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# Red Rocks Reporter

JULY 2012

## In This Issue

- Walatowa Timber Initiative .....1
- Tribal Council Report.....2
- Tribal Court Reminder .....2
- Appliance Exchange.....3
- Public Works.....3
- Housing Updates .....3
- Accreditation for JHHS .....4
- School Health Physicals .....4
- FITT4Life.....5
- Healthy Bodies, Healthy Minds.....5
- MOGRO Comes to Jemez.....5
- Heat Can Kill.....6
- Injury Prevention .....7
- Children's Fair .....8
- Help Wanted: Youth To  
Make a Difference.....8
- Senior Enhance Fitness .....9
- New Offices for Tribal Officials.....9
- Graduation List Update .....9
- Jemez Valley Public Schools .....10
- Tribal Youth Program .....10
- Benalli Family Thank You Note.....11
- Employability Skills Training.....11
- Green Stars Award .....11
- New Walking Paths.....11
- Pueblo Independence Day.....12

## Pueblo of Jemez Launches Walatowa Timber Industries

The Pueblo of Jemez, Jemez Community Development Corporation (JCDC) and TC Company announce the creation of Walatowa Timber Industries, a joint venture between TC Company and JCDC. The company will be located at the former Walatowa Woodlands Initiative on Saw Mill Road in Jemez Pueblo. The company will accept wood and brush thinning contracts, harvest timber, and sell lumber, latillas and firewood.

“The Pueblo of Jemez is proud of this huge accomplishment to establish a closer working relationship with the Valles Caldera National Preserve opening the doors to the aboriginal lands of our Jemez people,” says Pueblo of Jemez Governor Joshua Madalena. “The company will provide needed jobs and financial resources for our community.”

“This small business enterprise helps entities like the US Forest Service, the Valles Caldera National Preserve, and private land owners put timber to use and not waste,” says Dennis Trujillo, Executive Director, Valles Caldera National Preserve. “We at the Valles Caldera look forward to working closely with the Pueblo of Jemez as business partners to further our goals in forest restoration.

“This venture is a great opportunity to use our natural resources productively while improving the forests,” says Charlotte Romero-Garcia, JCDC Board Chair.

“I’m real excited to be working with the JCDC to bring back an extinct business,” adds Terry Conley, owner of TC Company. “We’ll start slow, but will take advantage of existing opportunities and hope to run at full speed within two to three years.”

For more information about Walatowa Timber Industries, contact Monique Sando, JCDC General Manager, at (575) 834-7235.



(Left to right) Pueblo of Jemez Second Lt. Governor Juan Toya, Terry Conley, owner of TC Company, Governor Joshua Madalena and First Lt. Governor Larry Chinana announce the joint venture Walatowa Timber Industries with the Jemez Community Development Corporation for lumber and forestry operations.

## Speeders Beware!

Jemez Law Enforcement officers are increasing their patrols to protect our community and especially our children from speeding vehicles. Officers will be monitoring our back roads as well as Highway 4 and issuing citations for anyone breaking our traffic laws.

**PROTECT OUR COMMUNITY! BUCKLE UP AND SLOW DOWN!**

## JEMEZ STATE MONUMENT PRESENTS 9<sup>TH</sup> ANNUAL PUEBLO INDEPENDENCE DAY In commemoration of the 1680 Pueblo Revolt Sunday, August 12, 2012

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

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

7 a.m. Run begins at the Jemez Pueblo plaza. The public is welcome to participate. Water stations will be available.

10 a.m. Guest speakers at Jemez State Monument.

10:30 a.m. - 3:30 p.m. Enjoy traditional Native dances, sample authentic Native foods and shop for arts & crafts.

FREE Vendor booths available. Call Jemez State Monument for details: (575) 829.3530. Free admission for New Mexico residents.

[www.nmmonuments.org](http://www.nmmonuments.org)



New Mexico State Monuments





### 2012 TRIBAL GOVERNORS

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

### TRIBAL COUNCIL

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

### TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

### Red Rocks Reporter

July 2012 Edition

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

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## TRIBAL COUNCIL

### Tribal Council Report

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

June 15, 2012. Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juan Toya proposed the following resolutions which were approved by the Tribal Council:

**Authorized submission of the 2012 Tribal Transportation Improvement Projects (TTIP)** to the Federal Highway Administration to fund the Pueblo of Jemez transportation and roads program for road maintenance, planning, engineering and construction.

**Implemented the Feb. 10, 2004 Memorandum of Understanding between the Pueblo of Jemez and the Pueblo of Zia** regarding the respective locations of ancestral lands. The United States supports the United Nations Declaration on the Rights of Indigenous Peoples, which includes the statement that: "indigenous peoples have the right to the lands, territories and resources which they have traditionally owned, occupied or otherwise used or acquired." Tribal Council also supports the full implementation of the Ojito Wilderness Act and the return to the Pueblo of Zia by the United States.

**Approved the Land Use Application Fee.** Any outside party applying for a new or renewed right-of-way, lease, permit or other document authorizing use of tribal land for business purposes is required to pay a Land Use Application Fee to the Pueblo. The fee amount will be set by the Governor and Realty Officer and will be sufficient to cover the Pueblo's costs to perform a comprehensive review and evaluation of the application, and to negotiate the terms of right-of-way, lease or other land encumbrance that will authorize the business use of tribal land. The fee will include the costs of reviewing any environmental and safety impacts of the proposed land encumbrance; determining the monetary value of the land use rights to be authorized; conducting negotiations with the applicant including matters of compensation; obtaining legal counsel and professional services as required; and conducting administrative review and processing of the application or proposal. The Land Use Application Fee will be nonrefundable and paid in full on receipt of an applicant's formal request for consideration of a land use.

**Contracted with the Center for Applied Research, Inc.,** for the professional services of Robert F. Robinson to assist the Pueblo in the valuation and negotiation of one or more rights-of-way for power lines, substation and infrastructure owned and/or operated by Jemez Mountains Electric Cooperative.

**Adopted the Pueblo of Jemez Civil Trespass Code,** Title XIV, Sections 1 to 21, defining the conditions under which the Pueblo can grant or refuse consent to persons to obtain an interest in, enter upon, remain on or otherwise use Pueblo lands, and to designate administrative responsibilities to respond to and provide remedies for trespasses on Pueblo lands.

### REMINDERS FROM TRIBAL COURT

**If you owe fines to Tribal Court:** You must go to the office to make payment arrangements or risk being picked up with a bench warrant.

**During sentencing court:** You must have the \$20 court cost with you.

If you have questions, contact the Tribal Court office at (575) 834-7369.

## VOCATIONAL REHABILITATION

### Employability Skills Training

August 7 – September 11

Five Weeks, Eleven Sessions at the CRC

*Are you seeking employment?*

*Are you having challenges finding employment?*

Jemez Vocational Rehabilitation (JVR) invites anyone who is job-seeking to join a free employability skills training. In 11 sessions over five weeks, you will have a great opportunity to gain employability skills to use to seek and keep a job.

The classes will cover resumes and cover letters, transportation, career changes, self-assessments, personal challenges, preparing portfolios, mock interviews, financial management and other topics for serious job hunters.

With the recession and challenging job market many people face today, this series of classes can give you the skills to succeed in your job hunt. Participants who attend all 11 sessions will receive certificates of completion.

For more information, contact Yolanda Toledo, Job Coach/Job Developer, or any JVR staff member at (575) 834-0012.

## HOUSING

### Pedestrian Walkway

The Housing Department introduces the new pedestrian walkway on Sheep Springs Circle. The new walkway will make access between the Senior Citizens Center, Head Start, Child Care, tribal offices and JHHS clinics and programs. The path is located between the homes of Alondo Chinana and Dominic Gachupin. Many thanks to the Housing Department force crew who did a great construction job. All are welcome to enjoy this convenient path between Pueblo of Jemez essential services. The path is designed to accommodate wheelchairs and bicycles, but cannot be used by ATVs or other motorized vehicles.



## COMMUNITY NEWS

### GREEN STARS HONORED



Green Stars Lindsey Toya, Emmet Yepa, and Tianie Toya with their award. Photo by Tammy Belone.

The Walatowa Green Stars were guests of honor at the New Mexico Recycling Conference where they received as a New Mexico Recycling Achievement Award. The group was selected as Youth Recycler Activist Group of the Year by their peers. Green Stars Emmet Yepa, Lindsey Toya and Tianie Toya attended the awards ceremony with their parents, grandparents and siblings as well as Tammy Belone, Natural Resource Department Air & Water Quality Program Manager, who is advising the group. Green Star Mark Panana was unable to attend. The ceremony was held June 19 at the Hotel Albuquerque Old Town. The award was made of 100% recyclable materials.

"The Recycling Achievement Awards recognize individuals, businesses, municipalities, activist groups, nonprofits and educational facilities for their outstanding work to promote recycling and composting throughout New Mexico," said English Bird, Executive Director of the New Mexico Recycling Coalition in the awards notification letter.

"This is a wonderful group of young people who are making a difference here in Jemez. I'm so proud of them and continue to help them in any way possible," Tammy says.

*The Benalli, Mitchell and Dennison families want to thank everyone for their support in this time of loss of our dad, grandpa and friend Roscoe Benalli at the age of 96. A veteran of the US Army Air Corps, he had been employed by the BIA Water Management. He is survived by his three sons, seven daughters, 22 grandchildren and 31 great-grandchildren. He was preceded in death by his wife Mary Toledo and son John. He lived a full life and was surrounded by his three eldest children during his last breath of life.*

## EDUCATION

## Tribal Youth Program

Submitted by Sherwin Sando

Fifteen students, ages 12 to 18, are participating in this summer's Tribal Youth Program (TYP). TYP offers various activities focused on giving back to our community through service learning projects.

The summer's main project will be restoring the pews at the San Diego Mission Pueblo Church. This is a substantial task, since all of them need to be sanded, stained and repaired.

The youth participants are also focussing on various issues that affect teens and their future by partnering with the Pueblo of Jemez Health & Human Services and Education Departments.

Working with community members, the group has also participated in culturally centered activities, including bow and arrow, drum and bread making.

"The main goal of the Summer Youth Program is to give students the tools they need to make good choices and succeed at whatever they choose to do in life," says Sherwin Sando, who is directing the program. "Thank you to everyone who has been involved with the Tribal Youth Program this summer!"



(Left to right) Keanon Mora, Glenn Toya, Joe Armijo and Brandon Armijo have been practicing their archery skills.

Cyrus Toya sands pews at the San Diego Mission Pueblo Church as part of the restoration project.



## Jemez Valley Public Schools

By Laura Mijares, Middle School Principal

I am thankful for my first year as middle school principal. With the school year over, I want to reflect on three goals for the year.

### 1. Emphasize academics and build a schedule around student needs.

One accomplishment was the creation of a new schedule, which included an hour a day dedicated to academic enrichment and remediation. The school day was the same length, but we carved out more academic time within our schedule. Preliminary test scores indicate that students who were "double blocked" in math class made two years of academic gain in just one year!

We also successfully integrated the Special Education Department into the school as a whole. Resource teacher Amber Garland did a great job serving as mentor, class advisor and general reading teacher. Special education students were included in grade level classes whenever it met their needs. It was encouraging to have a full inclusion atmosphere that worked so beautifully.

### 2. Strengthen authentic community involvement with the school.

We had many different kinds of celebrations this year. At each event, I visited with families and was reminded how much our students are truly loved. We held quarterly assemblies, good behavior awards, honor roll recognition, dances, field trips, team building activities, a common novel, a medieval dance, and a whole lot of fun. Student energy is a hallmark of middle school and the staff worked at channeling that in productive ways. Families appreciated the opportunities students had to learn outside the classroom. Sports and clubs contributed to the positive school culture. Students took advantage of cross-country, basketball, track, spirit club, choir, chess club, a service club and after school tutoring.

### 3. Support our staff members and recognize the level of professionalism they bring to the classroom.

Although I formally evaluated my

teachers and gave feedback earlier in the year, I felt it was important to meet in the last days of the school year to discuss their year and the students. My intention was to use this time to challenge the teachers in areas they need improvement, and to gain feedback on my performance and the school as a whole. I had a terrific staff, and enjoyed getting their insight on the year.

Three staff work days were designed to target specific areas for work and collaboration. Next year's plans include: an inquiry-based science program, a new research-based reading program, and a math program using the Common Core Standards adopted by the state.

As I prepare for the next school year, I am putting my effort into making Jemez Valley Middle School better than ever. I will hire a few new staff members, review test scores and assessments, order supplies, finish final reports, create schedules, and supervise summer school. I look forward to the tasks before me and I thank the families and students of the valley.

## HOUSING

## Housing Department News

*Simple household maintenance and cleaning is key to a home's longevity. A home is a family's greatest physical asset.*

### Home Maintenance Tips

- ◆ Replace batteries on smoke detectors every year.
- ◆ Drain water heater once a year.
- ◆ Keep fire extinguishers on hand and up to date.
- ◆ Scrub showers, tubs and toilets at least every four weeks to prevent stains.
- ◆ Repair water leaks immediately.
- ◆ Read the labels carefully on cleaning products for proper usage on different surfaces.
- ◆ Avoid dragging furniture or heavy objects to prevent damage to linoleum or tile flooring.

### Rehabilitation Projects

The Housing Department continues to assist many homeowners with rehabilitation projects for homes in our community. *Please remember that homeowners are responsible for maintaining their homes in safe and sanitary conditions.*

### Application Reminder

Postcards have been mailed to community members whose housing applications are out of date. If you did not respond to the postcard, your application is considered inactive.

Applications for housing assistance must be updated annually, per the U.S. Housing & Urban Development (HUD) regulations. If you want to know about your application status, contact the Housing Department at (575) 834-0305.

### BIA Housing Improvement Program

The Housing Department is currently accepting applications to submit to the BIA for fiscal year 2013 funding of the Housing Improvement Program. Applications are also available at the Housing Department office or at [www.jemezpuablo.org/housing](http://www.jemezpuablo.org/housing). You must provide the following:

- ◆ Proof of income for all household members age 18 and over. If you are unemployed, you must provide a statement. If you receive monthly benefits (such as Social Security, VA or retirement), provide your award letter or monthly entitlement.
- ◆ Certificate of Indian Blood (CIB.)

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

If you have questions, call the Housing Department at (575) 834-0305.

## PUBLIC WORKS

## Public Works Updates

### Utility Board

Nominees for the Pueblo of Jemez Utility Board have been submitted to the Governor and Tribal Council for approval. The first meeting of the new board will be held in July.

"We look forward to reestablishing the Utility Board as there is a lot happening in the Public Works Department," says Director Mike Silva.

### Billing System

The Public Works Department (PWD) is installing a new billing system. All customers will have individual accounts with information about their services. The PWD will start reading meters with the Badger meter read system. Meters will be installed for all customers and the department will start gathering important usage information on each account. Bills will be sent from the new system later this year.

The department will also focus on getting all accounts in "good standing." This will require payments for outstanding balances or establishing payment arrangements for customers who are unable to bring the accounts into good standing. If no arrangements are made, the PWD may be forced to disconnect water services until full payments or arrangements are made. Watch for notices with information about your account status. Don't get caught off guard: please make every effort to bring your account into "good standing" and visit the Pueblo of Jemez Finance Department to discuss your account.

### New Lines and Services

PWD construction crews are installing new lines and services. This work had been performed by contractors, but PWD crews are now doing these jobs. "They have been doing an excellent job as we continue to build the capacity for our own construction crews," Mike Silva says. "Facilities crews are also performing their own work and we have minimized the work done by outside contractors. Everyone has really elevated their performance and this is a tremendous benefit to the Pueblo."

### A New Look

All PWD staff members are now wearing uniforms. "From custodians, facility and utility crews, we will look and perform with pride as we serve our community," Mike says.

## Energy Efficient Appliances

**The Pueblo of Jemez Natural Resources and Housing Departments' Energy Efficient Appliance Project may be able to provide qualified applicants with an EPA-certified wood stove or an Energy Star efficient refrigerator.**

**Applications are available at the Housing Department. For more information, call (575) 834-0305. Applications will be accepted until program funds are no longer available.**

HEALTH AND HUMAN SERVICES

HEALTH CENTER ACHIEVES ACCREDITATION

Jemez Health & Human Services received official notification of accreditation from the Association for the Accreditation for Ambulatory Health Care (AAAHC.)

"The icing on the cake is that an AAAHC administrator want to come to Jemez to personally give us our certificate," says Dr. David Tempest, JHHS Medical Director.

JHHS Director Maria Clark, who is a surveyor for AAAHC, adds that a personal visit is unique because the certificate is usually sent through the mail. "I think the extra attention is in recognition of Jemez being the first 638 self-governing Pueblo health center in New Mexico to receive AAAHC accreditation."

"This achievement honors the skills and dedication of all of the staff at JHHS who work so hard for our community members every day," says Governor Joshua Madalena.

Accreditation is a voluntary process through which a health care organization is able to measure the quality of its services and performance against nationally-recognized standards. The AAAHC Certificate of Accreditation is a symbol to others that an organization has committed to providing high-quality care.

The accreditation process involves self-assessment by the organization, followed by thorough on-site review by AAAHC's expert surveyors, who are themselves health care professionals. The surveyors evaluate patient rights, quality of care, quality management and improvement, clinical records and health information, professional improvement, facilities and environment, governance and administration.

"Accreditation tells us we're doing a great job," Maria says. "We will continue the quality commitment process with ongoing self evaluation, peer review and consultation so we can continue to improve and expand JHHS care and services."

The Accreditation Association for Ambulatory Health Care is a private, non-profit organization formed in 1979 to assist ambulatory health care organizations in improving the quality of care provided to patients.

"Good for us!" Dr. Tempest says. "This happened because of all the staff's hard work over several years to achieve this honor!"



Some staff members learned about JHHS accreditation at an outing to an Isotopes game. The Isotopes won too! Photo by Cornell Magdalena.

Attention Parents! School Physicals Start Now!

SATURDAY AND EVENING HOURS FOR SCHOOL PHYSICALS BY APPOINTMENT ONLY!

Thursday, July 12 4 - 8 p.m.

Saturday, July 14 8 a.m. - noon

Saturday, July 28 8 a.m. - noon

Exams will include vision and immunizations.

PARENTS MUST BE PRESENT AT THE EXAM; OTHER CAREGIVERS OR SIBLINGS CANNOT 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.

SENIOR CITIZENS



Senior Enhance Fitness

Launched in October 2011, the Senior Enhance Fitness Program is designed to improve endurance, strength, flexibility, balance and posture. The goal is to promote the emotional, social and physical well-being of senior citizens.

Between 10 and 20 seniors have committed their time and effort to exercise three times a week. Classes are held every Tuesday, Thursday and Friday from 11 a.m. to 12 noon at the Senior Center.

"A big thank you to our instructors Felipita Loretto and Karen Toya for doing an excellent job in keeping us fit and trim!" says Arlene Sando. For more information about how you can join this program, call Felipita at (575) 834-3089.

TRIBAL ADMINISTRATION

New Offices for Tribal Officials



Tribal members joined the Governors and tribal staff at the official opening of the new addition to the tribal administration building. Councilman Frank Loretto formally cut the ribbon. The addition houses new offices for the Governors, Tribal Administrator and Assistant Tribal Administrator as well as the Executive Assistant. There are also new waiting areas. The addition allows the Realty Officer, Programs Specialist and Contracts and Grants Officer to move into the main administration building. The Information Technology staff remain in the annex behind the tribal offices. Renovations to the parking area are also complete.

"These expanded facilities provide much needed office space and storage so we can better serve our tribal members," says Governor Madalena. "We welcome everyone to come and see our new offices. Our doors are always open." Photo by Lynn Toledo



Congratulations Graduates!

The following graduates were inadvertently omitted from the graduation announcements in the June 2012 edition of the Red Rocks Reporter.

DECEMBER 2011 GRADUATES

Colleges and Universities

Fort Lewis College

Alva Gachupin Bachelor of Science, Exercise Science

Carrington College

Kazja Gachupin Certificate, Pharmacy Technician  
 Jenna Loretto Certificate, Medical Assisting  
 Raynetta Loretto Certificate, Medical Assisting  
 Alysha Madalena Certificate, Pharmacy Technician  
 Nicole Romero Certificate, Dental Assisting  
 Tracy Toya Certificate, Billing and Coding

PIMA Medical

Mary Beth Toya Certificate, Medical Assisting

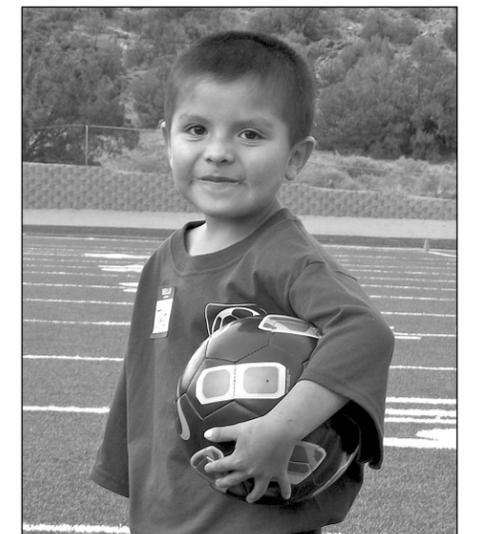
JUNE 2012 GRADUATES

Cibola High School

Allison Salazar  
 Kalsey Jacoby Sandia

Dulce High School

Casey Jo Vigil



James Lucero played for the Jemez Valley PTA soccer league.

## SOCIAL SERVICES

## CHILDREN'S FAIR FUN

Submitted by Joline Cruz, Prevention Coordinator

The Jemez Children's Fair featured lots of games and activities for adults and kids, Zumbatonic with Kiva Lucero, and plenty of door prizes for young participants. This year's fair hosted 267 attendees (101 adults and 166 children), 20 programs and eight volunteers, including community members and Walatowa High Charter School National Honor Society members.

Jemez Social Services Program (JSSP) thanks the children, parents, elders, community members, employees and programs of Jemez Pueblo, New Mexico businesses and programs, JSSP's contractors and the Child Abuse Prevention Planning Committee for making the 2012 Children's Fair a very fun and successful event. JSSP appreciates your generosity through donations, volunteerism and participation in the fair.

The generous donors included Lydia Chinana, Annette Gachupin, Henrietta

Gachupin, Carla Sandia, Joyce Gachupin, Joline Cruz, Bernice Gachupin, Kathy Chinana, Officer Ray Soto, Officer Mike Toya, Susanne Tafoya, Carrie Gachupin, Melinda Fragua, Virginia Sandia, Flora Chinana, Donicio Chama, Jemez Vocational Rehabilitation Program, Social Services Program, Tribal Enrollment, Injury Prevention Program, Albuquerque Isotopes, Saggio's, Utility Shack, Tres Alamos Traders, Rio Grande Trading Company, Cakes by Desiree, Jean's Greens, Dion's, Jack in the Box, Sonic, Burger King, Heart & Sole Sports, and Jaramillo's Jumpers. (Sincere apologies if any names have been missed.)

Programs participating in the Children's Fair included Social Services, Behavioral Health, Public Health, Emergency Medical Services (EMS), Tribal Enrollment, Dental Clinic, Injury Prevention, Tribal Court, Police Department, SPARK, Transportation Program, Tribal Youth Program,

Walatowa Head Start, Native American Professional Parent Resources (NAPPR,) IHS Head Start, New Mexico Poison and Drug Information Center, PB & J Family Services, Lovelace Community Healthy Plan, Jemez Ranger District Fire Prevention Team, the FBI, and Walatowa Head Start.

Many thanks also to the 2012 Child Abuse Prevention Planning Committee: Karen Toya, Community Wellness; Kathleen Sandia, Contract Health Services; Jennifer Andrew, Injury Prevention; Carrie Gachupin, Law Enforcement; Audrey Madalena, Public Health; Martha Vigil, Transportation; Tribal Court – Joyce Gachupin; Antonio Blueeyes and Lana Toya, Walatowa Head Start; and Courtney Gachupin, Walatowa High Charter School, as well as Joline Cruz, Annette Gachupin, Henrietta Gachupin, Carla Sandia, Farrell Shortman, Carol D. Vigil, Christine Waquie from the Jemez Social Services Program



Participants at the Children's Fair had a great time with Zumbatonic, Hot Potato and other games and activities. Photos by Joline Cruz.

## Help Wanted: Youth Who Want to Make a Difference

Farrell Shortman, Jemez Social Services Outreach Coordinator, is recruiting youth who want to help make a difference in our community. They are needed to become part of a working group to assist in conference development as well as other activities and events.

"I want to invite our youth, especially those who are struggling in their teen years, to be part of something positive," Farrell says.

For more information about how you can get involved, contact Farrell J. Shortman, BSW, Jemez Social Services Outreach Specialist, at (575) 834-3111.

## PUBLIC HEALTH

## MOGRO™ MoGro Is Here!

### mobile grocery

"We can become part of the global leadership in the fight against obesity and diabetes," said Kristyn Yepa, RN, BSN, at the kick-off event for the MoGro Mobile Grocery store that has been coming to Jemez Pueblo twice a week since June 17. The refrigerated van offers more than 300 items, include frozen meats, fresh fruits and vegetables, organic and conventional dairy products, and packaged and canned foods like corn meal, canned beans and organic peanut butter. MoGro is a national initiative sponsored by Johns Hopkins University as a commitment to improve health in Native America.

Rose Toya was one of MoGro's first shoppers. "It's great," she says. "I really like that I can take my fresh foods right home and not have to keep them in the hot car for the trip back from town."

"The MoGro van will keep coming to Jemez as long as we keep using it," Kristyn says. They welcome suggestions and requests to make sure community members can get the foods we want.

Find the MoGro van at the Pueblo Church on Fridays from 8:30 a.m. to 12:30 p.m.; twice weekly deliveries will resume soon,



### FITT 4 Life

The MoGro kick-off was part of the festivities honoring winners of the first session of the FITT 4 Life Challenge. Dr. David Tempest, JHHS Medical Director, donated funds for the cash awards for the top winners who worked so hard to achieve their weight loss and health improvement goals.

The next FITT 4 Life Challenge is underway. Even if you haven't joined the challenge, you are welcome to participate in activities throughout the day, including adult bike rides, yoga, Zumba classes, strength training, spin classes and more.

For more information on how to improve the health of yourself and your family, contact the Public Health Program at (575) 834-7207 and watch for flyers throughout the community announcing special events.

**FITT 4 LIFE WINNERS!**  
**Congratulations to the winners in the first FITT 4 LIFE Challenge who won cash awards for the most progress and improvement!**

**Delvin Chama, Sr**  
**Rosanna Toya**  
**Danielle Tosa**  
**Eric Sabaquie**  
**LoRheda Vigil**  
**Eric Lucero**  
**Dawn Dozhier**



*Did You Know?*

There are 3500 calories in one pound of fat. A person burns an average of 350 calories when walking or running for one mile. That means that it takes ten miles of activity to burn one pound of fat. But going on three one-mile walks for three days, plus one extra mile, also burns one pound of fat. We can do it Walatowa! Fit for Feast!

## Healthy Bodies, Healthy Minds

Submitted by Cornell Magdalena

The Healthy Bodies, Healthy Minds Walatowa Bike Club is on the move. This program is designed specifically for overweight or obese children to support them in becoming more physically active. "We're having a great summer with exercise, nutrition and loads of fun," Cornell Magdalena says.

The program provides healthy snacks and plenty of water. Staff member companions are there to help if a student has a problem or a bike needs repair.

The Agrigation segment of the program has students learning about agriculture and traditional skills. Students help out for at least one hour at the community garden twice a week. The group also learns other skills, such as how to make adobe bricks for storage.

The club's Family Nights include nutrition education and fun family activities. The Healthy Native Communities Fellowship program is geared toward developing wellness strategies among native communities and includes games and activities for kids.

Bike Club participants who ride every day in each week are eligible to participate in Youth Program field trips to the Albuquerque Zoo, Hinkle Family Fun Center, IT'Z Pizza Place, Century Rio 24 or Cliff's Amusement Park and other attractions.

**Drivers! As the club rides through the Jemez community, please be extra cautious when you see our bikers on the back roads. Cheer them on! They are doing great things for themselves by staying healthy!**



Photo by Cornell Magdalena

## INJURY PREVENTION



## HEAT CAN KILL

*Did You Know?*

**Heat is the number one weather-related killer in the United States, causing hundreds of deaths each year. In fact, on average, excessive heat claims more lives each year than floods, lightning, tornadoes and hurricanes combined. In the disastrous heat wave of 1980, more than 1,250 people died. In the heat wave of 1995 more than 700 deaths in the Chicago area were attributed to heat. In August 2003, a record heat wave in Europe claimed an estimated 50,000 lives.**

The National Oceanic and Atmospheric Administration (NOAA) issues warnings when excessive heat could be dangerous to people's health. The Weather Service issues alerts when the Heat Index (a measure of temperature and humidity) is expected to go over 105° to 110°F for at least two consecutive days. Full sunshine can increase heat index values by up to 15°F. The index is also affected by strong winds, which, combined with very hot, dry air, can be extremely hazardous. These conditions are common for our community during the summer months.

#### The Hazards of Excessive Heat

When the body heats too quickly to cool itself safely, or when you lose too much fluid or salt through dehydration or sweating, body temperature rises and heat-related illness may develop. Studies show that the severity of heat disorders tends to increase with age. Conditions that cause heat cramps in a 17-year-old may result in heat exhaustion in someone 40 years old, and in heat stroke in a person over 60. Sunburn can significantly reduce the skin's ability to shed excess heat.

#### Danger in Parked Vehicles

Every year, dozens of children left in parked vehicles die from hyperthermia. Hyperthermia occurs when the body absorbs more heat than it can handle. Hyperthermia can occur even on a mild day. The temperature inside a parked vehicle can rapidly rise to dangerous levels for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies warm at a faster rate than adults.

The temperature in a car can go from a safe temperature to over 94° in about two minutes, a heat level that is dangerous.

- \* **March 2007:** A three-year-old girl died when the father left her in a child seat for 1.5 hours while he visited friends. The outside temperature was only 81 degrees.
- \* **April 2006:** A mother left her a 15-month-old son in a car for nine hours while she went to work. She is now serving a 20-year prison sentence.
- \* **August 2008:** Two kids who died in an overheated car may

have been in the car for three hours while their mother slept after working a night shift. The car was unlocked. Investigators think temperature in the car may have reached 123°F.

- \* **July 2001:** A man died of heatstroke after falling asleep in his car with the windows up in a supermarket parking lot.

#### How Fast Can the Sun Heat a Car?

Car windows are relatively transparent to the sun's shortwave radiation. A dark dashboard or seat can easily reach temperatures of 180°F to more than 200°F. These objects then heat the air trapped inside the vehicle.

#### Child Safety Tips

- \* Make sure your child's safety seat and safety belt buckles aren't too hot before securing your child in a safety restraint system, especially if your car has been parked in the heat.
- \* Never leave your child unattended in a vehicle, even with the windows down.
- \* Teach children not to play in, on or around cars.
- \* Always lock car doors and trunks—even at home—and keep keys out of children's reach.
- \* Always make sure all children have left the car when you reach your destination. **Never leave sleeping children in the car ever!**

#### Adult Heat Wave Safety Tips

- \* **Slow down.** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.
- \* **Dress for summer.** Wear lightweight, light-colored clothes.
- \* **Put less fuel on your inner fires.** Meat and other proteins increase metabolic heat production and increase water loss.
- \* **Drink lots of water, non-alcoholic and decaffeinated fluids even if you don't feel thirsty.** Your body needs water to keep cool. Avoid alcohol and limit caffeinated drinks.
- \* **Spend more time in air-conditioned places.** If you don't have an air conditioner, go to a library, store or other location with air conditioning for part of the day.
- \* **Don't get too much sun.** Sunburn reduces your body's ability to dissipate heat.
- \* **Do not take salt tablets unless directed by a physician.**

## INJURY PREVENTION

## Keeping Our Community Safe

### YOUTH DRIVERS' EDUCATION

The Injury Prevention Program has been unable to finalize a contract for driver's education. With the school year ended, the program is trying a different approach to help community youth obtain their driver's licenses. The program will accept applications for stipends to help with the cost of drivers' education classes.

#### Eligibility

##### Limited to 30 students

1. Current Jemez Pueblo Tribal Members residing on the Pueblo of Jemez and attending Walatowa High Charter School.
2. Current non-Jemez, Native American tribal members (Zia, Santa Ana, Navajo, etc.) attending Walatowa High Charter School.
3. Current Jemez Pueblo tribal members residing on the Pueblo of Jemez who are attending other schools.
4. Must be at least 15 years of age.

The program will also help tribal members who attended a driving school within 90 days prior to June 1, 2012. You must provide all required information.

#### Costs

1. Costs vary, depending on the specific driving school, \$200 - \$400.
2. The Injury Prevention Program will

pay \$100 toward the cost of the driver's education class.

3. Students are responsible for the remaining cost of their driver's education classes.

#### Requirements

1. Students must complete the training and receive completion certificates.
2. Submit copies of completion certificates at the Injury Prevention Program office.
3. Completion certificates must be submitted to the program within 30 days of completion
4. If no completion certificate is submitted, students must reimburse the full \$100 stipend to the Injury Prevention Program.

Call Maria Benton at the Injury Prevention Program for more information at (575) 834-1001.

### HEAD START STUDENT SAFETY

The Injury Prevention Program received two funding awards from Indian Health Services (IHS) to use for programs for Walatowa Head Start students:

**Ride Safe** provided booster seats at the Children's Fair Car Seat Clinic on June 16; 32 students received their booster seats. The program is asking that remaining parents and students

to come to the Injury Prevention office to receive their seats. The office is located across from the Jemez Civic Center.

**Sleep Safe** distributed smoke alarms the same group of students. The program will contact parents to arrange installation of smoke alarms, or you can contact Jemez Injury Prevention at (575) 834-1001 to arrange a home visit at your convenience. Please note that the program cannot give out smoke alarms; they must be installed by Injury Prevention staff. This includes Head Start students who have graduated.

### BIKE SAFE!

The Injury Prevention Program provides bicycle helmets for children to wear for their safety. "We have given out so many helmets and still do not see them being worn," Maria Benton says.

The program is having difficulty obtaining bicycle helmets. If you have one, get it out of the closet and onto your child's head. Please use these important safety helmets to protect your children. Parents, be role models for your children!

**Jemez Law Enforcement will be watching for anyone riding a bicycle without a helmet.**

## Heat Can Kill

*Continued from page 6*

### Heat Disorder Symptoms

- \* **Sunburn:** Redness and pain. In severe cases, swelling, blisters, fever, headaches. A provider should see serious cases.
- \* **Heat cramps:** Painful spasms usually in the muscles of legs and abdomen with heavy sweating. First Aid: Firm pressure on cramping muscles or gentle massage to relieve spasms. Give sips of water. If nausea occurs, stop giving water.
- \* **Heat exhaustion:** Heavy sweating; weakness; cold, pale, clammy skin; thready pulse; fainting and vomiting, but may have normal temperature. **First Aid:** Get victim out of sun, preferably indoors, lying down. Loosen clothing. Apply cool, wet cloths. Fan or move victim to an air conditioned room. Offer sips of water unless nauseous. If vomiting continues, seek immediate medical attention.

- \* **Heat stroke** (or sunstroke): High body temperature (106°F or higher), hot dry skin, rapid and strong pulse, possible unconsciousness. **First Aid: Heat stroke is a severe medical emergency.** Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal. While waiting for emergency assistance, move the victim to a cooler environment reduce body temperature with cold bath or sponging. **Use extreme caution.** Remove clothing, use fans and air conditioners. If temperature rises again, repeat process. **Do NOT give fluids.**

