keeping the historical traditions intact as we move into the future.

As you may be well aware, such current exchange and friendship originated via time of tremendous turmoil and trial chaos for both tribes.

Through the research of early American scholars and by early detailed documentation of Southwest history and, more importantly, through traditional indigenous oral history, it is known that during the Pueblo Revolt of 1680, some Diné of the eastern region of Navajoland assisted in the cause of the Pueblo people by giving them refuge, shelter and food as the Spaniards and the US military sought them out.

And furthermore, as the Long Walk exodus of the Diné as instigated in 1864, many Pueblo people of Walatowa reciprocated the gesture by opening their homes and tribal lands as a haven for those Diné who escaped the forced walk of the US Calvary to the internment camps at Fort Sumner, NM.

Through such close friendship our ancestral Diné integrated the Jemez into the Navajo clan system and this also includes other Pueblos such as the Zia and Hopi.

As a child growing up on what the Navajo Nation has deemed the "checkerboard" area on the eastern region of Navajo in the community of Dzi?na'odi?ii (Huerfano) in northeastern New Mexico, the feast day celebrations at Kisani'taa (Walatowa) have always been a family tradition.

Even today my maternal grandmother, who was born in 1930, often talk of her own childhood recollections of making the two-day horse and wagon trek with her parents south to the Pueblo, in which her parents would pack mutton to give, and how they would store the meat in the ground during the night to keep it fresh on their arrival to Walatowa.

Indeed my own childhood memories of the Walatowa feast days included those same traditions because of three generations of oral history stories of the late Jim and Louise Werito, my maternal great-grandparents.

It was such shared stories instilled in the hearts of their children and grandchildren that the tribal respect and goods exchange is still shared with the people of Jemez, as many have become life-long friends and family members through marriage

So Diné, I humbly ask you to consider such histories and continue this mutual respect toward our Pueblo brothers and sisters by perpetuating and instilling in your own families that same good will spirit of giving, and not just seeking your own self-regard in taking the food offered from our Pueblo hosts.

Evoke that idea of intertribal trade and gift exchange, for it is by such cultural ties of indigenous nations of the Southwest that we all continue to survive together, highly esteem on another, and sustain our tribal cultural traditions in a good and respectful way. And by recognizing these things we can have true thanksgiving.

Venaya Yazzie
Huerfano, NM

FROM OUR COMMUNITY

Youth Leader Goes to Washington

November 30, 2011

Dear Editor,

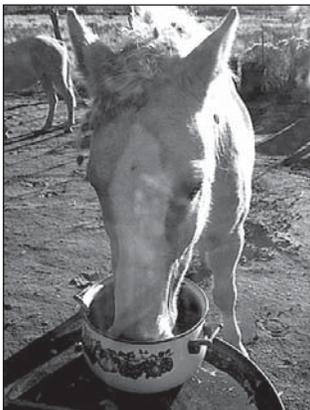
The purpose of this letter is to bring public attention to two serious problems in our community: 1) "free roaming" livestock along the highway; and 2) uncontrolled dog population.

The traveling public is being exposed to dangerous risks by the presence of cattle and horses along our state highway. We have been fortunate that no fatalities or serious injuries have occurred in recent years. High repair costs to vehicles are the usual outcome from these preventable accidents. The uncontrolled dog population also poses a number of potential health threats to our local residents. Children at play or those that walk or bike to school are especially vulnerable to threats from aggressive dogs.

There are tribal laws/ordinances in place to control animals and protect our citizens but unfortunately, compliance has always been one of our biggest problems. These issues need to be discussed at the schools, workplaces and at social gatherings to create awareness about these two potential health threats. The collective voices of our tribal members need to be heard so that the necessary corrective actions can be implemented.

Thank you.

Sincerely,
Concerned Tribal Member



An uninvited guest visits a tribal official's yard.

Submitted by Anthony Fleg, MD, Native Health Initiative Coordinator

Service work often rewards with intangible benefits: meeting great people, satisfaction in knowing that you are working for a better world. However, local youth leader Emmet Yepa received a very tangible reward for his service when he was invited to meet President Obama at the White House because of the work he has done to protect Mother Earth.

Emmet was one of 11 Native American youth the White House selected as a "Champion of Change" for his work to create a recycling program in Walatowa. The program asked youth to tell the President about their service and leadership in their communities.

"I am really honored to be accepted for this trip, and want to learn from this so I can bring information back to our youth in New Mexico," Emmet said. He talked about the other founding members of the Walatowa Green Stars - Tianie Toya, Lindsay Toya and Mark Panana, his family and the Walatowa community he represented.

The Champions of Change ceremony took place Dec. 1 at the White House. The youth all had a chance to speak about the work they are doing. The following day, they attended the Tribal Nations Conference at the Department of the Interior, meeting with Mr. Obama privately before he spoke to the assembled leaders.

"He is such an amazing, powerful and humble individual," Emmet commented.

Emmet says that the most powerful part of the trip for him was the Tribal Nations Conference. "It was a great feeling being with the leaders of the indigenous nations of this country...It made me think that I want to have the Green Stars further into the process of getting a recycling center. I want to be able to say that I accomplished more than I expected before I head off to college, for our Pueblo and for Mother Earth."

Emmet, who starts college this fall and plans to become a lawyer, sees more clearly the need to advocate for indigenous rights after his trip. "I want to be a part of reclaiming the resources that are rightfully ours, such as clean water and land," he says.

Emmet's other leadership activities include participation in traditional activities and music in Walatowa, pow-wow drumming with Northern Vibe, working as a member of the first graduating class at the Native American Community Academy, and serving as a coordinator for the Native Health Initiative. In the latter role, he has presented at health conferences with the Green Stars and is working to help other youth start similar sustainability efforts using the Green Stars' model.

Emmet's family joined him on the trip: parents Adrianna Loretto and Maury Chalan, and siblings Angelina Loretto and Jace Chalan.

New Mexico was also represented by Tiffany Calabaza from Kewa Pueblo, who was invited for her work in renewable energy, working to convert a community windmill into a solar water pumping station.



Emmet Yepa and the other Champions of Change outside the National Congress of American Indians.



Emmet with Governor Michael Toledo, Jr. in Washington D.C.

JEMEZ COMMUNITY DEVELOPMENT CORPORATION

HOUSING

Why Buy Local?

WALATOWA C-STORE

The Walatowa C-Store congratulates the three winners of the *WIC Here.... WIN Here* promotion for the month of December. Each winner won a movie prize pack.

Cash your WIC check at the Walatowa C-Store and be entered to win. Each check cashed equals one entry. The next drawing will be held the third week of January.

Top Five Reasons to Shop at the Walatowa C-Store

Reason 5: Support local business, jobs, tax base, etc. 4% Gross Receipt Tax, cigarette tax and money spent stays local and helps support our local economy.

Reason 4: A great place to grab a treat! Come in for convenient items, snacks, sodas, candy.

Reason 3: Five Sandoval WIC accepted. Get wheat bread, milk, cheese, and other WIC items available.

Reason 2: Cash back, ATM and check cashing services, including CU Anytime ATM, payroll and government check cashing.

Reason 1: \$0.17 of every gallon of gas purchased is returned to the Pueblo of Jemez as fuel tax! When you fill up in San Ysidro or other stations, this \$0.17 goes to the state of New Mexico. Your purchase at the C-store supports the Pueblo of Jemez.

NEW YEARS' RESOLUTIONS

What's your New Year's resolution? While many of us choose New Year's resolutions that focus on internal change or personal growth, what about this year making a resolution that helps and supports our local economy? Resolving to "buy local" could make a real difference for our community and the entire Jemez Valley. Birthdays, Valentine's Day, Mother's Day and other holidays are quickly approaching, so why not commit to buy local? From the talented artists in our pueblo to the wonderful gift shops in our up and down the Jemez Mountain Trail National Scenic Byway, there are plenty of great choices. Give a card purchased at a local shop or made by a local artist, handmade pottery by a Jemez artist, locally grown produce or jams, jellies or ground corn meal, or buy a book from a local retailer.

This New Year's Resolution of Buy Local is a movement our valley needs! Why make the commitment to buy local? When you purchase local you are not only giving a special gift to someone (or yourself,) you are helping to stimulate our local economy. When you buy local, businesses are more likely to give back to our own community and support local non-profits through donations and contributions. Money spent in the community stays in the community, and most important, buying local helps to support jobs in our community. It's an easy resolution to keep, and we can make a difference!

WALATOWA VISITOR CENTER WINTER HOURS

Visitor Center winter hours:
Wednesday through Sunday, 10 a.m. - 4 p.m.

HOUSING UPDATES

BIA Housing Improvement Program

The Pueblo of Jemez Housing Department is currently accepting applications to submit to the Bureau of Indian Affairs (BIA) for funding of the Housing Improvement Program. Applications may be picked up at the Housing Department office. You must provide the following:

 Proof of income for all household members age 18 and over. If you are unemployed, provide a statement. If you receive monthly benefits (such as Social Security, VA, retirement, etc.), provide the award letter or monthly entitlement.

 Certificate of Indian Blood (CIB.)

There are income guidelines for the program. If you qualify, your application will be submitted to BIA. The BIA Housing Program will determine final eligibility and approval.

Central NM Housing Corporation Weatherization Assistance

The Central NM Housing Corp. is still accepting applications for weatherization assistance. If you are interested in this program, you may pick up an application at the Housing Department office. The staff can help you submit your application by fax or by mail. You will need to provide the following:

 Proof of income for all household members age 18 and over. If you are unemployed, provide a notarized statement. If you receive monthly benefits (such as Social Security, VA, retirement, etc.), provide the most recent award letter or monthly entitlement.

 Copies of driver's licenses or identification cards for all household members age 18 and over.

 Copies of Social Security cards for all household members.

 Most recent electric and gas or propane bills.

The applications and other information can also be found at www.centralnmhousing.org.

Reminder!

To receive any housing assistance from the Pueblo of Jemez Housing Department, you must update your application every year. You may contact the office to verify that your application is up-to-date. Applications can also be found at www.jemez-pueblo.org/housing.

If you have additional questions or concerns, please contact the Housing Department at (575) 834-0305.





COMMUNITIES PUTTING PREVENTION TO WORK

The Runners' Edge: Revitalizing Our Jemez Running Tradition

Submitted by Cornell Magdalena and Vernon Tosa, Communities Putting Prevention to Work

FRANK MADALENA, SR.

I ran all over the Jemez mountains. I enjoyed running. It became a passion for me. It was a way for me to keep myself healthy and strong. I ran to the four directions to train to be the best. I did what other men did, follow the running tradition by utilizing the traditional ways of our belief systems. I ran towards the tunnels, Battleship Rock, Redondo Peak, Valles Caldera, Venedo Mesa (Deer Mountain), Pajarito Peak, Cabezon Peak, near and around Holy Ghost Springs, Sheep Wool Mountains, Chita Pagee and anywhere my heart desired to run.

Editor's note: *Mr. Madalena mentioned that an individual from Laguna asked him what we do to become fast, strong runners. This person's grandmother in Laguna had always talked about our Jemez runners around the dinner table, saying that Jemez has the best runners around. The man came to Jemez and asked Mr. Madalena what type of medicines we use. Mr. Madalena told him "we don't use any medicine, we just run." Mr. Madalena pointed out that we should not share our running traditions with people who are not from Jemez.* – Cornell Magdalena

Q. Why do or did you run?

I started running when I was a young man. I started running because I wanted to know how it feels to be a strong and fast runner. I wanted to feel what other fast runners feel. I ran many miles a day. Sometimes I run for hours and I end up on top of a cliff to give myself time to think which way I am going to return home and at what pace I will be running. I would sometimes run up on top of the mountain peaks just to take a look at how Jemez looks from afar. I was always running. It took a lot of hard work and determination.

Q. What motivated you to run?

I was motivated by the elders that ran before me. I

wanted to set my footprints on the mountains where the spirits live so they could give me strength to be strong overall. I look out to the North, West, Southern plains, and our East mountains and just run these places after a hard day's work in the fields. I run these areas to feel the freeness of the open air and adapt to an environment where animals and reptiles roam. It makes me be strong and free. By running long distances, it gives me time to think.

Q. What are your major accomplishments?

- Ran across and throughout the Jemez mountains.
- Participated in the traditional footraces; won some of the traditional footraces held in the harvest season.
- Ran home from old Santa Ana after attending their fiesta.
- Ran and trained against the water flow eastward at Chita Pagee.
- 1939 - 44. Ran track and field with Albuquerque Indian School, middle distance runner; I was a miler.
- 1944. Drafted into the U.S. Army.
- 1980-1995. Worked and retired at the BIA Jemez Day School.

Q. What is one thing you would share with the younger generation about keeping the running tradition alive?

You don't need anyone else to run with you. You don't need any fancy shoes to run. I used to run in Converse shoes that our clowns wear and I still became a fast and strong runner. You can run on your own so you can go at your own pace. We have so much land you can run on. And to our young men, go to the mountains and strengthen yourselves with our traditional belief systems by learning our culture and prayers. The learning and educating of our running traditions should start at home.

Q. What are some challenges we face in keeping our running tradition alive?

Today's generations of children are becoming lazy. They are so into watching television and playing video games. But for those that want to take on the challenge, go out and run to the hills. There are many places you can run. We need to help encourage our young community members to keep running. Make running fun. It takes a lot of commitment, but it is a great feeling to be a great competitor among all other athletes.





The Runners' Edge: Revitalizing Our Jemez Running Tradition

Continued from page 7

BARNABE ROMERO

Q. Why do or did you run?

I started running when I was very young. I saw older men running in the back roads all the time, many of whom participated in our traditional footraces. When I grew a little older, I use to run out to the east mountains along Chamisa Mesa "Sheep Wool" to gather our horses. Or I would go towards west side mountains top towards Pajarito. I also ran up north towards Redondo Peak. I use to run with and against Pasqual Waquie, Isadore Chinana, Lizardo Casiquito, Frank Madelena Sr., and many others. My father, Federico Romero, inspired me to run. He was a runner and a hard working man. He taught me many things I needed to know about running and life.

Q. What motivated you to run?

When I was young, I saw a lot of our men run everyday back in the 1930's and 1940's. I knew they were training for the traditional races. That's what many of our men in our community train for. Traditional footraces were extremely competitive. I trained hard by running long distances and going out to the east mountain and doing sprints in the sandy arroyos. I also ran north up the Valles Caldera onto the top of Redondo Peak. I wanted to be the best that I could be by training and running all the time. I would go out in the fields and when I was done working, I put our shovels and hoes to the side and just go running from there. I ran wherever the road and the trails took me.

One of the hardships I had from competing in our traditional footraces during the harvest season was that I stayed on campus at Albuquerque Indian School as a student (from 1935 to 1941.) I could not find any transportation to come home and participate in our races, so we would just hear who won many of these races. Otherwise, when I was home, I participated when the opportunity came.

Q. What are your major accomplishments?

- Ran throughout the vast Jemez country.
- 1938 to 1940s. Participated in our traditional foot races; won several footraces from the north and south.
- 1935 - 1941. Track team for Albuquerque Indian School.
- June 11, 1942 to Jan. 8, 1946. Joined the U.S. Army; promoted to Sergeant/Machine Gunner; World War II Veteran; WW II Honorable Service Lapel and Good Conduct Medal among many other awards received.
- May 1955 - Oct, 1984. Santa Fe National Forest, Law Enforcement Ranger.



Q. What is one thing you would share with the younger generation about keeping the running tradition alive?

I never ran in high school or in the Army. I deeply, deeply regret making the wrong choices. In high school, every year I joined the track team. My teammates told me to hide with them so we didn't go to any of our track meets to run. I should have never listened to those guys. I know I cannot go back in time and change things. Now, I wonder what would have been...

But, I ran the traditional footraces here in Jemez during the harvest seasons.

I am here to tell you, do not make the wrong choices. Make the right ones. Listen to your heart, not those that will pull you down and keep you from achieving your goals and dreams.

A lot of our youth in the current generation have a chance to become great athletes and runners. Take advantage of opportunities available such as joining your cross country or track teams at your schools; participate in the fun runs or running clubs. We were never fortunate to have all these opportunities back in the 1930's and 1940's. There was nothing in those days.

Q. What are some challenges we face in keeping our running tradition alive?

Take advantage of many things being offered related to running. If you don't, someday you may look back and regret it very much. I would like the younger generation to keep the running tradition alive by just being active and instead of just staying home watching television, go run. Running is very hard, but it's a great feeling to be strong and competitive. You've got to enjoy running. Take advantage of our Jemez country. There are plenty of places to run.



Barnabe Romero with some of his fellow veterans at the Walatowa Veterans' Association.

COMMUNITIES PUTTING PREVENTION TO WORK

JOSEPH "BILL" FRAGUA

Q. Why do or did you run?

People have their own reasons to run. My reasons and concerns were for my health. I am a diabetic. I know now that there is no cure for diabetes, just like alcoholism. I can run and watch my weight to arrest my diabetes. I check my blood sugar which is very important to me. I walked and ran the trails east of the baseball fields. This helped me with much needed weight loss and control my diabetes. Running is my best way to stay healthy. It is one of my good addictions. Besides, who is going to do it for me, except myself? I am here to take care of my diabetes so I will live a long, prosperous life.



Bill Fragua completes the Run Rudolph Run fun Run.

Q. What motivated you to run?

My doctor told me that, with my diabetes, I have to take insulin every morning and evening. That is what motivates me every day. After experiencing a lifestyle like mine, I decided to start exercis-

ing by walking and running. My running came much later after I walked for a long time. I am still actively involved in my routine of walking and running to make sure my diabetes is pretty much under control every day when I check myself.

Q. What are your major accomplishments?

- Losing weight and being able to bend down with no problem
- Exercises like running and walking
- Able to have love and respect for myself.
- Able to keep my blood sugar levels under control.
- I read the nutrition labels/ and facts before I buy food or drinks.
- I like to do nature walks and runs. Jemez is a beautiful country with trees, rivers, etc.
- Be a good role model for my boys.
- I have become more educated on diabetes and how to handle it.
- When I am running, it gives me time to pray and to be with my Creator.
- I can use my running to overcome problems and handle them correctly.
- I played left field for the Jemez Warriors baseball team (1967-1970s). In 1967, I was awarded a MVP trophy as outstanding player of the year. Our team placed first in the All-Indian league in 1968.
- I competed in the annual Jemez Father's Day track meet (1970s)
- Participation in our local fun/runs held by Jemez Public Health and Community Wellness Programs.

Q. What accomplishments are you most proud of?

- One of my major accomplishments is the gift of running.

- Losing weight.
- Ability to control blood sugar levels.
- Setting a good example for others in our community, and within my family.
- Ability to use my running to take care of myself, instead of being mad, angry and concerned about my health, and to find ways to resolve problems.

Q. What is one thing you would share with the younger generation about keeping the running tradition alive?

Once you start running, you will gain a whole lot of pride for yourself. And the community will be proud of you. Instead of using alcohol or drugs, running is the best thing our kids can do for themselves. By running, we will be more motivated and happy to perform in any events like dancing and playing sports. Keeping ourselves healthy by running is a good way to live a long life.

Q. What are some challenges we face in keeping our running tradition alive?

There are always challenges for every one of us in life. One way to keep our traditions alive is to keep running. Respect our tradition. Listen to our elders. Have an open mind. Keep families together. Take part in dances. Don't hurt yourself by doing something that is not good for you. Don't drink and don't do drugs. Keep praying the way you feel comfortable to your higher power. And LOVE yourself.

Please note: If you have questions about this article, please feel free to contact Bill at (575) 834-7258.



The Runners' Edge: Revitalizing Our Jemez Running Tradition

Continued from page 7

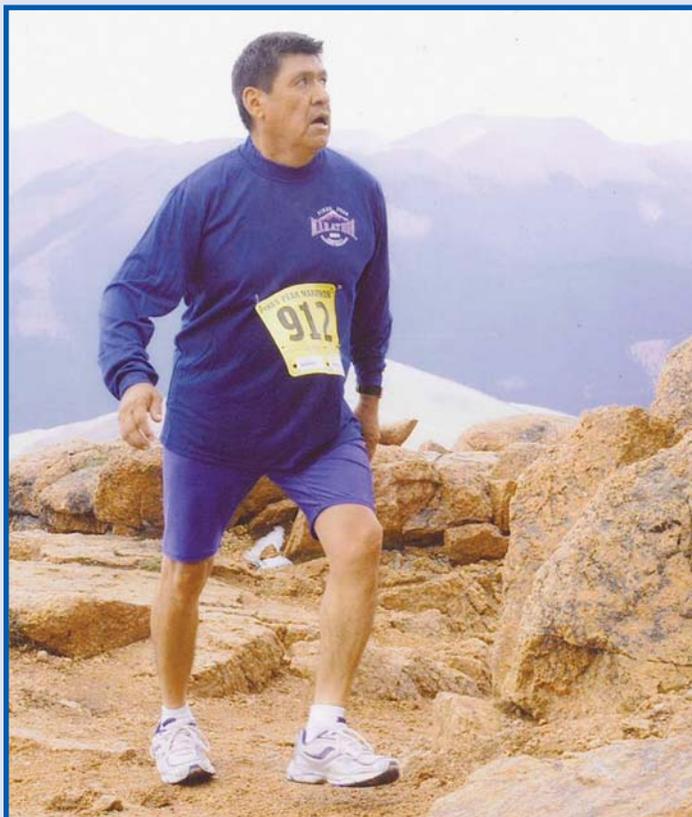
WILLIAM "WILLIE" WAQUIE

Why do or did you run?

I started running when I was around 12 years old. I competed in youth track meets under the Amateur Athletic Union (AAU) Program. We were coached by Joe Cajero. I grew up with most of my relatives who were outstanding runners; seeing those winning races was one of my main reasons I kept running. They were winning races at track meets and traditional foot races. After high school, I attended Ft. Lewis College and graduated in 1975, but I never did any running while in college. Another reason why I continued with my running after college was people were getting ill because of lack of movement or exercising. I was hearing about illnesses such as diabetes, hypertension and other illnesses that continue to take lives in Native American communities. People of all ages need to keep exercising to avoid these types of illnesses.

What motivated you to run?

My neighbors were Steve Gachupin and Frank Armijo. I would see both of them taking off early in the morning for their long distance runs. Steve's brother Matthew, my brother



William "Willie" Waquie running the Pike's Peak Marathon, August 2004

Sefredo Toledo and my dad Pasqual Waquie are the three individuals whom I would give credit for my running. They encouraged me to keep running. Another relative I give credit to is Robert Waquie. At cross country meets, I would see Robert beat his rival from El Rito. Al Waquie, John Cruz Waquie, Freddie Sabaquie and Frank Armijo are who I saw place among the top ten in almost every race they entered. That is when I took running seriously; I wanted to be a champion like all my relatives. Running behind Paul Tosa and Al Waquie was a great motivation for me. They were my running teammates and both were my running coaches.

What are your major accomplishments?

- 1968-1970. Ran with undefeated Jemez Valley cross country team that included two champions, Al Waquie and Paul Tosa.
- 1968-1971. Ran track and cross country, played baseball for Jemez Valley.
- 1970. Won several 880 yard runs and qualified for NM State Track & Field Championships for the two-mile run.
- Ran seven full marathons: Two Duke City Marathons, one Albuquerque marathon, one marathon in San Diego, Calif., one Pike's Peak, one Tucson marathon, and one marathon in Durango, Colo.
- Competed in seven La Luz Trail runs.
- Completed six Pike's Peak Ascent runs, 13 miles to the top of Pike's Peak.
- Ran 14 half-marathons in New Mexico, Arizona, Colorado, Texas and Las Vegas, Nev.

What accomplishment are you most proud of?

Every completion of the 26 mile marathon runs are my proudest moments. The hardest part of any marathon is the last six miles. Sometimes completing the marathon with blistered feet, just crossing the finish line is a blessing for me. Another accomplishment I am proud of is running the full marathon at Pike's Peak and seeing Steve Gachupin at the Pike's Peak summit cheering me on to continue down for another 13 miles. Running downhill from Pike's Peak was the hardest run I ever ran. My uncle Lucas Toledo ran Pike's Peak and I know his spirit will always be cheering me on when I run Pike's Peak.

To run with and be a part of great Jemez runners like Steve Gachupin, Robert Waquie, his brothers Al and Stan, Matthew Gachupin, Paul Tosa, Freddie Sabaquie, Frank Armijo and Harold Sando are among my proudest moments.

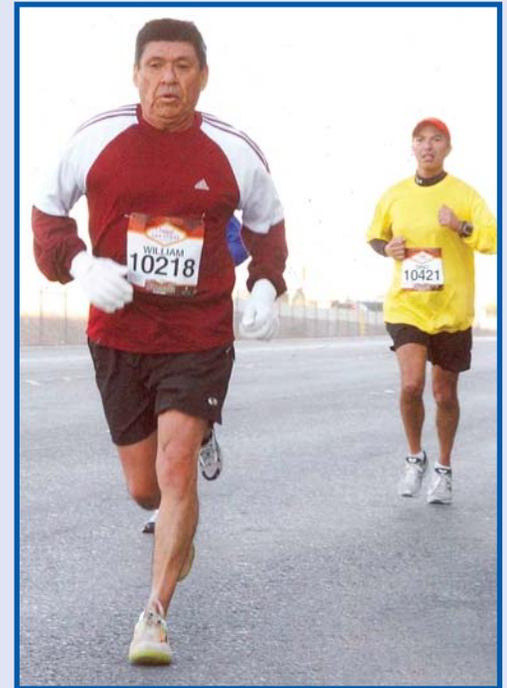
COMMUNITIES PUTTING PREVENTION TO WORK

What is one thing you would share with the younger generation about keeping the running tradition alive?

I know we have some great runners here in the Pueblo of Jemez. Some are just natural fast runners, but we as parents need to keep encouraging our youth to run and stay motivated to keep running. Our health programs are doing a great job in sponsoring running events. The programs need to keep promoting these events to keep our youth participating in running events. I would like to continue with my long distant races and keep motivating our youth to know that anybody at any age can go the distance.

What are some challenges we face in keeping our running tradition alive?

We, as parents, are lacking strong motivation for our youth. We have excuses not to work out. Youth are very well educated nowadays and they pick up the ways of their parents. We need to be good role models everywhere we go. Today's youth are so occupied with the Internet and cell phones that they are not giving enough time to exercise. We need to keep encouraging our youth to keep our running tradition active. We need to keep our youth motivated to keep exercising in order to stay fit and healthy and to avoid the illnesses that are taking over the people in our community.



William Waquie runs in Las Vegas, Nev. in December of 2010.

If you have any questions or want to meet with us about the questionnaire and set up a time, please call Shawn Tosa at (505) 934-5741 or Cornell Magdalena at (505) 409-5570.

RUNNING EVENTS

Sunday February 5
SUPERBOWL RUN
TOUCHDOWN FOR THE HOMELESS
 10K, 5K and Kids K
 Albuquerque www.active.com

Saturday February 11
CUPID'S CHASE 5K
 Albuquerque www.active.com

Sunday February 12
SWEETHEART RUN 10K, 5K, KIDS K
 Albuquerque www.active.com

Saturday – Sunday February 25 – 26
USA INDOOR TRACK & FIELD CHAMPIONSHIPS



Tuesday March 13
SHAMROCK SHUFFLE
 10-Mile, 10K, 5K and Kids K
 Rio Rancho www.active.com

Treadmill vs. Outdoor Running: Which is more effective?

Running outdoors has the edge since it burns around five percent more calories than running on a treadmill. This is due to the lack of wind resistance indoors and the fact that the moving treadmill belt adds momentum. Running outdoors is also more motivating for some people than running indoors on a treadmill – especially when the weather is nice outside.

COMMUNITIES PUTTING PREVENTION TO WORK

A Time To Reflect and Tell Your Story

By Cornell F. Magdalena

Digital storytelling started in Berkley, Calif. in the early 1990s. Many of us have our stories told by others. Digital storytelling gives us a chance to tell our own stories, especially as Native people. Who is telling your personal stories? Who is telling our Jemez community stories? What story needs to be told about our community? Some stories honor or celebrate life, family, culture and tradition. Through digital storytelling, people create their own stories from the ground up.

What do we mean by *digital*? Today's ever-changing technology includes computers and lap-tops, hi-tech video games, cell phones and smart phones (many with still or 3D cameras installed), WI-FI technology to get on the Internet, high-definition televisions, satellite TV networks and many other techno-gadgets. Now we can use these types of digital tools to create stories about ourselves.

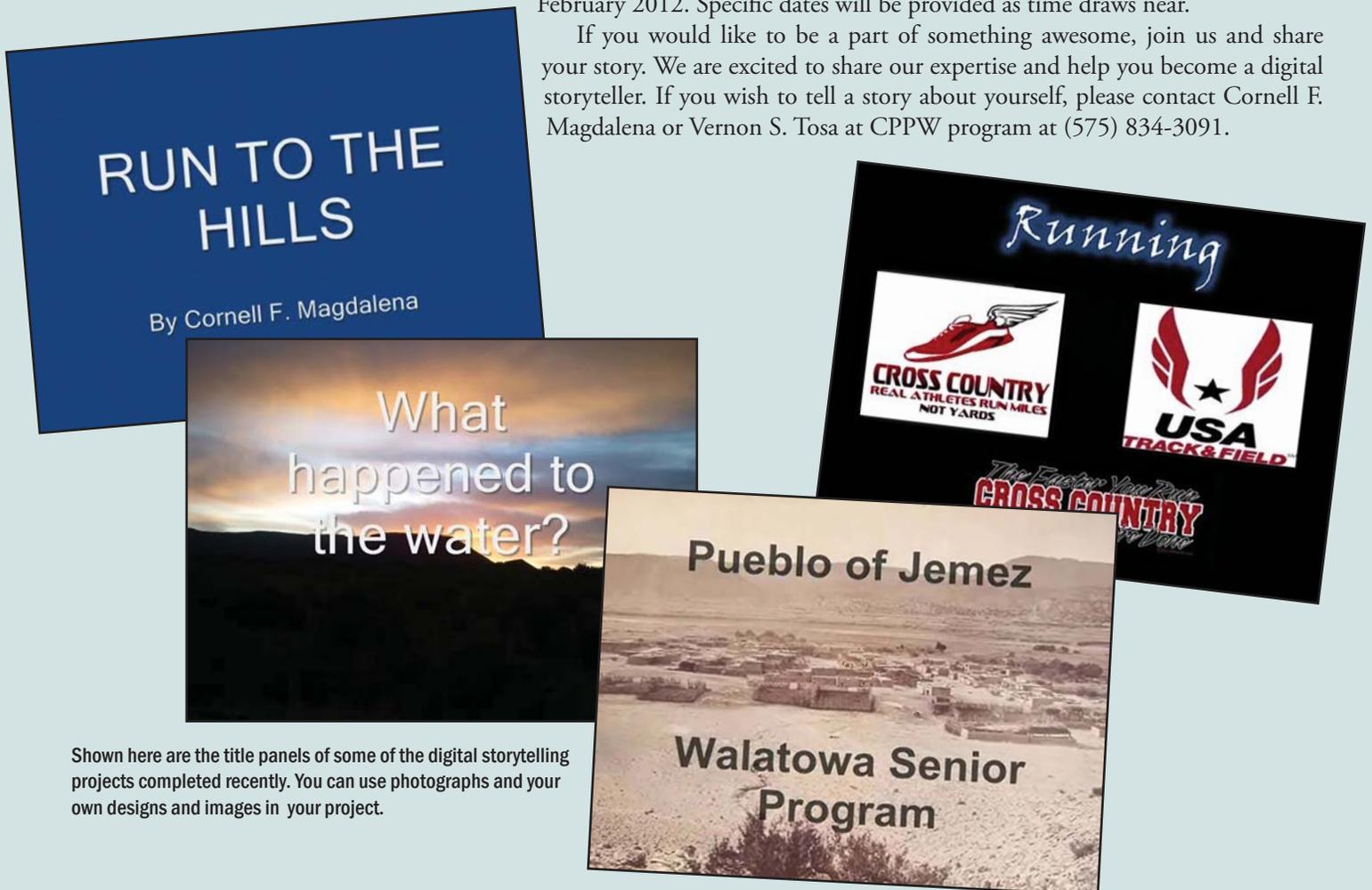
A digital storytelling workshop helps you draft a script or story about yourself using computer technology. ***No computer skills are needed to participate.***

Bring pictures (old or new) that go along with your story. After you finish your story, we will use that script to record it using your own voice. Using a program called Movie Maker, we will show you the step-by-step process to include your pictures, your audio or voice recording, and any background music you choose to create your digital story.

The CDC/Communities Putting Prevention to Work program has presented samples of their personal and program-related digital stories at some special events. They tell the story of how the CPPW program has promoted healthy lifestyles, whether through involvement in our schools, tribal program collaborations, or community wide events.

We would love to have your stories be told and heard. A digital storytelling workshop for community members is planned in February 2012. Specific dates will be provided as time draws near.

If you would like to be a part of something awesome, join us and share your story. We are excited to share our expertise and help you become a digital storyteller. If you wish to tell a story about yourself, please contact Cornell F. Magdalena or Vernon S. Tosa at CPPW program at (575) 834-3091.



Shown here are the title panels of some of the digital storytelling projects completed recently. You can use photographs and your own designs and images in your project.

PUBLIC HEALTH

Give Yourself the Greatest Gift: A Healthier You in 2012!

Submitted by Anthony Fleg, MD

As a family physician, one thing I hear when people tell me about their lives is that most of us (health professionals included!) have our own health as very low priorities in our lives. I hear people say how they go out of their way to sacrifice for their jobs, their children, their significant others, and their communities. Rarely do I hear the same degree of effort put toward appreciating one's own body and health.

Here's a simple scenario: An alien looking in from outer space sees New Mexicans rushing around 8 to 10 hours a day for their jobs, but unwilling to take 30 minutes of the day to exercise, relax or prepare a healthy meal. Ironically, we are ignoring the very bodies that allow us to do all of the other things we are so focused on doing. That vantage point gives a true look at how we value our health.

My hope is that you will take some time to think about how you can make your health a more central part of your life in the year to come. What activities do you already do for your health? What areas of your health would you like to improve?

I don't think there's a recipe for how to do this, but I offer a few thoughts to help start you thinking in this realm:

It may be helpful to write down your goals, and make regular journal entries to track your progress. Some find that giving themselves grades helps as well: if improving your diet was a focus, you might give yourself a diet grade on a 1 to 10 scale. If your starting point is 5, the question becomes, "What can I do to get to a 6?"

Small changes will be more sustainable. Many New Year's Resolutions are long forgotten by February because they involve such large changes to one's lifestyle that they are hard to sustain. Pick small challenges, and once you have accomplished each one, make new goals.

Consider all the dimensions of health: spiritual, mental, emotional, physical and intellectual. For some of us, the most important health issue might be to find ways to reduce stress at the workplace, or even the small step of beginning to take lunch breaks. Others may feel that more

attention to their spiritual practice, learning a new language, or finding healthier ways to resolve conflicts in relationships are important. What's most important is to choose areas that are most significant for you, then work on specific goals in those areas

Exercise is powerful medicine! Whether to relieve stress in a healthy way, giving yourself time to breathe, relax and pray, or for specific health benefits (like preventing high blood pressure, improving sleep, treating fibromyalgia), our bodies are meant to move. A good simple goal is to work toward a lifestyle where you get 30 minutes of aerobic exercise five days a week. Choose something that's fun to do, and get a friend or family member to go with you – both of these will make it more likely to be successful.

Dr. Anthony Fleg is a family physician with the Native Health Initiative, a partnership to address health inequities through loving service (www.loving-service.us). If you have questions or comments, contact him at afleg@salud.unm.edu

Include Kids in Fun Fitness Resolutions

Expert tips for making fitness a family matter in 2012.

Parents can involve their children in any New Year's fitness resolutions they may have by making exercise seem fun and exciting, says one fitness expert.

"If you say, 'We're going to go for a walk this evening,' most kids will say, 'What? We have to leave the video games or TV show?'" cautioned Michael Berry, chair of the health and exercise science department at Wake Forest University in Winston-Salem, NC. "Kids like to play games, they like to be engaged, so exercise should be something sports-oriented or game-oriented."

Berry noted that the US Centers for Disease Control and Prevention (CDC) advises kids to get at least one hour a day of physical activity, including recreation that involves muscle strengthening.

He outlined concrete steps parents can take to make exercise adventurous and fun for children:

★ Have your children compile a fitness and exercise "wish list" to learn what they actually want to do; let them

choose from their lists a couple of times a month.

- ★ Schedule family fitness nights to benefit everyone's waistline.
- ★ Walk or bike to school (join your children if you are at home.)
- ★ Visit area fitness attractions, such as rock-climbing or trampoline facilities.
- ★ Schedule two or three moderately active half-hour exercise dates per week.
- ★ If your child likes games, choose games that include lots of movement and high energy, such as *Just Dance* from Wii.
- ★ Sign up for team sports like basketball or soccer.
- ★ Take family hikes.

For more on exercise recommendations for children, visit the CDC web site at www.cdc.gov.

Source: www.healthfinder.gov, sponsored by the National Health Information Center

SENIOR CITIZENS CENTER

Family Caregiver Conference

Submitted by Gloria Fragua, Family Caregiver Coordinator

Jemez Pueblo celebrated “Family Caregiver Month” with a two-day conference hosted by the Senior Center Family Caregiver Program. The conference was well-attended and several tribes were represented.

Keahi Souza, Behavioral Health Program Manager, gave the keynote address. His presentation included elder stress, depression and cultural awareness, and was well received by the audience. Representatives from the New Mexico Behavioral Health Department, Alzheimer’s Association, Outcomes, Inc., NICOA/Laguna Rainbow, Hospice of the Sandias/Sol Amor shared valuable information relating to caregivers. Jolene Cruz, Social Services Injury Coordinator, entertained guests with ice breakers, Felipita Loretto got participants moving with physical fitness and line dancing, Cornell Magdalena organized the “Walk A Mile with A Smile” and the kitchen staff provided some delicious meals. A special thanks to Margaret Garcia, Program Manager, Wilma Toledo, and all the planning committee volunteers for making this event a success.

Donations were received from Hollywood Casino, San Felipe Pueblo; Mark T. Bahti, Bahti Jewelers; Gusterman Silversmiths; Cibola Authentic Native Arts & Crafts; Okay Owengeh Casino; Jemez Senior Citizens Center volunteers; Bill, a visitor from Nebraska; Steven Gachupin Running Club; T-Freeze Grill; Helen Gachupin; Lawrence Tosa; Wilma Toledo; and Florence Loretto.



Jemez Senior Citizens Christmas Celebration

Submitted by Rose Shendo

The Senior Citizens Program hosted their Christmas social gathering at the Youth Center on Dec. 16. While waiting for everyone to arrive, guests played ring toss and visited Larry’s Kissing Booth for Hershey’s kisses. Because this was a time of sharing and appreciating one another, we had a potluck dinner. All the seniors brought their favorite dishes to share – and that was a lot of good food.

What made it even more special some special guests at the party: Governor Michael Toledo, Jr. and his wife, First Lieutenant George Shendo, Second Lieutenant William Waquie and his wife, JHHS Interim Director Dave Panana and his wife Victoria, Doctor David Tempest, and of course Santa with his reindeer and elves. Victoria serenaded the dinner with her beautiful voice.

Seeing all the happiness and smiling faces as they danced the night away to the music of the Laguna Express was heartwarming. Guests received fruit and nuts, and door prizes were given through the night.

Appreciation goes to all who donated door prizes and brought Christmas spirit to an elder: the Jemez Senior Citizens Advisory Councils, JVR Program, JHHS social workers, Enchanted Creations and

the senior citizens and staff who helped make the blankets.

Thank you to all the Jemez Senior Staff and volunteers who made this event possible!



SOCIAL SERVICES

MEDICAL SOCIAL WORK

What Is STALKING?

Submitted by Dominic Gachupin, Family Advocate

While legal definitions of stalking vary from one jurisdiction to another, a good working definition of stalking is a course of conduct directed at a specific individual that would cause a reasonable person to feel fear.

Stalking Victimization

3.4 million people over the age of 18 are stalked each year in the United States.

- 3 in 4 stalking victims are stalked by someone they know.
- 30% of stalking victims are stalked by a current or former intimate partner.
- 10% of stalking victims are stalked by a stranger.
- People between 18 and 24 years old experience the highest rate of stalking.
- 11% of stalking victims have been stalked for 5 years or more.
- 46% of stalking victims experience at least one unwanted contact per week.
- 1 in 4 victims report being stalked through the use of some form of technology (such as e-mail or instant messaging).
- 10% of victims report being monitored with global positioning systems (GPS), and 8% report being monitored through video or digital cameras, or listening devices.

Impact of Stalking on Victims

- 46% of stalking victims fear not knowing what will happen next.*
- 29% of stalking victims fear the stalking will never stop.*
- 1 in 8 employed stalking victims lose time from work as a result of their victimization and more than half lose five days of work or more.*
- 1 in 7 stalking victims move as a result of their victimization.*
- The prevalence of anxiety, insomnia, social dysfunction, and severe depression is much higher among stalking victims than the general population, especially if the stalking involves being followed or having one's property destroyed.

*Baum et al., (2009). "Stalking Victimization in the United States." BJS. Source: www.ncvc.org

If you need help, or if you know someone who does, call the Pueblo of Jemez Domestic Violence Program at (575) 834-7117. All calls are strictly confidential.

IF YOU ARE IN IMMEDIATE DANGER, CALL 911.

Medicare News

Screening and Counseling for Obesity

New preventive service for Medicare beneficiaries

The Centers for Medicare & Medicaid Services (CMS) has announced that Medicare is adding coverage for preventive services to reduce obesity. This adds to the preventive services available to Medicare beneficiaries without cost sharing under the Affordable Care Act. It complements the *Million Hearts* initiative led jointly by CMS and the Centers for Disease Control and Prevention (CDC) in partnership with other HHS agencies, communities, health systems, nonprofit organizations and private sector partners across the country. The *Million Hearts* initiative's goal is to prevent one million heart attacks and strokes in the next five years.

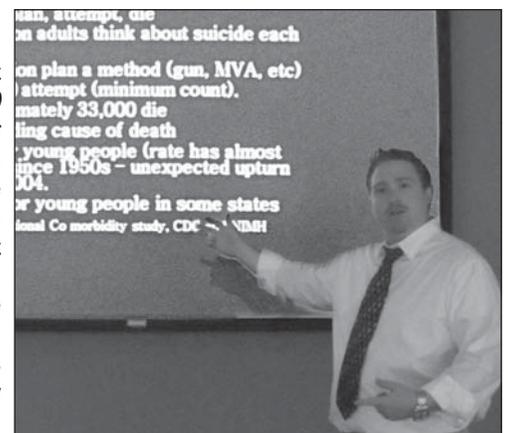
Screening for obesity and counseling for eligible beneficiaries are covered under this new benefit. Services can be received from primary care providers in settings such as physicians' offices. For a beneficiary who screens positive for obesity with a body mass index (BMI) greater than 30 kg/m², the benefit includes one face-to-face counseling visit each week for one month and one face-to-face counseling visit every other week for an additional five months. The beneficiary may receive one face-to-face counseling visit every month for an additional six months (for a total of 12 months of counseling) if he or she has achieved a weight reduction of at least 6.6 pounds during the first six months of counseling.

Through the end of October, 22.6 million people with Original Medicare have received one or more of the free covered preventive services this year.

For more information about *Million Hearts*, visit millionhearts.hhs.gov. To read the full CMS announcement, go to www.cms.gov/apps/media/press/release.

BEHAVIORAL HEALTH

Behavioral Health therapist Jesse Michaud (right) and Program Manager Keahi Souza offered a presentation on suicide prevention and intervention for community members at the CRC. Ask a Question/Save a Life was part of the JHHS Community Outreach Program. Future programs are open to all community members.





Jemez Valley Public Schools

Jemez Valley Elementary School

By Dr. Susan Wilkinson Davis, Principal, Jemez Valley Elementary School and Asst. Superintendent, Jemez Valley Public Schools

The Jemez Valley Public Schools communities had much to celebrate this holiday season. The annual Fine Arts Night on Dec. 8 was a rousing success thanks to the hard work by students, staff, parents and community members. The decorations, songs, poems and stories presented by the elementary and middle school students for their performances in the high school auditorium were terrific. Artwork by students from pre-kindergarten to twelfth grade was displayed and ribbons awarded in four age categories. Thank you to the high school for hosting the event, for technical assistance, and for excellent audio and lighting for the evening.

On Dec. 16, Santa's Workshop drew over two dozen vendors to the Jemez Valley Elementary School gym. Vendors sold everything from pottery to knitted goods, herbs and soaps, Christmas items and delicious foods. Thank you to all the community members who brought their wares and everyone who came to buy – Santa's Workshop was a success again this year.

We congratulate two Jemez Valley Public Schools teachers for winning Golden Apple Foundation Program Awards. These teachers received their awards at the Wells Fargo Building in Albuquerque on Wednesday, Nov. 30. Mrs. Ann Elizondo-Menser, Jemez Valley Elementary, won for her proposal to produce a video on implementation of the Smithsonian Foundation i3LASER science curriculum this year. Mr. Arthur Knox, Jemez Valley Middle School, won for his proposal for a school-wide field trip to the historic Trinity Test Site in southern New Mexico. Although awards were given to teachers from school districts throughout the state, our small district garnered two awards.

On behalf of the staff of the Jemez Valley Public Schools, we wish you and your loved ones peace, love, prosperity and a Happy New Year in 2012!



Members of Dana Miyamoto's first grade class as they finish singing "Jingle Bell Rock" at the Fine Arts Night performance. Photo by Douglas Moser.

Jemez Valley Middle School

By Laura Mijares, Principal

Seventh Grade Hikes Up Guadalupe Mesa

The hike up Guadalupe Mesa has been a long-standing rite of passage for Jemez Valley Middle School. I started taking students up there in 1994, encouraging the kids to brave the river, the cactus and the slippery slopes. Originally Mr. Knox planned this year's hike for the seventh grade New Mexico history classes. The hike was timed to compliment the study of ancient Puebloan peoples. Mr. Knox did all the preparation, including arranging transportation, orienting the students, calling a Jemez Pueblo archeologist and ordering lunch. Yet an emergency came up and Mr. Knox couldn't go. So much work had gone into the preparation, no one wanted to cancel. Therefore on Nov. 3, Ms. Kathleen Lucero, archeologist Chris Toya and I accompanied the students.

The hike started at La Junta fishing access. The kids went across the river on a makeshift bridge. They scurried up a steep slope, crossed some barbed wire and began to hike the slopes. The first site visited was near the river. Chris Toya had maps that showed the layout and he explained that this was an ancient Jemez Pueblo site.

The real climb started and kids climbed, tripped and hustled up an elevational gain of 967 feet to the top of Guadalupe Mesa. Mr. Toya was an excellent guide and was careful to explain the cultural and historical significance of the mesa. Ancient Jemez Pueblo people had used the mesa as a defensive home during the battles. There are ruins, pottery shards, old defensive walls, remains of fields and majestic views.

It was amazing to see the evidence of people who had lived there over 300 years ago. Mr. Toya had a gift of making the stories seem both sacred and exciting. Yet probably the best part of the trip was witnessing the team-building for the class of 2017. The students helped each other climb over rocks, shouted encouragement and laughed their way up and down one of the most challenging hikes near the school. This was a remarkable trip and the Class of 2017 will hold the memory for many years to come.

District News

The district hosted the annual Fine Arts Night on Thursday, Dec. 8. This tradition was started decades ago and through the years has been carried on with enthusiasm by Mary Grace and Amy Eldridge. The 2011-12 staff enthusiastically arranged, choreographed and staged a wonderful performance that included singing and dancing from the pre-kindergarten through fourth grades, a series of recited poems from the third grade, a presentation of Christmas around the world from the fifth grade, songs from the middle school choir, an acoustic ballad from the middle school spirit club accompanied by Nicolàs Orta, and a guest appearance by the PTA drill team. In

EDUCATION

Jemez Valley Public Schools

In addition, all students from pre-kindergarten through eighth grade had their finest visual art on display alongside the art of the high school art students. Thanks to visual art teachers Julie Aleixandre and Douglas Moser. Also thank you to the night's planner Melissa Garcia, sound and light coordinator Allan Didier, and to visual art judges Ted Greer and Rollie Grandbois.

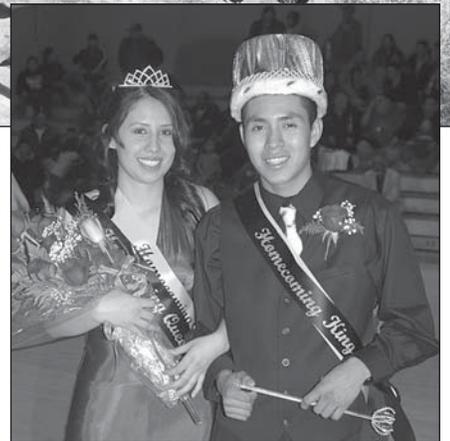
It has been a busy time indeed as homecoming was celebrated at Jemez Valley High School on Friday, Dec. 9. Boys' and girls' basketball games were played against Walatowa High School in front of a packed gym. The Jemez Valley girls won with a score of 65 to 24. Next, the boys had us all biting our nails through a very exciting game. The final score was Walatowa 61, Jemez 58.

After the games, the coronation of royalty was held. Falisha Trujillo and Michael "Fox" Gachupin were crowned Queen and King. Alex Madalena and Daniel Gonzales were Princess and Prince. The court was completed with Julia Wall, Brandon Trujillo, Victoria Garcia, Chris Lucero, Cassie Sando, Darian Sando, Jenyfer Gutierrez, Keith Garcia, Janice Gutierrez, Chris Sando, Autumn Meskimen, Nathan Dickerson, Selena Jaramillo and Rylan Loretto. Thanks to Melissa Garcia for her work in orchestrating the week's activities.

After the holidays, we will begin the new semester with a renewed dedication to the academic and work to foster scholarship.



Jemez Valley Middle School seventh grade class after reaching the top of Guadalupe Mesa.



Queen Falisha Trujillo and King Michael "Fox" Gachupin at the during the Jemez Valley High School Homecoming ceremony. Photo by Douglas Moser.



WALATOWA COUGARS

BOYS BASKETBALL SCHEDULE

Jan. 10	7:30 p.m.	Native American Community Acad.
Jan. 12-14	TBA	Cuba Invitational
Jan. 21	3:30 p.m.	Roy/Mosquero
Jan. 24	6:30 p.m.	NMSD
Jan. 27	6:30 p.m.	at Roy/Mosque
Jan. 28	4 p.m.	at Maxwell
Jan. 31	7:30 p.m.	Sandia Prep JV
Feb. 3	6 p.m.	Wagon Mound
Feb. 7	6:30 p.m.	Victory Christian
Feb. 10	6:30 p.m.	at SF Waldorf
Feb. 16	6:30 p.m.	at Victory Christian
Feb. 18	6:30 p.m.	SF Waldorf
Feb. 20	6:30 p.m.	at NMSD
Feb. 23	6:30 p.m.	JVHS
Feb. 25	4 p.m.	Maxwell

GIRLS BASKETBALL SCHEDULE

Jan. 10	6 p.m.	Native American Community Acad.
Jan. 12-14	TBA	Cuba Invitational
Jan. 18	6 p.m.	at Menaul
Jan. 21	2 p.m.	Roy/Mosquero
Jan. 24	5 p.m.	NMSD
Jan. 27	5 p.m.	at Roy/Mosquero
Jan. 28	6 p.m.	Quemado
Feb. 7	5 p.m.	Victory Christian
Feb. 10	5 p.m.	at SF Waldorf
Feb. 16	5 p.m.	at Victory Christian
Feb. 18	5 p.m.	SF Waldorf
Feb. 20	5 p.m.	at NMSD
Feb. 23	5 p.m.	JVHS

COACHES WANTED!

Walatowa High Needs Coaches! Head Baseball Coach and Head Softball Coach
 Applications available at the WHCS office; applications will be accepted until Jan. 31. Contact Francis Vigil at (575) 834-0443 for more information.

EDUCATION

HEAD START FAMILIES SHARE CHRISTMAS



EDUCATION

Thank-you Note

The Parent Center Committee (PCC) officers of the Early Childhood Program want to thank parents, caregivers, family members, and the Walatowa community for your support during the November and December fundraisers (baked tamale sale and handmade arts & crafts and bake sale.) Your donations, time and purchases helped the PCC meet the needs of the students this holiday season.

FREE TUTORING AVAILABLE

High School English and Writing

Remedial English 0550-0950
 English 101 College Writing
 English 102 Analytic Writing
 English 210 Technical Writing

High School Mathematics

Remedial Math 0750-0940
 Math 120 Intermediate Algebra
 Math 121 College Algebra
 Math 123 Trigonometry
 Statistics 145
 Math 162 Calculus
 Math 163 Calculus 2

Call (575) 834-9102 to schedule an appointment, or stop by the Education Services Center at the Civic Center. Afternoons and some evening appointments available through May 2012.

EXERCISE MAY BOOST GRADES

Research review finds that the most physically active students did the best in the classroom.

A Dutch research review reveals that the more physically active school-aged children are, the better they fare in the classroom. Most of the studies in the review had been conducted in the United States, while one came out of Canada and another from South Africa. The findings are published in the January issue of the *Archives of Pediatrics & Adolescent Medicine*.

The researchers concluded that there is strong evidence of a significant positive relationship between physical activity and academic performances. "The findings suggest that being more physically active is positively related to improved academic performance in children," the authors noted after evaluating studies of children between the ages of 6 and 18.

The investigators said that increased blood and oxygen flow to the brain that accompanies exercise may help improve classroom performance. This may increase levels of hormones responsible for curbing stress and boosting mood, while at the same time encouraging the growth of new nerve cells and more flexible synapses.

The Dutch team added that more high-quality studies are needed to accurately measure the critical relationships between physical activity and academic performance and increase understanding of the physiological mechanisms involved.

For more on exercise and children, visit the U.S. National Library of Medicine at www.nlm.nih.gov.

Source: Archives of Pediatrics & Adolescent Medicine, Jan. 2, 2012



Walatowa Veterans Association

Submitted by Travis Baca, Service Coordinator



In every major war the United States of America has faced, our military men and women did not take a day off from war to celebrate New Year's or Christmas or any federal holiday. Even during peace time, the US military is always "on watch". The Walatowa Veterans Association (WVA) wishes each and every one of you and our active duty service members a safe and happy New Year!

The WVA office is now open at the Jemez Civic Center. Office hours are from 0800 to 1700 hours, Monday through Friday. To contact the office, call (575) 834-0122. The Veterans Services Officer will be available monthly to help veterans with services.

Monthly WVA meetings are held on the second Tuesday of each month, starting at 6 p.m. All tribal veterans and family members are strongly encouraged to attend.

Very Respectfully,
Travis Baca, WVA Service Coordinator
Gail Madalena, Vice Commander
Martha Chosa, Secretary
Odell Fragua, Treasurer



Pueblo of Jemez
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CALL FOR ENTRIES!

Pueblo Cultural Center Spring Elders' Market

Wednesday, April 25 10 a.m. to 4 p.m.

The Elders' Arts and Crafts Market is a showplace to sell arts and crafts created by elders from the 19 Pueblos. The event falls in the middle of American Indian Week at the Indian Pueblo Cultural Center, a high volume day for visitors who will buy arts and crafts directly from the elders. This event also offers an opportunity for the attending elders to experience all the dances, celebrations and activities the Indian Pueblo Cultural Center has to offer. For more information, call (505) 843-7270 or (toll free) (866) 855-7902.

VOTERS' INFORMATION

We are now in the Presidential election year of 2012. Please register today to vote if you are 18 years or older or if you need to change your address. New Mexico Governor Susana Martinez will proclaim Tuesday, June 5, 2012 as the date for primary elections.

To register, visit the Native American Voting Rights Office at the Jemez Civic Center. For more information, call (575) 834-8826, (505) 867-7577 or toll-free (800) 477-3632.

Farewell Sparky

Sparky, a border collie, passed away on Dec. 29, 2011, after he was shot while jogging with our son in our community. He belonged to the family of Alex Tosa and was well known as the tribal leadership and religious society groups "watch dog."

He assisted in patrolling with tribal officials on foot and safeguarded the religious society groups with their summer and fall activities. He protected family members and neighbors when walking or jogging, children who played in the plaza or when they went to the library. He was very lovable and unique and touched many community members' lives in different ways.

Thank you Sparky for all you did. You will be greatly missed.

*Alex Tosa and family,
 Judy Waquie*



GOVERNORS' WARNING! To all community members: It is UNLAWFUL TO DISCHARGE A FIREARM within the Walatowa village limits. Violators will be prosecuted in Tribal Court and could face jail up to one year as well as fines of up to \$1,000.