

Red Rocks Reporter

NOVEMBER 2013

FROM THE GOVERNORS

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Community Meeting: Vision 2020

Nearly 250 community members joined tribal leaders and staff in a day-long community meeting at the Jemez Day School on Oct. 26.

Gov. Vincent A. Toya, Sr. welcomed the participants and offered the opening invocation. "This is a special day. It's not often that we gather for secular activities as a family, a community, a sovereign nation," he said. After introducing tribal and traditional leaders participating, Gov. Toya spoke about the history of the visioning process that started in the early 1990s with a meeting at Hummingbird Music Camp. From this initial meeting, the Vision 2010 document evolved that set the course for tribal programs and priorities for the following decade. The Vision 2020 process will set the direction for the future.

"In those days, tribal offices were at the Civic Center," he recalled. "We had about 70 employees. Today, we have grown to more than 300 employees working in ten departments with a budget of more than \$26 million. Managing such a large organization is a challenge.

The participants packets included a grid that defined the goals identified in Vision 2010. Gov. Toya and Second Lt. Gov. John Galvan reviewed the status of these goals; the majority have been accomplished or are in progress today. A slide show introduced the tribes various departments, their current status, the goals they have met and their plans for the future.

The primary topics from Vision 2010 were carried over as the framework for Vision 2020 discussions: Equal Housing and Home Improvement; Infrastructure and Programs (medical, social, physical, elders); Healthy Community Through Recreation and Fitness; Public Safety and Judicial System; Comprehensive Education Through Cultural Excellence; Enhance Traditional Government; Acquire, Protect and Manage Natural Resources; Jemez H.E.A.L.T.H (Healing Emotionally All Lives Through

Continued on page 2



Meeting participants met in small groups to identify topics of concern and voted with "Jemez money" for their top priorities.



2013 TRIBAL GOVERNORS

Vincent A. Toya, Sr.
Governor

Juan Toya
First Lt. Governor

John Galvan
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
José Pecos
David M. Toledo
José Toledo
Michael Toledo, Jr.
Paul Tosa

TRIBAL ADMINISTRATOR

Anthony Armijo, Interim

Red Rocks Reporter

November 2013 Edition

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VISION 2020, Continued

Holistic Health; Efficient Quality Infrastructure; Opportunities for Economic Growth; and Quality Transportation Systems.

Facilitators Kevin Shendo, Education Department Director, and Roger Fragua, of COTA, led the group in several exercises designed to glean input from community members and identify priorities for future focus. Participants divided into small groups that submitted brief statements about their needs and concerns; suggestions were separated into various topic areas and posted for further discussion. Individuals also offered comments verbally, prompting lively discussions.

Participants' packets included "Jemez money" to be used to vote for individual priority areas; people could vote using bills from \$100 to \$1, according to the level of importance of each topic. People were also invited to submit cards on the theme of "if I were Governor for a day, I would..."

Some suggestions have already been implemented, such as stop signs placed at the intersections of Owl Springs, Good Spirits, Eagle Wing and Turquoise Roads in response to a suggestion from a tribal member.

By the end of the session, the primary areas of interest identified were Housing, Education and Health.

"I've been involved in tribal planning meetings for many years, and this was the most successful I've ever seen," says P & D Director Chamisa Radford, who served on the planning committee. "Anthony Armijo, Interim Tribal Administrator, organized the planning subcommittee. In addition, the Governors themselves, as well as the two facilitators, created the meeting's success."

"Gatherings of this magnitude are so significant," Gov. Toya says. "We deeply appreciate the time and commitment people brought to this meeting." It is also noteworthy that the facilitation process was handled by tribal members without outside consultants.

At press time, the final results were still being analyzed. An additional session for student participants is being planned in the coming weeks. The results of that session will be included in the final document that will be presented to Tribal Council and the community.



Ashley Chinana and Lynn Toledo helped Kevin Shendo and Roger Fragua post suggestions from community meeting participants.

TRIBAL COUNCIL

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well informed. Governor Vincent A. Toya, Sr., First Lt. Governor Juan Toya and Second Lt. Governor John Galvan proposed the following resolutions which were approved by the Tribal Council:

October 3, 2013

Rescinded Tribal Council Resolution 2013-11 authorizing a contract with Hydro Resources, Inc. due to the company's failure to subcontract the work at the agreed cost and approved a contract with Aztec Well Servicing Company for geothermal well drilling services.

FROM THE GOVERNORS

Second Precinct Created for Jemez

The Sandoval County Board of Commissioners approved and adopted Resolution 10-24-13.4A creating a second precinct in the Pueblo of Jemez at a special meeting on Oct. 24, 2013. Tribal leaders were present to give testimony and answer questions before the vote was taken. "They were extremely positive and supportive of our request," Gov. Toya says.

This initiative was launched in 2007 when Tribal Council passed Resolution 2007-16, stating that the second precinct is necessary "to serve, provide and empower registered voters of the tribe..." Following the Resolution, the tribe sent a formal written request to the commissioners, who took no action until now. "State and national delegates recognize the importance of the voting power of communities like ours," the Governor adds. "This second precinct is very important for us."

The current Precinct 15 will be split at Big Rock Arroyo. Precinct 15, which had been in the Civic Center, will be moved to the Walatowa Youth Center to serve the north end. The new Precinct 77 serving the south side will be located at the Community Resource Center. "With this significant victory for our community, it's even more important that everyone age 18 and over register and vote in every election," Gov. Toya notes. "We are very grateful to the Board under the leadership of Chairman Darryl Magdalena."



Sandoval County Commissioner Glenn Walters, Peter Magdalena, Native American Voting Rights Office, County Manager Phil Rios, Vice Chair Nora Scherzinger, former Gov. Joshua Madalena, Martin Aguilar from the Secretary of State's Office, Chairman Darryl F. Madalena, Gov. Vincent Toya, Sr., 2nd Lt. Gov. John Galvan, 1st Lt. Gov. Juan Toya, County Clerk Eileen Garabani and Commissioner Don Chapman at the special Board of Commissioners meeting.

PLANNING & DEVELOPMENT

Welcome Mat



Elroy Keetso, MA, is the new planner at the Planning and Development Department. He earned his masters' degree from the University of New Mexico with a focus on community development in Native American communities. He will work on infrastructure projects, including buildings, roads, water and wastewater installations.

Monica Magdalena, economic development assistant, is focusing on organizing demographic information to create a consistent, accurate database that will provide statistics for grant applications and other uses. She is also facilitating the Indianpreneurship® program and providing Towa translation for community members who want to start or grow their own businesses.

Dennis Vigil has joined the P & D labor force after several years working for Sandoval County and elsewhere. He is certified to operate heavy equipment including graders, dozers, loaders, dump trucks and water trucks, and will train to handle additional equipment in February.



PUBLIC WORKS

Public Works Update

Submitted by Michael D. Silva, Director

Project Completed

We are glad to report that the Sanitary Sewer Improvement Project is complete. New sewer lines are installed throughout the community; the Shendo area has new lines and the septic tanks were taken out of service; the Buffalo Hills area has new sewer lines and water lines have been extended; most manholes were recoated and rehabilitated; new solar panels power the flow meters at Lagoon 1; new rehabilitated pipes to the Civic Center were installed; and the pavement cuts were repaired. This long-awaited project saw very high quality work by Saigan Construction Company and all the subcontractors who worked on this project.

Next Steps

Several projects are on the agenda. To replace the old asbestos lines in the main village, we will seek funding through the New Mexico Tribal Infrastructure Fund. Our highest priority is the need to upgrade the small four-inch water lines to a minimum of six-inches and to take the old water line out of service. This would allow us to replace our small "flush" hydrants with new fire hydrants that can be used for fire protection. In addition, new valves and fixtures will be installed to make our system more reliable.

The next large projects all relate to the Pueblo Place Subdivision. That project includes rehabilitating South Water Tank and installing 12-inch water transmission lines; looping the water system to increase reliability; installing water and sewer lines inside the Pueblo Place Subdivision; and finally, extending sewer lines along Broken Arrow Road. All essential permits have been secured and we now need to prepare to bid this long-awaited project.

Finally, Public Works received a grant to secure some recycle trailers at the Transfer Station. This will allow us to focus on recycling in the community. We hope to get our Green Star Program restarted and engage students and the community on the importance of recycling.

HEALTH & HUMAN SERVICES

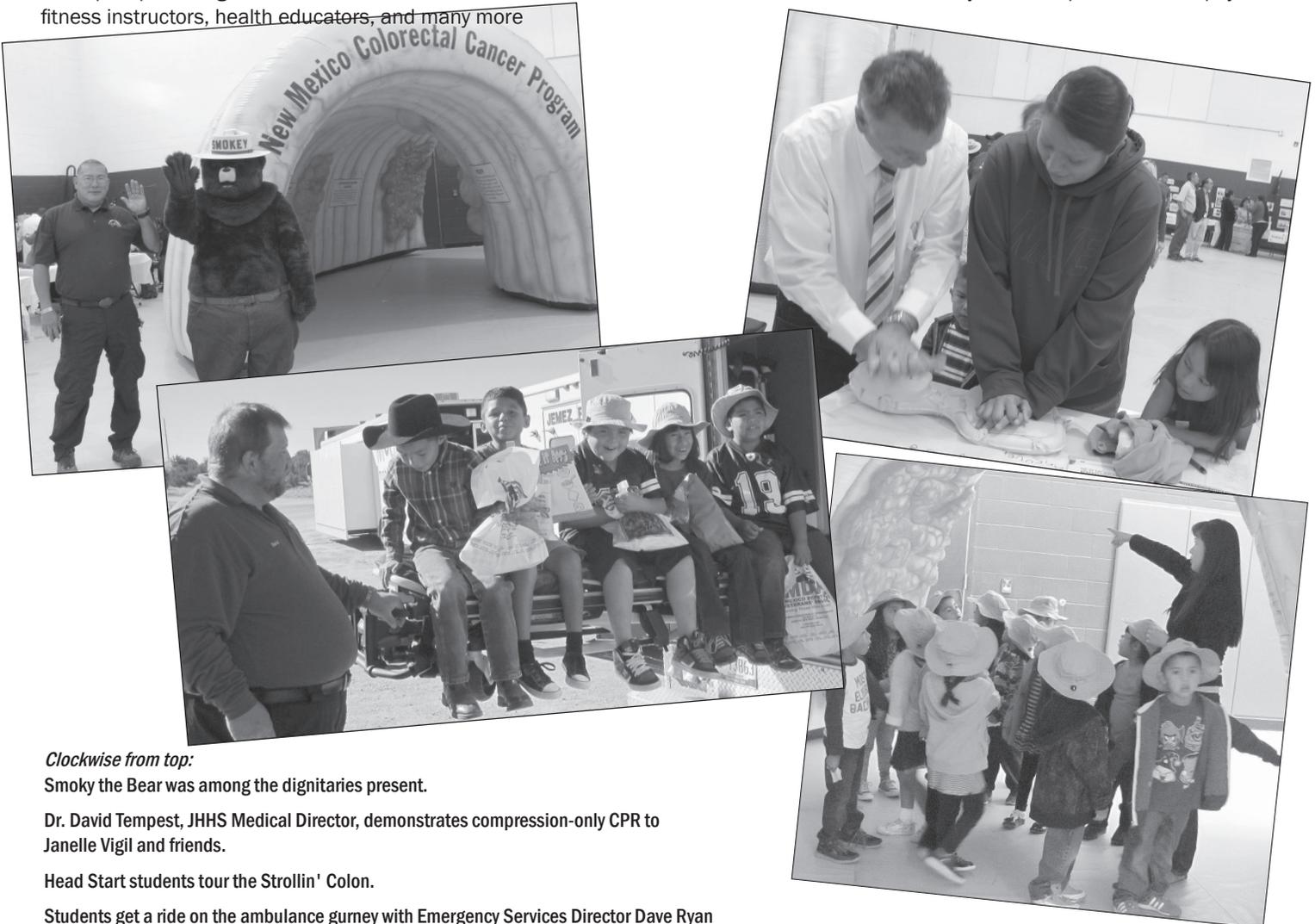
JHHS Hosts Health Fair

JHHS teamed with the New Mexico Department of Health to host a Health Fair at the Walatowa Youth Center on Oct. 29. About 380 children and adults visited and collected health information from 40 programs and state agencies. Tribal programs participating included Emergency Services, Law Enforcement, Behavioral Health, Contract Health, Medical Social Work, School Nursing, Community Health Representatives, Vocational Rehabilitation Program, Senior Citizens Center, Social Services, Dental Clinic, Transportation, Vital Records and Enrolment, and Podiatry. Booths offered information about the Jemez Health Board, healthy weight and lifestyles, youth injury prevention, anti-bullying, exercise, tobacco prevention, agriculture, diabetes prevention, infectious diseases and early childhood development.

“The POJ Tribal Health Fair was a huge success thanks to all the hard work that went into planning and coordinating such a large event, and at little to no cost to the programs,” says Maria Clark, JHHS Director. “The intent was to not only raise awareness of health issues in our community, but also how to prevent them through health education, proper diet and exercise, regular health and fitness screenings, injury prevention, mental wellness, avoiding alcohol and drugs, emergency preparedness, and so on – all issues important for living healthy, full lives.”

Professional staff offered flu shots and health screenings, and a dentist gave fluoride treatments to children. The day included aerobics, a Pumpkin/Ristra Walk and a “Strollin’ Colon.” Students got a chance to explore the police van, motorcycles and an ambulance. The MoGro truck was conveniently parked outside the Fair as well. An emergency helicopter from Care Flight in Santa Fe was a big hit with participants.

“I also think the event served as a career fair for those pondering their next steps after high school,” Maria adds. “We had a wide variety of professions at the fair, including nurses, medical assistants, doctors, dentists, dental assistants, firemen, paramedics, policemen, helicopter pilots, flight nurses, teachers, social workers, health administrators, dieticians, community health representatives, physical fitness instructors, health educators, and many more



Clockwise from top:

Smokey the Bear was among the dignitaries present.

Dr. David Tempest, JHHS Medical Director, demonstrates compression-only CPR to Janelle Vigil and friends.

Head Start students tour the Strollin' Colon.

Students get a ride on the ambulance gurney with Emergency Services Director Dave Ryan

HEALTH & HUMAN SERVICES

PHARMACY

Optometry News

The JHHS Optometry Department had made some changes and is now working with several different optical labs: Encore Laboratory carries the "Native Vision" line; Precision Optical is a local lab in Albuquerque; and they continue to work with Thundercloud. Leslie Poolheco, lead optometry technician, is cleaning house and sending back a lot of Thundercloud frames for more current, up-to-date styles and colors.

Jemez Optical is also now carrying sunglasses from Wiley-X. All Wiley-X sunglasses are safety ANSI approved. You can order these sunglasses with or without a prescription.

They can now get ready-to-wear NFL readers, with different magnifications powers, featuring your choice of your favorite NFL team logo. You can also order an NFL eyewear case to match. These would make great stocking stuffers!

All of these products are available at a very low cost. Come by and check out the new optical shop at the Jemez Clinic.

From the Pharmacists

Reminder: Medication requests — both refills and outside prescriptions — will be available for pick-up the same day if your request is received before 5 p.m.



Orders received after 5 p.m. will be available for pick-up the next business day.

Jemez "Road Show"

The New Mexico Center for Law and Poverty invited Jemez Health and Human Services staff to provide training sessions to other tribal health facilities, governments and community members on a range of topics relevant to the changing health care environment in the US today.

During October, Maria Clark, JHHS Director, Dave Panana, nurse manager, Gerry Gaul, financial analyst, and Lisa Maves, social work and benefits, trained to employees and community members of the Jicarilla, Santa Clara, San Ildefonso and Ohkay Owingeh tribes about the history and process of PL-638 contracting with the Indian Health Service (IHS); the pros and cons of contracting with, developing relationships with and billing managed care organizations; and the changes expected under Centennial Care and the Affordable Care Act. The purpose of these presentations is to provide training and follow-up support to tribal governments, administrations and healthcare personnel to increase the capacity of tribal healthcare facilities to receive Medicaid reimbursements.

The Pueblo of Jemez offers successful experience with the *contracting* relationship with IHS and is now operating under a self-governance *compact*.

Training topics were chosen as a result of surveys conducted by the Center for Law & Poverty on subjects of most interest to tribes. Many New Mexicans are confused about what Centennial Care and the Affordable Care Act means for them personally. Several New Mexico tribes are at varying stages of the PL 93-638 contracting process, and some are just considering entering the process.

The Pueblo of Jemez was selected to provide this training based on our in-house experience and expertise on these subjects, as well as our progress in third party revenue generation and advocacy on behalf of all tribes in opposing mandatory managed care for Native Americans.

More presentations are scheduled for the month of November. For more information, contact Maria Clark or Lisa Maves at (575) 834-7413.

(Left to right) Gerry Gaul, Financial Analyst, Lisa Maves, Social Work and Benefits, Maria Clark, JHHS Director, and Dave Panana, Nurse Manager, join Evelyn Blanchard and Abuko Estrada from the Center for Law and Poverty for the "Jemez Road Show."



MEDICAL SOCIAL WORK

Medicaid Expansion and the NM Health Insurance Exchange

One of the biggest changes in 2014 is that many more people will be eligible for Medicaid. In the past, childless adults were not eligible for Medicaid unless they were disabled. Beginning in January 2014, anyone whose income is below 138% of the Federal Poverty Level (see chart, first column), will be eligible and **should apply for Medicaid under this expanded eligibility**. If you make more than the monthly amount in the Medicaid column, but less than the "Exchange" columns, you may still be eligible for low-cost or no-cost health insurance under the NM Health Insurance Exchange, sometimes called the "Marketplace."

Family Planning Medicaid

One of the simplest ways people can sign up for Medicaid under the Expansion is to apply and qualify for Family Planning Medicaid **right now**. Next year, the application process for this benefit becomes more complicated. Many people are not aware that Family Planning Medicaid is available to men and women up to age 64.

If you qualify for this category and make less than the first income column above, you will **automatically** be enrolled in the

new Medicaid category. **See Thelma or Lisa as soon as possible to apply for this category.**

Adult Eligibility for Health Coverage*

Adults ages 19 to 64 may qualify for:			
Household Size	MEDICAID free healthcare coverage (for adults under 138% FPL)	EXCHANGE health insurance plans	
		WITH financial assistance (139-400% FPL)	WITHOUT financial assistance (over 400% FPL)
If the household income is this much each month:			
1 person	Less than \$1,321	\$1,322-\$3,830	More than \$3,830
2 people	Less than \$1,783	\$1,784-\$5,170	More than \$5,170
3 people	Less than \$2,245	\$2,246-\$6,510	More than \$6,510
4 people	Less than \$2,708	\$2,709-\$7,850	More than \$7,850
5 people	Less than \$3,170	\$3,171-\$9,190	More than \$9,190
6 people	Less than \$3,632	\$3,633-\$10,530	More than \$10,530

*U.S. Department of Health and Human Services, 2013 Poverty Guidelines, aspe.hhs.gov/poverty/13poverty.cfm.

Medicare Part D Enrollment

Medicare Part D pays for prescription drugs, both brand name and generics. It is available to anyone who also has Medicare Part A or B. Signing up for Medicare Part D is voluntary. People who have health insurance from their employers or a retirement plan may not benefit from Medicare Part D, depending on their plan's current drug coverage.

People enrolled in Medicare Part D pay a monthly premium. Help is available for people below a certain income. People who have both Medicare and Medicaid coverage are automatically enrolled in Medicare Part D.

People who have Medicare Part D can have their prescriptions filled at any pharmacy within that plan's network, including the Jemez Pharmacy. IHS and tribal clinics, including the Jemez Health Clinic, provide "creditable coverage" for American Indian elders. This means that they offer "as good or better coverage than" what Part D offers. Native American elders will not be charged late fees if they enroll in Medicare Part D after their initial enrollment period ends, but they must provide proof of IHS coverage up to the time of late enrollment.

Medicare Part D Enrollment

The open season for enrolling in and making changes to

Medicare Part D (prescription drug benefits) began Oct. 15 and continues through Dec. 7. Please be aware that your provider may change your coverage, premiums or co-pays at this time. If you are already enrolled in a Medicare Part D plan, you should receive a letter that describes any changes for next year. **You may choose a different plan, but you must make the change before Dec. 7.**

Getting Help

Extra help is available for people below certain income levels to pay their monthly premiums. You must apply for this assistance. Most Jemez community members are enrolled in a plan with no premium at all. However, in 2013 JHHS agreed to cover the Part D premium costs for many community members who were not eligible for extra help. If you are paying monthly for your Medicare Part D plan, please bring your statement to Medical Social Work at the clinic.

Lisa Maves or Thelma Shendo are available to help with your application. They can also help you choose the benefits that are right for you. If you have any questions, please contact Lisa at (575) 834-3059 or Thelma at (575) 834-3040 or visit their offices in the Jemez Health Center.

PUBLIC HEALTH

Pertussis: Protect Yourself and Your Family

Pertussis – also known as whooping cough – can cause serious illness in infants, children and adults. The state has seen a spike in new cases in recent years. This serious disease can be fatal for small children, the elderly and people who have chronic health conditions. A simple vaccination will protect you, your family and your community.

What is Pertussis?

Pertussis is a respiratory illness commonly known as whooping cough. It is extremely contagious. Found only in humans, pertussis spreads from person to person when people with pertussis cough or sneeze in close contact with others who then breathe in the pertussis bacteria. Many infants who get pertussis are infected by older siblings, parents or caregivers who might not even know they have the disease.

Pertussis is caused by a type of bacteria (*Bordetella pertussis*) that attach to the cilia (tiny, hair-like extensions) that line part of the upper respiratory system. The bacteria release toxins, which damage the cilia and cause inflammation and swelling.

Pertussis is most dangerous for babies. About half of infants younger than one year old who get the disease are hospitalized. Senior citizens are also high risk.

The disease usually starts with cold-like symptoms including a runny nose, mild cough or fever. Babies may have *apnea*, when there are long pauses in breathing. ***This is the time when people are most contagious.***

After one to two weeks, severe coughing can start, with violent, rapid, repetitive coughing that removes air from the lungs,

forcing the patient to inhale with a loud “whooping” sound. Extreme coughing fits can cause vomiting and exhaustion and may continue for weeks. The “whoop” may not be present in teens and adults, especially those who have been vaccinated.

Preventing Pertussis

Pertussis vaccines are the most effective tool we have to prevent this disease. However, no vaccine is 100% effective. If pertussis is circulating in the community, there’s a chance that a fully vaccinated person, of any age, could catch this very contagious disease. However, the infection and symptoms are usually less severe for people who have been vaccinated.

To prevent pertussis in you and your family:

- ❖ If there is an infant living in the home, all family members should be immunized for Pertussis. Avoid contact with the baby until two weeks after the vaccination.
- ❖ Pregnant women should talk to their providers about getting immunized in their third trimester.
- ❖ Anyone who is showing even mild upper respiratory symptoms should avoid all contact with infants and be even more careful about hand washing, sharing food or drinks, and close contact with others; it is at this mild stage when the disease is the most contagious.
- ❖ **Adults and seniors should get vaccinated again if it has been more than three years since their last immunization.**
- ❖ If you think you have contracted pertussis, see your provider immediately.

If you or your child develops a cold that includes a severe cough or a cough that lasts for a long time, it may be pertussis. The best way to know is to contact your provider.

For more information, contact the JHHS Public Health Programs at (575) 834-7207, or the Jemez Clinic at (575) 834-7413 or visit www.cdc.gov or

THE PUBLIC HEALTH PROGRAM PRESENTS

A Journey to Wellness

WALATOWA WOMEN’S SUPPORT GROUP

Wednesday, Nov. 20 6:30 - 7:30 p.m.

Jemez Health Clinic Towa Board Room

For women and caregivers of family members managing chronic illness.

Walatowa Women age 18 and over.

Join us for a great time to laugh, be positive and share good stories.

Light refreshments will be served.

Child care will not be provided.

For more information, contact Sheila Toya, JHHS Public Health Programs, at (575) 834-7207, ext. 277.



MoGro in Jemez!

**JEMEZ SENIOR CENTER PARKING LOT
TUESDAYS, 10 A.M. TO 7 P.M.**

Groceries, fresh fruits & vegetables, quality meats, and more!

MoGro takes bulk orders!

The MoGro Store takes *bulk orders* for community programs and members to make special orders for large quantities.

Order Ahead for Delivery: If you or your program want to place a special order, call the store at (505) 216-8611, the store manager at (720) 545-6358, or e-mail to thomas@mogro.net.

PUBLIC HEALTH



It's Flu Season!

Get your flu vaccination to protect your health and your family!

Submitted by Darlene Armijo-Smith, RN

Influenza (Flu) Vaccine: What you need to know

Influenza ("flu") is a contagious disease that spreads every winter, usually between October and May. Flu is caused by the influenza virus, and spreads by coughing, sneezing and close contact.

Anyone can get flu, but the risk of getting flu is highest among children. Symptoms come on suddenly and may last several days. They can include fever, chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose.

Flu can make some people much sicker than others, especially young children, people age 65 and older, pregnant women, and people with certain health conditions, such as heart, lung or kidney disease or a weakened immune system. Flu vaccinations are especially important for these people, and anyone in close contact with them.

Flu can also lead to pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children. Every year, **thousands of people in the United States die from flu**, and many more are hospitalized.

Why get vaccinated?

Flu vaccine is the best protection we have from flu and its complications. Flu vaccine also helps prevent spreading flu from person to person.

There are two types of influenza vaccine:

1. Nasal Spray. Live, attenuated influenza vaccine (LAIV) is sprayed into the nose. "Attenuated" means weakened. The viruses in the vaccine have been weakened so they can't make you sick. LAIV may be given to people 2 through 49 years old, who are not pregnant. It may safely be given at the same time as other vaccines.

Some people should **not** get LAIV nasal spray. Tell the person who gives you the vaccine if:

- you have any severe (life-threatening) allergies, including an allergy to eggs. If you ever had a life-threatening allergic reaction after a dose of flu vaccine, or have a severe allergy to any part of this vaccine, you should not get a dose.
- you ever had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS). Some people with a history of GBS should not get this vaccine. Discuss this with your provider.
- you have gotten any other vaccines in the past four weeks, or if you're not feeling well. Your provider might suggest waiting, but you should come back when you are feeling better.

2. Injection. The flu shot injection is given by a needle. This is an inactivated vaccine that does not contain live virus. You should get the flu shot instead of the nasal spray if you:

- are pregnant.
- have a weakened immune system.
- have certain long-term health problems.

- are a young child with asthma or wheezing problems
- are a child or adolescent on long-term aspirin therapy
- have close contact with someone who needs special care for an extremely weakened immune system
- are younger than 2 or older than 49 years old. (Children 6 months and older can get the flu shot. Children younger than 6 months can't get either vaccine.)

Flu viruses are always changing. That's why flu vaccinations are recommended every year. Each year's flu vaccine is made to protect from viruses that are most likely to cause disease that specific year. Getting a flu shot one year will not protect you from the following year's mutation. Children 6 months through 8 years old should get two doses the first year they get vaccinated.

It takes about two weeks for protection to develop after the vaccination, and protection lasts several months to a year.

While flu vaccine cannot prevent all cases of flu, it is our best defense against the disease.

Some illnesses that are **not** caused by influenza virus are often mistaken for flu. Flu vaccine will not prevent these illnesses. It can only prevent influenza.

Vaccine Reactions

Like any medicine, there is a chance of side effects from the vaccine. These are usually mild and go away on their own. Serious side effects are possible, but are very rare.

Mild problems

In children and adolescents 2 to 17 years of age, mild reactions may include runny nose, nasal congestion or cough, fever, headache, muscle aches, wheezing, abdominal pain, or occasional vomiting or diarrhea.

Adults 18 to 49 years of age may experience runny nose or nasal congestion, sore throat, cough, chills, tiredness, weakness, or headaches.

Severe Reactions

Severe allergic reactions could occur after any vaccine but are very rare (estimated at less than one in a million doses.) Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. Symptoms could start a few minutes to a few hours after the vaccination. Very high fever or behavior changes could also occur.

For more information, visit the Public Health Programs or the Jemez Health Clinic, call your local or state health department, or Contact the Centers for Disease Control and Prevention (CDC) at (800) 232-4636 (1-800-CDC-INFO) or visit the web site at www.cdc.gov/flu

Source: Department of Health and Human Services
Centers for Disease Control and Prevention

PUBLIC HEALTH

Great American Smoke-Out: Thursday, Nov. 21

Why Quit?

Quitting smoking lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

WHEN SMOKERS QUIT: THE BENEFITS OVER TIME

20 minutes after quitting: Your heart rate and blood pressure drop.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a continuing smoker's.

5 years after quitting: Risk of cancer of the mouth, throat, esophagus and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years after quitting: The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years after quitting: The risk of coronary heart disease is that of a non-smoker's.

THESE ARE JUST A FEW OF THE BENEFITS OF QUITTING SMOKING FOR GOOD!

On a Healthy Note: Salad Bar at School

Submitted by Cornell Magdalena, Health Advocate

A grant submitted by the Public Health Programs early in 2012 launched a new salad bar at San Diego Riverside Charter School (SDRCS) that opened on Oct. 8.

“SDRCS is again raising the bar to higher standards with the addition of our new salad bar in the cafeteria,” says principal Karen Mayhew. “Both students and staff alike are enjoying this addition to our already wonderfully-cooked lunches. It’s just one more way to show our commitment to healthy minds and bodies.”

Everett Fragua, SDRCS head cook, notes that the children are eating healthier due to the salad bar. “It’s great to have this here so kids can have a variety of choices,” he says.

“I think it’s awesome to change the course of the food being provided at the schools,” adds Cornell Magdalena, health advocate.

“Our thanks to JHHS and the Public Health Programs for making this possible!” Principal Mayhew says.



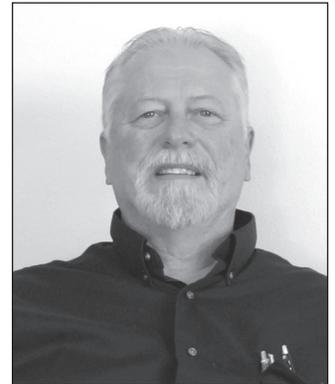
Photo by Cornell Magdalena

Welcome Mat



Anna Gomez, RN, brings more than 23 years of experience in a wide range of clinical settings to her new position as school nurse for the Public Health Programs, with offices at the San Diego Riverside Charter School. She is a familiar face around the clinic, having worked as a contract nurse and on a PRN (as-needed) basis.

Bob Morgan, RN, is the new public health nurse, facilitating communication between the Public Health Programs, the Health Clinic and other programs. A recent transplant to Jemez Springs from Baltimore, Bob has been a nurse for more than 25 years.



PUBLIC HEALTH

November is Diabetes Awareness Month

Submitted by Darlene Armijo-Smith, RN

What is Diabetes?

There are three main types of diabetes:

Type 1 diabetes: the body does not make insulin. You need insulin to take sugar from the foods you eat and turn it into energy for your body. You must take insulin every day to live.

Type 2 diabetes: Your body may not make enough insulin or it may not use your own insulin very well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.

Gestational diabetes: Some women develop this kind of diabetes when they are pregnant. It usually goes away after the baby is born. But even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

Diabetes is a Serious Disease

Take diabetes seriously. You may have heard people say they have a “touch of diabetes” or that their “sugar is a little high” or they are “borderline” or “pre-diabetic.” These words suggest that diabetes is not a serious disease. That is **not** correct. Diabetes is **serious**, but you can learn to manage it.

Why Take Care Of Your Diabetes?

Taking care of yourself and your diabetes can help you feel good today and in the future. When your blood sugar (glucose) is close to normal, you are likely to:

- ▶ Have more energy.
- ▶ Be less tired and thirsty.
- ▶ Need to pass urine less often.
- ▶ Heal better.
- ▶ Have fewer skin or bladder infections.

You will also have less chance of having health problems caused by diabetes such as:

- ▶ Heart attack or stroke.
- ▶ Eye problems that can lead to poor eyesight or blindness.
- ▶ Pain, tingling or numbness in your hands and feet from nerve damage.
- ▶ Kidney problems that can cause your kidneys to stop working.
- ▶ Teeth and gum problems.

Know Your Diabetes ABCs

A for the A1C test. The A1C is a blood test that measures your average blood sugar level over a three month time period. It is different from the blood sugar checks you do each day and this test is done at the clinic. It is important to know your blood sugar levels because, over time, high levels of

blood sugar can damage your heart and blood vessels, kidneys, feet and eyes.

The A1C goal most people with diabetes is 7. You should have your A1C test at least two times a year.

B for blood pressure. Blood pressure is the force of your blood against the wall of your blood vessels. If your blood pressure is high, it means your heart is working harder and this puts you at higher risk for a stroke, heart attack, and kidney damage. The goal for most people with diabetes is a blood pressure 130/80.

C is for cholesterol. There are two kinds of cholesterol in your blood: LDL and HDL.

LDL, or “bad” cholesterol, can build up and clog up your vessels which can lead to a stroke or heart attack.

HDL, or “good” cholesterol, helps remove the “bad” cholesterol from your blood vessels.

People with diabetes must make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It’s a lot to do. **It’s not easy, but it’s worth it!**

The Diabetes Program will display topics on diabetes in the clinic during November. If you have any questions or want more information, please call any of the Diabetes Program staff at (575) 834-7207.

Your At-Risk Checklist

Many factors increase your risk for diabetes. Learn if you are at risk for diabetes and pre-diabetes: check each item that applies to you:

- I am 45 years of age or older.
- I am obese or overweight (get weight checked.)
- I have a parent, brother or sister with diabetes.
- My family background is Native American, African American, Hispanic/Latino, Asian American.
- I had diabetes while I was pregnant or I gave birth to a baby who weighed 9 lbs. or more.
- I have been told I am “borderline” or “pre-diabetic.”
- My blood pressure is 140/90 or higher or I have been told I have high blood pressure.
- My cholesterol levels are not normal.
- I am fairly inactive.

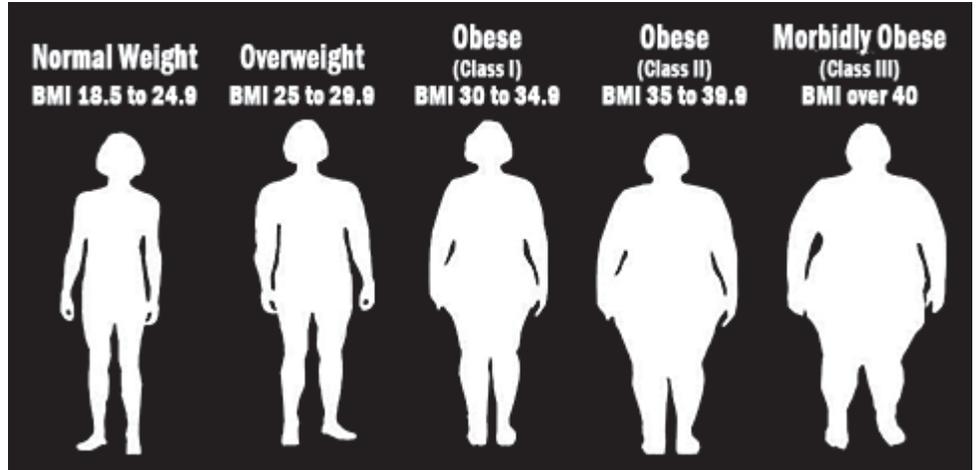
If you have checked any of the items, please be sure to see your health care team and talk about your risks for diabetes and what you can do to help prevent it.

PUBLIC HEALTH

By the Numbers: Diabetes in Our Community

Did you know?

- There are 312 patients with diabetes in our community.
- Of these 312 patients, only 20 patients are within the normal weight range.
- Of these 312 patients, 81 patients are obese.
- Of these 312 patients, 197 are overweight.
- Of these 312 patients, 169 are female and 142 are male.
- Of these 312 patients, the ages are:
 - Under 15 years old 1
 - 15-44 years old 79
 - 45-64 years old 152
 - 65 years and older 79
- Number of patients diagnosed as diabetic in 2013: 9
- Number of patients diagnosed as diabetic in 2012: 15



TURKEY TROT
5K AND ONE MILE FITT RUN/WALK
 Tuesday, Nov. 26 3:30 p.m. Registration 4 p.m. Run/Walk
 Senior Center

VOCATIONAL REHABILITATION

Job Fair

Hosted by the Jemez Vocational Rehabilitation Program and Hyatt Regency Tamaya

At the Hyatt Regency Tamaya

Wednesday, Nov. 20 9 a.m. to 1p.m.



**HYATT
REGENCY**
TAMAYA RESORT & SPA

- Learn about local job openings
- Meet business people
- Pick up job applications
- Meet representatives from local businesses
- All in one convenient location!

HELPFUL HINTS

- Bring copies of your resume and cover letter.
- Dress professionally (shirts, ties, dresses, clothes pressed and shoes shined.)
- Think of questions you want to ask employers.
- Be prepared for on-site interviews.
- Turn off cell phones while talking to business representatives.

Due to the large number of attendees expected, we ask that **no** children, toddlers or infants be brought to the event.

For more information, contact the Jemez Vocational Rehabilitation Program at (575) 834-0012.

SENIOR CITIZENS

Third Annual Caregivers' Conference

Tuesday, Nov. 19 & Wednesday, Nov. 20

8:30 a.m. to 4 p.m.

Senior Center CRC

The Pueblo of Jemez Senior Center Family Caregiver Program cordially invites you to the Third Annual Caregiver Conference to be held at the Community Resource Center.

Please RSVP by Nov. 8, 2013 to Gloria Fragua at the Senior Center, (575) 834-9168 or e-mail to gloria.fragua@jemezpueblo.us.

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

Maya Angelou



SOCIAL SERVICES

DOMESTIC VIOLENCE AWARENESS MONTH

“Value Our Traditions – Coming Together to End Violence”

Jemez Social Services Program hosted 111 participants at the Domestic Violence Awareness Conference at the Walatowa Youth Center on Friday, Oct. 18. Governor Vincent A. Toya, Sr. offered the opening prayer.

“Domestic violence is a problem everywhere,” Gov. Toya said. “We are not different. We are not immune. It is here, in our own community.” Although women are most often the victims, the Governor noted that men also can be victims of intimate partner abuse. “Tribal Council enacted a Domestic Violence Code in 1999 which was revised in 2010,” he reminded the audience. “We have clear statutes in the Law and Order Code as well. Our community chose to create a strong, professional law enforcement department here, and they have the skills and the authority to respond to domestic violence incidents.”

“Too often, innocent children witness the abuse. We must get involved as a community to protect our families and our children,” the Governor added. “Everyone has a cell phone. Call 911 if you know that someone needs help. Take the information

we learn tonight home to your families.”

Domestic Violence: A Police Officer’s View

Rio Rancho Police Department Sgt. Andrew Rodriguez spoke about issues he encounters in domestic violence situations and how he trains his officers to respond.

“It’s very frustrating for officers,” he said. “Cops are trained to rescue and help. We want to serve and protect. But too often, we can’t help. Domestic violence tears families apart. We often see the same victims over and over again. It can take a long time for them to find the strength and resources to leave abusive situations.” He added that there is an average of seven calls before the victim takes action. He tells his officers that “the time you go may be the time you’re finally effective.”

Domestic violence calls can be dangerous for police as well. Repeat perpetrators know what to expect and what to say. They may turn their aggression against the officers. Victims may be terrorized or threatened into silence. And there is no way to know if firearms or other weapons may be turned against officers.

“What keeps me going is thinking about my sister, and not being able to help her. I think about defending the children who are affected,” he said. “Domestic violence is all about power and control. I’m there to protect the powerless.”

Sgt. Rodriguez described the different levels of possible assault and battery charges. “Officers must identify the primary

aggressor,” he explained. “A perpetrator may have injuries from the victim defending herself. We must sort out what happened, and the stories are usually different. Threats are especially hard to prove. It’s frustrating. But if we save one person, it’s worth it.”

Stalking

Sgt. Rodriguez defined stalking as two or more instances of a victim being followed, monitored or threatened. “Victims don’t like to report being stalked,” he noted. “They’re embarrassed, or afraid they won’t be believed, or that the threat will be minimized.”

He advised stalking victims to keep a log of incidents with the dates and times. “A log is crucial evidence,” he noted. “We can check records, talk to witnesses, look at cell phone records when we build a case.”

Collecting evidence, going to court, and seeing the case through to a conviction takes time and perseverance. “It’s not TV. Things don’t get resolved in half an hour.” He added that victims do not press charges; the police press charges when a crime is suspected.

“Zero Tolerance”

PoJ Chief of Police Pete Camacho also spoke about the challenges and frustrations police officers encounter in domestic violence situations. “It’s hard not to get angry, but it’s not helpful or professional,” he said.

Physical and sexual violence are about



(Top) Police Chief Pete Camacho accepts a gift from Henrietta Gachupin, Social Services Program Manager, to thank him for his participation in the Domestic Violence Awareness Conference.

(Below) The Community Intervention Response Team (CIRT) is on call 24 hours a day, seven days a week, to help domestic violence victims and their children. The team includes (left to right) Rose Shendo, Carrie Fragua, Christine Waquie, Carol D. Vigil, Etta Gachupin, Elsie Casiquito and Annette Madalena.

SENIOR CENTER

Honoring Our Elders

Submitted by the Senior Advisory Council

On Sunday, Oct. 20, the Senior Citizens Program Senior Advisory Council (SAC) hosted a reception at the Senior Center for the Pueblo's eldest elders — those who are 80 years old and older — for their many years of dedication to our community. Thirty-four 80 to 89 year-olds were presented with certificates of appreciation and six 91 to 97 year-olds received ceramic plaques beautifully designed and painted by Nora Padilla.

Cyrus Lucero, Head Fiscale, opened the event with an invocation. The keynote speaker was New Mexico State Senator Benny Shendo, Jr., who said he appreciated the opportunity to honor those who have matured to this age. He added that we are extremely fortunate to have so many elders in our presence who have educated us in our traditional ways and continue to do so. He also thanked the SAC for planning and hosting this extraordinary event because our elders are very valuable and should be treasured. Steven Toya honored the veterans, including the Lady Warriors, who have served and are currently serving our country, with a song composed by his late father Simon Toya and accompanied by his mother Ada.

This honoring had been long-planned and attendees were very happy and grateful. Mr. Jerry Fragua expressed his appreciation for being respected and honored in this setting.

The SAC extends special thanks to those who helped make

this event possible: Maria Clark, JHHS Director; Governor Vincent A. Toya, Sr.; Kathy Chinana, JHHS; and Audrey Madalena, JHHS.

Senior Advisory Council (SAC)

The SAC is a seven-member council initiated by Margaret Garcia, former Senior Citizens Program Manager. The Council is elected by the elders for two-year terms. The SAC's purpose and responsibilities include:

- ❖ assist and advise the Senior Program on matters relating to activities within the center;
- ❖ serve as an advocacy body to promote the interests of older and disabled persons residing in the service area;
- ❖ seek information from program participants to determine unmet needs and improve services;
- ❖ help evaluate programs for compliance and quality of service;
- ❖ serve as liaison between the Senior Program and the public.

The SAC meets monthly with the Program Manager and reports to the senior population. These meetings are open to the public.

Senior Advisor Council (2012-2014)

- | | |
|--|----------------------------------|
| Florence Loretto, President | Rufina Toledo, Vice President |
| Arlene Sando, Secretary | Wilma Toledo, Treasurer |
| Floyd Panana | Leonora Lucero |
| Adalaida Toya | David Yepa, Alternate |
| Kathleen Sando, Senior Program Manager | Rose Shendo, Senior Program |
| Gloria Fragua, Senior Program | Michael Madalena, Senior Program |

Domestic Violence Awareness Month, Continued

the perpetrator's need for power and control over the victim, he said. In addition to actual physical attacks, control may take many forms, including:

- "Male privilege:" asserting that men have "the right" to dominate women.
- Coercion and threats.
- Intimidation.
- Emotional abuse.
- Isolation.
- Minimizing, denying and blaming.
- Using children.
- Economic abuse

Pete also explained the process required in handling domestic violence cases:

1. **Call 911.** "This community is different," he noted. "The traditional tribal route may be to tell a cousin, who tells the fiscale, who tells the Governor, who then calls us. But that slows us down, and fast response is critical when people are in danger."
2. **Investigation.** "Police officers must go the extra mile to determine the facts of the situation," Chief Camacho said. The process usually includes talking with the children. "They see more than you know, more than you want them to." Neighbors may be contacted to help determine who was the primary

aggressor and who was the victim.

3. **Arrest.**
4. **Orders of Protection.** "This is a very important tool for Law Enforcement. Does it always stop the perpetrator? No, but it gives us an important tool."
5. **Judicial system.** "We need you to have faith that justice will happen," he said. "We are all working together."

"You must take action." Pete stressed. "If you want change, you must act. If victims do not take action, the children grow up thinking that violence is not really so bad. A cycle of violence is created for the future."

Chief Camacho explained that there are many reasons why people do not report abuse, including pride, shame, fear of retaliation, fear of losing the children, economic dependence, denial, self-blame, or a sense of obligation to marriage vows.

"Victims must have the courage to help themselves and save their children," Chief Camacho added.

The Chief then introduced the Community Intervention Response Team (CIRT) who are on call 24 hours a day, seven days a week to help victims and children. "They can find a place to stay, get food and clothing, take the victim for medical care, whatever is needed, at any time, day or night" he said. "These ladies are just awesome, and this community is lucky to have them."



Park Flight Migratory Bird Program and Walatowa High Charter School

Submitted by Arrow Wilkinson, Principal

For two consecutive years, volunteers from Los Alamos-based Park Flight Project Pajarito Environmental Educational Center and interns from South America (Bolivia and Columbia) have conducted experiential learning sessions to introduce students to migratory birds and the methods scientists use to study them. For the first time, this highly successful and very engaging program has been expanded from San Diego Riverside Charter School (SDRCS) to Walatowa High Charter School (WHCS.)

“Park Flight represents a partnership between the National Park Service, National Park Foundation, and the National Fish & Wildlife Foundation/USAID,” explains Kristina Kommandor, WHCS/SDRS Science Instructor, “The goal of the Park Flight Migratory Bird Program is to protect shared migratory bird species and their habitats in both US and Latin American national parks.”

“The instructors from Pajarito and Bolivia were awesome,” says student Randy Gachupin. “They taught us how important each animal is to the habitat.”

The Park Flight Project bird-banding component helps students better understand the scientific aspects of migratory birds in northern New Mexico. The education component focuses on animal habitat relationships and the geographies of North and Central America. Problem-solving skills are developed through experiential learning activities and classroom presentations. Both the classroom visit and experiential learning activities are geared to state science standards and common core curriculum.

In addition to seeing birds up close, students will see watch how the birds are caught in mist nets, take an “I Spy” walk in the woods, and complete a plant survey. The field trip provides a rare chance to see mountain chickadees, hermit thrushes, ruby-crowned kinglets, and other migratory birds. The high point for most attendees is the moment when the banded bird is released, often by one of the observers, to continue its journey south from the Jemez Mountains to South America.

“I was supposed to take pictures for the yearbook but the lesson from Kommandor and the Bolivian instructors was too interesting,” Antonio Sando says.

WALATOWA HEAD START NEWS

Submitted by Lana Toya, Early Childhood Education Manager

Our Fatherhood Nights are off to a great start with almost 20 fathers attending on the presentation by Bill Fragua and Stuart Gachupin on Oct. 24. Everyone enjoyed a delicious dinner of enchiladas and strawberry cake. The next fatherhood night is Thursday, Nov. 21 at 5:30 p.m. We welcome fathers, uncles, grandparents, brothers and extended male family members of a currently enrolled Head Start child. Due to the sensitive nature of certain issues surrounding fatherhood, we ask participants not to bring their children to this event. For more information, contact Arlan Lucero, facility & transportation coordinator.

As part of the Walatowa Head Start program's transition to a full language immersion program, native language expert Dr. Christine Sims of Acoma Pueblo will provide professional development training to the entire staff. Dr. Sims is an Associate Professor at the University of New Mexico's Language, Literacy & Sociocultural Studies Department. She is also director of the American Indian Language Policy Research and Teacher Training Center which hosts the Native American Language Teacher Institute in the summer. This one-week institute is geared to native speakers who are interested in teaching in a language immersion setting and focuses on methods and strategies that support oral language teaching and second language development for native

language learners. Her contract includes six sessions on second language development and hands-on language learning strategies, assessments of current language learning techniques, classroom set-up and program structure, and assisting with planning and developing a full language immersion program. Dr. Sims will also provide a parent presentation on Wednesday, Dec. 11, at 6:30 p.m. These remaining sessions are open to parents and community members. **Full language immersion requires the commitment and participation of our entire community.**

Trainings are held Wednesdays from 2 to 4 p.m.:

Nov. 20

Dec. 4

Dec. 18

I encourage you to keep speaking Towa in your homes. Your knowledge of Towa Language and Culture are greatly welcome in our classrooms. Also, for non-Towa speaking tribal members, please make an extra effort to learn or seek assistance from family members to learn Towa. Jemez Day School has extended an open invitation to all community members interested in learning Towa to attend their Towa language classes on Thursday evenings at 6 p.m.

If you have any questions or concerns, please contact Lana Toya at the Walatowa Head Start Center at (575) 834-7366.

Thank you for your support of our Walatowa Head Start Program. Hope to see you soon!

EDUCATION

SAN DIEGO RIVERSIDE CHARTER SCHOOL NEWS

Submitted by Mike Toledo, SDRCS teacher

SDRCS is off to a good start. Our new principal Karen Mayhew introduced herself in the Red Rocks Reporter August issue. Under her leadership, we are looking forward to a successful year. Here are some recent events at the school:

- ☞ Our elementary and middle school cross-country teams had a great year. The elementary team and their coach, Regina Gachupin, ended its season in Zia on Oct. 19 and the middle school concluded its schedule at Zia on Oct. 23. Middle school coach Joslin Gachupin mentioned that the girls' team placed second or third in most of their meets.
- ☞ In September, the middle school participated in the Valles Caldera Restoration Project headed by our science teacher Dr. Kristina Kommander and lead educator at the Valles Caldera National Preserve Brittney Van Der Werff. (See *Red Rocks Reporter* October issue.) Students used their math skills to plot forest areas to investigate the health of the forest floor and its vegetation. Commenting on this project, seventh grader Aliyah Armijo said "It was pretty cool."
- ☞ Backpacks filled with school supplies were delivered to SDRCS by Los Alamos Laboratory employees as part of their yearly school supply drive. We appreciate their generous donations.
- ☞ Our teachers participated in Joint Professional Development Conference held at the Jemez Day School.
- ☞ JHHS Public Health Programs Health Educators Cornell Magdalena and Valerie Pecos visit the school every other week to conduct a program that promotes prevention efforts in obesity and/or overweight. "We also focus on how the school promotes healthy eating by having the new salad bar for students and teachers to try out," Cornell says, adding that funding for the salad bar came from the JHHS Public Health Programs. (See page 9.)
- ☞ An awards assembly was held in the school's cafeteria to recognize students who made the honor roll. Those who made excellent grades in their course work earned SUPERSTAR certificates.
- ☞ Red Ribbon Week was filled with fun activities to remind students about drug prevention and to commit to live drug-free lives. It's also important to give recognition to law enforcement agents who gave the "ultimate sacrifice" to create a drug-free America.



San Diego Riverside Development Director Retires

Submitted by Karen Mayhew, Principal

Idalee Vogel, director of development at "The Riverside" since 1998, retired on Sept. 30 after 15 years serving the community. Staff and colleagues at San Diego Riverside Charter School (SDRCS) surprised her with a retirement lunch to mark the occasion. She will continue to work part-time to support new principal Karen Mayhew and complete other projects, including helping to prepare SDRCS for its next charter school

term beginning in July 2014.

Idalee joined San Diego Riverside in 1998 when it still operated as San Diego Riverside School, a private nonprofit entity, and Sr. Barbara Tylkowski was the principal.

"I was thrilled to accept the position in the Jemez community. The school was in a beautiful location and had such a remarkable history. I certainly did not foresee the events that would lead, only a year later, to the school becoming the first charter school approved in the state, and the first one in a tribal community," Idalee recalls.

Following SDRCS' authorization by the Jemez Valley School Board in August 1999 to operate as a public charter school, the charter school movement in New Mexico has grown to include nearly 100 schools. SDRCS' charter has been successfully renewed twice since the school's original charter was submitted.

Reflecting on the school's history, Idalee notes she has worked with six principals and a number of board members. Many of her development projects resulted in major improvements to the facility, like the new roof and upgrades to the cafeteria. When Idalee first

arrived in Jemez, the parking lot filled with mud when it rained. She says she will never forget her initial excitement after successfully receiving grants to pave the parking lot, resurface the basketball court and install new sidewalks.

As the school completes its fourth term of service, Idalee is excited about the opportunity to continue to work with her colleagues to prepare for the charter school's future.

"I'm very proud of my association with SDRCS and what we accomplished in the past 15 years. Someone had to be first, and back then our financial circumstances were such that the Riverside had to take a bold step for the school to survive. Our board and the Riverside school community decided to move forward upon receiving tribal approval, and it paid off handsomely," she says.

"SDRCS is recognized as a pathfinder in becoming a charter school when there was little state guidance to assist us. Through our experiences, we helped shape the procedures and processes that evolved in the past decade to support charter schools that, in turn, serve thousands of students in our state." SDRCS was one of the founding schools that helped establish the New Mexico Coalition for Charter Schools, representing charter schools throughout the state. Idalee served as the organization's first president.

"After 15 wonderful and challenging years at SDRCS, I hope I made a positive difference for the SDRCS community, for families, students and staff. This is an excellent school with a dedicated, highly qualified staff and great students. I am confident it will continue to thrive for decades to come. Thanks to everyone for many wonderful memories and unique experiences. It truly has been extraordinary," Idalee says.

EDUCATION

Jemez Valley Public Schools

Submitted by Laura Mijares, Jemez Valley High School Principal

Principal Volunteers in Morocco

Jemez Valley Public High School principal Laura Mijares visited rural Morocco to help a local honey production cooperative develop a three-year plan. She traveled to Morocco as a volunteer for the US Agency for International Development's (USAID) Farmer-to-Farmer program, managed by the nonprofit organization ACDI/VOCA. The program relies on the expertise of carefully selected professionals who volunteer from US farms, universities, cooperatives, businesses and nonprofits to respond to needs in developing and transitional countries. Ms. Mijares' also volunteered in Paraguay, Georgia, Macedonia and Russia.

In addition to her role as principal, Ms. Mijares also serves as Athletic Director and Federal Programs Coordinator at the school.

Laura visited a very small village in the Province of Boulmane in northern Morocco to work with the Tizizwa cooperative. During her two-week trip, Ms. Mijares reviewed the coop's current production and practices and recommended improvements, introducing best practices of queen rearing, honey production, extraction, quality control, storage and packaging. She also looked into potential opportunities for honey product diversification. Working with members of the cooperative to develop a three year plan, they explored organizational, administrative and financial management strategies. With increased controls and understanding of proper production costs and marketing, the Tizizwa cooperative is expected to have a better planning system that will allow them to increase profits.

Authorized by Congress in 1985, the USAID Farmer-to-Farmer program has leveraged over \$34 million worth of volunteer time, directly benefitting one



(Above) Principal Mijares with beekeepers who use traditional hives and practices to extract honey.

(Left) Ms. Mijares dining with her host family on pillows around a low table in the traditional Moroccan manner.



million farmer families (representing about five million people.) Volunteers help build local institutions, resolve problems and provide hands-on training. Over 12,000 volunteer trips have been completed in more than 80 countries.

ACDI/VOCA was one of the first Farmer-to-Farmer programs. ACDI/VOCA volunteers have completed over 10,500 assignments in more than 130 countries since 1971. For more information, go to www.acdivoca.org.

Museum Honors Pecos Pathways

Governor Toya, 2nd Lt. Gov. John Galvan, Department of Education Director Kevin Shendo, Janice Tosa, Chris Toya, Thurman "TJ" Loretto and their guests were honored at a Peabody Museum fundraiser on Oct. 29 at the American Museum of Natural History. The museum paid all expenses for the Jemez delegation. The event recognized the Pecos Pathways Program and the long relationship and collaboration between the Peabody and the Pueblo of Jemez that has been critical to the success of programs like Pecos Pathways, now under the direction of the PoJ Department of Education.

Pecos Pathways is an experiential learning program that has introduced science and technology within a Native context for

19 years. The cultural exchange program includes the Pueblo of Jemez, Phillips Andover Academy, Pecos High School, and Pecos National Historical Park. Students spend one week at Jemez, visiting historic sites and learning about Jemez archaeology and traditional crafts. The group spends the second week at Pecos National Historic Park, learning the history of Pecos Pueblo and participating in archaeological excavation and restoration work. The third week consists of activities in Boston and New England, where students learn about American history and visit local tribal nations.

Please contact the Education Department for more information about the Pecos Pathways Program at (575) 834-9102.

Attention Students!

Vision 2020 needs your thoughts, ideas and suggestions about how you want our community to move into the future. A special meeting for students will be scheduled soon. Please plan to participate in this important process!



FUN RUN/WALK TOY DRIVE

10K, 5K AND 1-MILE WALK

SATURDAY, NOV. 30 10 A.M. JEMEZ PLAZA

Run for a good cause...Donate a new, unwrapped toy and bring joy to a child this holiday season. All toys collected during the drive will be donated to the Jemez Social Services Angel Giving Tree.

Toys will be accepted in place of registration fee.

Sponsored by the Walatowa ReZRIDERS Program Community Action Project.

JEMEZ HISTORIC SITE

JEMEZ ORIGINS, PART I: ROSA-PIEDRA CULTURE

By Matthew J. Barbour, Manager, Jemez Historic Site

Archaeologists speak a language the general public often cannot understand. They also speak with authority, as if things gleaned from the archaeological record can be stated with absolute certainty. These issues are problematic. The next few articles will provide an introduction to what some archaeologists believe.

Archaeologists have two theories about the origins of the Jemez people. One group believes Jemez culture originated along the Rio Grande. Under this interpretation, the Jemez People developed from semi-sedentary bands that migrated up the Jemez River from the Albuquerque area during a time known in the Rio Grande Region as the Developmental Period (AD 600 to AD 1100.) They point to similarities between Jemez Black-on-white pottery and Santa Fe Black-on-white pottery as evidence of this link and note that Jemez Cave was intermittently occupied for at least 2,000 years.

The other view is that the Jemez are descendants of the Four Corners area. These archaeologists believe we can trace Jemez culture to the Gallina culture, which can be traced back to the Rosa-Piedra culture. This origin has the Jemez people living along the upper San Juan River by at least AD 700, then migrating south along the continental divide to their current position in the Jemez Mountains over the next 600 years. They point to similarities in subsistence strategies and architecture, and a link between Jemez Black-on-white and Gallina Black-on-white pottery.

I strongly believe this Four Corners origin hypothesis and plan to write about this interpretation

What is Rosa-Piedra Culture?

Rosa-Piedra Culture (AD 700 – 1050) is the easternmost cultural adaptation on the Colorado Plateau during the Pueblo I (AD 700 – 950) and early Pueblo II Periods (AD 950 - 1150.) An “Anasazi” culture, like Chaco Canyon and Mesa Verde, Rosa-Piedra both predates and is separate from these later cultures.

The epicenter of Rosa-Piedra culture was along the upper reaches of the San Juan River, near present day Navajo Reservoir. It was one of the most densely populated areas in the Four Corners Region during the Pueblo I Period. The people of the Rosa-Piedra Culture subsisted on a combination of farming, hunting and gathering. Like most other Four Corners Anasazi, they produced black-on-white pottery and grayware utility vessels.

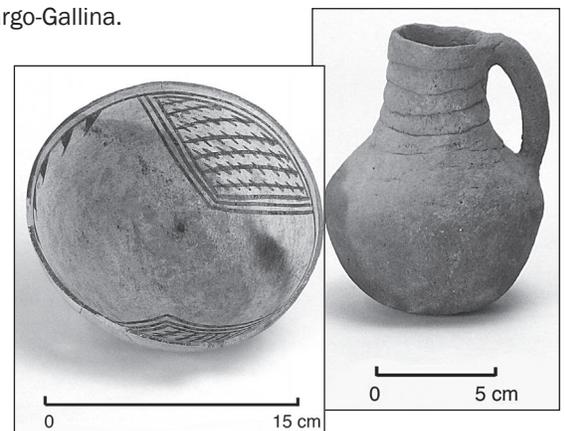
The culture group is often separated into three phases: Rosa (AD 700 - 850), Piedra (AD 850 - 950), and Arboles (AD 950 -

1050). At the start of this sequence, the people of the Rosa-Piedra Culture were living almost exclusively in pit house structures, but by the end of the Arboles Phase, they had begun to incorporate above-ground masonry room blocks into their sites. This transition followed the same trajectory as elsewhere on the Colorado Plateau.

Rosa-Piedra Culture is similar to most other Pueblo I Period groups. However, unlike most groups of this period, it appears they relied more heavily on crops like corn, beans and squash. Instead of operating almost exclusively on farming drainages, the Rosa Piedra Culture began to rely more on dry farming of the surrounding mesa tops. Dry farming focuses on the capture and distribution of rainfall.

This reliance on dry farming agriculture ultimately led to the decline of the Rosa-Piedra Culture and the migration of these people out of the upper San Juan Region. The Pueblo I and Pueblo II Periods were a time of decreasing amounts and increasing variability of rainfall. By AD 900, drought conditions probably prevailed over much of the area. This, coupled with degradation of soils due to years of intensive farming, caused the area to become less suitable for agricultural production.

Migration out of the area appears to have occurred during the Arboles Phase, at or near the time other Pueblo I peoples began to consolidate to the southwest in and around Chaco Canyon. However, the Rosa-Piedra people appear to have moved south and east, following the continental divide to the Gallina Area. There, among the hogbacks of the Llaves Valley, they would change into one of the most enigmatic cultures to ever develop in the American Southwest: the Largo-Gallina.



Piedra black-on-white bowl and Rosa Neck-banded jar.

POLICE DEPARTMENT

Motorcycles on Patrol

Submitted by Pete Camacho, Police Chief

Criminal Investigator Ray Soto attended an Advanced Police Motorcycle School in Albuquerque in October. The challenging and demanding three-week class included officers from the Bernalillo County Sheriff, New Mexico State Police, Albuquerque Police and Rio Rancho Police Departments.

With CI Soto earning state certification to operate a police motorcycle, the Pueblo joins two other officers who are certified to operate the very cool motorcycles you see on patrol. Officer C. Pino and Chief Camacho are recognized competitive riders who have won several championship awards at police motorcycle competitions in the Southwest during their law enforcement careers.



Officer Chris Pino shows youngsters how to operate the motorcycle's siren and flashers at the Health Fair.

Be 9-1-1 Ready

**Walatowa Emergency Communications
Police • Fire • Medical EMERGENCIES**

Call 9-1-1

Save a life.

Increase response time.

Partner in public safety.

HELP US HELP YOU: THINGS YOU NEED TO KNOW

BE 9-1-1 READY

☞9-1-1 is for police, fire and medical EMERGENCIES only.

☞Don't call 9-1-1 for jokes or prank calls.

☞Do not call the Police Department in an emergency;
this will delay the response.

☞Stay calm and speak clearly.

☞Know where you are and/or the location of the incident.
This is especially important when calling from a cell phone.

☞Pay attention to the questions you are being asked. The more
information they have, the better they are able to help you.

☞Stay on the line with the 9-1-1 operator and answer all
questions.

☞Never hang up.

COMMUNITY NEWS

Save the Date!

The Pueblo of Jemez Church Renovation Project will hold a fundraising bingo on Saturday, Dec. 7. Everyone is encouraged to help with donations of prizes and food items. They are also looking for volunteers to help with card distribution. For more information or to volunteer, contact John Romero at (505) 916-7387.

To the Walatowa Community...

We appreciate the support and prayers of everyone who came and shared their love and memories of Elmer James Fragua after he passed away on Oct. 4, 2013. Thank you to our community for coming together for our father, partner, son, other, uncle, cousin and friend. He was loving, caring, funny and a very hard worker. He couldn't say no and was willing to help family and friends. He was a person who literally gave the shirt off his back to a perfect stranger who was traveling through during a rain storm.

Elmer loved helping the Handmaids of the Precious Blood in Jemez Springs, where he enjoyed working for many years. We appreciate the sisters for all the request masses at the Jemez Pueblo and San Ysidro churches. We also want to thank Frank Charlie and Susan Pate for all they've done for Elmer and his family, as well as Victoria Vigil and Isaiah and Joyceleen Casiquito for their help through Elmer's illness.

Elmer was proud to have built a beautiful home for his family, Brenda and Elias. This was his proudest accomplishment. He wanted their home to be a place for the family to get together and love one another.

His son Elias will always remember his father as his hero. Elmer will now be our guardian angel. He will be sorely missed by his family and friends for whom he desired love, peace and happiness.

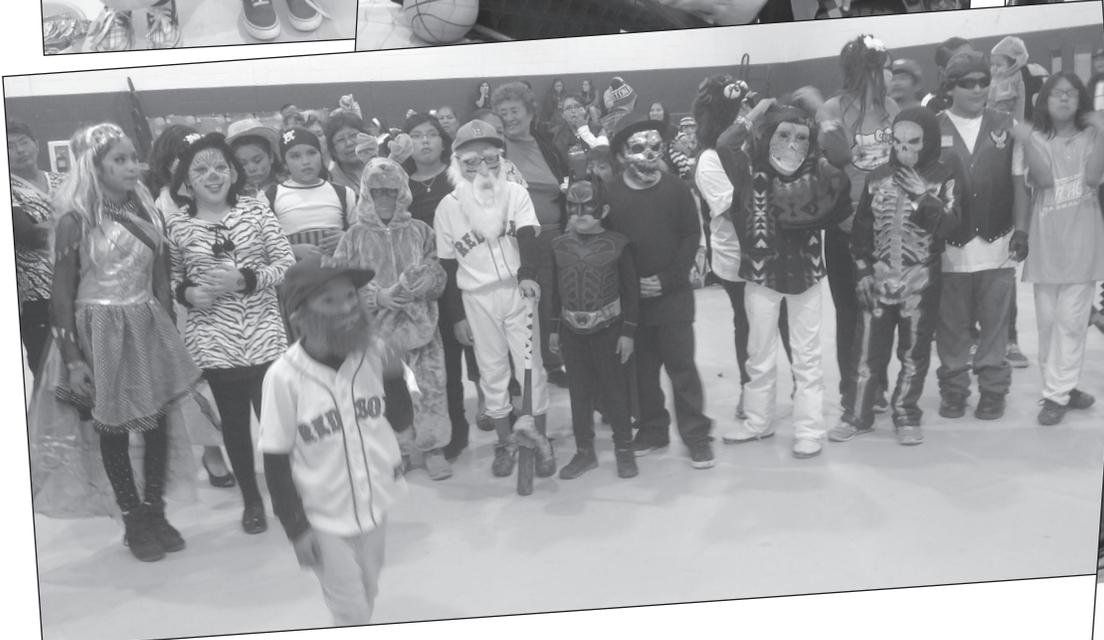
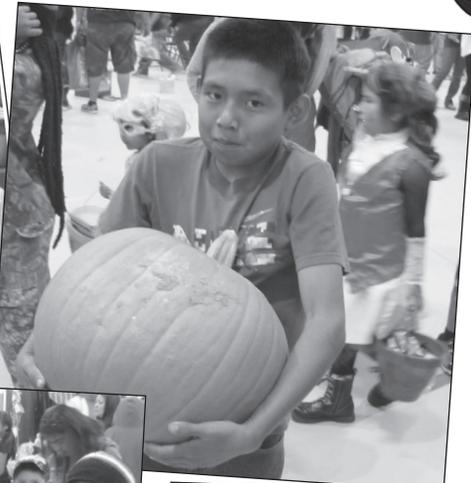
With love, *Brenda Vigil, Elias and family*

Serenity Prayer

*God grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

COMMUNITY NEWS

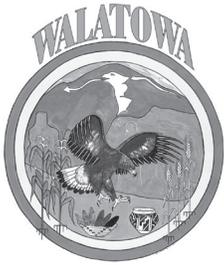
Halloween Fun!



Almost 550 community members partied at the second annual tribal Halloween party at the Youth Center. The party included a range of booths where children vied for prizes. The evening's best costumes also won prizes.

"Our thanks to the hard work of the planning committee and tribal staff who worked to make this another very successful event," the Governors say.

Photos by Jonathan Dunski and Lynn Toledo



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FROM THE GOVERNORS

Leaders Elected for All Pueblo Council of Governors

At a meeting on Oct. 16, the All Indian Pueblo Council (AIPC) and All Indian Pueblo Council, Inc. (AIPC) were dissolved to support the restructuring of the organization as the All Pueblo Council of Governors (APCOG.) The new organization retains the original concept of governors gathering as one council as intended at its inception in 1598.

Participants at the meeting also elected new leadership. Governor Terry Aguilar (San Ildefonso) will serve as Chairman; Governor Richard Luarkie (Laguna) will serve as Vice-Chairman; and Governor Vincent A. Toya, Sr. will serve as Secretary of the organization.

New Sign Keeps Community Informed

The new electronic sign outside the Tribal Administration Building is now keeping community members informed about current news, events and activities. The sign can be constantly and immediately updated to speed communication to tribal members. Watch the sign daily for new information.

Irrigation Season

The waters have officially been retired for the year after a successful season that started with significant challenges for our community as well as our neighbors." The season eventually brought the blessing of sufficient water, thanks to the unified hopes and prayers of our community. Thank you for your consistent prayers for enough rainfall for a successful harvest," says Gov. Toya.

School Visits

The Governors made time in their schedules to visit all of the local schools where our students are enrolled, including in Bernalillo and Santa Fe. "These visits are part of our obligation to provide advice, support and encouragement to our students to stay in school and be successful with every expectation that they will graduate from their programs," Gov. Toya says.

Hunting Permits

The Pueblo of Jemez Governors, Tribal Administration and the Natural Resources Department (NRD) have implemented new rules that expand access to hunting areas on pueblo lands. Permits are required. A lottery drawing for hunting permits will be conducted the third week of November. A total of 80 permits will be issued for two hunts (deer and elk) to be held shortly after the drawing. Contact Jonathan Romero at NRD for more information, (575) 834-7696.