



Red Rocks Reporter

JULY 2011

FROM THE GOVERNORS

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All Fires and Fireworks Banned



Due to continuing extreme fire and drought conditions, and the limited fire fighting resources fires throughout the state:



ALL FIREWORKS, SMOKING, CAMPFIRES AND FIELD BURNING ARE PROHIBITED UNTIL FURTHER NOTICE. NO EXCEPTIONS!

Human and community safety is our top priority along with protecting structures.

This ban will be strictly enforced. Violators will be prosecuted by Tribal Court.

Notice of Irrigation Rotation

In 1996, the Pueblos of Jemez and Zia and non-Indian irrigators entered into an irrigation rotation agreement to share water in times of shortage. This letter serves as notice that the irrigation rotation went into effect on Tuesday, June 28, 2011 and will remain in effect for the rest of the irrigation season until further notice.

- **Non-Indians upstream of Jemez Pueblo** will be allowed to irrigate only one day per week. They will irrigate their fields between 8:30 a.m. Mondays to 8:30 a.m. on Tuesdays. They will shut their diversion gates at 8:30 a.m. every Tuesday and keep them shut for six days to allow the water to pass for our use.
- **Please irrigate your fields from Tuesday at 8:30 a.m. until Monday at 8:30 a.m.** to stay within the six day allotment. We hope water will be most available during those times.
- **Priority for irrigation will be given to crops for human consumption**, such as chile, corn and other vegetables for human consumption.
- **Alfalfa and pasture can be irrigated**, but only after your neighbor farmers have irrigated their crops for human consumption. Please cooperate with your neighbors and share the water.

San Ysidro is not bound to the rotation but will have the opportunity to use the tailings or the water not used by Jemez from the west pueblo ditch if and when it becomes available.

If conditions improve and we get more moisture, notices will be sent to revert to the normal schedule.

We do not want to be accused of violating this agreement. Therefore, your cooperation will be greatly appreciated.

Thank you,

Michael Toledo, Jr.
Governor

George Shendo, Jr.
First Lt. Governor

William Waquie
Second Lt. Governor



2011 TRIBAL GOVERNORS

Michael Toledo, Jr.
Governor

George Shendo, Jr.
First Lt. Governor
William Waquie
Second Lt. Governor

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Vincent A. Toya, Sr.

Red Rocks Reporter

July 2011 Edition

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Red Rocks Reporter is distributed to box holders in the 87024 Zip Code. If you want to receive this newsletter and do not have an 87024 P.O. Box, please contact the editorial office at (575) 834-3174; fax: (575) 834-7517; or erica.kane@jemezpueblo.us.

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FROM THE GOVERNORS

TRIBAL COUNCIL REPORT

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

June 17, 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 US Bank (formerly First Community Bank) to accept alternative signatures and verification codes as described in the resolution on behalf of the Pueblo of Jemez.

Commented on the Draft Environmental Impact Statement (DEIS) for the proposed 70.277 acre fee-to-trust transfer and casino project that found no detrimental impact on the surrounding community and found the project to be beneficial to Doña Aña County, the City of Anthony and the state of New Mexico. The Tribal Council urges the Bureau of Indian Affairs and the Department of the Interior to promptly finalize the DEIS, enter a record of decision, and approve the application for land into trust for gaming purposes, and urges the Governor of New Mexico to concur with the Secretary of the Interior's determination that this project is in the economic best interests of the Pueblo of Jemez and its members and will not cause detriment to the surrounding community of Anthony, NM.

Approved the increase in the Department of Public Works utility rate from \$30 per month to \$35 per month, effective Aug. 1, 2011, and to \$40 on Feb. 1, 2012, to minimize the department's net losses and implement an aggressive water meter installation program.

Delegated to the Governor certain governmental authority on behalf of Tribal Council with regard to the Albuquerque Trust Land, including the power to: impose, administer and collect a property, lodgers', gross receipts, sales, cigarette excise and/or gasoline excise taxes; enact, implement and enforce criminal and civil laws to promote the peace, safety, property health and general welfare of people within the Albuquerque Trust Land; authorize, license and regulate liquor transactions within the Trust Land; regulate land use and protect the environment and natural resources of the Trust Land; establish and prescribe powers, rules and procedures of a court system with territorial jurisdiction over the Trust Land, provided the system does not assert jurisdiction of a Jemez tribal member without the Governors' determination; enter into agreements with the United States, one or more tribes, and/or one or more states for the cooperative enforcement of ordinances in effect on the Trust Land. The Governor's exercise of power as delegated by this ordinance applies only to the Albuquerque Trust Land and is left to the Governor's discretion. The Governor will work with the Governors of other Pueblos to apply one set of Pueblo laws on the Trust Land, and is authorized to join those Governors to create a political subdivision to provide a governance structure for the Trust Land under the sovereign authority of the Pueblos and for their benefit.

Approved Amendment #2 to the perpetual ground lease of the former Albuquerque Indian School property.

Assessed annual rent to Jemez Health & Human Services Department for fiscal years 2011 and 2012.

Authorized COTA Holdings, LLC, a tribal member consulting company, to prepare a grant application for submission to the US Department of the Interior to assess, evaluate and promote development of tribal energy and mineral resources, and examine the feasibility of using woody biomass at Jemez Pueblo for efficient, economical production of distributed power. The goals of the Pueblo of Jemez include ecological stewarding, including thinning of forest lands as part of sustainable management practices, and productive use of the Pueblo's forest resources. The Pueblo of Jemez Planning and Development department and the Jemez Community Development Corporation (JCDC) are working to create a joint venture, Walatowa Woodlands Mill Hub, to support sustainable forest management and utilization of woody biomass resources. If the grant application is successful, Tribal Council further authorizes Cota Holdings to explore a working relationship with the Fond du Lac Band of Lake Superior Chippewa and Woodmaster Technologies.

NEWS YOU CAN USE



Reverse 911 System

We all know that when we need law enforcement, fire or medical help in an emergency, we just need to dial 911. But what if there's an emergency in our community and public safety providers need to notify us? How do we get critical information? What happens if we are away from home, shopping or at work?

One answer is **CODE RED**, a "reverse 911" system from the Sandoval County Regional Dispatch Center. Code Red allows authorized users to notify residents about major emergencies in a matter of minutes. *The system is free and is only used by authorized personnel in verified public emergencies.*

The system starts with a database of telephone numbers from local phone directories. As with any database-driven system, the service is only as good as the data on file. So Code Red includes a way for residents to enter additional phone numbers where they can be reached. The alternate phone numbers can be used if your phone number is unlisted; you work and no one is at home; you don't have a land line and rely on your cell phone; or if you are away from home want someone else to be contacted in an emergency.

The system can make 15,000 automated calls in a matter of minutes. Recorded messages are left if no one answers. Messages will also go out by e-mail and text message if you add that information. These notifications expedite evacuation while tribal officials and law enforcement officers start door-to-door notification and handle other urgent matters.

Some situations in which the system could be used include evacuation instructions if a wildfire is approaching, or if a boil-water warning has been issued, or if there is a hazardous waste spill on Highway 4.

Register Your Phone Numbers

All Pueblo of Jemez community residents are urged to go to the web site and add their alternate emergency contact information. Go to the Sandoval County web site at www.sandovalcounty.com and click the **CODE RED** link. Registration is free. It just takes a few moments to get more peace of mind for you and your family. Residents of other counties should contact their local law enforcement agencies to learn if the service is available in their areas.

Computers are available for public use at the Pueblo of Jemez Community Library between 8 a.m. and 5 p.m., Monday through Friday, and at the Education Department in the Civic Center between 9 a.m. and 6 p.m., Monday through Friday. **If you do not have computer access, phone the Sandoval County telecommunication office at (505) 404-5810 to be entered in the system.**

Do it Today!

Protect your home and your family with this free service! *Your information remains completely private and will be used only to notify you of emergency situations.*

Register for the CODE RED Reverse 911 System and add additional contact numbers at www.sandovalcounty.com or call (505) 404-5810.

TRIBAL COURT NEWS

Establishing Paternity

Tribal members who need to establish paternity to increase their blood quantum measure can file a *Petition to Establish Paternity* in the Tribal Court office. The filing fee is \$20.

If DNA testing is ordered, each party will pay \$28 per person. Specimens will be collected in the Tribal Court office and sent to DDC-Ohio.

When the results are received, the parties will be summoned to court. An order will be issued regarding the results and copies will be sent to the Enrollment Office.

Filing Fees

The filing fee for all civil matters is \$20. Tribal Court can process the following civil matters: adoptions, child support, custody, conservatorship, guardianship, name changes for adults

and minors, paternity, probate, small claims, repossession and other civil cases. The \$20 filing fee must be paid in advance to process the case.

Traffic Citations

Tribal employees who receive traffic citations and fail to pay the assessed penalties within 30 days will have the fees deducted from their paychecks within the next pay period from the expiration of the penalty assessment.

Please abide by the speed limits, child restraint, stop signs, seat belts, financial responsibility (insurance), and all other traffic laws.

If you have questions on civil or other court matters, contact the Tribal Court office at (575) 834-7369.

NEWS YOU CAN USE

Native Busine\$\$: Three Must-Know Tests

Submitted by Jim Stanley

Whether you are a front line worker, CFO, or aspiring to become an executive, you need to know this: a business is judged through three tests that measure the current, medium and long-term health of a company.

Test 1: Cash Flow (current term.)

The snapshot of cash flow is sometimes called a debt service coverage ratio. Earnings before interest, depreciation and amortization (EBIDA) are divided by the debt principal and interest payments and all recurring fixed costs, like vehicle payments, rent and equipment leases. Banks generally look for a debt service coverage ratio of 1.2x or better, and generally consider only historical cash flow to test debt service coverage ratio.

Test 2: Liquidity (medium term.)

Liquidity measures a company's ability to pay its bills over the course of about 12 months using a current ratio. The current ratio divides current assets by current liabilities. Both figures are found on the company's balance sheet. Current

assets are things like accounts receivable a company owns that can be turned into cash within a twelve-month period. Current liabilities are debt and accounts payable due within one year. Banks generally look for a ratio of 1.2x to 1.5 or better.

Test 3: Leverage (long term.)

A debt-to-equity ratio assesses a company's ability to make payments to creditors over a period of time greater than twelve months. A debt-to-equity ratio is configured by dividing total debt by total tangible equity in a business. Both debt and equity are on the company's balance sheet.

Assets that are not tangible are difficult to turn into cash, such as good will and intellectual property. Leverage ratios vary largely, depending on an industry's capital requirements. A manufacturing company uses machinery, an asset that requires material capital to purchase and maintain, to make profit is different from an accounting firm which requires personal labor to profit. These types of

business may not have the same target debt-to-equity ratio.

Typically banks want to see a company with a debt to equity ratio of 3:1 or better. If a company has a debt-to-equity ratio too high compared to its peer group (10:1,) it may mean that a business interruption could make them miss timely bill payments.

In my experience, the most successful organizations report timely, consistent financials and a company culture exists where it's understood how financial results benefit everyone, from front line workers to executive leadership. Workers are clear on the productivity of their efforts and management can make good decisions to overcome challenges or take advantage of opportunities in the market.

Jim Stanley is a member of the Quinault Nation, vice president of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He is a banker and shares his knowledge and resources with you, his cousin, for your economic benefit. Contact Jim at sovereigndevelopment@hotmail.com.

Voters' Updates

- ◆ The Native American Election Information Program (NAIEP) is now the Native American Voting Rights Program under Sandoval County.
- ◆ Election training is tentatively scheduled for July 7, 2011.
- ◆ Efforts to create an additional precinct for the Pueblo of Jemez continue. Please update your voter information. It counts to vote!

Primary Election will be Tuesday, June 5, 2012

Redistricting

On March 15, 2011, the United States Census Bureau released the decennial count of the population of New Mexico at 2,059,179 people, who are assigned to 1,448 precincts. The New Mexico Legislature is now faced with the task of redistricting its House and Senate seats, the Public Regulation Commission districts, and the state's three US Congressional districts. This redistricting process is done every ten years in response to census data.

Redistricting means redrawing the boundaries of existing voting districts. In this process, the number of representatives per

district does not change, but the district's boundaries do. The New Mexico House of Representatives has 70 districts and the state Senate has 42 districts. Redistricting will not change the number of districts, but will change the boundaries of those districts.

The legislature has established a redistricting committee comprised of Representatives and Senators. The committee had its first meeting on June 20, 2011 at the state capital in Santa Fe. Meetings are planned over the summer throughout the state to give the public opportunities to comment.

Indian Affairs Committee

NM Indian Affairs Committee, cochaired by James Roger Madalena and John Pinto, will host meetings around the state in the summer months. The first meeting was held on June 13 at the state capital.

If you have questions or need more information, contact the Native American Voting Rights Program at (505) 934-8826, the SOS-NAEIP office at (505) 827-3619, or the Secretary of State's office at (800) 477-3632.

HEALTH & HUMAN SERVICES

Attention Parents! School Physicals Start Now!

SATURDAY AND EVENING HOURS FOR SCHOOL PHYSICALS

Saturday, Aug. 20 8 a.m. - 2 p.m. (tentative)
 Exams will include vision and immunizations.

PARENTS MUST BE PRESENT AT THE EXAM; OTHER CAREGIVERS OR SIBLINGS CAN NOT BRING CHILDREN.

MAKE AN APPOINTMENT. Call the Jemez Health Clinic to schedule an appointment at (575) 834-7413.

BRING WITH YOU: The most recent immunization record AND COMPLETED School Physical Exam Form. Schools will distribute forms, or pick them up at the Jemez Clinic lobby. **Forms MUST be completed before the appointment.**

Pediatrician Schedule

Dr. Green, the JHHS pediatrician, is at the Jemez Health Clinic three Wednesdays of each month for school physicals. Dr. Green's schedule is:

Wednesday	July 13, 20 and 27	8 a.m. to 5 p.m.
Wednesday	Aug. 10, 17 and 31	8 a.m. to 5 p.m.

Parents can call to make an appointment at (575) 834-7413.

MEDICAL SOCIAL WORK

ABOUT YOUR BENEFITS

Medicaid News

The Medical Assistance Division is implementing changes to Personal Care Options (PCO,) which are in-home, paid caregiver services.

In December, the state of New Mexico passed a regulation that allows these programs to reduce the number of caregiver hours allotted for housekeeping if the patient who is receiving services lives with other people who are "able bodied." In other words, if the patient lives with family members who are capable of cleaning house – and many of our patients who receive caregiver services do – those household members are expected to do their fair share of the house cleaning and not rely on the paid caregiver to do it.

Other household members, especially family members, are considered to be part of the "natural support system" for patients. If you live with someone who receives these services, you are expected to pitch in and help with household chores. If you are a paid caregiver who lives with your patient, you can expect to do some housekeeping (your own, children's, etc.) without being paid for it.

State-reimbursed caregivers (such as those working for Ambercare or Enchanted Hills) have always been paid to pro-

vide services, *specifically for elderly patients.* However, the state will now be able to cut back on patients' allotted hours if other healthy, able-bodied people live in the home.

Coordinated Long Term Care Services (CoLTS)

'Tis the Season! Open Season that is... If you are a person whose Medicaid is managed either by Evercare or Amerigroup, this is the time of year you may switch providers.

If you are happy with your current managed care organization (MCO,) you do not have to do anything. You will remain with your current provider. However, if are **not** happy with your current CoLTS provider, July is the only time of year when you can choose a different one.

As you may know, there are only two CoLTS MCOs in New Mexico, so "change" means switching from either Amerigroup to Evercare or from Evercare to Amerigroup. Once you have made a change, you must remain in the chosen MCO for the next 12 months.

Please contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040 if you have questions.

INJURY PREVENTION

Save Your Kids: Children **D I E** in Hot Cars

NEVER leave a child alone in a car in the summer-- even for "just a minute."

With hot summer days, KidsAndCars.org warns parents and caregivers to take extra precautions to prevent protect children and **never leave them alone in cars**. By the end of May this year, eight children had died of heat stroke in vehicles.

KidsAndCars.org is a national nonprofit child safety organization working to prevent injuries and deaths of children in and around motor vehicles. They report more than 500 children have died in these preventable tragedies since they started tracking the information in 1998.

Unfortunately, even the most conscientious parents can overlook a sleeping baby in a car. The biggest mistake people make is to think 'It couldn't happen to me,' says KidsAndCars. Anyone who has ever forgotten a pot burning on the stove can see how easy it is to have a dangerous memory lapse.

The organization also urges security personnel, parking lot attendants and the public to watch for children alone in vehicles. **Call 911. If the child seems hot or sick, get him or her out as quickly as possible.**

To prevent heat stroke deaths, KidsAndCars.org and Jemez Injury Prevention Program offer the following safety tips. Tape them to your dashboard if you have youngsters as passengers.

TIPS TO KEEP KIDS SAFE

- ★ Put something in the back seat so you have to open the door when leaving the vehicle, such as your cell phone, employee badge, handbag, etc.
- ★ Every child should be properly restrained in the back seat.
- ★ Use a stuffed animal and move it to the front seat to remind you when a child is in the back seat.
- ★ Ask your babysitter or child-care provider to call you within 10 minutes if your child hasn't arrived on time.
- ★ Focus on driving. Don't use your cell phone for calls or texting while driving.
- ★ Every time you park your vehicle, open the back door to make sure no one has been left behind.
- ★ Make sure your car is locked and that keys and remote openers are out of the reach of small children. Don't let children use a car as a play area or 'hiding place.'

Handouts and window stickers are available at the Jemez Injury Prevention Program. Call (575) 834-1001.

Did You Know?

In 2010, a record 49 children died of heat stroke in cars.

A child's body heats up three to five times faster than an adult's.

In less than 30 minutes, the temperature inside a car can increase 35 degrees.

An infant can die in as little as 15 minutes, even on a mild 75 degree day.

NOTE TO PET OWNERS: Leave your dogs at home in hot weather! Dogs can get heat stroke and die quickly in hot cars, even with windows open.

JULY IS UV SAFETY MONTH

Too much fun in the sun cause a painful sunburn. But too much ultraviolet (UV) radiation can cause skin cancer. Ultraviolet (UV) radiation is the main cause of skin cancer. UV rays can also damage your eyes. Anyone can get skin cancer, including people with normally darker skin. You can take these steps to help prevent skin cancer:

- ▶ Stay out of the sun between 10 a.m. and 4 p.m.
- ▶ Use sunscreen with SPF 15 or higher.
- ▶ Cover up with long sleeves and a hat.
- ▶ Check your skin regularly for any changes.

Source: American Academy of Ophthalmology

SOCIAL SERVICES

Red Flags For Abusive Relationships

The following list are some warning signs of potentially abusive relationships. They are presented as guidelines and cues to pay attention to, NOT as judgments about the worth of the other person. Question relationships with partners who:

- ▶ Abuse alcohol or other drugs.
- ▶ Have a history of trouble with the law, get into fights, or break and destroy property.
- ▶ Don't work or go to school.
- ▶ Blame you for how they treat you, or for anything bad that happens.
- ▶ Abuse siblings, other family members, children or pets.
- ▶ Put down people, including your family and friends, or call them names.
- ▶ Are always angry at someone or something.
- ▶ Try to isolate you and control whom you see or where you go.
- ▶ Nag you or force you to be sexual when you don't want to be.
- ▶ Cheat on you or have lots of partners.
- ▶ Are physically rough with you (push, shove, pull, yank, squeeze, restrain.)
- ▶ Take your money or take advantage of you in other ways.
- ▶ Accuse you of flirting or "coming on" to others or accuse you of cheating on them.
- ▶ Don't listen to you or show interest in your opinions or feelings; things always have to be done their way.
- ▶ Ignore you, give you the silent treatment, or hang up on you.
- ▶ Lie to you, don't show up for dates, maybe even disappear for days.
- ▶ Make vulgar comments about others in your presence.
- ▶ Blame all arguments and problems on you.
- ▶ Tell you how to dress or act.
- ▶ Threaten to kill themselves if you break up with them, or tell you that they cannot live without you.
- ▶ Experience extreme mood swings...tells you you're the greatest one minute and rips you apart the next minute.
- ▶ Tell you to shut up or tell you you're dumb, stupid, fat, or call you some other name (directly or indirectly.)
- ▶ Compare you to former partners.
- ▶ You feel tied down, feel like you have to check in.
- ▶ You feel afraid to make decisions or bring up certain subjects so the other person won't get mad.
- ▶ You tell yourself that if you just try harder and love your partner "enough" then everything will be just fine.
- ▶ You find yourself crying a lot, being depressed or unhappy.
- ▶ You find yourself worrying and obsessing about how to please your partner and keep them happy.
- ▶ You find the physical or emotional abuse getting worse over time.

Resource: Datingviolence.com

Remember: Call 911 In An Emergency

Asking for help is a sign of strength. A lot of domestic violence situations go unreported. If you do not ask for help or report domestic violence situations, it does not get better, it gets worse until you ask for help. As a victim of domestic violence, you are not at fault and you are not to blame for the perpetrator's actions and behavior. Perpetrators are accountable for their own actions and behavior.

Women's Support Group will meet July 7 and 21 at Social Services from 6 to 8 p.m.

If you have questions, contact Carol Vigil at (575) 834-7117.

Award for Future Health Care Careers

The Judith Tempest Lawall Award recognizes a graduating Jemez Pueblo high school senior who has demonstrated an interest in a human services career. The \$500 award is in memory of Judith Lawall, B.A., M.Ed, RN (1940-2007.)

The mother of five children, Judith initially trained as a social worker specializing in foster and adoptive care, and went on to earn a degree in education while operating a day care facility. At age 54, she completed nursing training to finish her career as a registered nurse in an assisted living facility.

"Her life exemplified the many ways a single individual can serve others in health care and human services," says David Tempest MD, JHHS Medical Director.

Applications are available at the Pueblo of Jemez Education Department. ***The application deadline is July 15, 2011.***

Welcome Mat



Gail Overton has joined the JHHS Public Health Programs as diabetes case manager. She brings more than 20 years of experience as a diabetes educator and licensed nutritionist to her new position. She will work closely with Medical Director Dr. David Tempest on clinical issues and also work with the Community Health Representatives on community outreach initiatives.

BEHAVIORAL HEALTH

Opening Communication: Supporting the Dialogue Between Youth and Parents

Jemez youth and their parents were invited to a presentation about some types of youth subcultures given by Keahi Kimo Souza, LMSW, JHHS Behavioral Health Program Manager. The presentation was intended to provide awareness about youth subcultures and build better understanding between parents and their children.

“Some of our Native youth are getting involved in both positive and negative activities that adults sometimes are not aware of,” Keahi explains. “This involvement may lead to stereotyping,

Destructive Youth Subcultures:
Whoop Whoop!



mislabeling and difficulties in communication between generations.”

Some of these youth subcultures can be very destructive when youth withdraw from their larger community, lack motivation to understand their own cul-

ture, and get negative recognition within the legal system.

The “Juggalo/Juggalette” culture includes a specific style of dress, tattoos, graffiti, music and hand signs that generally correlate with a certain type of philosophy and mentality. Some of these identifiers are openly around our community, but not recognized by the general public.

After the Juggalo/Juggalette presentation, Sherwin Sando, BA, who directs the Jemez Tribal Youth Program, discussed aspects of the youth program and its involvement in developing youth leaders within the community. Dave Panana, JHHS Deputy Director, Wilma Toledo, JHHS Health Board member, Monique Sando, Visitor Center/C Store Manager, and Sandra Sando, Sandoval County Juvenile Probation Officer, added comments and answered questions.

More community Outreach programs are planned throughout the summer. If you have questions or want more information, contact Keahi Souza at (575) 834-3140.



Keahi Kimo Souza, Dave Panana (far left) and Sherwin Sando (far right) with participants in the Jemez Tribal Youth Program.

PUBLIC HEALTH

JHHS Public Health Program CPPW Presents **SENIORS WALK TO WELLNESS**

Tuesdays & Thursdays at the Senior Center at 9 a.m.
Walk a mile with a SMILE. Everyone is welcome!

For more information, call Cornell Magdalena at (575) 834-3091 or Virginia Toya or Mildred Baca at 834-7207.

Healthy Bodies, Healthy Minds

Watch for our awesome Healthy Bodies, Healthy Minds Walatowa Bike Club. They meet at the Jemez Civic Center at 8:30 a.m., and ride from 9 a.m. until about 11:30 a.m. They ride throughout the community and the back roads. Please drive safely and watch out for our young bikers.

**SAFETY ALERT: DRIVERS, WATCH FOR BICYCLISTS AND PEDESTRIANS AT ALL TIMES,
BUT ESPECIALLY DURING THE SENIORS WALK TO WELLNESS AND THE BIKE CLUB!**

PUBLIC HEALTH



Water is Life

Especially in these hot summer months, it's extremely important for everyone to drink enough water every day. This is especially true for children.

Water is the body's principal chemical component, and makes up about 60 percent of body weight. Every system in the body depends on water. Water flushes toxins out of vital organs, carries nutrients to cells, and provides a moist environment for ear, nose and throat tissues. Water has many health benefits:

- ◆ Keeps the body cool in the summer and warm in the winter.
- ◆ Removes wastes from the body.
- ◆ Carries oxygen and nutrients to the cells.
- ◆ Acts like a cushion in the joints, knees and elbows.
- ◆ Helps the body digest the foods eaten.

To function properly, the body must replenish its water supply. The best, healthiest choice is plain water — not soda, not fruit drinks, not sports drinks, not even fruit juice — **WATER**.

Stay Safely Hydrated

Every day, people lose water through breathing, perspiration, urine and bowel movements. When the humidity is very low, sweat evaporates so quickly you may not even notice you are perspiring. Lack of water can lead to dehydration and the body doesn't have enough water to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

Generally, it's not a good idea to use thirst alone as a guide for when to drink. By the time you become thirsty, you may already be slightly dehydrated. Further, as you get older, your body is less able to sense dehydration and signal thirst to your brain. *(However, excessive thirst and increased urination can be signs of more serious medical conditions. Talk to your health care provider if you experience either one.)* Make your family stays hydrated:

- ◆ Drink at least one glass of water with each meal and between each meal.
- ◆ Drink water before, during and after exercise.

- ◆ Drink sparkling water instead of alcoholic drinks at parties.

Make sure children drink enough fluids every day. Although water is the most important fluid, children also get some fluids from foods high in water, such as grapes, watermelon, oranges, cucumbers, lettuce, tomatoes, popsicles, soup, Jello, ice cream and cottage cheese.

Skip the Soda

Soda is nothing but sugar and artificial flavoring. Sugar-filled soda is known to contribute to the nation's rising obesity epidemic. Research shows a direct relationship between consumption of sugary drinks and an increase in the risk of overweight and obesity, which in turn promote diabetes, heart disease, stroke and many other health problems. More than two-thirds of American adults and one in three children are overweight or obese, and obesity rates are even higher among Native Americans.

Limit Sports Drinks

Recent research concludes that sports drinks aren't necessary for children and teenagers and are likely to contribute to obesity. While adolescent athletes engaged in vigorous physical activity may benefit from the carbohydrates and electrolytes provided by drinks such as Gatorade™ and Powerade™, researchers say water should be the beverage of choice for hydration.

"For most children engaging in routine physical activity, plain water is best," says Dr. Holly J. Benjamin, co-author of the study published in the *Journal of the American Academy of Pediatrics*. "Sports drinks contain extra calories that children don't need."

The studies also focused on the effects of energy drinks that contain caffeine and other stimulants. These beverages can damage children's and adolescents' neurologic and cardiovascular systems and shouldn't be consumed, Dr. Benjamin added. She is a University of Chicago associate professor of pediatrics and a physician specializing in sports medicine; co-author Dr. Marcie Beth Schneider is a pediatrician specializing in adolescent medicine.

Did You Know?

Health-care costs related to obesity total about \$150 billion per year.

Sugary drinks, few of which have any nutritional value, account for half of all added sugars in the average American diet.

The size of standard sugary drink containers have exploded from 6.5 ounces in the 1950s to 20 ounces today.

One study found that each additional sugary drink a child drinks per day increases the likelihood of obesity by about 60 percent.

According to the FTC, the carbonated beverage industry spent \$492 million marketing directly to youth in 2006.

There is an average of 20 teaspoons of sugar in every 20 ounce soda. Some brands have more than 20 teaspoons per bottle.



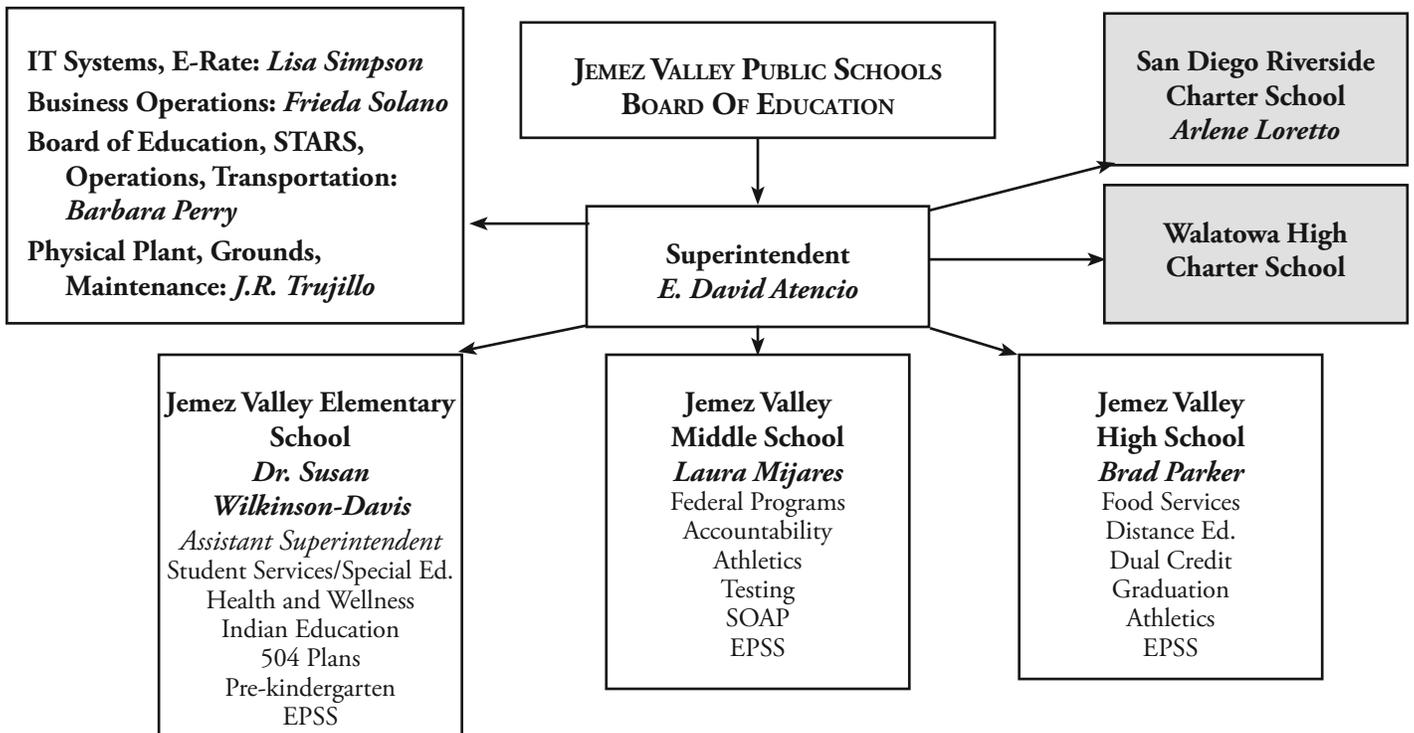
JEMEZ VALLEY Graduation Rates Four-Year Graduation Rates, Class of 2010

High school graduation rates for both high schools in the Jemez Valley surpassed the rates for the state of New Mexico in all categories. The graduation rates for Jemez Valley High School and Walatowa High Charter School were statistically about equal.

School	Group	Number of Students	Rate (%)
All NM Schools	All Students	26,490	67.3
All NM Schools	Female	2,895	72.0
All NM Schools	Male	13,595	62.8
All NM Schools	Caucasian	7,863	75.6
All NM Schools	American Indian	3,266	60.5
Jemez Valley High	All Students	47	91.0
Jemez Valley High	Female	26	94.7
Jemez Valley High	Male	21	86.1
Jemez Valley High	American Indian	28	90.9
Walatowa Charter	All Students	21	90.5
Walatowa High Charter	Female	6	*
Walatowa High Charter	Male	15	85.8
Walatowa High Charter	American Indian	21	90.5

**Results are masked for subgroups with fewer than 10 students to comply with confidentiality requirements.*

Jemez Valley Public Schools Organization



EDUCATION



Parent Appreciation Night

TUESDAY AUGUST 9 5:30 P.M. JEMEZ DAY SCHOOL GYM

**Featuring a presentation by Tim Burns on
Functions of Human Brain Development**

DOOR PRIZES INCENTIVES DINNER CHILD CARE WILL BE PROVIDED

The class with the most parent participation will win a class party!

The Pueblo of Jemez SPARK program presents a night dedicated to parents with a presentation by well-known early childhood expert Tim Burns. Returning by popular demand, he will discuss the Fundamentals of the Human Brain Development. All parents are welcome.

SPARK (*Supporting Partnerships to Assure Ready Kids*) is a transition program for children moving from early childhood programs, like Head Start, to kindergarten. The goal is to help children make low-stress, successful transitions to the next educational level. SPARK focuses on family engagement, professional development and best practices in early childhood development. NM SPARK is a New Mexico Community Foundation initiative with funding from the W.K. Kellogg Foundation.

Tim Burns is an educator, author and presenter with a keen interest in human development, learning and creativity – and an enjoyable and engaging way of teaching about them. His background includes over 30 years of experience as a teacher, counselor, First Offender Program facilitator, adolescent and family drug-treatment program director, university instructor, and staff development specialist.

In addition to 10 years teaching in public schools, Tim taught at the Alcohol and Drug Abuse Studies Institute at the University of New Mexico and at Adams State College, Division of Extended Studies, in Alamosa, CO. Tim has worked with over 3,000 schools and hundreds of agencies and organizations throughout the United States and across the globe. He has written three books as well as resource manuals on brain development, resiliency and well-being in children. An award-winning artist, he holds a black-belt in Aikido, a Japanese martial art devoted to neutralizing aggression and redirecting conflict. Tim and his wife have three daughters and two grandchildren.

For more information, contact the Department of Education at (575) 834-9102.

YOUTH RUNNERS WIN TITLES

Congratulations to Pueblo of Jemez runners Troy Madalena, who won the Young Adult Male Division title, and Valene Madalena, who took the Female Youth Division title, at the Fourth Annual Jim Thorpe Native American 5K National Championships. Troy won with a time of 17:09; Valene came in at 21:28.

Over 230 runners from more than 45 North American tribes competed in various age divisions. The event was sponsored by the Native American Sports Warriors Track Club and *Native Re-Vision*, a new national nonprofit organization dedicated to guiding Native American student athletes in identifying talents, setting goals and achieving their dreams.

Native Re-Vision founder Steve Cardwell pledged to serve as the title sponsor and legal entity for the race, and to help with development and administration. Both organizations work to identify promising Native American distance runners who aspire to compete at the collegiate and/or Olympic level.

Race proceeds help fund the Sports Warriors Track Club to compete at USATF National Championship races. The club promotes athletic excellence, wellness, fitness, health, education, physical activity and healthy lifestyles in Native American communities through sports and athletic programs, clinics, camps, special events and attending USATF sanctioned events.

For more information, e-mail SportsWarriorsTC@aol.com.

Pueblo of Jemez Community Library

SUMMER LITERACY PROGRAM

"ONE WORLD, MANY STORIES"

Through July 29 1 to 3 p.m.

Open to all ages

Mondays	Game Day
Tuesdays & Wednesdays	Literacy/Arts & Crafts
Thursdays	Towa Day
Fridays	Movie Day

End of Summer Celebration Friday, July 29 for all participants. Awards for Top Readers!





PUEBLO of JEMEZ

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

Presort Standard
US Postage Paid
Albuquerque NM
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Boxholder
Jemez Pueblo, NM 87024

Jemez Farmer's Market

Traditional pueblo farming at it's best...

**AT THE RED ROCKS
SUNDAYS
10 A.M. TO 2 P.M.
SEPTEMBER THROUGH OCTOBER**



**September 4, 11, 18 & 25
October 2, 9, 16, 23 & 30**

**If you want to sell your crops at the Farmer's Market,
contact Martin P. Loretto or Cheryl Shendo-Toya at
(575) 834-3091.**

TRIBAL LIBRARIES FUNDRAISER

**First Annual New Mexico Tribal Libraries
Benefit Golf Tournament**

Isleta Eagle Golf Course

FRIDAY JULY 22, 2011

REGISTRATION FEES

Team \$500 Individual \$125

Registration includes greens fee, golf cart, ditty bag,
range balls, T-shirt, and lunch.

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

Contact Nathaniel Lujan at (505) 697-0273, poi02002@
isletapueblo.com or Janice Kowemy at (505) 552-6280,
jkowemy@lagunatribe.org.