



Red Rocks Reporter

MAY 2014

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Ground Breaking for New Ball Fields

On Tuesday, April 22, Tribal Councilmen, tribal leadership, staff and community members joined the Governors to break ground for the new baseball fields south of the village. Representatives from county, state and federal governments along with future ball-players from Walatowa Head Start joined the celebration. The old ball fields must be moved to make room for construction of the Pueblo Place housing area.

Governor Joshua Madalena thanked the Tribal Council for their support of the new recreational fields. "They had the vision to make this happen," Governor Madalena observed. "We met many times with the baseball teams who designed what they needed. We want to give them a beautiful place to play that will encourage our next generation of ballplayers."

The Governor also acknowledged the contributions of Director Chamisa Radford and the Planning & Development Department. "It's very important to note that we will be employing our own tribal members on this project," the Governor added. "It's taken time to get here, but this is a significant milestone for our community. We are also grateful to the previous administration for continuity in moving forward on this project."

As funds become available, the area will eventually include concession stands, rest rooms, basketball courts, picnic areas and more.

Councilman Joe Cajero recalled when, as a student at New Mexico State University, he was contacted by Councilman Joe Sando. Together, they organized the first of many now legendary Fathers' Day track meets that were held on the land that will now be used as ball fields. "We had excellent participation from many tribes for this great annual event," Councilman Cajero noted. Tribal Council members then joined the Governors in the ceremonial first dig.

People at the ceremony signed a special shovel that will be on display in the Tribal Administration Building.



Transportation Manager James Waquiu explains plans for the new baseball fields.

Tribal Councilmen, Governors and tribal leaders prepare to break ground.

Tribal leaders, staff, community members and guests gathered after the ceremony.



Photo by Jaime Loretto.





PUEBLO of JEMEZ

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FROM THE GOVERNORS

FORGING PARTNERSHIPS

Highway 4 Bypass

The Pueblo has applied for a \$26 million TIGER grant for construction of the Highway 4 bypass with support from county, state and federal officials. Sandoval County has committed to doing preparatory work as its in-kind contribution. The proposal was submitted with a letter of support signed by Senators Tom Udall and Martin Heinrich, and Representatives Stevan Pearce, Ben Ray Lujan and Michelle Lujan Grisham, citing the project as "an excellent example of federal state and local agencies working together to support safe alternative modes of transportation."

Regional Initiatives

This year's leadership is establishing partnerships with vital county, state, regional and federal agencies and decision makers to ensure the Pueblo's interests are protected and promoted. "Networking is a successful strategy for getting things done," Gov. Madalena says. "These partnerships create support for our programs and initiatives. Regionalism is a concept that works to benefit everyone."



USDA Undersecretary Patricia Kunesh visited the pueblo to discuss economic development, housing and other issues.

Continued on page 12



The Governor and attorney Tom Luebben met with the Director of the National Park Service and staff to discuss the Valles Caldera land claim and developing a positive working relationship.



Secretary of the Interior Sally Jewell and Jemez leaders discussed issues of concern to the tribe.



Religious and spiritual leaders met with the Board of Directors of the Valles Caldera National Preserve to address the importance of our cultural heritage and protecting access to these sacred sites.

NATURAL RESOURCES

Earth Day at Valles Caldera Education Center

Students from the Jemez BIA Day School celebrated Earth Day at the Valles Caldera National Preserve (VCNP) Education Center hosted by the Natural Resources Department (NRD.) The group included fourth graders from Poquin Lewis' class accompanied by Rhiannon Toya and Peter Carlton-McQueen's fifth grade class. The gathering took place on Monday, April 28; students were on Easter break on Earth Day, April 22.

After discussions and games that included trading roles as hunter and prey, the group convened in the conference room. NRD Director Greg Kaufman welcomed the students saying that the day would emphasize appreciating and protecting the beauty of the natural world. VCNP Chief Scientist Bob Parmentier introduced the staff who lead the day's events.

The students then divided into groups for visiting five activities in laboratories and on the grounds. The groups rotated so all of the children

had hands-on opportunities to learn more about insects and bugs, trees, archeology, fish and water. The "bugs" sessions were led by Mark Ward; biologist Martina Suazo talked about different types of trees. Kendra Owenby demonstrated the atlatl and students tried the ancient hunting weapon. Kate Condon talked about water conservation and protection. Students also measured and weighed native fish with "Dr. Bob."

The group returned to the conference room to learn about fire behavior with Fire Protection Officer Ron Gallegos. Then it was back outside for a tour of the wildland brush fire truck, a chance to use a firehose and a visit with Smokey the Bear. A quiz showed that the children had learned a lot during the day, with nearly every group answering every question correctly. Lunch from Rudy's Barbecue concluded the event.

Many of the children were intrigued by the activities that prompted thoughts of future education and careers in

science and technology.

Tammy Belone, NRD Water Quality Specialist, expressed their gratitude for the great learning experience. "We contacted the center to see if we could use it for the day, and they volunteered to put together the whole event," she said. "They really did a great job and the kids loved it!" Dr. Bob added that he hoped this was the first of many joint educational projects with the Pueblo.



PLANNING AND DEVELOPMENT

Indianpreneurship Update

The Planning and Development Department (P & D) hosted two Indianpreneurship classes. One has been with the senior class at the Walatowa High Charter School; the second is open to the community and held at the Walatowa Visitor Center. The classes are in their fourth and ninth weeks, respectively.

Around 30 participants from past classes have had interesting business ideas that would benefit the local economy. We anticipate many new start-up businesses with the knowledge shared from *The Journey into Native American Business*. P & D will continue to help all participants through the year. They also have two computers available with Internet access and a printer to help participants develop their businesses. At this time, no appointment is needed to use the computers, so just stop by the offices in the Red Rocks area south of the C-Store.

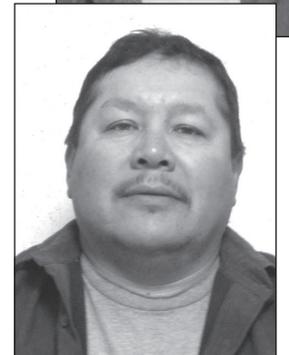
Those who were unable to join in these classes can sign up for the next session, which will be offered in the fall. The start dates will be announced.

For more information, contact the P & D at (575) 834-0094.

Welcome Mat

Carla Gachupin brings 12 years of experience as a heavy equipment operator to the road maintenance team.

Cyrus Lucero is happy to be employed full time on the road maintenance team after part time employment. He is trained and certified as a commercial truck driver and heavy equipment operator.



Editor's Note: The staff from Planning & Development Department worked very hard in preparations before Annual Ditch Work. The Governors and Tribal Administration are very grateful for their efforts. Thank you!

CONTRACT HEALTH SERVICES

Contract Health Services (CHS) Is Now PURCHASED/REFERRED CARE (PRC)

The Consolidated Appropriation Act of 2014 included approval of a new name, **Purchased/Referred Care (PRC)**, for the program previously known as Contract Health Services (CHS.) All medical and dental care provided at an IHS or tribal health care facility is called *direct care*. The PRC Program is for purchased medical or dental care provided outside of an IHS or tribal health care facility. ***This new name does not change the program, or any current policies, practices or improvements.***

Although tribal members do not pay for health care at Indian Health Services (IHS) and tribal health facilities, this doesn't mean the care is "free." All health care has a cost.

The Pueblo of Jemez receives funds from the federal government to manage our own health care and facilities. This money pays for patient care, as well as staff salaries, training, building and equipment maintenance, new equipment, medications, X-rays, laboratory tests, medical supplies and other costs.

Jemez Health & Human Services (JHHS) also bills health insurance companies, including Medicare, Medicaid and private health insurance, for services for insured patients.

What is Purchased Referred Care?

Purchased Referred Care (PRC) is an IHS program that pays for some medical services that are not available at JHHS. The US Congress allocates a specific amount of money to this program each year, so funds are limited and may not always be available. The government has very specific rules about how and when PRC pays for health care.

PRC is the last payment option (payor of last resort.) If you have health insurance, such as Medicare, Medicaid or health benefits through your employer, you must use those resources first. PRC may pay your health insurance deductibles and co-pays; ask the PRC office for more information.

Some health care facilities have arrangements for people who do not have insurance to pay for their care (indigent care.) You must apply for these benefits. Contact the PRC office for more information.

Who is Eligible?

To receive Purchased Referred Care (PRC), you must be a member of a federally recognized tribe and live within the designated service unit area. In general, only Jemez tribal members can receive PRC services through the PoJ.

Full time students who are attending colleges and universities outside the PRC delivery area may be eligible for services. You must complete an application form.

How Does it Work?

- A Jemez Health Clinic provider **must** make the referral or PRC will not pay for services.
- Appointments can be very hard to schedule. If you can't keep your referral appointment, you are responsible to notify both the provider and the JHHS PRC office and to reschedule directly with the provider. Tell PRC about any follow-up visits and/or procedures.

- If you have private insurance through an employer and you receive a referral, PRC can pay the co-pay.
- Transportation for non-emergency medical appointments (for doctors' appointments) is available. Contact the PRC office for information.

Prenatal Care

You **must** apply for Medicaid as soon as your pregnancy is confirmed. If the mother has applied for Medicaid coverage and been denied due to income restrictions, you must bring your denial letter to the PRC office. Otherwise, PRC cannot pay for your care.

Expectant mothers with private insurance who are PRC eligible should see a Jemez provider for a referral *before* delivery. PRC may be able to help with your co-payment.

Emergency Care and Urgent Care

A true emergency is a serious illness or injury that may be life-threatening, such as a heart attack or serious injury. ***A true emergency requires immediate medical care to prevent death or serious health consequences.***

Urgent care is appropriate for minor injuries and illnesses. The Jemez Health Center offers care for most non-emergency situations. Tribal members are encouraged to use the clinic.

If you receive emergency/urgent care medical services, you must notify the PRC office within 72 hours (three days) of your treatment for the emergency. ***If you do not notify the PRC office, you will be responsible for all expenses.***

REMEMBER!

- Notify PRC if you have ongoing follow-up appointments, cancelled or rescheduled appointments, or any surgery.
- Show your insurance cards at every medical visit. If you do not have medical insurance, please see the Patients Benefits Coordinator to learn about your options.
- Notify PRC of any emergency or urgent care visit within 72 hours.
- Referrals are valid for six months from the date you were first seen.
- You must be referred by your JHC provider before you see a specialist.

For more information about Purchased/Referred Care, call (575) 834-7413 and ask for the PRC office.

SOCIAL SERVICES

Preventing Child Abuse and Neglect: COMMON BEHAVIORAL CHALLENGES RELATED TO DISABILITIES

The JHHS Social Services Program hosted the Annual Child Abuse Prevention Conference at the Walatowa Youth Center on Wednesday, April 30. The presenters explored how managing the challenges and frustrations related to various types of disabilities may trigger abuse by parents and caregivers.

After the opening invocation by Assistant Fiscal Dennis Magdalena, Prevention Coordinator Joline Cruz-Madadena introduced the speakers from the UNM Center for Development & Disability Indian Children's Program.

Christine Vining, MS, CCC-LP, described fetal development in the earliest weeks of pregnancy when the heart, brain, nervous system, eyes and hearing all start to develop. "Our Indian mothers and grandmothers knew that this was a very delicate time," Christine said. "They knew that even before birth, babies respond to the mother's stress, anxiety, mood, health and nutrition. That's why it's so critical to get good prenatal care from the start."

"Infant mental health is a relatively new field that focuses on this very vulnerable age group. Positive attachments at this time form the foundation for healthy brain development as well as mental health," she explained. "Healthy development includes promotion, prevention and, if needed, treatment. It's essential to be aware of and respond to problems as soon as possible."

Christine described some of the warning signs of mental health issues in young children and urged parents with concerns to get screening to identify problems. "Parents may avoid screening because they are afraid of the results, or there is some stigma, or they believe the child will outgrow the problems," Christine said. "But the sooner problems are identified and addressed, the more likely there will be successful outcomes."

"Disability should not define who the child is. Every child is precious, and has abilities, talents and gifts. We need to see the child first."

Christine Vining

attention deficit disorder (ADD,) attention deficit hyperactivity disorder (ADHD,) fetal alcohol syndrome (FAS,) and autism spectrum disorders (ASD.)

"It's not the child's fault. It's not the parents' fault," she stressed. "These children need help; these families need help."

The web site www.zerotothree.org has free information for parents about early childhood development.

Parents as First Responders

Juliette Applegate described the normal feelings parents have when adjusting to the reality of a child with a disability, including anger, grief, guilt, disappointment, fear and depression.

"The bond between parent and child is a bond between souls of unconditional love."

Juliette Applegate

"Parents are the first responders," she said. "A child is a lifetime commitment. It's normal to need to adjust to these very normal reactions. Left untreated, these difficult feelings may lead to abuse. There is help out there. Find a counselor, a friend, a support group. You don't have to do it alone."

In addition to the emotional challenges, families may be angry and frustrated dealing with the medical and educational systems, and face economic hardships caused by ongoing treatment and therapy, special equipment, time off work to care for the child, and other issues. Siblings also may need help dealing with resentment, embarrassment, guilt, anxiety, anger and jealousy.

"Children are not born with knowledge of their disabilities," Juliette noted. "They *learn* they are different. *How* they learn and *what* they learn depends on the family and the messages they give."

Families without good coping skills are at great risk for abusing their children with disabilities out of frustration, anger, helplessness, rage or feeling overwhelmed. A compelling image comparing the size and description of brains of a normal child and a neglected child showed clearly how children are affected by mistreatment. "The good news is, children can heal. When families change, the damage can be reversed," Juliette stressed. Some suggestions to help parents cope include:

- Create a phone tree of supportive friends and family members.
- Have a safety plan; understand your triggers and have a plan so you react rationally.
- Create a social network.
- Join a support group.
- Focus on the child's successes.

Joline concluded the program by thanking the audience for their participation, especially the youth who are learning about good parenting before becoming parents themselves.

"Learn. Ask questions. Get help. Get your child evaluated. Remember to advocate for the children. They are our future," Joline said.

PUBLIC HEALTH

Protect Your Vision: Understanding Eye Diseases

Submitted by Janae Chosa, Optical Technician



Age-related Macular Degeneration



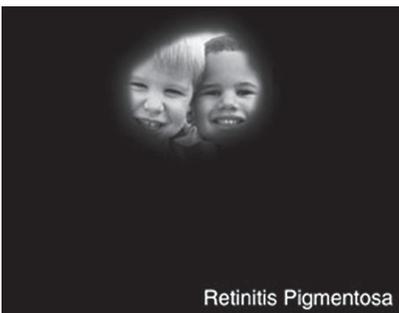
Cataract



Diabetic Retinopathy



Glaucoma



Retinitis Pigmentosa

Age-Related Macular Degeneration

Age-related macular degeneration is the leading cause of blindness in the US. It is caused by changes in the macula, the part of the retina responsible for clear vision. As this condition advances, a distorted, dark or empty space appears in the center of view, as in the image to the right. Contact your eye doctor immediately if you have any of these symptoms.

After age 60 the American Optometric Association recommends an annual comprehensive eye examination.

Cataracts

A cataract is the clouding of all or part of your eye's lens. Your lens is normally clear. See your eye doctor if you think you may have cataracts. This condition is most often found in people over age 55 but can occur in younger individuals.

The cause of cataracts is not known but the cloudy lens is a result of a chemical change in the eye. This may be due to age, heredity, injury or disease.

If you have cataracts, your eye doctor will be able to discuss treatment options with you. Cataracts can be removed by an eye surgeon by replacing your eye's lens with an artificial lens.

Diabetic Retinopathy

Diabetic retinopathy is one of many health problems that can be caused by diabetes. This eye disease is caused by the leaking, swelling or branching of the small blood vessels in the retina.

As diabetic retinopathy progresses, you may notice your vision is cloudy and you might develop blind spots or floaters. Left untreated, diabetic retinopathy can cause blindness.

Laser and other eye surgery can slow the progress of the disease and decrease the risk of blindness. However, early treatment is important.

Have your eyes examined regularly, especially if you or a family member has diabetes. If you have diabetes, follow your doctor's advice and get regular eye examinations.

Glaucoma

Glaucoma is caused by an increase in the internal pressure of the eye. The increase in pressure can damage the fibers in your optic nerve. This pressure occurs when the passages in your eye that normally drain fluid become blocked or clogged. Glaucoma is one of the leading causes of blindness in the US.

Glaucoma cannot be prevented, but it can be controlled through treatment if it is diagnosed early. The American Optometric Association recommends yearly examinations if you are at risk of glaucoma.

Retinitis Pigmentosa

Retinitis pigmentosa is an inherited condition. As the disease progresses, individuals lose their ability to see in low light conditions and over time they may lose their peripheral vision.

See your eye doctor if you think you have retinitis pigmentosa or if you have a family history of this disease.

Source: National Eye Institute, National Institutes of Health, www.nei.nih.gov.

PUBLIC HEALTH

Cooking Tour Comes to Jemez

Submitted by Cornell Magdalena, Health Advocate, Public Health Programs

JHHS Public Health Programs' kitchen hosted a special evening of fun and great cooking. It was the perfect site for a unique and exciting cooking tour stop. Some community members at the class thought they were on a reality cooking show because of the way our kitchen was set up. The cooking class tour 2014 was sponsored by Johns Hopkins University Center for American Indian Health. MoGro provided a majority of the products used in the cooking class.



Ventura Lovato (left) and Dr. Pat Santosham (right) from John Hopkins University demonstrate healthy cooking in the Public Health Programs kitchen.

Dr. Pat Santosham, a retired anesthesiologist, executive film producer and cooking instructor, has an extensive background in nutrition and healthy cooking based on her native South Indian culture. From Baltimore, MD, she also works on projects with John Hopkins University.

Dr. Pat is very passionate about teaching others how to cook healthy, delicious meals and shared some recipes that have healing benefits. She also shared her knowledge about the health benefits of some spices and explained how some spices can help in the healing process. Participants received spices used in the demonstration to take home.

Community members were just amazed at how easy it is to make new recipes and were excited to have Dr. Pat take time to visit our community and spend time with tribal members. We look forward to having her visit our community again.

Comments from participants:

"The Public Health kitchen is a great place to cook." "This was a very good class, learning how to eat healthy and choose healthy foods." "More classes should be held." "Good job. I enjoyed the foods; they

were tasty." "Dr. Pat did a great job. I was very amazed by her cooking. What she cooked was very good and nutritious." "I really enjoyed the presentation and will definitely use this information." "The food was so good!" "Trying new foods is not my thing, but this was worth trying and I thought it was good. Thank you!"

Oral Health

Submitted by Cornell Magdalena

A healthy mouth and teeth are an important part of a child's wellness. Besides regular tooth brushing, your child's diet will play a key role in his or her dental health. And, of course, sugar is the big villain. The longer and more frequently children's teeth are exposed to sugar, the greater the risk of cavities. So make sure your children brush their teeth every day, twice a day.

Fun Runs!

MOTHER'S DAY FUN RUN

Thursday, May 8

Registration: 5:30 p.m. Fun Run/Walk: 6 p.m.
Jemez Plaza

First 60 Mothers will receive incentives for their participation.

FATHER'S DAY FUN RUN

Thursday, June 12

Registration: 5:30 p.m. Fun Run/Walk: 6 p.m.
Jemez Plaza

First 50 Fathers will receive incentives for their participation.

NEW TIME!

MOGRO IN JEMEZ!

Jemez Senior Center Parking Lot
Tuesdays **10:30 a.m. to 7 p.m.**



MoGro opens half an hour later to allow time for set-up.

Stop by for groceries, fresh produce, quality meats, and dry goods...

Come to your MoGro Store to save money, eat healthy and live better!

For more information, call the JHHS Public Health Program at (575) 834-7207.

PUBLIC HEALTH

MAY IS NATIONAL STROKE AWARENESS MONTH

Submitted by: Vernon Tosa, BA, Health Advocate Public Health Programs

May is National Stroke Awareness Month. It's a good time to make sure you know how to avoid a stroke, how to recognize a stroke when it happens, and what to do.

What Is Stroke?

Stroke is a leading cause of death in the United States, killing nearly 130,000 Americans each year; that's one of every 19 deaths. On average, one American dies from stroke every four minutes.

There are two types of stroke. Either type can cause brain cells to die quickly.

An ischemic stroke occurs when a clot blocks the blood supply to the brain. Ischemic strokes are the most common type of stroke. A "mini-stroke," or transient ischemic attack (TIA), occurs when the blood supply to the brain is interrupted only briefly.

A hemorrhagic stroke occurs when a blood vessel in the brain bursts.

If you or someone you know shows any symptoms of a stroke, get to a hospital immediately to begin treatment. Medical personnel will try to stop an ischemic stroke while it is happening by dissolving the blood clot or stopping the bleeding. For hemorrhagic strokes, immediate surgery may be needed to prevent complications, which can lead to serious disability or death in 40 to 60 percent of cases.

What Is My Risk for Stroke?

Although stroke risk increases with age, strokes can—and do—occur at any age. In 2009, one-third of people hospitalized

for stroke were younger than age 65. Stroke has a serious effect on the person who suffers one, the person's family, and society.

Some factors that can increase your risk for stroke are beyond your control, including age, sex, and race/ethnicity. However, there are some risk factors you can control. Having high cholesterol, high blood pressure, or diabetes can increase your risk for stroke. Smoking and not exercising enough also are risk factors for stroke.

You can greatly reduce your risk for stroke by leading a healthy lifestyle and working with your doctor to treat and control your medical conditions.

Symptoms of Stroke

The five most common signs and symptoms of stroke are:

- Sudden numbness or weakness of the face, arm or leg.
- Sudden confusion or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.

If you experience any of these symptoms, or observe them in others, call 911 immediately. Immediate treatment is critical in treating stroke.

Prevent Stroke

Eat a healthy diet. Be sure to include plenty of fresh fruits and vegetables. Eating foods low in saturated fat and cholesterol and high in fiber can help reduce high blood cholesterol. Limiting sodium (salt) also can lower your blood pressure.

Maintain a healthy weight. Being overweight or obese can increase your risk for stroke. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). If you know your weight and height, you can calculate your BMI.

Be physically active. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults engage in moderate intensity exercise for at least 30 minutes on most days of the week.

Don't smoke. Cigarette smoking greatly increases your risk for stroke. If you don't smoke, don't start. If you do smoke, quitting will lower your risk of having a stroke.

Limit alcohol use. Avoid drinking too much alcohol, which causes high blood pressure. For women, no more than one drink per day; for men, no more than two drinks per day.

Source: www.cdc.gov/Features/Stroke/

Remember: F A S T

Use **F A S T** to remember the warning signs:

Act **F A S T** and **CALL 9-1-1 IMMEDIATELY** at any sign of a stroke.

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

TIME: If you observe any of these signs, call 9-1-1 immediately.

Note the time you experience or observe the first symptom. This information is important to health care providers and can affect treatment decisions.

Source: National Stroke Association

PUBLIC HEALTH

Break Through Your Fitness Plateau

Submitted by Alva Gachupin, Lifestyle & Health Educator

Do you feel like you've hit a fitness plateau? You work hard during your workouts but you don't see any results.

Everyone goes through this fitness plateau at some point in their journey. You can no longer gain muscle or you stop losing the weight you want to lose. It can be discouraging to the point where you want to give up.

Don't give up! Here are some tips you can use:

- ✦ **Take a break:** Your body may actually be too tired to lose the weight or build the muscle. You need to give your body some time to rest and recover. Take a few days off or do light exercises.
- ✦ **Increase your intensity:** Lift a little bit more, run a little bit longer. It may be the psychological aspect holding you back from reaching your goals.
- ✦ **Take shorter breathers:** Resting too long in between sets or letting your heart rate dip too low may be a reason you're not seeing results.
- ✦ **Switch up your routine:** If you're not seeing the muscle gains you want to see, switch it up and do some endurance training. Once you get back into lifting, you will see faster progress.

Weight Loss

We've all reached a plateau where we're not losing the weight we want to lose. Weight loss plateaus are tough. Here are some tips for fat burning/weight loss.

"Real fat" loss takes time. In other words, if you've lost 10 to 20 pounds, you've lost the "easy fat" already. Now it's time to lose the real fat; that's the fat deep inside your cells. It takes time, dedication, and it will go off more slowly.

Eat more. What? Eat more? This may sound unlikely, but yes! When your body lacks enough calories, your body may respond as if it's a starvation period, which slows your metabolism. To speed it up, make sure your caloric intake isn't too low and keep it nutritious.

Don't let a fitness plateau stop you from staying physically active and keeping healthy.

"The first step is always the hardest, but you'll never regret it!"

Sources:

Web MD: March 2014, www.webmd.com
Muscle & Fitness: www.muscleandfitness.com

What is Lupus?

Submitted by Robert Morgan, RN, Public Health Nurse

Systemic lupus erythematosus (SLE or lupus) is an autoimmune disease in which the immune system produces antibodies to cells within the body. These antibodies lead to widespread inflammation and tissue damage.

The causes of SLE are unknown, but are believed to be linked to genetic, environmental and hormonal factors.

SLE has a variety of clinical manifestations and can affect joints, skin, brain, lungs, kidneys and blood vessels. People with SLE may experience fatigue, pain or swelling in joints, skin rashes, and fevers. SLE patients may experience periods of illness and remissions.

A team approach in treating lupus is often needed due to the number of organ systems involved.

May is National Lupus Awareness Month!

For more information, go to www.cdc.gov/arthritis/basics/lupus.htm

TRIBAL COUNCIL

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well-informed. Governor Joshua Madalena, First Lt. Governor Kevin Shendo and Second Lt. Governor Isaac Romero proposed the following resolutions that Tribal Council approved.

April 22, 2014

Accepted the conditions for Pueblo of Jemez tribal members to participate in the United States Department of Housing and Urban Development Section 184 to have homes constructed on designated lease lands.

Authorized a request for two Indian Highway Safety Officers plus \$10,000.00 in overtime funding.

Approved attorneys' fees for fiscal year 2014.

JEMEZ HISTORIC SITE

Exciting Summer Job Opportunity for Jemez Youth!

By Matthew J. Barbour, Manager, Jemez Historic Site

Over the last several months, Jemez Historic Site has been gearing up for the summer crunch. We have applied for and been awarded several grants, pursued capital outlay funds, and planned several special events. These projects include a new sta-



Photo by Matt Barbour

bilization contract with the Pueblo of Jemez, designing plans to reroof Kiva 1, developing an Elders-in-Residence program, reinstating the Stories from the Land partnership with the Pueblo of Jemez Community Library, and working on some general facilities maintenance including new plumbing and an accessible ramp.

One of our larger projects is the Youth Conservation Corps Program which will focus on converting the overgrown, unexcavated portions of Jemez Historic Site into a park-like setting and constructing a new wall along the south side of the visitor center parking lot. This program is made possible by Wendy Kent, the Executive Director of New Mexico Department of Energy and Minerals Youth Conservation Corps, and is expected to run from July to mid-September.

The Jemez Historic Site is now seeking resumes from youths interested in participating in this program. Applicants must be between 16 and 24 years old. They do not need any prior work history. At a minimum, resumes should include contact information, a statement as to why the candidate would like to be considered for the program, and one or two references.

Jemez Historic Site is anticipating hiring six youths for the program. Participants will be paid between \$10 and \$12 per hour. In addition to pay, members of the program will be trained in first aid, site stewardship, New Mexico history, and some general job skills. The goal of this program is to provide our youth a beginning step into the job market and to instill in participants a sense of civic duty.

Jemez Historic Site protects and interprets the archaeological remains of Giusewa Pueblo and San José de los Jemez Mission. The site, designated LA 679, was first opened to the public in 1935. It was listed on the New Mexico State Register of Cultural Properties on March 20, 1969, and the National Register of Historic Places on March 14, 1973. On October 16, 2012, it was designated a National Historic Landmark. The site contains a small museum and interpretative trail which explores the history of the Jemez People and the impacts of the arrival of the Franciscan missionaries in the seventeenth century.

Resumes should be addressed to Matthew Barbour and can be delivered to the Jemez Historic Site, Wednesdays to Sundays between 9 a.m. and 4 p.m. or e-mailed to matthew.barbour@state.nm.us. The deadline for submission is May 18. Questions or comments about the program can be directed to Matt Barbour by the email to the above address or by calling (575) 829-3530.

Valles Caldera Seeks Earth Skills Teachers

The Valles Caldera Trust (VCT) is looking for demonstrators as a component of the fifth annual Earth Skills Gathering scheduled on the Valles Caldera National Preserve on May 24 and 25, from 10 a.m. to 5 p.m.

The gathering is a free event for the public. Demonstrators will add to guests' experience and exposure to Earth Skills.

The VCT is seeking demonstrators who use their hands and simple tools to modify nature's raw materials into functional and artistic objects in a respectful and sustainable way. Past demonstrators have shown skills in pottery making, weaving, flint knapping, jewelry making, working animal hides and creating useful objects out of stone, bone, wood, clay, plant fibers and leather. Skilled demonstrators with a passion for these skills who are willing to share and educate VCT guests are encouraged to be part of the Earth Skills Gathering. Demonstrators may sell finished products related to their demonstrations.

For more information contact Kimberly DeVall, Interpretation & Education Specialist at (505) 428-7737 or kdevall@vallescaldera.gov.

EDUCATION

SDRCS NEWS

Submitted by Mike Toledo, SDRCS Teacher

A new flag flies over our school thanks to the Walatowa Veterans Association. SDRCS principal, staff and students watched as Commander SSG Joe Ray Toledo, Sergeant at Arms Tito Chinana, and several other veterans retired the old flag and presented the school with a new flag. As a cool breeze unfurled the stars and stripes, the Pledge of Allegiance was proudly recited by all.

Fourth and Fifth Grade Honor Roll

Jerika Chavez
Saige Loretto
Andrea Pecos-Gachupin
Kiara Secatero
Iesha Tafoya
Krystina Waquie
Alice Wilkinson

This has been a great school year thanks to all, especially the students!



Important Dates

May 1: Kindergarten-5th grade field trip to San Felipe
May 5: Fourth and fifth grade field trip to an Isotopes game
May 6: Sixth to 8th grade Beaver Habitat field trip
Last PTO meeting
May 7: JMEC Spelling Bee
May 8: Fourth and fifth grade field trip to Explora! Museum
May 13-15: Middle School final exams
May 18: SDRCS Eighth grade graduation at 11 a.m.
May 19: Gear-up/Horno project banquet
May 20: Academic assembly at 10 a.m.
May 21: Athletic assembly at 10 a.m.
May 22: Field Day and picnic
May 23: Last day of school (half day)

Jemez Day School
Child Find

**Free Developmental Screening
For 3 to 6 year-olds
Friday, May 16
9 a.m. to 1 p.m.**

The purpose of Child Find is to screen children whose parents have concerns about their child's development in the following areas:

- Speech and language
- Fine and gross motor skills
- Cognitive development
- Learning

Appointments are encouraged and walk-ins are welcome.

For more information call Owen McKenna or Benina Abeyta at (575) 834-7304.

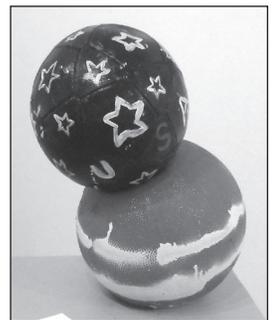
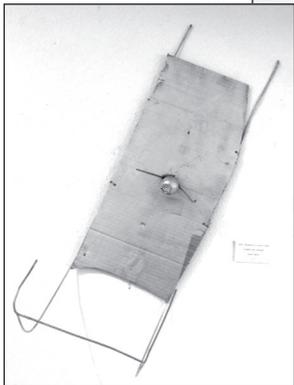
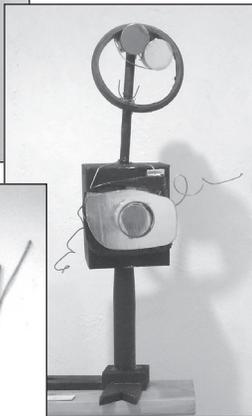
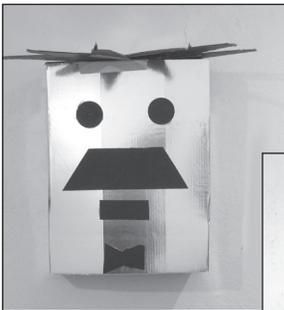
Students' Art at Trash Transformed Show

Submitted by Jaymes Dudding, Art Instructor

Walatowa High Charter School's junior art class participated in the "Trash Transformed" art show at Jemez Fine Art Gallery in Jemez Springs. The gallery sponsors this annual show in honor of Earth Day and features recycled or repurposed materials that have been transformed into art. Instructor Jaymes Dudding said he was pleased that his students had the opportunity to exhibit their creativity in a professional gallery setting. The class also visited the gallery and chose their most and least favorite works, giving the reasons for their choices.

In this special "dual-credit" three-dimensional design course, students earn one semester of high school credit and three hours of college credit. The course is offered in cooperation with the Institute of American Indian Arts in Santa Fe. By the end of the school year, they will have earned six hours of college credit through this program.

Artists in the show include Scott Campbell, Christina Fragua, Keith Casiquito, Dominique Chavez, Javier Guzman, Juwan Herrera, Lonnie Romero, Mylo Romero, Ben Sandia, Kaylanah Shendo, Nathaniel Shije, Donovan Toledo, Natisha Toya and Julianne Vigil.



Art pieces clockwise from top left: Batman: Kaylanah Shendo, Natisha Toya, Chris Fragua, Juwan Herrera; Robot: Javy Guzman, Ben Sandia, Lonnie Romero, Mylo Romero; Smaller than a Midget: Scott Campbell, Christina Fragua. At top right: USA: Dominique Chavez, Keith Casiquito, Julianne Vigil, Donovan Toledo.



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

VOTING RIGHTS

Primary Election

Register today if you will be 18 years old or older before the primary election!

Early in-person voting begins May 17.

Early in-person voting: Jemez Civic Center

May 29 (Thursday) 10 a.m. to 7 p.m.

May 30 (Friday) 10 a.m. to 7 p.m.

If you are registered with a major party (Democrat or Republican) you are eligible to vote in the primary election.

Primary Election Day voting sites:

Precinct 15:

Walatowa Youth Center, 7 a.m. to 7 p.m.

Precinct 77:

Community Resource Center, 7 a.m. to 7 p.m.

The Sandoval County Clerk sent information about these changes to registered voters in these precincts. For more information, contact the Native American Voting Rights Office (in the Jemez Civic Center) at (505) 934-8826 or the County Clerk's office at (505) 867-7577.

It counts to vote: Your vote counts!

FROM THE GOVERNORS

Continued from page 2



Meetings with Director Charles McMillan enhanced the tribe's good working relationship with Los Alamos National Laboratories.



A delegation from Peru visited the Pueblo as part of a cultural and educational tour.