



# Red Rocks Reporter

MARCH 2012

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## House Fires Strike Jemez Community

*Two house fires in the same week reinforce the urgent need for establishing a fire department in Jemez Pueblo.*

In the early morning hours of Sunday, Feb. 19, a fire devastated the home of Ralph Sarracino and his family. Pueblo of Jemez Emergency Medical Services, Law Enforcement personnel and EMS Director Dave Ryan were on the scene with responders from the Ponderosa Volunteer Fire Department (PVFD), La Cueva, Sandoval County, Sandoval County Command staff and Sandoval County Medic 21. It is believed that the fire started in or around the wood stove. Although neighboring structures were protected, the blaze was out of control and the home was a total loss.

Mr. and Mrs. Sarracino were transported to the hospital and admitted for treatment for smoke inhalation. At press time, Mr. Sarracino remained hospitalized. "I helped start the ambulance service here in Jemez," Ralph recalls. "This was the first time I rode in one as a patient."

The adults were awakened by their four-year-old grandson, who learned about fire safety at Walatowa Head Start. Two other grandchildren were also at home and the family fled in pajamas and bare feet. They have lost all of their belongings and will be displaced for a considerable amount of time. The family did not have insurance coverage.

Just four days later, on Wednesday, Feb. 22, a fire started at Lucy Sando Murphy's home. Her son Nolan was at home, but escaped without injury. The fire started where the stove pipe went through the roof. Teams from the PVFD, La Cueva, Rio Rancho, Sandoval County Medic 43, and the Sandoval County Command staff responded with Pueblo of Jemez Emergency Medical Services and Law Enforcement also at the scene. The fire destroyed the roof, and the home sustained significant fire, smoke and water damage, but the structure was saved.

"The Sarracino fire was so destructive because of the long response time, a lack of water and we didn't have enough fire trucks," says Dave Ryan. "Pueblo of Jemez and Sandoval County are working very hard to get fire services in the Pueblo of Jemez. Clearly our community is at great risk. We urgently need volunteers and equipment." (See page 2.)



The remains of the Sarracino home.  
Photo by granddaughter Benita Toya.



The Sarracino home in flames.  
Photo by Dave Ryan.

*An account for the Sarracino family has been opened in the Pueblo of Jemez Finance Department. To make a donation to help the family, please send a check to the Pueblo of Jemez Sarracino Family Fund. The tribal office will forward the donations to the family.*

**For tips on how to keep your wood stove safe, please see page 5.**



### 2012 TRIBAL GOVERNORS

Joshua Madalena  
Governor

Larry Chinana

First Lt. Governor

Juanito 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

March 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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## FROM THE GOVERNORS

# Volunteer Firefighters Needed!

Pueblo of Jemez tribal leaders are encouraging tribal members to volunteer with the Ponderosa Fire Department (PVFD.) The PVFD serves the Pueblo of Jemez as well as surrounding communities.

"These recent fires emphasize the need to have Walatowa community members quickly available in emergencies," says Second Lt. Governor Juan Toya. "Our community is at grave risk. It's also extremely difficult for homeowners to get fire insurance because we do not have a local department."

Sandoval County Fire Department will provide training for fire suppression and emergency medical services first responders at no cost. Equipment will be provided.

All community members, male and female, are urged to help protect our village and our neighbors. For more information, contact Second Lt. Governor Toya at (575) 834-7359 or Emergency Medical Services Director Dave Ryan at (575) 834-7628.

## Community Notices

### ILLEGAL WOOD-CUTTING

The Governors and tribal administration have been notified that tribal members are cutting firewood illegally on Bureau of Land Management (BLM) lands. **Please note that these areas are CLOSED for wood collection.**

You must have a valid wood-cutting permit before cutting or collecting firewood in national or state forest areas or on tribal lands. At press time, 41 violators from Jemez are being prosecuted.

### VANDALISM OF TRIBAL PROPERTY

A rash of vandalism and graffiti has damaged water tanks and other areas in the village.

Law Enforcement officers are patrolling the community. Vandals will be caught and prosecuted in Tribal Court. If offenders are convicted, the penalties for criminal damage to property are:

- ▶ **Damage less than \$500: up to 90 days in jail or up to \$500 fine or both.**
- ▶ **Damage greater than \$500: up to 364 days in jail or up to \$1,000 fine or both.**

## TRIBAL COUNCIL

# Tribal Council Report

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

**Feb. 23, 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:

- Approved the revised and supplemented land into trust application for 70.22 acres in Dona Ana County, NM for Class III gaming.
- Authorized the Pueblo of Jemez 2012 Roads Inventory Update to include the proposed modifications to the 2006 Long Range Transportation Plan.
- Authorized the Walatowa Head Start Program to work in partnership with three Jemez community representatives on Policy Council to develop, review and approve policies and procedures for the Head Start Program.

## PUBLIC WORKS

## CLEAN WATER FOR JEMEZ PUEBLO

Water throughout the community had been discolored for some weeks due to sediment in the system. At this time, water lines and tanks have been flushed and cleared. The required monthly water samples taken from the community are laboratory-certified to be free of contaminants and bacteria.

The water quality for a community system is dependent on three factors – source water, distribution system (water pipes) and water storage.

**Source Water.** Our source water is drawn from our two community wells. These wells are drilled adjacent to the Jemez River, drawing from the groundwater zone that is fed by the river. As a community, we know this water is relatively hard. Untreated or raw hard water leaves a scaly deposit on kitchen and bathroom fixtures and plumbing as well as turns the whites in the laundry a yellowish color.

The cause for this (as confirmed by numerous laboratory tests) is that the raw water from both wells is high in iron and manganese. To remove these minerals from the system, a water filtration plant was designed and built in 2004 at a total cost of \$530,000. This technically sophisticated water filtration plant is located at the north end of the community where it receives raw water from the wells for treatment. Then the treated water is sent to the storage tanks.

Laboratory results of the treated water show that both the iron and manganese concentrations were brought below the U.S. Environmental Protection Agency (EPA) levels. Arsenic was also brought

down to below the new EPA levels.

“We’ve been working really hard to upgrade the system,” says new Utilities Manager Robert Bajek, who joined the Public Works Department in January.

The discoloration of community water recently was due to sediments that were trapped in the water treatment plant tanks. These trapped sediments deposited in the reclaim tank were leaking back to the finished treated water. This sediment-laden water or sludge was then sent into the storage tanks and from there through the distribution system to our homes.

Several days of flushing the tanks within the water treatment plant and flushing the community’s distribution system has cleared the sludge. Weekly flushing of this reclaim tank is scheduled so this issue does not recur.

“People who still have discolored water undoubtedly have sludge in their hot water tanks,” Bob explains. “Individual homeowners are responsible for keeping those tanks clear. The tanks should be flushed regularly to remove the sediment.”

The Public Works Department (PWD) can offer advice and plans to distribute information to homeowners for flushing their hot water heaters. This is an individual homeowner responsibility. Per the Pueblo’s Utility Ordinance, PWD’s operation and maintenance responsibility ends at the water valve outside the home. Homeowner responsibility begins at that point and into the home.

“Don’t worry if you occasionally smell chlorine,” Bob advises. “What you smell is the chemical successfully treating any

contaminants. Our system is well below EPA standards for chlorine in drinking water.”

**Distribution System and Storage Tanks.** A formal flushing and valve exercise program for flushing the community piping system and three active storage tanks as well as exercise of the valves was established in 2011. The program is implemented at least quarterly per year. The purpose of this activity is to flush sediments and other solids, such as naturally occurring biofilm from the system; move stale water; and ensure that valves are in working condition. During flushing, or when fire engines draw water from the hydrants, the water is churned up, which loosens and dislodges sediment within the water lines. You may temporarily experience brownish water at the tap at these times.

Although flushing was part of the normal operations in the past, this formal plan assures that this important activity is routinely implemented. The PWD is actively addressing our source water, distribution system and water system to ensure delivery of high quality water to our community.

To improve services to the community, utilities workers Merlin Gachupin and Mike Loretto are training to obtain their New Mexico Level I and II water certifications respectively. A position for a third utilities worker is open. If interested, please bring your application to the Human Resources Department at the Tribal Administration.

“We’ve been short-staffed,” Merlin says. “Now that the main valve from the tank has been repaired, we can start work on the water line leaks in the village.”

“We’ve accomplished a lot in the short time I’ve been here,” Bob adds.

**REMINDER: All community residents are responsible for paying their utilities bills promptly. Full payment is critical to restoring the financial stability of the Public Works Department.**



### Welcome Mat

Robert Bajek has joined the Public Works Department as the new Utilities Manager after more than 14 years with the city of Rio Rancho. Bob holds New Mexico Level IV water certification and a Level II wastewater certification. Bob is also licensed as a GF9 underground contractor.

“I’m happy to be working up here,” Bob says from his office at the water treatment plant. “This team has been working really hard to do a professional job. We’re all looking forward to improving the system for the community.”

## INJURY PREVENTION

# PROTECT YOUR HOME FROM FIRE!

If you have a wood stove, the **ONLY** protection against accidental fires is to properly install and maintain it. **Fire-resistant millboard, sheet metal or decorative brick placed on combustible walls or even walls protected by sheetrock provide little or no protection from radiant heat.** Take time to make sure your home and family are protected!

### PROTECT YOUR HOME!

- ✦ Install a shield of 24-gauge sheet metal over UL approved fire-resistant millboard on the floor under the stove, extending six inches from the sides and back and 18 inches in front of the unit.
- ✦ The stove should have legs at least four inches high or the unit should be placed on masonry blocks with holes at the sides to allow air circulation under the stove.
- ✦ Follow the manufacturer's specifications for clearances between the stove and a combustible wall or ceiling. A wall of wooden studs covered with sheetrock is a combustible wall.
- ✦ All open-front wood stoves or fireplaces must have screens.
- ✦ Do not overfill the stove or allow the fire to get too hot.

### CHIMNEYS

- ✦ **Use TRIPLE-WALL STOVE PIPE ONLY.** Secure each joint with three metal screws. A severe chimney fire can blow apart unsecured joints.
- ✦ Do not connect more than one heating device to a single chimney flue; poisonous gases or sparks may pass from one appliance out the other.
- ✦ Chimney pipes require proper clearances; check with the installation manual.
- ✦ Don't use fiberglass insulation. It is held together with a resin that vaporizes at 250°F. and falls apart when used as insulation near chimney pipes.
- ✦ Keep plastic or other combustible insulation away from chimney pipes. They can burn.
- ✦ The chimney should extend at least two feet higher than any point of the roof within 10 feet of the chimney pipe.

### OPERATIONS

- ✦ Never burn coal and wood in the same stove. Specifications for coal stoves are different because coal generates higher heat.
- ✦ Burn dry, well-seasoned wood that dried at least one year. This reduces creosote deposits.
- ✦ If you burn artificial logs, never burn more than one at a time or poke the log. They contain chemicals that burn very fast if broken up. This damages your stove and could cause a fire.
- ✦ Keep wood, paper, matches or other combustibles away from the wood stove or chimney pipe.
- ✦ When reloading the stove or starting a fire, let it burn with dampers wide open for five minutes. This will help burn out creosote deposits in the chimney. **Warning: do not start a hot fire if there is a creosote layer 1/8 inch or more in the chimney pipe.**
- ✦ **Never use flammable or combustible liquids to kindle or rekindle a fire!**
- ✦ Don't burn trash, cardboard, milk cartons and Christmas wrap or similar materials that produce higher temperatures than normal fires.
- ✦ All wood fires produce creosote. Clean the chimney often and burn only seasoned dry wood to prevent flammable build-up.

### BE PREPARED

- ✦ Keep Class 1A:10BC dry chemical fire extinguishers in the kitchen and near the wood stove.
- ✦ Install smoke detectors in the kitchen, living areas and bedrooms.

## *Did You Know?*

97% of the fire fatalities nationwide died of smoke inhalation without ever receiving a burn and 64% died in bed without ever knowing there was a fire.

It has been estimated that one-third of these fatalities could have been prevented.

**The Injury Prevention Program has smoke alarms available for community residents. Call (575) 834-1001 for more information.**

# Ditch Safety

As we prepare for planting season, ditches will soon be flowing with water. **The Injury Prevention Program reminds parents that ditches and arroyos can be deadly!** Please tell your children to stay away from ditches. They should never play in ditches or throw anything in them. As community members, we treasure our ditches and want them clean to use for our crops.

## Safe Burning

Burning to clear vegetation and debris can quickly become a dangerous wildfire. Follow these safety tips to protect yourself, your home and your community.

### Get a Burn Permit

- Contact the tribal office to confirm that burning is allowed and get a permit.

### Check the Weather Forecast

- Sudden changes in wind direction or speed could make a burning ditch into an out-of-control blaze.

### Prepare the Site Correctly

- The ground around the burn site must be surrounded by gravel or dirt for at least five feet in all directions. Clear all vegetation before starting the burn.
- For larger areas, till around the field to create a fire break before burning.

### Make Sure the Site is Safe for Burning

- Sites should be far from power lines, gas lines, telephone boxes, buildings, vehicles, equipment and tree limbs.
- Open space above the fire should be at least three times the height of the pile (nine feet clearance above a three-ft. pile.) Heat extends far past the flames.

### Stay with Your Burn

- Watch the smoke. Smoke can create a hazard when it blows across roads, limiting visibility.
- Stay at the burn site until the fire is completely out. Drown the fire with water or turn ashes with a shovel. Repeat several times. Check the area often for several days, especially if the weather is warm, dry and windy.

Source: Southern Pueblos Agency

TRIBAL COURT

# Delinquent Accounts

The following people will be summoned into Tribal Court for their delinquent court fees unless payment is made in full before being summoned in March 2012. The Governors will preside over the show-cause hearings. Additional court cost fees will be imposed at the time of the hearings.

If you want to review your case, you can visit the Tribal Court Office during regular business hours, 8 a.m. to 12 noon and 1 to 5 p.m., Monday through Friday, prior to the hearing date.

**Only debit cards and checks will be accepted; no cash payments are accepted.** You must have your driver's license at the time of payment. Cash payments can be accepted only at the Finance Office in the Tribal Administration Building.

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

- |   |  |  |   |   |  |
|---|--|--|---|---|--|
| <p><b>A</b><br/>                 Abeyta, Mary<br/>                 Adams, Rodney<br/>                 Aguirre, Angel<br/>                 Andrew, Darren<br/>                 Armijo, Carlton<br/>                 Armijo, Frank Jr.<br/>                 Armijo, Shannon<br/>                 Armijo, Warren</p> <p><b>B</b><br/>                 Baca, Corey<br/>                 Baca, Daryl<br/>                 Baca, Ryan<br/>                 Baca, Vincent<br/>                 Bacca, Dominic<br/>                 Bacca, Marcelino Jr.<br/>                 Bacca, Marcelino R.<br/>                 Begay, Edmund<br/>                 Benalli, Dominic<br/>                 Benalli, Curtis<br/>                 Benalli, Germaine<br/>                 Benalli, Mary E.</p> <p><b>C</b><br/>                 Cajero, Frances<br/>                 Cajero, Gabriel<br/>                 Cajero, Merle<br/>                 Calabaza, Kelvin<br/>                 Calabaza, Kisha<br/>                 Calabaza, Michael<br/>                 Casiquito, Alfreda<br/>                 Casiquito, Clifton<br/>                 Casiquito, Demarlon<br/>                 Casiquito, Desiree<br/>                 Casiquito, Dion- PD<br/>                 Casiquito, Fabian<br/>                 Casiquito, Franklin<br/>                 Casiquito, John<br/>                 Chee, Hanson<br/>                 Castillo, Leslie<br/>                 Chavez, Jervis<br/>                 Chavez, Cletus<br/>                 Chavez, Antionette<br/>                 Chavez, Jose<br/>                 Chavez, Myron<br/>                 Chavez, Richard<br/>                 Chavez, Rochelle<br/>                 Chavez, Vincent<br/>                 Chinana, Charles E.<br/>                 Chinana, Cheryl R.<br/>                 Chinana, Darrell<br/>                 Chinana, Edmund<br/>                 Chinana, Franklin G.</p> | <p>Chinana, Garrick<br/>                 Chinana, Johnathan<br/>                 Chinana, Lorenzo B.<br/>                 Chinana, Lynyrd<br/>                 Chinana, Melanie<br/>                 Chinana, Meldon<br/>                 Chinana, Orrin<br/>                 Chinana, Robert L.<br/>                 Chinana, Sheryl A.<br/>                 Chinana, Steven<br/>                 Chinana, Wayne W.<br/>                 Chischilly, Phillip Jr.<br/>                 Chino, Brandon<br/>                 Chosa, Darren<br/>                 Chosa, Darryl<br/>                 Chosa, Harold<br/>                 Chosa, Jeremy<br/>                 Chosa, Kenneth<br/>                 Collateta, Tom Jr.<br/>                 Coonsis, Davin J.<br/>                 Creager, Janice<br/>                 Crespín, Julian<br/>                 Curley, Michael</p> <p><b>D</b><br/>                 Dixon, Christopher</p> <p><b>F</b><br/>                 Fragua, Aaron<br/>                 Fragua, Alan<br/>                 Fragua, Albert Jr.<br/>                 Fragua, Allison<br/>                 Fragua, Ambrosia<br/>                 Fragua, Benjamin<br/>                 Fragua, Bernadette<br/>                 Fragua, Bryan<br/>                 Fragua, Candice<br/>                 Fragua, Carmella<br/>                 Fragua, Cheryl<br/>                 Fragua, Christino Jr.<br/>                 Fragua, David<br/>                 Fragua, Donald<br/>                 Fragua, Emmanuel<br/>                 Fragua, Frank<br/>                 Fragua, Jacob<br/>                 Fragua, Jacob A.<br/>                 Fragua, Joe-Jodie<br/>                 Fragua, Joseph A.<br/>                 Fragua, Joseph L.<br/>                 Fragua, Leon<br/>                 Fragua, Loren<br/>                 Fragua, Martin A.<br/>                 Fragua, Matthew S.<br/>                 Fragua, O'Dell</p> | <p>Fragua, Phillip G.<br/>                 Fragua, Phillip "Kippy"<br/>                 Fragua, Quannah<br/>                 Fragua, Ryan<br/>                 Fragua, Shannon<br/>                 Francisco, Danny</p> <p><b>G</b><br/>                 Gachupin, Alten<br/>                 Gachupin, Debbie<br/>                 Gachupin, Deborah<br/>                 Gachupin, Erin<br/>                 Gachupin, Eugene<br/>                 Gachupin, Frederick<br/>                 Gachupin, James<br/>                 Gachupin, Joshua<br/>                 Gachupin, Joseph<br/>                 Gachupin, Lambert<br/>                 Gachupin, Leia<br/>                 Gachupin, Levonnia<br/>                 Gachupin, Marland<br/>                 Gachupin, Kayla<br/>                 Gachupin, Karlyn<br/>                 Gachupin, Paul J.<br/>                 Gachupin, Ralph<br/>                 Gachupin, Regina<br/>                 Gachupin, Roseria<br/>                 Gachupin, Ryan<br/>                 Gachupin, Samuel Sr.<br/>                 and Jr.<br/>                 Gachupin, Shalana<br/>                 Galvan, Tom<br/>                 Garcia, Helen Sando<br/>                 Garcia, Mariam<br/>                 Garcia, Oliver<br/>                 Garcia, Olivia<br/>                 Garcia, Robert<br/>                 Garviso, Petrina<br/>                 Garviso, Myrna<br/>                 Gonzales, Joseph<br/>                 Goodluck, Chris<br/>                 Goodluck, Victor<br/>                 Gutierrez, Barbarita</p> <p><b>H</b><br/>                 Hardy, Kevin<br/>                 Henderson, Galen<br/>                 Herrera, Donovan<br/>                 Herrera, Gerri<br/>                 Hyder, Bryon</p> <p><b>J</b><br/>                 James, Byron<br/>                 Jose, David<br/>                 John, Curtis Jr.</p> | <p>Joseph, Deneil</p> <p><b>K</b><br/>                 Kee, Vera</p> <p><b>L</b><br/>                 Largo, Frances S.<br/>                 Lastiyano, Max D.<br/>                 Lee, Erika<br/>                 Lee, Kevin<br/>                 Lee, Jerry Jr.<br/>                 Loretto, Adrian<br/>                 Loretto, Adrianna<br/>                 Loretto, David<br/>                 Loretto, Davis<br/>                 Loretto, Lynette<br/>                 Loretto, Dominic<br/>                 Loretto, Edward Ray<br/>                 Loretto, Florentino<br/>                 Loretto, Jaime<br/>                 Loretto, Jason<br/>                 Loretto, Jenna<br/>                 Loretto, Joseph Jr.<br/>                 Loretto, Lyle<br/>                 Loretto, Meraldine<br/>                 Loretto, Phillip Sr.<br/>                 Loretto, Raynard<br/>                 Loretto, Shawna<br/>                 Loretto, Urban<br/>                 Loretto, Vernon<br/>                 Loretto, Victor Jr.<br/>                 Loretto, Wynnona<br/>                 Lovato, Andrew<br/>                 Lovato, Dennis<br/>                 Lucero, Arlan<br/>                 Lucero, Cyrus<br/>                 Lucero, Del Ray<br/>                 Lucero, Diane<br/>                 Lucero, Gerald<br/>               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Chrissie<br/>                 Ortiz, Ernest<br/>                 Ortiz, Renee<br/>                 Ortiz, Rita</p> <p><b>P</b><br/>                 Padilla, Randy<br/>                 Paiz, Tamian<br/>                 Panana, DeWayne<br/>                 Panana, Floyd<br/>                 Panana, Matthew<br/>                 Panana, Stella<br/>                 Pararito, Charles<br/>                 Pecos, Claudette<br/>                 Phillips, Willard Phil<br/>                 Pino, Corine<br/>                 Pino, Cenovia<br/>                 Pino, Doris<br/>                 Pino, Ernest</p> <p><b>R</b><br/>                 Rael, James<br/>                 Reano, Delmar<br/>                 Reano, Joel<br/>                 Reano, Mike<br/>                 Reid, Darlene<br/>                 Reid, Dena<br/>                 Roman, Joyce<br/>                 Romero, Alvin L.<br/>                 Romero, Barney<br/>                 Romero, Olando<br/>                 Romero, Melissa<br/>                 Romero, Shawn<br/>                 Romero, Wayne<br/>                 Rosetta, Gregory</p> <p><b>S</b><br/>                 Sabaque, Emery<br/>                 Sabaque, Loren<br/>                 Sabaque, Mary Jo</p> | <p>Salvador, Nolan<br/>                 Sandia, Artie<br/>                 Sandia, Allysa<br/>                 Sandia, Darnell<br/>                 Sandia, DeAnna<br/>                 Sandia, Dory<br/>                 Sandia, Johnny<br/>                 Sandia, Maelene<br/>                 Sandia, Malorie<br/>                 Sandia, Michelle R.<br/>                 Sandia, Natalie<br/>                 Sandia, Pernell<br/>                 Sandia, Rachel<br/>                 Sandia, Terilyn<br/>                 Sando, Albert<br/>                 Sando, Brian<br/>                 Sando, Cherise<br/>                 Sando, Edmond<br/>                 Sando, Ernest Serrel<br/>                 Sando, Ira<br/>                 Sando, Juan A.<br/>                 Sando, Juanita S.<br/>                 Sando, Karl<br/>                 Sando, Kindalyn<br/>                 Sando, LaDonna<br/>                 Sando, Larnell<br/>                 Sando, Martin Star<br/>                 Sando, Orion<br/>                 Sando, Tyler<br/>                 Sando, Venetta C.<br/>                 Scott, Beverly<br/>                 Seonia, Patty<br/>                 Shendo, Alan<br/>                 Shendo, Brandon<br/>                 Shendo, Edward<br/>                 Shendo, Ernest<br/>                 Shendo, George<br/>                 Shendo, Helen Mae<br/>                 Shendo, Jackie<br/>                 Shendo, Jeremiah<br/>                 Shendo, Joseph<br/>                 Shendo, Juan<br/>                 Shendo, Juanita<br/>                 Shendo, Ramona<br/>                 Shendo, Robin<br/>                 Shendo, Roland<br/>                 Shiye, Amadeo<br/>                 Shiye, Ernestine<br/>                 Silvas, Yvonne<br/>                 Singer, Brian<br/>                 Smith, Carlos<br/>                 Smith, Dorma</p> |
|---|--|--|---|---|--|

# WALATOWA VETERANS ASSOCIATION

## HONORING OUR WOMEN WARRIORS

Submitted by Travis A. Baca, WVA Services Coordinator

In honor of Women's History Month, the Walatowa Veterans Association is honored to recognize our Lady Warriors. Veterans and active duty service members of Jemez Pueblo who served or are still serving our country and tribe with honor, pride and commitment.

Travis A. Baca, WVA Services Coordinator  
Odell Fragua, WVA, Commander



**On behalf of the Walatowa Veterans Association, ladies, we thank you with our deepest gratitude for serving our nation and tribe.**

- |                              |                              |                                |
|------------------------------|------------------------------|--------------------------------|
| Josephine Armijo: Army       | Shawna Yepa-Pighet: Army     | Marie R. Toya: Army            |
| Martha Chosa: Army           | Paulette Romero: Navy        | Tracy Toya: Air Force (Active) |
| Ramona L. Chinana: Air Force | (Retired)                    | Leanore Toya Vidal: Army       |
| Esther Cajero: Marines       | Nichelle Sando: Army         | Marissa Yepa: Navy (Active)    |
| Delinda Stacy Yepa Chavez:   | Roberta Sando: Army          | Thelma J. Yepa: Army           |
| Army                         | Joanne Henderson Smith:      | <i>The late:</i>               |
| Gail Madalena: Army          | Marines                      | Florence Chewiwi Robinson,     |
| Kristy Loretto Erkins: Army  | Estelle Tafoya: Marines      | Navy WAVES                     |
| Alicia Gachupin: Army        | Candice Tosa: Navy           | Katherine Toya Ford, Navy      |
| Wilma Sando Gachupin: Army   | Lauralyn Tosa: Army (Active) | WAVES                          |
| Vera Loretto: Navy           | Charlotte Toya: Army         |                                |

The Veterans' raffle and bake sale on Feb. 5 was a big success. Thank-you to all who helped and supported your Walatowa Veterans Association, and congratulations to all our raffle winners.

The next Veterans Services Officer (VSO) visit will be Thursday, March 15, 2012. For an appointment, call Tito Chinana or the Veterans Office at (575) 834-0122.

## Facebook Connects Vets

[www.facebook.com/VANewMexico](http://www.facebook.com/VANewMexico)

New Mexico veterans are using social media to keep up with VA programs. The New Mexico VA Health Care System's (NMVAHCS) Facebook page is growing. Its main purpose is to quickly communicate information about VA programs.

The NMVAHCS Facebook page is part of a national social media push by the Department of Veterans Affairs with all 152 VA medical centers now on Facebook. Posts include topics from weather delays, to flu shot information, to photos of a veteran's growers' market.

To ensure that veterans' questions are answered, the NMVAHCS page is monitored. Private information is not discussed on the site, but VA staff will contact veterans privately about concerns raised online. VA clinicians cannot discuss individuals' specific health concerns on Facebook, but staff can offer help.

You don't need a Facebook account or password to view the page. Just go to [www.facebook.com/VANewMexico](http://www.facebook.com/VANewMexico).

## Tribal Court Delinquent Accounts

Continued from page 5

- |                    |                         |                      |                        |                         |                      |
|--------------------|-------------------------|----------------------|------------------------|-------------------------|----------------------|
| Smith, Leslie      | Toledo, Dale            | Tosa, Timothy A.     | Toya, Joanna           | <b>V</b>                | Waquie, Michael      |
| Smith, Sheila      | Toledo, Dominic         | Tosa, Thomas H.      | Toya, Josanna          | Valencia, Patricia C.   | Waquie, Phillip      |
| Stephenson, Edward | Toledo, Donovan         | Tosa, Viola          | Toya, Jose Lupe "Joey" | VanWert, Sequoia        | Waquie, Richard      |
| <b>T</b>           | Toledo, Earl F.         | Toya, Allen Jr.      | Toya, Joseph C.        | Velasquez, Aaron        | <b>Y</b>             |
| Tafoya, Brandon    | Toledo, Elvis           | Toya, Benito         | Toya, Kenneth          | Vicenti, Tamara         | Yellowhorse, Denise  |
| Tafoya, Bryan      | Toledo, Floydine        | Toya, Benjamin Sr.   | Toya, Lillian          | Vigil, Dennis           | Yellowolf, Damon C.  |
| Tafoya, Bryon      | Toledo, Harold M. "Elk" | Toya, Benjamin Jr.   | Toya, Malorie          | Vigil, Joseph           | Yepa, Anthony B.     |
| Tafoya, Bryson     | Toledo, Joseph B.       | Toya, Benjamin T.    | Toya, Mary Lupita      | Vigil, Lyle             | Yepa, Bryon          |
| Tafoya, Darryl     | Toledo, Justin          | Toya, Brian C.       | Toya, Matthew          | Vigil, Penelope         | Yepa, Christino      |
| Tafoya, Deidre     | Toledo, Lawrence        | Toya, Casey          | Toya, Milton           | Villa Edward            | Yepa, Derek          |
| Tafoya, Denise     | Toledo, Lorraine        | Toya, Cassandra      | Toya, Patrick          | <b>W</b>                | Yepa, Donovan        |
| Tafoya, Lorinda    | Toledo, Malisha         | Toya, Chamisa        | Toya, Paul G.          | Wall, Marcus            | Yepa, Emmett         |
| Tafoya, Lynelle    | Toledo, Mary D.         | Toya, Charles M.     | Toya, Rosanna          | Wallowingbull, Tarasina | Yepa, Eric           |
| Tafoya, Melvin     | Toledo, Neil S.         | Toya, Charles M.     | Toya, Seyme            | Walton, John M.         | Yepa, Johnny B.      |
| Tafoya, Peter T.   | Toledo, Rita            | Toya, Charles Martin | Toya, Shawna           | Wanya, Donovan          | Yepa, Johnny         |
| Tafoya, Steven     | Toledo, Titus           | Toya, Darren M.      | Toya, Tealena          | Waquie, Abraham         | Yepa, Manuel         |
| Tenorio, Albert    | Torbio, Francis         | Toya, Delvin         | Toya, Willard.         | Waquie, Alden           | Yepa, Marcel         |
| Tenorio, Pete      | Tosa, Aaron             | Toya, Fernando       | Tsoi, Allman           | Waquie, Benjamin        | Yepa, Maxine         |
| Tapia, Virgil C.   | Tosa, Edwina            | Toya, Gerald         | Tsoi, Jonathan         | Waquie, Bernadino       | Yepa-Loretto, Marvin |
| Tetpon, Uriah      | Tosa, Jonathan          | Toya, Geraldine      | Tsoi, Shannon          | Waquie, Carmelita       | Yepa, Moses          |
| Toledo, Alfred     | Tosa, Joseph P.         | Toya, Henry          | Tsosie, Kateri         | Waquie, Ernestine       | Yepa, Myron          |
| Toledo, Clemente   | Tosa, Joseph            | Toya, Isaac          | Tsosie, Mary S.        | Waquie, Genevieve       | Yepa, Paul B.        |
| Toledo, Curtis     | Tosa, Lauralyn          | Toya, Isaiah         | Tsosie, Patricia       | Waquie, Joe Ray         | Yepa, Ramona C.      |
| Toledo, Cypriana   | Tosa, Nathaniel         | Toya, Jacob          | Tsosie, Vanessa        | Waquie, Joseph A.       | Yepa, Towana         |
|                    | Tosa, Patrick A.        | Toya, Jeremy L.      |                        | Waquie, Melanie         |                      |

## WALATOWA VETERANS ASSOCIATION

## HOUSING

## Warrior Profile: Martha Chosa

### US Army, WVA Secretary

I have great appreciation for my parents Guadalupe and Lupe (Sando) Chosa. We connected beautifully and they provided for my needs and taught things I needed to know. A list doesn't exist, it's all in my heart.

In the fall of 1967, with help from the Bureau of Indian Affairs (BIA), I attended school in Chicago, Ill. I commuted to school by subway. I took commercial arts at Ray Vogue College of Design near the John Hancock Building, which at the time was just being built. I was thinking more of having a job so I could send money home, even if it was less than a hundred dollars. I then transferred to Victor Comptometer School where I took courses in ten-key calculator, comptometer and IBM keypunch. A company hired me as a comptometer operator, then as a keypunch operator/verifier at the Combined Insurance Company of America.

Again, my thinking was traveling. I spent time at a phone booth calling military branches. Finally, the Army accepted me. Some girls and I were flown from Chicago to Atlanta. Then we took a small plane to Anniston, Ala., then by bus to Fort McClelland, Ala. We arrived around two in the morning, received orientation and trained to fix our military bed to sleep on. We were wakened around 4 a.m. to march to the dining (mess) hall for breakfast.

That first day we were issued uniforms and had to iron, polish shoes (spit shine), and register for classes. It was fun meeting girls going through the same things I was, and of course hard being rushed. At the PX, I bought a candy bar and stowed it in my hat; I sneaked chocolate into the barracks and got caught. Well... I lost that candy. Rules are good, especially if you're craving candy. I met Josephine Armijo at Fort McClelland; it was sure good to talk Towa! Days climbing the hills and going down were the hardest, hauling rocks in a back-pack, someone behind me trying to hold on to me to keep up. We sweat because of the humidity.

One Sunday afternoon, I was passing 2<sup>nd</sup> Lieutenant Brian, a female officer. Saluting her I said, "Happy Mother's Day!" She replied, "I'm not your Mother." Mentally I said, "You're the closest." My thoughts about her continue to stay with me every



Mother's Day. PTSD!

As a Military Occupation Specialist, my completion was Personnel Specialist. I was transferred to Ft. Huachuca, Ariz. My new job in the finance department was similar to my previous occupation as keypunch/verifier operator in Chicago. My job was to take care of various transactions for military personnel. Another completion was Jumps Specialist, to do a new program. I worked a lot of hours in the military and didn't earn over-time; a few times I donated blood just to earn money for leave.

Once I failed a barracks inspection: my left shoe wasn't spit shined as it should have been. The next day was a special ceremony. I got the honor to hold the New Mexico flag during the ceremony parade and I did feel tall. It was a beautiful sight. I wish my family could have seen me.


In Ft. Huachuca, I met a staff sergeant. I'd never dreamed of bowling or canoe fishing before. He took me on motorcycle rides, eating out in Tucson and Sierra Vista, and dancing.


In October of 1971, I received an Honorable Discharge from the Army with the rank of SP/4. In April of 1972, I gave birth to my beautiful son who I named after a great friend I met in the service.


I am now enjoying my weaving, making piki bread and helping the Walatowa Veterans Association. Our goal is to get the veteran's building built for our loved ones who served and still serve in the military.

## HOUSING UPDATES

To receive any housing assistance from the Pueblo of Jemez Housing Department, you must have a complete application on file. The following documents are needed for a complete application:

 **Proof of income** for ALL household members age 18 and over. These may include check stubs, Social Security and/or Veterans Affairs award letters, or unemployment benefits. If unemployed, you must provide a statement of unemployment. If attending school, a school schedule must be provided.

 **A Release of Information** must be signed by ALL household members age 18 and over.

 **Certificate of Indian Blood (CIB)** for head of household only. If you need a copy of your CIB, contact the Enrollment Office at (575) 834-0065.

**Reminder for applicants who filed last year:** contact the office to verify that your application is up-to-date. The US Housing & Urban Development (HUD) requires that housing assistance applications be updated annually.

Stop by the office to pick up an application or download one at [www.jemez-pueblo.org/housing](http://www.jemez-pueblo.org/housing).

### Insurance Coverage for Your Home

Homeowners should consider buying insurance coverage in case of property damage from fires, lightning, storms, theft and other disasters.

Many insurance companies offer different types of coverage. Depending on the policy you choose, they may cover the cost of replacement and/or prevent financial loss if damage occurs to your home.

For more information about home insurance or if you have additional questions or concerns, please contact the Housing Department at (575) 834-0305.

## PUBLIC HEALTH

## COMMUNITY WELLNESS

## FITT 4 Life 12-Week Fitness Challenge

JHHS Public Health Programs and Community Wellness Program are sponsoring FITT 4 Life, a 12-week fitness challenge designed to help community members adopt healthier lifestyles. The long-term program focuses on measurable goals that demonstrate improved health and fitness over time.

There are more than 200 participants in the FITT 4 Life challenge. Four-person teams serve as support networks, but fitness and nutrition goals are individualized for each participant. Teams win incentives based on completing Healthy Lifestyle cards with specified milestone activities. Fitness coaches are available to answer questions and offer advice and encouragement.

Comprehensive assessments allow each participant to measure individual improvement. Assessments include body-fat analysis; blood sugar, blood pressure and cholesterol; weight, chest, hip, waist and thigh measurements; and performance on physical tests such as push-ups and sit-ups. Behavioral goals track physical activities and nutrition and cooking classes. Participants have a wide range of options for meeting their goals, including circuit training, aerobics classes, Zumba, basketball, volleyball, cycle core, plyometrics, agility exercises, twice-daily 15-minute walks starting at the Health Center; and bike, running and walking groups at noon at the Health Center. Twenty bikes are available to borrow for rides at 10 a.m., noon, 3 p.m. and 5 p.m.; one-hour evening bike rides are scheduled Mondays, Wednesdays and Sundays.

For more information, contact the Public Health Programs at (575) 834-7207.

### PRE-ASSESSMENT RESULTS: THE "AVERAGE" PARTICIPANT

"These numbers are averages of all the pre-assessment results," explains Kristyn Yepa. "If we were all **one person**, our pre-assessment would look like this:

ASSESSMENT	RESULT
Height	5' 3"
Weight	184 lbs.
Age	36 years
BP	120/78
Total Cholesterol	192
Triglycerides	200
HDL	47
LDL	105
Blood Sugar	108
Chest (inches)	41
Waist (inches)	40
Hip (inches)	42
Thigh (inches)	20
Sit-n-Reach	12
Push-ups	27
Sit-Ups	15
12-min test	19



## The Impact of Obesity and Diabetes In Jemez

Studies prove a strong link between being overweight or obese and the risk of developing diabetes. Type 2 diabetes does not happen overnight – it can take 10 years to develop. People spend these ten years **NOT** making the diet and lifestyle changes that can help delay or even prevent developing the disease.

### Know the Risk Factors

Certain factors increase the risk of developing Type 2 diabetes:

- ▶ American Indian/Alaska Native
- ▶ A family history of type 2 diabetes
- ▶ Over the age of 45
- ▶ Had gestational diabetes or had a baby weighing 9 pounds or more at birth.
- ▶ Low HDL levels, high triglycerides, high blood pressure
- ▶ Overweight/obese
- ▶ Not enough regular exercise

Obviously ethnicity, family history and age are risk factors we can't control. However, being overweight or obese and not getting enough exercise are risk factors we **can** change.

### Native Americans and Diabetes

At nearly 16.1 percent, American Indians and Alaska Natives have the highest age-adjusted prevalence of diabetes among all U.S. racial and ethnic groups. The prevalence of Type 2 diabetes in Native American communities has increased dramatically in the past 50 years. IHS offers these frightening statistics:

- ▶ Likelihood of American Indians/Alaska Natives (AI/AN) to have diabetes compared with non-Hispanic whites: **2.2 times higher.**
- ▶ Increase in diabetes from 1994 to 2004 in AI/AN youth aged 15-19 years: **68%**
- ▶ Estimated percent of AI/ANs who have pre-diabetes: **30%**

Although it's not known if Native Americans have a genetic predisposition for developing diabetes, it is clear that diabetes is directly related to poor diet choices that lead to being overweight or obese. Many factors contribute to this marked increase, but studies indicate that a trend away from traditional lifestyles in favor of westernization, with accompanying increases in body weight and diminished physical activity, is largely to blame.

Research suggests as indigenous people become more westernized or acculturated, their health gets worse. Our bodies have not adjusted well to eating processed foods like SPAM®, Jell-O®, marshmallows, Cool-Whip®, soda, chips, candy bars and foods that were made in test tubes.

Elizabeth Gaines-Gray (Cherokee/Shawnee) founded the *Native American Times*, the largest independently-owned Indian newspaper in America. She has launched American Indian & Minority Health, Inc. to focus on diabetes among Native Americans.

"Traditional foods are more healthy than westernized refined carbohydrates," she says. "Indian people had wisdom in what they ate." The biggest problem, she adds, is "junk food." "Those foods are totally stripped of nutrients, but they're cheap and easy to get."

*Continued on page 12*





## COMMUNITIES PUTTING PREVENTION TO WORK

# The Runners' Edge: Revitalizing Our Jemez Running Tradition

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

## JOSE E. MAGDALENA

*I want my dad to share his story about his running days. He is a huge inspiration to me and my family...Cornell Magdalena.*

### Q. Why do or did you run?

I became interested in running when I was young. I got interested in running because I wanted to live a long life. I know that running is a healthy thing to do. I worked out in the fields and then went running. I would run up to the mountains west of the village. I went to these mountains to continue what other men have taught us to do to keep our running tradition strong. I also ran many areas of our Jemez country to the north, west, south and east. I grew up watching many men run in our traditional footraces, and I participated in many of these footraces, too.

I saw a lot of other runners, back in the day, who were running up to the

mountains. I would see many of the older men running back as I would be going. I would also see other men running towards the mountains when I was running home. There were several trails we would use to run up to the west mountains. I understand many of these trails are no longer visible.

I stopped running for a very long time. Then when I turned 50, I started running again in hopes of participating in the Senior Olympics. In 1989, I qualified to go to the National Senior Olympic games in St. Louis, MO. I never imagined that running could take me places I never thought I'd go or that I just see on TV or read about. Thanks to Inez Toya who encouraged me to try out for the Senior Olympics trials in New Mexico. She was working for the Jemez Senior Program at the time. So I started training to compete in the Senior Olympic Games.

### Q. What motivated you to run?

In the late 1940s, Barnabe Romero once came to my house and took me running to the west mountains. My family must have been less fortunate because I remember running in some dress shoes. Barnabe was wearing his running shoes. He was a very fast runner. I started training hard to keep up with him. My inspiration was my grandfather, Barnabe and other runners in our community. My grandfa-

ther, Ramone' Magdalena, encouraged me to keep running and to run up to the mountains so I could become a fast runner. My grandfather bought me some running shoes to wear when I run. That was the greatest feeling as a runner -- to get new shoes.

### Q. What are your major accomplishments?

Jemez Traditional Footraces

- **1970-80.** Jemez Father's Day Track Meets
- **1980s.** Albuquerque Zoo Run
- **1980-1981.** Pueblo Revolt Tricentennial Po'Pay Footrace
- **1981.** St. Pius Spirit Run.
- **1982.** Pueblo of Jemez Governor.
- **1983-84.** New Mexico Track Club.
- **1984.** Zia Health Run
- **1984.** Laguna Health Run
- **1984.** LULAC Scholarship 10K Run.
- **1984.** U of A Army ROTC Volcano Challenge, 2<sup>nd</sup> Place, Age 50-54
- **1985.** Jemez 10K Run.
- **1985, 1987.** Los Alamos High Altitude Mini Marathon 5K Run.
- **1987-88.** Old Santa Fe Trail Run.
- **1984-86.** Pepsi Challenge races at Kit Carson Park in Albuquerque.
- **1987.** 16<sup>th</sup> Annual Southwest Indian Days, 10k and 3 Mile Run, Las Cruces
- **1988.** NM Senior Olympics; Sandoval County Second Place 1500M.
- **1989.** 6<sup>th</sup> Annual Lobo Fun Run (First Place, age group 55-59)

*Continued on page 10*



Jose E. Magdalena holds two of the many awards he won throughout his running career.



## The Runners' Edge: Revitalizing Our Jemez Running Tradition

Continued from page 9

- **1989.** U. S. National Senior Olympics, St. Louis, MO, 1500 M and 10K races.
- **1992.** Duke City Marathon.
- **1972-2011.** Retired BIA, Jemez Day School,

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

Encouragement should start in the homes. Parents or grandparents need to encourage the younger generation to keep our running tradition alive. We need to show our support to those children so that they feel great about staying physically active.

I am proud to see my kids carry on

the running tradition. And now many of my grandkids are taking on the family running tradition and it makes me proud to see that. I encourage them to run and I show my support at many of their races, and listen to their stories of running against other athletes from regular meets to state level competition.

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

As parents, we need to encourage our kids to go out and run or play any sports they like, as long as they keep running or exercising to stay healthy. We also need to get our children involved in other running clubs or events so their interest in running remains as they grow older.

As parents or grandparents, we need to keep encouraging our children to keep exercising or running. I understand that running is hard, training to become a strong runner. It takes lot of discipline and time to train. I believe that if we tell our children to keep our running tradition alive, have them participate in our traditional footraces so when they win the prize of coming first, then we as traditional people take the "blessings" of the prize possession for ourselves, family and for our community. This type of teaching is very important to share with our young generation so that many of our traditional aspects of who we are can be carried on down to many more generations to come.

## ALEX SANDO

### Q. Why do or did you run?

While attending Jemez Valley High School I had some thoughts about going to college, but I opted to join the US Air Force to avoid the draft. After four years in the USAF, I was honorably discharged in November 1970. In Fall 1971, I enrolled at Eastern New Mexico University because my cousin Harold Sando was a student there. He was an All-American cross-country and track runner. Each meal, his team ate at a selected

table at the college cafeteria. Often, I joined them to listen to their training runs and travels to track meets such as the Kansas Relays or Drake Relays. Listening to their stories inspired me to start running.

### Q. What motivated you to run?

I always had an interest in running as it is part of the community tradition. As a 10 year-

old kid, I was a student at San Diego Mission School. Each fall harvest season there were foot races held in the village. I can still remember amazing runners who I admired like Moses Fragua, Thomas Tosa, Teeto Armijo, Lizardo Chinana and others. Later, other great runners were Steve Gachupin, Al Waquie, David Yepa Sr., Alonzo Yepa, Ernest Shendo Sr., Danny Chinana, Henry Tosa Sr., James Waquie and Peter Madalena. The latter three were running sensations at Jemez Valley High School when I coached there in 1976-78. Watching these great athletes was quite inspiring. Running also kept me centered and in harmony with my cultural ancestry.

### Q. What are your major accomplishments?

- 1974. Portales Marathon
- 1975. Phoenix Marathon
- 1976-77. Marathon-Marathon, Terra Haute, Indiana
- La Luz Trail Run
- 2003. Tucson Half Marathon
- Participated in the fall Jemez Harvest Celebration foot and stick races
- 1980-81. Participated in Hopi traditional races (similar to Jemez races.)
- Personal records: Ran 10 miles in 57 minutes and the half marathon in 1:14.
- My daughter Summer says that I helped instill in her the



## COMMUNITIES PUTTING PREVENTION TO WORK

passion for running. She qualified for the 2010 Boston Marathon. I was happy to meet her at the finish line.

- Education: BS degree, Eastern New Mexico University, and MA degree, New Mexico State University. University of Arizona, (non-degree) graduate studies in American Indian Studies, Anthropology and the Hopi language.

### Q. What accomplishments are you most proud of?

On the JVHS track team, I was a weight man, coached by Joe Cajero Sr. Weight man means I tossed the shot put, discus and javelin at track meets. It never occurred to me that I would run long distances. In October 1977, I ran from the Espiritu Santo Grant (haquwa), to the gypsum crossing (Zia Reservation,) from that point due east over the mountains to the south side of Bird Mountain and to Jemez. It took four hours running without drinking water. Great Jemez running stories mention the old runners running for hours without resting or drinking water. In 1977, I thought I would give it a try. Fortunately, I managed to accomplish the feat. I do not encourage running without drinking water though. Take water breaks and enjoy running.

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

Running can play an integral part in every aspect of your life. Not only is it a healthy thing to do, it is also spiritual and enlightening. Our ancestors knew this, and it was a way to survive the elements of nature and man. Today it is just as important. It can help you to stay focused on what you want to accomplish in life. You must have a positive attitude and enthusiasm. It may become difficult but with help and encouragement from parents, grandparents, elders and your teachers, many good things can be accomplished. We have a rich culture with very strong traditions and we continue to speak our Towa language when many tribes are losing theirs. These are valuable unique cultural assets that we still have. Prayer and believing in the Great Spirit is most beneficial for all of us. Today, education is also an important component for our survival in the modern world. Scientific studies indicate that running and maintaining an active lifestyle keeps your brain healthy. If you want to further your education beyond high school then go for it. Developing reading, writing and math skills will be most helpful for furthering your education. If you need help, there is always someone available to assist you. Never give up! You have to believe in yourself. Running keeps you centered and focused on life's goals, keeps you from negative behavior and keeps our traditions alive.

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

I think today's youth encounter many more challenges than when I and others my age were growing up in Jemez. Simple things like owning a nice ballpoint pen or having some writing paper would make us happy. Today's youth may giggle at the simple things because they own computers, cell phones and other technology to play with. The positive thing with computers is that they are excellent tools for research, school work and business. One of the biggest challenges is consuming processed foods that are sold over store counters. Like drugs, these foods may become addictive and hinder a healthy lifestyle such as running. It is sad that diabetes is now affecting our youth in greater numbers. Fortunately, we still do some farming at Walatowa, growing healthy native foods such as fruit, corn, beans, chile and squash without pesticides and growth hormones. We must continue to encourage this practice. If our children are healthy and respectful of what goes into their bodies, they may be able to also say "no" to other destructive elements such as alcohol and drugs.



**If you have any questions or want to meet with us about the questionnaire and to set up a time, please call Shawn at or Cornell at (575) 834-3091.**

### RUNNERS EVENTS FOR MARCH

**WEDNESDAY MARCH 15**

**Veggie Run**

**Jemez Pueblo 5 p.m. Youth Center**

**FRIDAY MARCH 17**

**Handicap Series March Run: Green Dress Run 4M Trail Run  
Albuquerque www.active.com**

**SATURDAY MARCH 18**

**Shamrock Shuffle 10M run, 10K run, 5K run  
Albuquerque www.active.com**

**TUESDAY MARCH 27**

**March Madness Run**

**Jemez Pueblo 5 p.m. Youth Center**

**PUBLIC HEALTH**

# GET YOUR PLATE IN SHAPE

## March is National Nutrition Month

*Celebrate National Nutrition Month's theme of "Get Your Plate in Shape" by giving your eating plan a healthy Spring makeover.*



"Vegetables, fruits, whole grains, lean proteins and low-fat dairy products contain the nutrients we need to maintain healthy lifestyles," says Diabetes Educator Gail M Overton, MS, LN, LD. "Make sure your eating plan includes foods from all the food groups. And pay attention to portion control for your healthy eating plan."

**Tips to "Get Your Plate in Shape"**

**Make half your plate fruits and vegetables.**

- ★ Eat a variety of vegetables, especially dark-green, red and orange varieties, as well as beans and peas.
- ★ When buying canned vegetables, choose "reduced sodium" or "no salt added." Rinse beans, corn and peas to reduce salt levels.
- ★ Choose dried and frozen fruits and those canned in water or their own juice when fresh fruits are not available.
- ★ Make sure every meal and snack has at least one fruit or vegetable or both.

**Make at least half your grains whole.**

- ★ Choose brown rice, barley, oats and other whole grains for side dishes.
- ★ Switch to 100 percent whole-grain breads, cereals and crackers.
- ★ Check the ingredients list on food packages to find foods that are made with whole grains.

**Switch to fat-free or low-fat milk.**

- ★ Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and fewer calories.
- ★ If you can't drink milk, try lactose-free milk or calcium-fortified soy milk.

**Vary your protein choices.**

- ★ Eat a variety of foods from the protein food group: seafood, nuts and beans, lean meat, poultry and eggs.
- ★ Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame.
- ★ At least twice a week, make fish or

seafood the protein on your plate.

- ★ Keep meat and poultry portions lean and limit to three ounces per meal.

**Cut back on salt and empty calories from solid fats and added sugars.**

- ★ Drink water instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees. Choose 100-percent fruit juice.
- ★ Compare sodium in foods and choose those with the lowest amount listed on the Nutrition Facts Panel.
- ★ Season foods with spices or herbs instead of salt.
- ★ Choose lean cuts of meat or poultry and fat-free or low-fat dairy products.
- ★ Use heart-healthy oils like olive, canola and sunflower oil in place of butter or shortening when cooking.

"When you cook at home, you control what's in your food," Gail adds. "Exercise along with healthful eating are crucial to maintaining a healthy lifestyle."

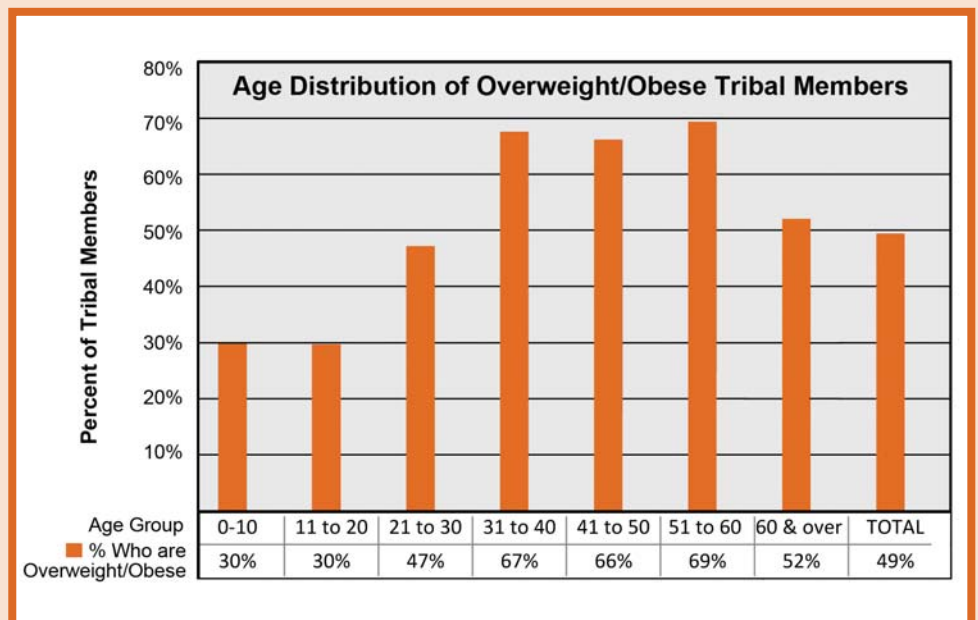
## Obesity and Diabetes in Jemez

Continued from page 8

**Obesity in Jemez Pueblo**

JHHS Public Health Programs statistics show that nearly half of our tribal members are either overweight or obese. Our families, neighbors and friends are at great risk for developing type 2 diabetes and the terrible complications the disease brings, including blindness, kidney disease that requires dialysis, amputations, heart attack and stroke.

"Preventing diabetes, preventing obesity, preventing cancer, preventing heart disease has everything to do with maintaining and strengthening our traditions and culture," says Kristyn Yepa, Public Health Program Manager. "We need to start supporting our local farmers and eating foods that are fresh, running or walking, and focusing on changing our eating habits."



## VOCATIONAL REHABILITATION

# Disabilities Awareness Conference March 21

**WEDNESDAY, MARCH 21**

**9 A.M. - 2 P.M.**

**WALATOWA YOUTH CENTER**

The Jemez Vocational Rehabilitation Program staff invite everyone to join the program's 14<sup>th</sup> Annual Disabilities Awareness Conference on Wednesday, March 21. The conference, which will be held at the Walatowa Youth Center from 9 a.m. to 2 p.m., will include vendors, presentations, and speakers. In addition, a Fun Run/Walk starting at 7:30 a.m. will help get participants' blood pumping.

The JVR program, which is now entering its 16<sup>th</sup> year of service, began hosting the Disability Awareness Conference in 1998. The conference has grown from a small gathering to an event that brings from 200 to 300 people each year and helps participants gain information on disabilities and vocational rehabilitation.

"Our key message is that *disability* does not have to mean *inability*," states Program Manager Sarah Michaud. "Disability is a fact of life. You can be born with one or you can acquire one during your lifetime. However, a disability does not have to define how that life is lived or what the individual with a disability can accomplish."

This year, the conference will focus on "hidden" disabilities - disabilities that are not immediately obvious to observers. Conditions such as learning disabilities, cystic fibrosis, cancers, multiple sclerosis, and fibromyalgia are just a few examples of disabilities that are commonly "invisible."

To highlight the topic of hidden disabilities, the keynote speaker will be Isadore Boni, a member of the San Carlos Apache in Arizona, who operates a tribal HIV awareness program. He will share his personal story and how he has gotten to where he is today.

Diagnosed with HIV in 2002, Isadore recognized the importance of sharing his story so he could help others dealing with HIV and other related disabilities. He began organizing support groups for Native Americans facing with HIV and AIDS. Eventually returning to his community in San Carlos, he became the spokesman for the HIV Awareness Program.

Isadore has spoken extensively about his experiences and is a regular guest lecturer at Arizona State University. He has helped organize National Native HIV/AIDS Awareness Day, and has corresponded with President Obama about the need for additional funding for tribal communities to increase health education and services.

A panel of JVR consumers will also talk about their experiences living with disabilities, how they faced life challenges even when the odds seemed stacked against them, and how they succeeded in achieving their goals.

"This conference kicks off our latest five year grant," says Program Manager Sarah Michaud. "It's always an interesting, entertaining and informative way for community members to learn about the JVR and its services, and about disabilities. We are really excited about this year's event, and hope that the community can join us to hear the information our speakers have to share."

In addition to these speakers, the conference will also feature booths from Pueblo of Jemez and statewide agencies that provide services to people with disabilities and their families. Local artisans from the Pueblos of Jemez, Santa Ana and Zia will also have tables showcasing their arts and crafts.

There is no cost to register for the conference. However, due to the length and content of the event, registration will be limited to people age 12 and older. Lunch will be provided to all registered attendees, and sign language interpreters will be available to help attendees with hearing impairments fully participate in the conference.

Registration forms are available at the Pueblo of Jemez, Pueblo of Santa Ana and Pueblo of Zia. People can also call the JVR office at (575) 834-0012 to register by phone or e-mail Sarah Michaud at [smichaud@jemezpueblo.us](mailto:smichaud@jemezpueblo.us). The JVR also invites anyone interested in helping to plan the conference to call the JVR office.

## Staying Physically Active

*Submitted by Felipita Loretto, Fitness and Nutrition Technician*

Staying physically active is very important because it helps us maintain a good healthy weight, prevents and delays the onset of type 2 diabetes, improves our chances of living longer, reduces the risk of cardiovascular disease and some cancers, and improves mental health and mood.

If you have not been physically active for awhile, it's important to start slowly and gradually increase your level of activity. Thirty minutes per day, three or more days per week is all it takes. If you can't find 30 minutes in your busy schedule, break it down into three 10-minute workouts. These tips will help you get started on the right foot:

- ★ Choose an activity you enjoy; you'll stick with it.
- ★ Always warm up for at least five to ten minutes before starting your activity.
- ★ Start slowly and listen to your body. Go at a pace that feels good to you.
- ★ Always cool down at least five to ten minutes at the end of your activity.
- ★ Vary your exercise program. Try other activities to avoid boredom.
- ★ Don't try to exercise through an injury; give it time to heal.
- ★ Drink plenty of water before, during and after exercise to stay hydrated.
- ★ Check with your doctor before starting an exercise program.

**Everyone** can gain the health benefits of physical activity – age, shape or size do not matter.

Let's get moving to a better and healthier community!

MEDICAL SOCIAL WORK

# Medicare Open Enrollment Ends March 31

All Americans 65 years old and over are eligible for Medicare, the national health insurance program funded through taxes that almost all workers pay. Anyone who paid this tax while they were employed, or who is or was married to a person who paid this tax, is eligible for Medicare when they reach age 65 or become disabled. But you must enroll to receive benefits. If you are turning 65 this year, you have from three months before to three months after your 65<sup>th</sup> birthday to sign up for Medicare.

If you are over 65 already, you must enroll during the annual open enrollment season **which ends March 31**. If you do not enroll for benefits during the open enrollment period, you must wait until next year and will lose a year of benefits. More important, enrollees are penalized for late enrollment for every year after age 65 that they wait to enroll. If you wait one year, premiums will cost an extra 10 percent. Waiting two years means a 20 percent increase, and so on. If the cost of the premium is a concern, there are state Medicaid programs which can pay for premiums for low income individuals.

All tribal members who are eligible are urged to enroll in Medicare as soon as possible. When Medicare covers the cost of health care, more funds are available to help other tribal members who are without insurance.

If you have questions or need help with the forms, please contact Lisa Maves at (575) 834-3059 or Thelma Shendo, at (575) 834-3040, or stop by their offices at the Health Clinic.



# Taking Care of DME

As you may know, the Jemez Health Center has durable medical equipment (DME) available to lend to tribal members. People who need items like walkers, canes and bedside commodes can immediately borrow them from the clinic while waiting for their insurance programs to process and approve requests to purchase these items.

People who do not have insurance can borrow the equipment to use as long as they need to, then return the items when they no longer need them.

All of these services are available at no cost to tribal member patients using the JHHS health care system.

When borrowed items are forgotten, stored, lost, given away or permanently damaged, they must be replaced. The money spent for replacements then can't be used to buy more equipment for patients who don't qualify for health insurance—in other words, your neighbors, relatives and friends.

*Please be careful with equipment borrowed from the clinic and return what you are no longer using promptly and in good working condition. Other community members may be waiting for that very important personal assistive device that you no longer need!*



## AVERAGE COSTS OF FREQUENTLY LOANED ITEMS

Single Cane	\$20
Quad Cane	\$35
Bath Bench	\$64
Folding Aluminum Walker	\$75
Standard Wheelchair	\$300
Rollator Walker with seat	\$170
Shower Chair	\$73
Bedside Commode	\$114
Nebulizer Machine	\$60

*These prices are averages based on various models offered by Walgreens and other suppliers; you may find some items at lower cost, some at higher cost.*

## SOCIAL SERVICES

### April is National Child Abuse Prevention Month

Jemez Social Services Program (JSSP) will host several events to promote awareness, prevention and intervention in cases of child abuse and neglect.

The community is encouraged to participate in these events.

If you have questions, please contact JSSP at (575) 834-7117.

#### EVENTS

- March 30 Fun Run & Walk
- April 6 to 27 Wear *BLUE* Fridays
- April 12 Child Abuse Prevention Conference
- April 16 Movie Night

**If you need help, or if you know someone who does, please call the Social Services Program at (575) 834-7117. All calls are strictly confidential!**



## HEAD START NEWS: ELIGIBILITY, RECRUITMENT AND SELECTION

Submitted by Lana Toya, Early Childhood Education

Walatowa Head Start, in conjunction with Tribal and Policy Councils, approved a recruitment and enrollment process designed to meet the needs of our Jemez community as well as meet requirements of the Head Start Performance Standards for Eligibility Determination, Recruitment, Selection, Enrollment and Attendance (ERSEA) of Head Start children.

To be eligible for Head Start, children must meet age and family income requirements. Low income families are always a priority. Head Start requirements also mandate that children from families that receive public assistance and children in foster care are eligible even if the family income exceeds income guidelines.

### Income Requirements

Income is defined as gross cash income and includes earned income and Social Security, veterans, military, unemployment and public assistance benefits. Walatowa Head Start uses the yearly Department of Health and Human Services Federal Poverty Guidelines to determine income levels for deciding financial eligibility. For example, in 2011 a family of two who made \$14,710 or less per year would be considered income-eligible.

While tribal Head Start programs can enroll at least 51 percent of children from families that meet income-eligibility guidelines (and 49% from non-income eligible families,) tribes must serve all income-eligible Indian and non-Indian children whose families want to enroll them prior to serving over-income children.

Recruitment starts as early as March, including children with disabilities. During recruitment, Head Start posts flyers, places notices in the *Red Rocks Reporter*, and recruits at community events to encourage all families with Head Start-aged children to apply for admission.

### Children With Disabilities

Up to 10 percent of yearly enrollments must be children with disabilities. We receive funding for 68 children; therefore, we must enroll seven children with identified disabilities or Individualized Education Plans.

### Priority Points

The Head Start selection criteria known as Priority Points was established and approved by Policy and Tribal Councils. These criteria are used when selecting children and families to be served. For example, Walatowa Head Start will ensure that families who are homeless, receiving public assistance, under foster care, or under the custody of grandparents will receive priority placement. Children who are four or five years old before September first of each year receive priority over younger children. Jemez-enrolled children have priority over children enrolled in another tribe.

Once children are determined to be eligible for Head Start, they remain eligible for that enrollment year as well the following year. However, programs may choose not to enroll children if there is a change in family income or if a child with greater need applies for services.

Head Start programs must obtain more applications than anticipated

enrollment opportunities and maintain waiting lists that rank children according to the program's selection criteria to assure that eligible children enter the program as vacancies occur. For the past three years, Walatowa Head Start has maintained a wait-list of five to ten children, and has enrolled children mid-year due to vacancies.

### Attendance

Once a child is enrolled in Head Start, attendance is important. The monthly average daily attendance rates must be maintained at 85 percent and must be assessed when attendance falls below that level. The analysis includes the causes of absences and the number of absences on consecutive days. For Walatowa Head Start, a child who misses three consecutive days without parental notification (phone call, note or personal visit) requires a referral to our Family Services Coordinator, who must make a home visit or contact the family to determine the cause of the absence and offer appropriate family support if necessary. All contact must be documented. Chronic absenteeism may lead to a child being dropped from the program and that slot opened for enrollment of another child.

A resolution based on Priority Points was developed and was presented to Tribal Council. Walatowa Head Start will start recruitment from March to May for the 2012-2013 school year. Please look for flyers or notices about when Head Start applications will be available.

If you have any question about ERSEA or any other matter, please contact Lana Toya at (575) 834-7366.

## EDUCATION

# National Indian Education Association Legislative Summit

Submitted by Wilmur Toya, AmeriCorps VISTA Member

The annual National Indian Education Association (NIEA) Legislative Summit brings NIEA members and Native education advocates from around the nation to Washington, D.C. to unite as one voice in Congress and the White House. The gathering from Feb. 13 through 16 provided analysis on NIEA's federal public policy priorities affecting families, schools and communities. Many US Congressional members and national organizations serving Native students presented their plans for moving forward with Native education policies in the upcoming year.

With the passage of President Barack Obama's Executive Order (EO) 13592: Improving American Indian and Alaska Native Educational Opportunities and Strengthening Tribal Colleges and Universities on Dec. 2, 2011, it was important to express support for strengthening our educational systems.

The Native Culture, Language and Access for Success in Schools Act (Native CLASS Act; S. 1262; HR 3568 and HR 3569) moves toward a federal education policy that fulfills federal trust responsibility and supports Native self-sufficiency and self-

determination. The Native CLASS Act comprehensively restructures the federal government's role in Indian education, while empowering tribes to assume greater roles and responsibilities in educating Native children. NIEA supports several initiatives in the Native CLASS Act as part of the reauthorization of the Elementary and Secondary Education Act (ESEA) (formerly No Child Left Behind.) These initiatives address the following priorities:

**Strengthening tribal control of education.** As a matter of right, why would Native peoples want their children's education controlled by non-Natives? As a practical matter, Native and local control will yield better results, both in cultural vitality and success.

**Investing in cultural and language revitalization.** Native students who have strong foundations in their languages and cultures perform better academically. At the same time, Native culture is preserved not in books, but in the minds of our children.

**Developing and retaining native teachers, administrators and education leaders.** A strong core of Native education professionals is an essential element of building Native education. Native students who have Native teachers not only receive instruction, but also have people who intimately understand the culture and who can be role models. Studies show that role models can be the single most important factor in students' motivation and success.

**Addressing the needs of all Native students.** Federal policy should address the needs of Native students in BIE, tribal, public and private schools, as well as in both reservation and urban settings.

Kevin Shendo, Jemez Department of Education Director, and I attended the summit to further our knowledge and understanding of the impact of tribal and local control of schools in Jemez Pueblo. After a welcome and board introductions, NIEA Board of Directors President Quinton Roman Nose gave the State of Native American Education Address.

General sessions discussed educational issues within native communities. The Language and Culture/Native Teachers group discussion focused on why children who speak their Native languages may be afraid to speak it, the loss of language as a whole, and teaching language at an early age. One important issue was that many communities do not offer enough opportunities for students to speak their language and converse with elders. Communities need Native speakers who can work in schools without certification hurdles. There are also needs for more stories to be translated to tribal languages, placing local culture experts in schools, hands-on training in culture-based experiences, and support for families to help reinforce Native languages at home.

A visit to Capitol Hill included a meeting with New Mexico Senator Tom Udall to get support and feedback on Native education priorities and the Native CLASS Act. Later, William Mendoza, Director of the White House Initiative on American Indian and Alaska Native Education, met with us regarding funding to establish tribal education departments and agencies similar to



Department of Education Director Kevin Shendo and VISTA Volunteer Wilmur Toya with NM Senator Tom Udall (*top*) and Hawaii Senator Daniel Inouye (*below*) "Going between buildings or catching cabs to our next meeting, and walking past the US Capitol and Supreme Court buildings are things I will never forget," Wilmur says. "This summit provided information about keeping education strong in Native American schools and the importance of federal support of Native education. This fulfillment of the federal government's trust responsibility is also smart policy because it strengthens Native communities, languages and cultures; it empowers Native peoples to be self-sufficient, and yields a multi-fold economic return back to tribes and tribal communities in the long run."



## EDUCATION

## NIEA Legislative Summit

Continued from page 16

state education agencies, including a pilot project authorizing up to five Indian tribes to operate ESEA Title Programs in schools located on or near reservations serving Indian students.

The following day's morning session at the Dirksen Building in the Senate Committee on Indian Affairs Hearing Room started with a panel discussions with representatives from various federal agencies including William Mendoza; Joyce Silverthorne, Director, Office of Indian Education; and Keith Moore, Director, Bureau of Indian Education. They spoke about the importance of tribal, state and federal partnerships in addressing Native education and challenged tribal leadership to be at the table and to hold the governments accountable. They also expressed support of the Tribal Education Department's Pilot Project, expanding training and technical assistance programs, investing in P-20 (early childhood to college) educational systems that infuse Native language, culture and history; and the continued authorization of Alaska Native and Native Hawaiian Education programs. As part of President Obama's Executive Order 13592, an MOU must be developed within the next 120 days between the US Department of Interior (Bureau of Indian Education) and the US Department of Education focused on improving American Indian and Alaska Native education that will utilize the expertise, resources and facilities of both departments.

Members of Congress also addressed the NIEA delegation throughout the morning as their schedules permitted. U.S. Senators Daniel Inouye (D-HI), Jon Tester (D-MT), and retiring Senate Committee on Indian Affairs Chairman Daniel Akaka (D-HI) reaffirmed their efforts to improve education for American Indian, Alaska Native and Native Hawaiian children. They were joined by Representative Betty McCollum (D-MN), and advocates from NIEA's national partner organizations, the National Council of American Indians (NCAI), American Indian Higher Education Consortium (AIHEC), Tribal Education Directors National Assembly (TEDNA), Native Hawaiian Education Council (NHEC), National Education Association (NEA), Alaska Native Education Association (ANEA),

and the Affiliated Tribes of Northwest Indians (ATNI).

In the afternoon, we met with New Mexico Senator Jeff Bingaman and Representative Martin Heinrich. Discussions included the Native CLASS Act, support of the federal government's trust obligations, forward funding for tribal scholarships, 93-638 contracts with the BIA, tribes developing their own education standards, the Tribal Education Departments Pilot Project, school facilities, school transportation, tribal and local control of education, and future contracting of BIE schools.

"Coffee with Senator Tom Udall" offered opportunities to interact with other programs, agencies and organizations from New Mexico that were in DC, meet their staff members and discuss partnership possibilities. It was nice that the Senator offered a specific time to engage with his constituents who made the trip to DC on behalf of the organizations, programs, tribes and agencies they represent.

We then joined the Tribal Education Directors National Assembly and the Native American Rights Fund to meet with Eric Stegman, Senate Committee on Indian Affairs staff member. This meeting provided information about who is supporting Native Education priorities in Congress and who is not. We shared strategies on how to gain support from Republican members of Congress for the Native CLASS Act and discussed the FY 2013 request of \$2 million from the President's appropriations budget for the Tribal Education Department's Pilot Project, which sends a strong statement about tribal and local control of education for tribes. We concluded with a discussion about tribal accountability in all education Title Programs, the need for greater education of Capitol Hill staff and Congressional delegates on Indian Titles, programs and tribal sovereignty, plus the need for tribal leadership to drive and push Native education priorities if we are to see substantive change.

The summit closed with a focus on maintaining momentum, staying connected to national priorities and issues, and providing feedback throughout the process. For more information on NIEA or the Legislative Summit, go to [www.NIEA.org](http://www.NIEA.org)

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## FULL-COLOR, HARD COVER YEARBOOK FOR JVPS

### *Senior Parents and Local Businesses Invited to Advertise*

Jemez Valley High School will publish a full-color, hard cover, 100+ page "real" yearbook this year. The yearbooks will be printed in May. Parents of seniors get first rights to buy ad space where they can praise and honor the accomplishments of their graduates.

Usually parents like to include a paragraph describing memories and photographs of their graduates. *Special pages are available on a first-paid, first-served basis.* For other readers, especially businesses, remaining advertising space may be purchased; the rates are full page: \$320; half page: \$160; quarter page: \$80; business cards: \$40. All ad fees include full color graphic design services provided by student staff who are learning photography and layout skills using Adobe Photoshop® and InDesign® software.

Veteran teachers Allan Didier and Doug Moser are mentoring a staff of 23 students to create a book that captures images and

memories of a year in the life of students in JVPS schools.

*Only pre-purchased yearbooks will be printed.* "Extra copies will not be sold," says Moser. Books cost \$55 until March 30, when sales end. Secretaries at all three schools can accept payment.

"This class is run like a small business, with advisors playing managers, the students working as employees to produce a satisfying item and turn a small profit," Moser explains "Ad sales help make the books more affordable after printing costs. Any profits are re-invested in equipment for next year's book."

*Parents should place orders for books and ads now;* business owners can get space in the book as space is available.

For more information about this project, place an order or buy an ad, contact Monica Tolleson at (575) 834-3312, or e-mail the advisors at [adidier@jvps.org](mailto:adidier@jvps.org) or [dmoser@jvps.org](mailto:dmoser@jvps.org).

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## EDUCATION

# Jemez Valley Public Schools

Submitted By Brad Parker, Principal, Jemez Valley High School

Please remember that it's still winter and we need to be vigilant about making sure our students come to school dressed warmly.

### Testing

The New Mexico Standards Based Assessment is on its way again. This year, we will test our second and third year students at the high school. This usually means the sophomores and juniors. Here is the same advice I have offered for years:

- ☞ Ask your students questions when they get home. Ask them to tell you a story. If you just ask "How was your day?" what you will get is "fine."
- ☞ Leading up to and including the testing week (the week of March 26,) make sure you take care of all appointments before or after this week. We need students in classes then.
- ☞ During testing week, make sure that your student gets plenty of sunshine and exercise.
- ☞ Make sure they eat well. A good breakfast the day of a test makes the difference between doing well and doing very poorly.
- ☞ Please hide or erase the drama for that week. Students need to be focused on doing their best on these tests. Drama is just another distraction.
- ☞ Speak positively to them. Praise what can truly be praised about them.
- ☞ Don't let them worry about the test. Some people test well and others don't. Don't let them confuse their identity with something they just don't do well.

Under the new system Governor Martinez has outlined, we will test both grades for quite awhile. The new system approved by the federal government is the New Mexico A-F grading system.

### Grading Our Schools

You have probably heard that all three schools at JVPS received "D" ratings. I want to shed some light on that. Yes, we all have room for improvement, but the requirements to earn an "A" rating were not disclosed to the education community until after the grades were given. So we had no idea how they were going to measure our schools until there was nothing we could do about it. The Public Education Department has since issued a "technical document" and presentation for the public on their website. Read it at <http://webapp2.ped.state.nm.us/SchoolData/SchoolGrading.aspx>

Now that we know a bit more about how they intend to grade us, we can try to improve our grade. One issue is our performance on the New Mexico Standards Based Assessment. At high school, this accounts for about 60 percent of the grade. Graduation rates account for 17 percent, college and career readiness is 15 percent. A new category called "Opportunity to Learn" accounts for 8 percent and is a combination of attendance and a classroom survey that students complete. We know our schools are better than the "D" rating we received and this year we will seek to demonstrate that to both the community and the state.

### Athletics

As I write this, we are anticipating the climax of our basketball season. It's an exciting time for the athletes and the schools as each team has a chance to rise to the top! Our girls' basketball team is seeded second, and boys' are seeded third. The girls' overall record is 17-8 and boys' is 10-14. These records reflect a lot of hard work and dedication not only by the student athletes but also by the coaches. Coach Gutierrez worked with the girls last year as well. The winning season can be chalked up to a lot of hard work on everyone's part. Coach Francisco, the new boys' basketball coach, worked with the team on the basics and our young men responded well to his guiding hand. Practices on weekends and at 6 a.m. were common. A big thank-you goes to the basketball teams and the coaches and also to the parents and community who have come to the games and supported our teams through thick and thin. Warrior pride is on the upswing and folks are feeling it! Thank you, thank you, a thousand thank yous!

The next athletic season will see track and field, baseball and softball. Our new track may be open by then! I can hardly wait! When it opens, the community is certainly welcome to utilize it whenever it's not being used by the schools.

We have formulated some rules we need you to follow while using the new track. Thank you in advance for following these rules and extending the life of this very expensive investment. Rules for proper use will be posted and will include issues like:

- ◆ **Do not use spikes on the track.**
- ◆ **Do not bring pets and let them walk the track with you.**
- ◆ **Do not use strollers on the track.**
- ◆ **JVPS schools have priority on the use of this track.**

Complete schedules for track, baseball and softball will be forthcoming. However, here are some dates to keep in mind as you plan the month of March.

- March 13 End of the third quarter
- March 16 - 17 Softball tournament at Los Alamos
- March 17 *Hoping* to have a track meet at our new field
- March 20 Softball with East Mountain (home) and baseball with East Mountain (away)
- March 22 - 23 Parent Teacher Conferences
- March 26 Baseball with Monte del Sol; home
- March 27 Softball with Pecos; home
- March 29 Baseball doubleheader with NACA; home
- April 3 Baseball doubleheader with NACA; home
- April 5 - 13 Spring Break No School

## EDUCATION

## LAW ENFORCEMENT

## WeTip: Working to Keep Schools Safe

*Being different in school can be tough. Sometimes it can be dangerous*

Being different is one of the main reasons children are bullied in American schools. And some children are bullied to death: in the past year, 14 students have committed suicide because of bullying. The US Department of Education believes bullying has become an epidemic: 160,000 children are afraid to go to school every day because they fear being bullied.

To keep our schools safer, Jemez Law Enforcement is teaming up with WeTip, a national organization dedicated to ending bullying in schools. WeTip has been fighting crime in schools for over 40 years and has launched a nationwide partnership with the National Association of School Resource Officers. The WeTip School Safety Program provides a way for students and staff to report anon-

ymously about bullying as well as other crimes, including threats, harassment, drug use or sales, thefts, arson, vandalism or other crimes on school campuses. Callers can be victims or bystanders, witnesses or friends who want to help but may feel powerless and afraid themselves.

The WeTip hotline is available to anyone who wants to report bullying or any other criminal activity, 24 hours a day, seven days a week. All calls are **confidential** and also **anonymous**—callers never identify themselves. In fact, callers are not permitted to give their names. If they do, operators will end the call and suggest that the person calls back again and not leave a name. Callers are given identification numbers that are used to process cash awards when reports result in prosecution and conviction of bullies or other perpetrators.

Across the US, WeTip has received

more than half a million anonymous tips that have resulted in over 15,000 criminal convictions and helped law enforcement seize over \$340 million in illegal drugs.

### THE HIGH COST OF BULLYING

Bullying in the schools comes at an enormous cost. The bullies' targets often live in an almost constant state of fear, anxiety or depression. In addition to cuts, bruises and physical wounds, bullying can result in physical responses to stress including headaches, stomach pains, reduced appetite as well as the emotional trauma of shame, anxiety, irritability and aggression.

Bullies who don't learn how to control themselves often escalate their aggression. About one quarter of young bullies will be convicted of criminal offenses as adults.

## WeTip HOTLINE

ANONYMOUS  
 **1-800-78-CRIME**  
 www.wetip.com

**24 hours a day, seven days a week. Confidential and Anonymous!**

**No one will EVER know you called!**

**Find WeTip on Facebook**



## IN AN EMERGENCY ALWAYS CALL 911!

**The local phone at the Law Enforcement office is NOT staffed after hours and on weekends. Use the local 834- number only for routine, non-urgent matters.**

**In an emergency, call 911 or the Sandoval County Communications Center at (505) 891-7226.**

**When you call 911, Dispatch can send a response team even if local Jemez responders are currently on another call.**



**PUEBLO of JEMEZ**

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

Presort Standard  
US Postage Paid  
Albuquerque NM  
Permit No. 1741

**Boxholder**  
**Jemez Pueblo, NM 87024**

## Election Updates

If you are 18 years and older or will turn 18 by Election Day, please register to vote. If you need to change your address or other information, contact the Voting Rights office.

- Presidential Primary Election**                      **Tuesday, June 5**
- Deadline for filing for all candidates,**  
**including write-ins**                                      **Tuesday, March 20**
- Absentee voting starts**                                      **Tuesday, May 8**
- Voter registration closes**                                      **Tuesday, May 8**
- Early-in person voting starts**                                      **Saturday, May 19**

Listen to the state proclamation on the presidential primary election on public radio KANW 89.1 Mondays nights between 7 and 10 p.m.

Contact the Native American Voting Rights office at (505) 934-8826 (Jemez Civic Center) or (505) 867-7577 (Sandoval County Election Bureau.)

**Register today and vote; exercise your right to vote.**  
**Let your voice be heard! Voting counts!**

## **TO ALL MALE TRIBAL MEMBERS: DITCH WORK MARCH 16-17**

**Participation in the morning prayer session at the headgates is mandatory before reporting to your section.**

**All able-bodied men age 18 and over are expected to participate.**

### **ATTENTION VENDORS!**

**Vendors who have items to sell at the Jemez Health Clinic may set up in the lobby.**

**All food vendors are required to have a current food handler's permit with them before selling.**

**Vendors who are not tribal members must first go to the Finance Department at the Tribal Administration Building to obtain permits; this permit must be shown before setting up.**