



Red Rocks Reporter



JUNE 2012

FROM THE GOVERNORS

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Vision Summit for the Valles Caldera

The Pueblo of Jemez Supreme Council, religious leaders, Tribal Council, War Captains Council and Governors met at the Community Resource Center (CRC) on May 21 to discuss the future direction of the Pueblo's relationship with the Valles Caldera area and its sacred sites. The session was facilitated by Arturo Sandoval, Board of Cooperative (Educational) Services (BOCES) representative, and attorney Tom Luebben.

The goal of the gathering was to facilitate input and recommendations with regard to our aboriginal ties to the Valles Caldera homeland. "We are setting the foundation for reclaiming our sacred sites and places," Governor Madalena says.

The group discussed sustainability issues regarding maintaining the land areas, traditional and culture, and allowing some areas to be used for respectful, non-destructive activities such as research and education for students.

A report of the discussion and conclusions is pending. The next step will be to gather community members to glean their perspectives and opinions to include those perspectives in future plans.

If you have comments or questions on the future direction of this critical area, please contact Governor Madalena at the tribal office at (575) 834-7359.



Photos by Gov. Joshua Madalena



MOGRO COMES TO JEMEZ!

Jemez community members will be able to do much of their grocery shopping right here in the community at the MoGro Mobile Grocery truck. A pre-launch event will be held Wednesday, June 6, at the Youth Center from 6 to 8 p.m. The refrigerated truck will offer fresh produce, meats and dairy products. They accept cash, checks, credit and debit cards, and EBT.

MoGro is the result of a partnership between Jemez Health & Human Services Public Health Programs, the Governors, tribal administration and the Johns Hopkins Center for American Indian Health, which created and sponsors the program.

"This is an important piece of the initiative for healthier lifestyles," says Kristyn Yepa, Public Health Programs Manager.

Look for the MoGro truck every Wednesday from 6 to 8 p.m. and Fridays from 8:30 a.m. to 12:30 p.m. at the Youth Center. For more information, call the Public Health Program at (575) 834-7207.



Jemez Students Celebrate The Arts!



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
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Joshua Madalena
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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

June 2012 Edition

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Jemez community members and tribal staff were treated to an afternoon of joyous music presented by the Jemez Day School "A" Band directed by teacher George Willink.

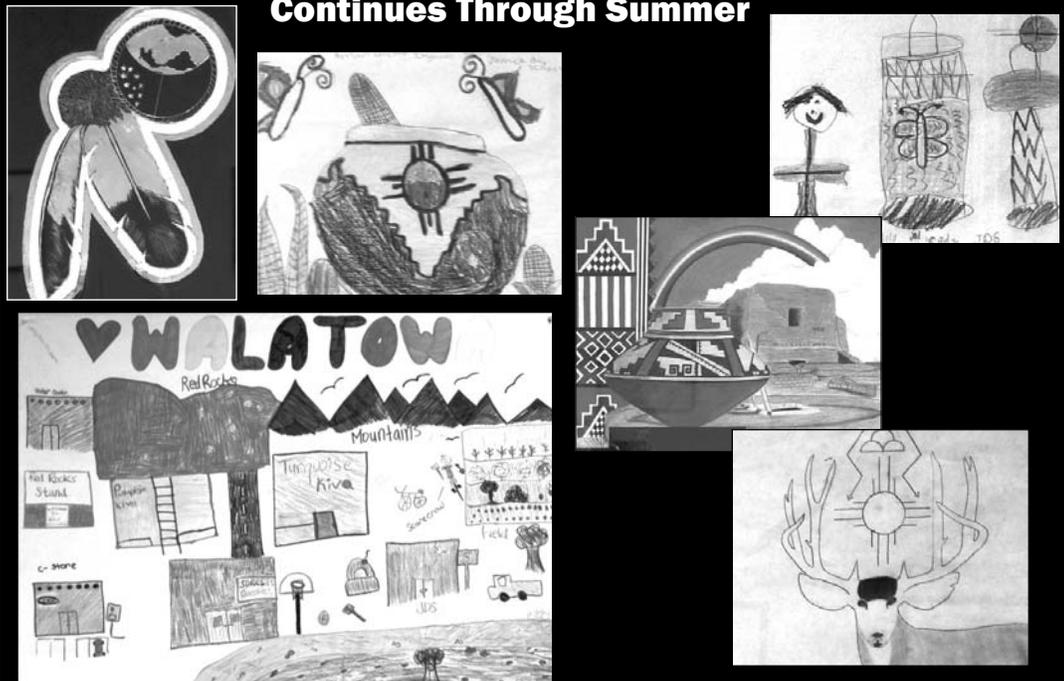
Governor Joshua Madalena welcomed the audience and gave a short overview of this administration's progress and projects. "Being a musician is very challenging, hard work," the Governor noted. "Music is a universal language these kids can use to communicate in addition to Towa and English."

The performance included several solo pieces, including a solo by special guest trumpet player Kyran Romero, a very talented fourth grade musician. A Band members include:

Jemez Day School "A" Band George Willink, Director

| | | | | | |
|--------------------|--|-----------------------|----------------|-------------------|-----------------------|
| FLUTE | | ALTO SAXOPHONE | | | DRUMS |
| Corvin Fragua 6 | | Steven Foley 6 | Kylie Tsosie 6 | | Alicia Armijo 6 |
| Kiana Gachupin 6 | | Darius Sandia 6 | Justin Cruz 5 | | Okoya Gachupin 6 |
| Cheyenne Sando 6 | | Ryan Loretto 5 | Leanna Lewis 5 | | Jordan Chinana 5 |
| Antonio Madalena 5 | | Danielle Sandia 5 | Levi Shaw 5 | | Lane Gachupin 5 |
| | | Brittany Pena 6 | | TROMBONE | |
| CLARINET | | | | Camilla Lewis 5 | |
| Thomas Lucero 6 | | CORNET | | | Special guest trumpet |
| Anthony Toya 6 | | Jalen Armijo 6 | | | player Kyran Romero |
| Anndria Gachupin 5 | | Marcus Baca 6 | | BARITONE | fourth grade. |
| Ayesha Ortiz 5 | | Albert Magdalena 6 | | Kennith Chinana 6 | |
| Kayla Toledo 5 | | Justis Toya 6 | | | |

Children's Art Show in the Tribal Office Continues Through Summer



HEALTH AND HUMAN SERVICES

JHHS HOSTS ACCREDITATION SURVEY

Jemez Health and Human Services welcomed two physicians from the Accreditation Association for Ambulatory Health Care (AAAHC) for a long-awaited accreditation survey. This prestigious national organization defines accreditation as “a voluntary process through which ambulatory health care organizations can measure the quality of services and performance against nationally recognized standards.” The clinic staff has been working toward this accreditation for more than 10 years.

Experienced family practice physicians Timothy Peterson, MD, and Douglas Lyons, DO, toured the Health Center to assess patient care, operations, staff training, billing and coding, policies and procedures, and health care delivery on Thursday, May 17 and Friday, May 18. Dr. Peterson is the Secretary of the AAAHC Board of Directors and serves as the chief medical officer of Evercare Select, a program contractor with the Arizona Health Care Cost Containment System in Phoenix. Dr. Lyons is the medical director of the Indian Health Services Clinic in Ft. Hall, Oregon, and has many years of experience with IHS facilities.

“I would like everyone to know that Dr. Peterson and Dr. Lyons were highly complementary of JHHS and the work we are doing,” says JHHS Medical Director Dr. David Tempest.

Although the final report had not been submitted at press time, both Dr. Peterson and Dr. Lyons praised the quality of services they found at JHHS. They were especially impressed with the health center’s holistic approach that integrates all aspects of patient care, including spiritual, emotional and mental health along with physical health. They also noted the emphasis on training students in health care fields to return to the community.

The survey concluded with a brief summary meeting followed by a traditional Jemez lunch. Governor Joshua Madalena, Second Lt. Governor Juan Toya, JHHS Director Maria Clark-Rickert, Health Board members Paul Fragua, Elsie Casiquito, Ramona Yepa, and Sarah Yepa, Tribal Council Liaison David Toledo, Tribal Administrator Vincent Toya, programs Specialist April Wilkinson, Comptroller Paul Gurule and JHHS Program Managers and staff joined the meeting.

“You integrate culture and care seamlessly,” Dr. Peterson observed. “It’s clear that everyone takes ownership and pride in their work, and that is reflected in the whole organization.”

“Since you know how to deliver ambulatory medical care and education so well, we think you

should consider providing care outside of Jemez Pueblo to other people needing care in the Jemez corridor,” the physicians added. Governor Joshua Madalena responded warmly to the comment, saying that providing care to the pueblo’s neighbors might be a possibility for future expansion.

In their final remarks to Dr. Tempest, the surveyors added “Jemez could be the national model of a medical home. We will be giving Jemez the cleanest report we have ever given any organization.”

“Lots of people made today a landmark date for JHHS, too many to thank individually,” Dr. Tempest says. “The process started 10 years ago, so every Governor since then has given support. Many JHHS directors and medical directors have played their parts. In particular, I want to thank Health Board Chair Paul Fragua and the entire Health Board, and all of the staff who have worked so hard to get us to this significant milestone.”

“I congratulate all the staff on the completion of a successful survey,” says Dave Panana, RN BSN, Clinical Nurse Manager. “During this process, the surveyors were very complimentary of everyone’s work and effort. You all definitely deserve every credit. Congratulations!”

“The real credit goes to all the JHHS staff who have worked so hard and professionally all these years to provide the best possible care to the people of Jemez Pueblo,” Dr. Tempest adds.

“The contributions that each of you made to prepare and ready the Jemez Health Center for AAAHC accreditation were instrumental,” concludes Director Maria Clark-Rickert. “The surveyors were very impressed throughout their stay here.”



(Left to Right) Dave Panana, Dr. Douglas Lyons, Dr. David Tempest, Dr. Timothy Peterson, Behavioral Health Manager Keahi Souza and Financial Analyst Gerry Gaul interrupted the AAAHC survey assessment to cheer on the Olympic torch carriers on Highway 4.

SOCIAL SERVICES

Jemez Children's Fair

Saturday June 16 9 a.m. to noon

Walatowa Youth Center

Information Booths
Door Prizes (for children)

Entertainment
Refreshments

Sponsored by the Jemez Social Services Program

For more information, call (575) 834-7117

ATTENTION CLINIC STAFF!

THE PARKING AREAS AROUND THE JEMEZ HEALTH CENTER WILL BE UPGRADED. CONSTRUCTION STARTS JUNE 1. ALL EMPLOYEES MUST PARK IN THE SOUTH PARKING AREA TO AVOID CONSTRUCTION WORKERS AND EQUIPMENT. THANK YOU FOR YOUR COOPERATION!

HELP WANTED!

Jemez Health and Human Services needs caterers for:
Health Board Meetings Monthly Managers' Meetings
Staff Meetings Coordination Meetings
and more...

Submit a Catering Bid Form with breakfast, lunch and dinner menus. Forms are available at the Health Center's front desk; deliver forms and menus to the desk. You must provide a copy of a valid food handler's card to be considered. We look forward to meeting you and tasting your delicious dishes!

For more information, contact Kathrine "Kathy" Chinana at (575) 834-7413, ext.129 at JHHS.

Welcome Mat

Michael Silva will focus on improving customer service and upgrading the water billing and metering system in his role as director of the Public Works Department. Mike also wants to reestablish a working Utilities Board to help direct the department's future direction. After retiring from 30 years at PSNM, Mike served as president of the non-profit Rio Grande Education Collaborative and is eager to resume his original career. "This department has a good group of people," he says. "We plan to do more of our own work rather than contract out service and construction projects."



Attention tribal members! The Public Works Department is seeking members for the Utilities Board. Please call (575) 834-7942 for more information.

BEHAVIORAL HEALTH

Sobriety Conference

Thursday, June 21 9 a.m. to 5 p.m.
Community Resource Building (CRC)

The Jemez Behavioral Health Program and the Jemez Valley chapter of Alcoholics Anonymous will present a Sobriety Conference on Thursday, June 21. This event also celebrates the Jemez Valley AA group's 30 year anniversary.

Our community members and neighbors are invited to this important free event.

"We know that alcoholism is a significant problem here in Jemez as well as in other communities," says Bill Fragua. "Let's stand together and learn more about how we can battle this devastating disease for ourselves and our loved ones who are in need of strong support,"

This conference is strongly supported by Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juan Toya.

Thank-you to Program Manager Keahi Souza and AA members for helping to make this conference possible. For more information, contact Bill Fragua or the Behavior Health Program office at (575) 834-7258.

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INJURY PREVENTION

Keeping Our Community Safe

The Injury Prevention Program, in conjunction with IHS, held a rabies clinic on Saturday, May 19 for our community pets. Although 60 cats and dogs were vaccinated, the numbers were lower than in previous years.

Tribal Code requires all pets in the community to be vaccinated against rabies and other diseases. Protect your family and your pet! Vaccine is still available for 20 more dogs and or cats. If you could not attend the clinic, contact Marlon Gachupin, Public Safety Technician, at (575) 834-1001 to schedule a time to vaccinate your pet.



Spay/Neuter Services: Contact Injury Prevention at 834-1001.

CAR SEAT CLINIC

The Injury Prevention Car Seat Clinic on April 28 at the EMS building was a success, with eight car seats distributed and 18 kids either fitted for car seats or their car seats were inspected by a car seat technician. A 'big thank you' to the parents, grandparents and family members of the kids that came to the event!

Remember: Injury Prevention provides car seats on Wednesdays and Fridays only! If your family needs a car seat, please bring the child with you so the IP staff can measure the child's height and weight to provide a properly fitting car seat. If you have questions, visit the office across from the Civic Center or call (575) 834-1001.

INJURY PREVENTION

NATURAL RESOURCES

West Nile Virus Surveillance

Submitted by Ray Ashley, Environmental Specialist

Every year, warm weather and standing water create the perfect environment for mosquitoes. Most female mosquitoes lay their eggs on the water surfaces. The eggs are all stuck together in rafts of about 100 or more eggs. The eggs hatch in two to 10 days and become larvae. The larvae go through several cycles in the water before becoming adults, taking between four and 14 days, depending on the mosquito species and water temperature.

Female mosquitoes take blood meals from animals and humans to provide nutrients for their eggs. Sometimes, a mosquito may take a blood meal from a bird that is infected with West Nile virus. When this happens, the mosquito becomes a carrier of West Nile virus and will infect all animals and people it uses for blood meals. This is how West Nile Virus circulates. Humans and horses can not infect mosquitoes with West Nile virus; birds are the only way mosquitoes can become infected.

What You Can Do to Reduce the Mosquito Population

- ◆ Do not allow water to stay in your fields longer than 24 hours.
- ◆ Empty water in bird feeders and replace daily.
- ◆ Get rid of tires around your home. Tires capture water and attract heat, providing a good environment for mosquito breeding.
- ◆ Notify the Pueblo of Jemez Natural Resources Department (NRD) with any reports or observations about mosquito at (575) 834-7696.
- ◆ Report areas of standing water to the NRD.

How to Protect Yourself

- ◆ Replace or install screens on doors and windows.
- ◆ Use yellow porch lights instead of white lights, which attract insects.
- ◆ Limit outdoor activities from dusk to dawn.
- ◆ Use DEET, following directions on label, to prevent mosquito bites.
- ◆ If you must be outdoors when mosquitoes are out, wear long-sleeved shirts and long pants.

Preventing the Spread of West Nile Virus

From May to October, mosquito traps will be set up overnight in the community to capture adult mosquitoes. If you see



the traps, please leave them alone so monitoring for West Nile virus can continue.

Captured mosquitoes will be sent to the City of Albuquerque to be identified. The samples will then go to the New Mexico State Laboratory in Santa Fe to be tested for West Nile virus (WNV), St. Louis equine encephalitis (SLE), western equine encephalitis (WEE) and eastern equine encephalitis (EEE).

(EEE).

If test results are positive for any of the viruses, the Pueblo of Jemez Governors will be notified and warnings will be posted in the community and C-Store and mailed and/or e-mailed to tribal offices.

Taking Action

- ◆ Mosquito larvacide will be used on bodies of standing water where larvae have been identified.
- ◆ Adult mosquito sites will be treated with mosquito pesticide using an ultra-low volume (ULV) generator for “fogging.”
- ◆ Routine monitoring of standing water for larvae will continue.
- ◆ Staff will respond to all reports of mosquitoes and standing water in the community.

Summary

Mosquito season begins when the weather is warm and standing water sources are available. Birds carry West Nile and other viruses and mosquitoes become infected. Infected mosquitoes can infect humans as well as animals and birds.

Mosquito populations can be reduced by limiting areas of standing water. Stay indoors, install screens on windows and doors, and use DEET to prevent mosquito bites. Mosquitoes are most active from dusk and dawn.

Mosquito surveillance will continue from through October and traps will be out over night. Mosquitoes will be identified and tested for viruses. If results are positive for viruses, the Natural Resources Department will contact the Governors and tribal employees and warning signs will be posted in the community.

Treatment of larvae and adult mosquitoes continues routinely in the community. Send all reports about areas of standing water and mosquitoes to Natural Resources Department at (575) 834-7696, extension 105.

If you see mosquito activity or standing water in the community, contact the Natural Resources Department (NRD) at (575) 834-7696, ext. 105.

COMMUNITY WELLNESS

Summer Recreation Program 2012

MANDATORY PARENTS' MEETINGS

Saturday, June 2, 9 to 10 a.m. OR Monday, June 4, 6 to 7 p.m.
Walatowa Youth Center

Parents or Guardians **MUST** attend one meeting or your child will not be allowed to attend the program. **NO EXCEPTIONS!**
Program Overview/Rules and Regulations/Registration/Selecting T-Shirt Size for Participants
Questions/Comments/Concerns

Week 1: JUNE 11-15

Soccer Week: Mariposa Basin Park

8:30 a.m. Breakfast
9 a.m. Roll Call/Depart Jemez
10 a.m.-12:30 p.m. Soccer Instruction
12:30 - 1 p.m. Lunch
1 p.m. Depart for Home
2:30 p.m. Dismissal at Bus Stops

FIELD TRIP, JUNE 15: CENTURY RIO 24 MOVIES

Suggested Allowance \$10
Depart 9 a.m.
Return 4 p.m.



Week 2: JUNE 18-22

Baseball/Softball/Basketball Week: Walatowa Youth Center/ Jemez Baseball Fields

8:30 A.M. BREAKFAST
9 a.m. Stretch/Roll Call
9:15 - 11:15 a.m. Baseball/Softball/ Basketball Instruction
11:30 a.m. - noon Lunch
12 noon Roll Call
12:15 - 2:15 p.m. Baseball/Softball/ Basketball Instruction
2:15 p.m. Daily Re-cap
2:30 p.m. Dismissal

FIELD TRIP: JUNE 22, BOWLING AT SANTA ANA STAR LANES

Suggested Allowance \$10
Depart 9 a.m.
Return 4 p.m.



Week 3: JUNE 25-29

Golf Week - Santa Ana

8:30 a.m. Breakfast
9 a.m. Roll Call/Depart Jemez
10 a.m. - 12:30 p.m. Golf Instruction
12:30 - 1 p.m. Lunch
1 p.m. Depart for Home
2:30 p.m. Dismissal at Bus Stops

FIELD TRIP: JUNE 29, HINKLE FAMILY FUN CENTER

Suggested Allowance \$10
Depart 9 a.m.
Return 4 p.m.



Week 5: JULY 16-20

Tennis Week: Fox Hills Country Club

8:30 a.m. Breakfast
9 a.m. Roll Call, Depart Jemez
10 a.m. - 12:30 p.m. Instruction
12:30-1 p.m. Lunch
1 p.m. Depart for Home
2:30 p.m. Dismissal at Bus Stops

FIELD TRIP: JULY 20, CENTURY RIO 24 MOVIES

Suggested Allowance \$10
Depart 9 a.m.
Return 4 p.m.

Week 6: JULY 23-27

Valles Caldera Week, Valles Caldera Preserve

8:30 a.m. Breakfast
9 a.m. Roll Call/Depart Jemez
10 a.m.- 12:30 p.m. Instruction
12:30-1 p.m. Lunch
1 p.m. Depart for Home
2:30 p.m. Dismissal at Bus Stops

FIELD TRIP: JULY 27, ALBUQUERQUE CLIFF'S AMUSEMENT PARK

Suggested Allowance \$10
Depart 9 a.m.
Return 4 p.m.

Week 4: JULY 11- 15

Swimming Week: Rio Rancho Aquatic Center

8:30 a.m. Breakfast
9 a.m. Roll Call/Depart Jemez
10 a.m.-12:30 p.m. Swim
12:30 -1 p.m. Lunch
1 p.m. Depart for Home
2:30 p.m. Dismissal at Bus Stops

FIELD TRIP JULY 15: LT'Z FOOD/GAMES

Suggested Allowance \$10
Depart 9 a.m.
Return 4 p.m.

Schedule is subject to change. Lunches, water and snacks will be provided. Students will be returned to Jemez; the bus will stop at the following locations:

FITNESS CENTER POST OFFICE CIVIC CENTER KISKA STORE TRADING POST RD. YOUTH CENTER

Please indicate on the permission form your student's drop-off location. If no location is indicated, students will be taken to the Youth Center.

SUMMER RECREATION PROGRAM STAFF

Estevan Sando: (505) 350-7898
Walatowa Youth Center: (575) 834-0067

Daniel Madalena: (505) 681-4871

Nichelle Sando: (505) 917-0360
Fitness Center/Community Wellness Program: (575) 834-7059

FIELD TRIP LOCATIONS

Blades Multiplex: (888) 599-3503
801 Lama Colorado Dr. NE, Rio Rancho

Cliff's Amusement Park: (505) 881-9373
4800 Osuna NE, Albuquerque

Hinkle Family Fun Center: (505) 299-3100
12931 Indian School Rd NE, Albuquerque

Santa Ana Star Casino: (505) 771-5333
54 Jemez Canyon Dam Rd., Santa Ana

Century Rio 24: (505) 343-2424
Albuquerque

Furr's Cafeteria: (505) 298-5493
11301 Montgomery NE, Albuquerque

COMMUNITY WELLNESS

PUBLIC HEALTH

Fitt 4 Life Challenge: Way to Go Walatowa!



The FITT 4 Life Challenge was launched with more than 200 participants making the commitment to their health and well-being. The group lost an average of nine pounds. Perhaps more significant, post-challenge assessments show major improvements in several important health indicators: average blood pressure dropped from 120/78 to 115/74; total cholesterol dropped from 192 to 178, triglycerides fell from 200 to 154 and blood sugar decreased from 108 to 101. Participants also lost inches from their waists and hips. (See chart below.)

Cash awards for the most weight loss will be awarded in a ceremony at the MoGro Mobile Grocery Store Launch Event on Wednesday, June 6 at the Youth Center from 6 to 8 p.m. (See page 1 for more information about MoGro.) The event will also officially launch registration for the next F4Life 500 Challenge.

Successful Life Changes

On post-assessment evaluation forms, F4L participants were enthusiastic about the positive changes they made with the support of their team mates and coaches. Nearly all the participants met with their coaches at least once a week, with a few getting coaching sessions five or more times weekly. The survey also showed that an overwhelming majority made lasting improvements in their lives with 98% saying the challenge helped them change their lifestyle, 90% changed their eating habits, 97% plan to return for the next challenge, and all said they plan to continue to exercise. Other

comments include:
I plan on continuing to exercise because I feel so good now. Clothes fitting well again. It's really a blessing. I've taken more interest in my eating habits and exercising more. Thank you! My reward is my health. I have changed the way I eat, and I exercise more. And I will

continue to do so not only for myself but also for my family. You were all awesome! Thank you all for the wonderful support. I plan to continue my lifestyle changes. Hope to maintain my physical activity until I reach 100 years old. I watch what I eat now and eat more veggies and drink more water. Don't eat fast foods as much. Motivated to keep losing weight and run more. Nutritional changes, reduced sugary drinks to less than one soda per week. Don't eat out as much. Packing more nutritious lunches for self and family. Increased water intake. Increased my physical activities. Decreased my sugar level to 94! It helped me stay motivated and physically active. Also helped our family eat healthier and be more aware of a healthy lifestyle. Exercise is now a daily activity. Eating well and healthy has been adapted in my family. Feeling stronger, eating healthier. I feel better physically and mentally. I have better eating habits now than before. Helped me think about the bad food and what NOT to eat. Made me feel great about myself! Exercise is now my daily routine like brushing my teeth. Changed my eating habits and kept me focused at work. Most of all, I learned what food can do to your body and your health. My body is more limber. My aches and pains have gone away. Feel so much better!

FITT 4 LIFE AWARDS CEREMONY!
WEDNESDAY, JUNE 6 6 TO 8 P.M.
at the Youth Center
SIGN UP FOR THE NEXT CHALLENGE!



(Top) The FITT 4 Life Team from the Public Health and Community Wellness Programs. (Below) Run for the Kids participants head out. Photos by Cornell Magdalena.

THE RESULTS ARE IN!

| | Pre-Results | Mid-Results | Post-Results |
|-------------------|-------------|--------------|--------------|
| Blood Pressure | 120/78 | 116/73 | 115/74 |
| Total Cholesterol | 192 | not measured | 178 |
| Triglycerides | 200 | not measured | 154 |
| HDL | 47 | not measured | 47 |
| LDL | 105 | not measured | 102 |
| Blood Sugar | 108 | not measured | 101 |
| Sit-n-Reach (in.) | 12 | 13 | 14 |
| Push-ups | 27 | 34 | 37 |
| Sit-ups | 15 | 19 | 23 |
| 12-min Test | 19 | 21 | 22 |
| Height (in.) | 63 | 63 | 63 |
| Weight (lbs.) | 186 | 178 | 177 |
| Chest (in.) | 41 | 40 | 43 |
| Waist (in.) | 40 | 38 | 37 |
| Hip (in.) | 42 | 41 | 40 |
| Thigh (in.) | 20 | 20 | 20 |

WALATOWA VETERANS ASSOCIATION



Post-Traumatic Stress Disorder Awareness Month

Post-traumatic stress disorder (PTSD) is an anxiety disorder that can develop after any event that results in psychological trauma. Before being officially diagnosed in 1980, PTSD was called: shell shock, war neurosis and rape trauma syndrome. For veterans at war, combat includes life-threatening situations, serious injuries and witnessing death; all can cause PTSD.

SYMPTOMS OF PTSD

Reexperiencing Symptoms

- ◆ Recurrent, intrusive, distressing recollections of a traumatic event. Recurrent, distressing dreams or nightmares.
- ◆ Acting or feeling as if the event is recurring; flash backs, as if the trauma is happening again.

- ◆ Psychological distress or reactivity at cues that resemble the event, such as extreme emotional upset over war news, including physical symptoms or fear and racing heart..

Avoidance/Numbing Symptoms

- ◆ Avoiding thoughts, feelings, or conversations about the event.
- ◆ Avoiding activities, places or people that trigger reminders. Decreased interest in activities.
- ◆ Estrangement from others.
- ◆ Restricted range of affect.
- ◆ Sense of foreshortened future.

Hyperarousal Symptoms

- ◆ Difficulty sleeping
- ◆ Irritability or outbursts of anger
- ◆ Difficulty concentrating

- ◆ Hypervigilance
- ◆ Exaggerated startle response

It is very important that we recognize these symptoms within our community. We have more than 200 veterans in the Pueblo of Jemez. Some may have this disorder but are not yet v, but also civilians who have gone through traumatic events in their personal lives.

Very respectfully,
Travis A. Baca
Veterans Services Coordinator

If you need help, or if you care about someone who needs help, contact the Veterans Services Office in the Civic Center at (575) 834-xxxx or the Jemez Behavioral Health Program at 834-7258.

In Memorium

On behalf of the Walatowa Veterans Association, our sincere condolences go out to the families of our recent fallen warriors. With their sacrifice and dedication to our country and tribe, their service in the armed forces is forever written in stone that spells "FREEDOM". Thank you and we salute you with pride and honor.

Alvin Yepa, US Army, Korean Era

Ernest Shendo, Sr., US Army, Vietnam Era

*Our sincerest sympathies,
Travis A. Baca, Veterans Services Coordinator*

Odell Fragua, WVA Commander

SENIOR CITIZENS CENTER

FAMILY CAREGIVER SOCIAL

Submitted by Gloria Fragua, Senior Citizens Center Community Caregiver Coordinator

The quarterly Caregiver Social was held Thursday, May 3. Participants enjoyed dinner and an ice breaker Rez Life Energizer, as well as a discussion about art therapy. Motivational speaker Mr. Patrick Romero was an inspiration to the audience. His testimony touched everyone's heart.

Laura Fragua-Cota presented a program on art therapy. Art therapy helps people use their creativity to bring about change, growth and healing.

"When words are not enough, we turn to images and symbols to tell our stories," Laura said. "Telling our stories through art helps us find a path to health and wellness."

In addition to her great presentation, she also sang a hymn while the participants created their art works. What a combination

this was!

"I strongly encourage our Community Caregivers to participate in the socials as well as the support group meetings held the first Monday of each month," says Gloria Fragua. "In our support group, you can share your feelings, needs and concerns in a supportive, nonthreatening, nonjudgmental atmosphere."

Learn to reduce stress and avoid burnout while caring for an aging loved one. The quarterly socials are geared to fun events, with speakers, games, arts and socializing. Meeting topics are chosen from evaluations of previous meeting. Watch for announcements of the next quarterly social scheduled for September.

"I thank all of you for the compassion, dedication and commitment you provide for your loved ones!" Gloria says.

***"If you find it in your heart to care for someone else, you will have succeeded."* Maya Angelou**





NATIVE HEALTH INITIATIVE PROGRAMS FOR FUTURE HEALERS

Healers of Tomorrow Mentoring Program

Program provides mentoring for health careers, shadowing experiences, and allows students to develop a health project. Application deadline for 2012-13 school year: Sept. 1, 2012

Youth Leading the Way Project Grants

Youth create and implement projects to improve their communities. Grants range from \$100-\$500

Following the Healing Ways Workshop

Wednesday, July 18. Two-day interactive workshop for young leaders 15-20 years old on leadership, higher education and health careers. Application deadline: June 15, 2012

The Native Health Initiative (NIH) is a partnership to address inequities in health through loving service. NIH was designed in 2005 in North Carolina at a community meeting of health professions students and tribal leaders. The Summer Health Justice Internships bring health professions students to indigenous communities to work with tribal leaders on health projects. Loving service, not money, funds this and all of NHI's work.

In 2008, NHI-NM was started, primarily focused on community building, youth empowerment, working with health professions students, and listening to indigenous communities. NIH always seeks students, community members and organizations who want to get involved, including school year and summer internships.

The NHI NM/AZ coordinators include Elaine Shutiva (Acoma), Paula Garcia (Acoma/Dine'), Emmet Yepa (Walatowa), Tianie Toya (Walatowa), Nick Felipe (Acoma), Amanda Harris (Dine'), Katherine Jaurez (Hispanic), Lisa Herrera (Hispanic), Shannon Fleg (Dine') and Anthony Fleg (German/Russian.)

For more information, contact Shannon at shannon@lovingservice.us or visit the web site at www.lovingservice.us.

SUMMER SCIENCE FUN! Bradbury Science Museum

JUNE & JULY FRIDAY NIGHTS 5 TO 9 P.M.

The Bradley Science Museum in Los Alamos is hosting a series of special events for students every Friday evening from 5 to 9 p.m. Each evening will feature different, special demonstrations, movies and/or speakers.

- June 1** **Rockin' Late Night! Geology, Rocks and Minerals, Los Alamos Geological Society & LANL scientists**
- June 8** **Environmental Science**
- June 15** **Energy and Sustainability, Los Alamos County Biofuel**
- June 22** **Physics**
- June 29** **Chemistry: Cryogenics & Sweet Science of Surface Area**
- July 6** **Astronomy and FIRST Robotics**
- July 13** **Nano Scale Science**
- July 20** **Entrepreneur Night: The Hive**
- July 27** **Mars Science Laboratory, Robotic Arms, FIRST Robotics**



**All ages are welcome!
FREE!**
For more information,
call (505) 667-7000

Education Department Wins Grant



The Pueblo of Jemez Department of Education Pecos Pathways Program was awarded \$1,500 from Los Alamos National Laboratory Foundation's Small Grants STEM Education Program. Pecos Pathways is an experiential learning program that introduces science and technology within a Native context.

For more information about the program, contact Janice C. Tosa, Student Program Outreach Coordinator, at (575) 834-9102.

Pecos Pathways students working at the Natural Resources Department in 2008. *File photo.*

HELP WANTED!

Walatowa High Charter School is seeking a well-qualified coach to fill the following position:

Head Volleyball Coach

To apply, please contact Francis Vigil at Walatowa High Charter School at (575) 834-0443 for more information

Position closes June 30, 2012

EDUCATION

KINDERGARTEN GRADUATION

With all the graduation celebrations of college, high school, middle and elementary schools, we seem to forget one graduation that's just as important: kindergarten graduation!

Kindergarten is the start of children's learning. Students have completed their first year of elementary school; mastered letter and number recognition and even learned to read. They were introduced to science, math, spelling and social studies. It's also the first time students have taken tests. Kindergarten is more than just another year of learning. Children have been taken out of their comfort zones and placed into an environment that is foreign to them. They grow so much within a year with the teachers by their sides to guide them. This is the beginning of their lifetimes of learning and we should celebrate them. Take time to congratulate our kindergarten graduates!

Parents, please read to your children, play games with them, go for bike rides. Engage in positive activities together, as this is the kind of attention children thirst for. They will be thankful and create a lifetime of memories. Research shows that when parents and families engage in their children's lives and education, students perform better in school and have more positive outlooks on life. You are so important to your children's lives!



SPARK Field Day

Pre-kindergarten and kindergarten students gathered with staff from Walatowa Head Start, Jemez Day, Jemez Valley Public and San Diego Riverside Schools, parents and seniors from the Senior Citizens Program for a field day event sponsored by the SPARK program on Monday, April 30 at the Youth Center.

Head Fiscale Jose Chosa offered the morning opening prayer. A traditional foot race followed. The elder men introduced *Huh-bay* to the little boys. The boys competed in two races with the little girls cheering from the sidelines. It was wonderful to see, since children this age haven't experienced the real *Huh-bay* races.

After the race, two long lines of 116 children danced the Corn Dance, looking like a regular feast day in the plaza. Johnny Sandia and some elder men sang. Then we headed inside to play games our

elders played when they were children. Felipita Loretto, Lupe Lucero and Josephine Baca led *Ah-Yu-Yu* while Gary Waquie, the "coyote," chased children yelling on the top of their lungs. *Around the Village* had children competing to see who knew the most Towa words. This was an exciting way for the children to expand their Towa vocabularies. Then Leonard Shendo had the children and staff dancing to Buffalo, Corn, Butterfly and Ditch dances!

"The event was such a success!" Rhiannon Toya says. "I thank the principals and directors of each of the schools for allowing their students to attend. Special thanks also to Rose Shendo and Margaret Garcia from the Jemez Senior Citizens Program for organizing a group of seniors to join our event."



Photos by Rhiannon Toya



Applause for Our Athletes!

Congratulations to Jazmine Chosa, Jemez Valley Public School representative at the New Mexico state track meet. Jazmine won first place in shot-

put at the high school AA division with a throw of 40 feet, 6½ inches.

"Jazmine competed against high schoolers from all over the state and brought home a well-deserved medal," says Laura Mijares, Jemez Valley Middle School Principal.



Genea Baca started running for San Diego Riverside Charter School's cross country team at age five and continues to love the sport. Cross country running has taken her to compete in Utah, Nevada, Colorado and Arizona running for the Walatowa Running Club for Junior Olympics. A junior at Kirtland Central High School, Genea has qualified for the New Mexico State Cross Country Championships since her freshman year.

Now Genea is heading to Australia to fulfill her dream of competing at the international level representing New Mexico through Down Under Sports, an organization committed to "... use the common language of sports to bridge the continents..."

Although the deadline has passed for contributions directly to Down Under Sports, the family would appreciate your encouragement, thoughts and prayers as Genea travels to Australia in June. Additional funds to defray travel and miscellaneous expenses are also most welcome. If you would like more information, please call (575) 834-0641.



Congratulations to Our Graduates!

“The Pueblo of Jemez Governors and tribal leadership join our proud community members in congratulating all of our tribal graduates. From Head Start to graduate school, each of you has taken the next step toward becoming a leader of tomorrow. We wish you all the best in your future endeavors!”

SOUTHWESTERN INDIAN POLYTECHNIC INSTITUTE

Kristen A. Armijo *AA, Business Administration*
 Darwin Cajero-San Juan *Certificate Geo-Spatial Information Technologies*
 Francine J. Casiquito *Associates of Applied Science, Accounting*
 Shirley Chinana *AA, Early Childhood Education*
 Janae M. Chosa *Associates of Applied Science, Vision Care Technology*
 Alexandra Fragua *AA, Liberal Arts*
 Audrey V. Gachupin *Associate of Science, Business Administration and Associate of Applied Science, Hospitality Services Management*
 April Lucero *AA, Early Childhood Education*
 Vincent Waquiu *Associate of Applied Science, Natural Resources Management*

Janice C. Toya

DINE COLLEGE

Associate of Science, Environmental Science

NM HIGHLANDS UNIVERSITY (RIO RANCHO CAMPUS)

Sherwin Sando *Masters, Educational Leadership*

HASKELL INDIAN NATIONS UNIVERSITY

Gloria Baca *AA, Liberal Arts*
 Bryn Fragua *AA, Environmental Science*
 Lace Frank *BS, Business Administration, emphasis: Management*
 Leander Loretto *AA, Physical Education*
 Lenora Loretto *BS, Business Administration, emphasis: Management*

NEW MEXICO STATE UNIVERSITY

Fred Sabaquie Jr. *Double Major: BA, Criminal Justice and BA, History*

UNIVERSITY OF NEW MEXICO

Erik Brown *BA, Psychology*
 Claudia Casiquito *BA, University Studies, Native American Studies, minor: Psychology*
 Craig Cheresposy *Bachelor of Business Administration, Management Information Systems*
 Emma Chinana *MA, Architecture*
 Clarice Madalena *BS, Environmental Science, minor: Anthropology*
 Dominique Rogers *BA, Communication*
 Preston Sanchez *Juris Doctorate*

JEMEZ VALLEY HIGH SCHOOL

Virginia Baca
 Rocky Blackburn
 Bianca Carlisle
 Adrian Chavez
 Alana Chinana
 Brianna Chinana
 Michael Davis
 Michael Gachupin
 Raymond Gachupin
 Brandon Galvan
 Victoria Garcia
 Keith Gonzales
 Jordan Loretto
 Christopher Lucero
 Jesirae Lucero
 Alexandria Madalena
 Malissa Martinez
 Shanise Otero
 Ondrea Pecos
 Towanda Pecos
 Meranda Pino
 Brannon Reano
 Trisha Reid
 Dalton Romero
 Jonathon Romero
 Victoria Saiz
 Darren Shendo
 Lucas Shije
 Marlon Shije
 Monique Smith
 Glenn Toya
 Rodney Toya
 Branden Trujillo
 Falisha Trujillo
 Julia Wall
 Kalania Waquie
 Clinton Witt
 Bryson Yepa

Byron Fragua
 Justina Fragua
 Christina Taryn Gachupin
 Courtney Gachupin
 Jonah Grayson
 Chassidy Hardy
 Kaleb Saiz
 Kendra Saiz
 Shirlene Sandia
 Dyanna Seonia
 Kyle Tafoya
 Josee Toledo
 Joylyn Toya
 Lorraine Toya

ATRISCO HERITAGE ACADEMY

Brandon Yepa

BERNALILLO HIGH SCHOOL

Jaye Chinana
 Anissa Fragua
 Tiffany Fragua

CIBOLA HIGH SCHOOL

Kalsey Jacoby Sandia

CLEVELAND HIGH SCHOOL

Samantha Griswald

DEL NORTE HIGH SCHOOL

Jasmine Casiquito
 Ray Gonzales
 Zachary Yepa

ELDORADO HIGH SCHOOL

Brittany Willie

HIGHLANDS RANCH HIGH SCHOOL, Highlands Ranch, CO

Raelynn K. Padilla

INDEPENDENCE HIGH SCHOOL

Melveret Waquie

LA CUEVA HIGH SCHOOL

Franklin Seonia

MONZANO HIGH SCHOOL

Hope Romero
 Matthew Shendo

NATIVE AMERICAN COMMUNITY ACADEMY

Aliyah Vigil
 Trevor Emmet Yepa

POJOAQUE HIGH SCHOOL

Justine Gonzales

RIO RANCHO HIGH SCHOOL

Alexander Fragua

SANDIA PREPARATORY SCHOOL

Kelly Toya

SANTA FE INDIAN SCHOOL

Dylan Loretto
 Sherice Lucero
 Jesse Madalena

SANTA FE INDIAN SCHOOL

MIDDLE SCHOOL
 Trevor Chama
 Danielyn Loretto
 Bethany Romero
 Joseph Tenorio, Jr.
 RanDee Toya

JEMEZ VALLEY MIDDLE SCHOOL

Jade Althiede
 Trevor Armijo
 Justin Benton
 Antaliya Campbell
 Kelsie Casiquito
 Chassidy Chinana
 Holly Chinana
 TerriIn Chinana
 Jazmine Chosa
 Nathan Dickerson
 Janae Gachupin
 Pilar Gachupin
 Marissa Garcia
 Siney Kullman
 Johnny Martinez
 Victoria Martinez
 Autumn Meskimen
 Renetta Ortiz

Derrick Pasqual
 Marlen Pino
 Melina Sanchez
 Jeneka Shije
 Kolby Toya
 Brooke Terhern
 Antonio Yepa
 Clara Yepa

JEMEZ DAY SCHOOL

Alicia Armijo
 Jalen Armijo
 Marcus Baca
 Kenneth Chinana
 Steven Foley
 Corvin Fragua
KIANA GACHUPIN
 Okoya Gachupin
 Thomas Lucero
 Marius Madalena
 Brittney Pena
 Darius Sandia
 Cheyenne Sando
 Dedric Toribio
 Anthony Toya
 Justis Toya
 Kylie Tsosie

SAN DIEGO RIVERSIDE CHARTER SCHOOL

Chrishelda Baca
 Tyler Davis
 Jalen Gachupin
 Keilani Gachupin
 Janae Henderson
 Ambrosia Long
 Emmerie Madalena
 Uriah Madalena
 Marcus Madalena
 Marley Rae Perea
 Maxine Sabado
 Katherine Sandia
 Francisco Shendo
 Joel Smith
 Mildred Tosa
 Keenan Toya

WALATOWA HEAD START

Celestyne Baca
 Cohen Baca
 Aaron Casiquito
 Arlis Casiquito
 Natalia Celso
 Justine Chinana
 Lelon Chinana
 Jarren Chino
 Myalyn Cruz
 Diamond Chiefly-HowlingCrane
 Ella Gachupin
 Laila Gachupin
 Lydia Gachupin
 Taylor Gachupin
 Joshua Loretto
 Tyshawn Loretto
 Natasha Lucero
 Vincent Madalena, Jr.
 Antonio Pecos
 Krista Romero
 Lailyn Romero
 Leenah Romero
 Jordan Sandia
 Nicolas Sandia
 Kellen Sarracino
 Jacinda Sarracino
 Antwon Shendo
 Jaime Shendo
 Danielle Smith
 Logan Tafoya
 Kaylena Tosa
 Shelby Tosa
 Chase Toya
 Jadyann Toya
 Morgan Toya
 Tyrell Toya
 K'lesha Tsosie
 Wynn Tsosie

Information current at press time. For additions and corrections, the list, contact the Education Department at (575) 834-9102.



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 Jemez Pueblo, NM 87024

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**TRIBAL MEMBERS: YOUR VOTE IS IMPORTANT
 FOR OUR COMMUNITY AND OUR FUTURE!
 PLEASE VOTE!**

TUESDAY, JUNE 5 7 A.M. TO 7 P.M.

Jemez Civic Center, Precinct 15

Let Your Voice Be Heard! It Counts To Vote!

Several tribal members are running for office in this election.

Joshua Madalena and Benny Shendo, Jr. are candidates for the New Mexico State Senate, District 22, currently held by Linda Lovejoy. Roger Madalena is running unopposed for the New Mexico State Representative position.

Darryl Madalena is running for the Sandoval County Commission, District 5.

For more information, contact the Native American Voting Rights Program (NAVR) office at Jemez Pueblo Civic Center at (505) 934-8826.

CALL FOR ARTISTS!

The University of New Mexico Sandoval Regional Medical Center (UNM SSRMC) is seeking Pueblo artists in Sandoval County to provide art for their new facility in Rio Rancho.

The selection panel includes tribal leaders and UNM SSRMC staff. The purchase budget is \$5,000. Wall art is preferred; paintings, ceramic tile, fiber, metal, clay, wood, glass and other media are accepted. Sculpture may be accepted based on installation criteria.

Concepts, drawings and images are due in July. Watch for notices about an informational meeting in June. Contact Paul Fragua, Coordinator, at (505) 269-3041 or Paulfragua@gmail.com for more information.

**WALATOWA BOWHUNTERS FATHER'S DAY 3-D ARCHERY SHOOT
 Jemez Red Rocks Sunday, June 17**

Registration starts at 7:30 a.m. Shoot starts at 9 a.m.

Fees: Seniors (55 and older): \$25 Adults (19-54): \$25 Youth (13-18): \$20
 Cubs (8 - 12): \$10 Pee-Wees: (7 and under) Free

Shooting categories: Free Style, Unlimited, Limited, Barebow and Traditional*

First, Second and Third Place Prizes! *All categories must have a minimum of five shooters. Absolutely NO Rangefinders, broadheads, alcohol, drugs or firearms. Binoculars will be allowed.

Food vendors available adjacent to shoot.

Contact Joey Romero, (505) 934-1347; Audrey Gachupin, (505) 249-7453; or Laverne Tosa, (575) 834-7115 with any questions.

From the Editor: Correction

The Enrollment Office article in the May, 2012 Red Rocks Reporter contained an error. The correct information is:

Everyone who was born after Dec. 31, 1975 and is listed on the BIA Census Rolls is required to apply for Jemez membership.

We apologize for any confusion.