



# Red Rocks Reporter

NOVEMBER 2011

## FROM THE GOVERNORS

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### To our community members and guests:

Our Pueblo has a closed village policy by the order of the tribal leaders. Please obey and respect all rules and regulations of the Pueblo.

### Rules of Etiquette For Visitors

- Do not drive through residential areas in village
- The Pueblos are not 'living museums' or theme parks, but are residential communities. Like any other village, these Pueblos are homes and should be respected as such.
- No photographs, visual/audio recording, or sketching allowed. No unauthorized publication of information regarding Pueblo activities, especially during feast days.
- Do not climb walls or other structures. Some are several hundred years old and damage easily. Please do not pick up or remove any artifacts or objects.
- Pueblo Kivas and graveyards are not to be entered by people who are not tribal members.
- Alcohol, weapons and drugs will not be tolerated on the Pueblo. No pets allowed.
- Obey traffic, parking and speed limit signs.
- The Pueblo of Jemez is not responsible for injuries, theft or damages incurred to visitors.

### On Feast Days:

- Enter a Pueblo home as you would any other: by invitation only. It is courteous to accept an invitation to eat, but do not linger at the table, as your host will probably want to serve many guests throughout the day, thank your host.
- Pueblo dances are religious ceremonies, not performances. Please observe them as you would a church service, with respect and quiet attention. Please do not interrupt non-dance participants by asking questions or visiting with friends.
- During a dance is not the time to conduct business or loudly socialize. Many Pueblo members only have a chance to see certain dances once a year and may have traveled many miles to participate.
- Please refrain from talking to the dancers. Do not approach dancers as they are entering, leaving or resting near the kiva.
- Applause after dances is not appropriate.

### REMINDER: To all visitors and tribal members:

**NO cell phones, cameras, video cameras or other devices are allowed in the plaza area at any time. These items will be confiscated and not returned.  
This restriction applies to all tribal members as well as visitors.**

Your respect and appreciation for our traditional events is necessary and appreciated.  
Sincerely,

*Michael Toledo, Jr.*  
Governor

*George Shendo, Jr.*  
First Lt. Governor

*William Waquie*  
Second Lt. Governor



### 2011 TRIBAL GOVERNORS

Michael Toledo, Jr.  
Governor  
George Shendo, Jr.  
First Lt. Governor  
William Waquie  
Second Lt. Governor

### TRIBAL COUNCIL

Joe Cajero  
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Raymond Gachupin  
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José Toledo  
Michael Toledo, Jr.  
Paul Tosa  
Vincent A. Toya, Sr.

### TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

### Red Rocks Reporter

### November 2011 Edition

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

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## NEWS YOU CAN USE

# Attention Employees: Insurance Information

All full-time Pueblo of Jemez employees are eligible for health insurance through Lovelace Health Systems. The tribe pays the full cost; employees do not pay premiums for their own coverage. The Pueblo of Jemez is one of the very few employers that still pays the entire cost of employee health insurance. The tribe also covers half the cost of dependents' insurance.

For 2012, Lovelace health insurance premiums will remain the same. Premiums for dental insurance will have a small decrease. At press time, no information about Vision Service Plan rates for optometry and eyeglasses was available, but no significant change is expected.

"In these days of increasing health care costs and rising insurance rates, with New Mexico being among the highest in the nation in rate increases, this is certainly phenomenal," says Robert Rohr, Human Resources Director. "Our rates are already below the average employer of our size. This is a good deal for employees. In New Mexico, insurance rates are rising rapidly."

**It's important for all employees to enroll in any available health insurance plan, even tribal members who do not pay for health care.** When tribal members have private health insurance, the insurance company pays for medical care instead of Pueblo of Jemez Contract Health Services (CHS) funds. This means that more money is available to help other members of our community. (See related article on page 10.) **The open enrollment period is from Dec. 1 to 31. This is the only time that current employees can make changes to their insurance plans.**

"All of us contributed to these low rates through participation in our wellness programs, preventive care efforts, and personal responsibility," Robert adds. "Taking care of ourselves is taking care of our community."

## Indian Women's Public Safety, Protection and Wellness Survey

Submitted by Ada Pecos Melton, President, American Indian Development Associates (AIDA)

The Pueblo of Jemez is supporting grass roots initiated research on public safety and wellness affecting Indian women. This research was requested by Indian women and tribal leaders during consultations held by the U.S. Department of Justice and with separate visits to various congressional delegates. These advocacy efforts caused Congress to mandate under the 2007 amendments to the Violence Against Women Act (VAWA) that the National Institute of Justice (NIJ) conduct national research to study the public safety, protection and wellness needs of Indian women living on tribal lands. The initial efforts funded by NIJ include a pilot study in several tribal communities across Indian Country.

The Pueblo's desire to understand more thoroughly and address the public safety and wellness needs of Jemez women is reflected in their agreement to participate in the pilot study efforts during a June 2011 Tribal Council meeting. The research activities will begin this Fall and conclude by December 2011. The activities include interviews with a random sample of Jemez women living in the Pueblo. Trained Indian women interviewers will conduct the interviews. The Jemez women participating in the pilot study will help the researchers to test methodologies and approaches that will be used to design the national research on Indian women's public safety, protection, and wellness needs.

We look forward to implementing this research in our Pueblo and hope to learn about effective ways the Pueblo can improve response to the public safety and wellness needs of Indian women. By participating in the pilot study phase of this research, the Pueblo will be helping to advance the best ways to conduct culturally effective and respectful research in tribal communities that will be used to design a national study of Indian women's public safety, protection and wellness needs.

## Open Letter to the Community

On behalf of all the Jemez athletes who competed in the U.S. Indigenous Games in Milwaukee, WI, I want to extend my thanks to everyone for your support and contributions to your sons, daughters, granddaughters, grandsons, nieces and nephews.

I especially want to thank the Tribal Leadership and in particular the Jemez Health Board for their generous contribution to the Jemez athletes and coaches.

Team New Mexico was comprised of 113 athletes and 24 coaches and managers. Athletes represented the following tribes: Jemez, Zia, Cochiti, Santo Domingo, Santa Ana, Sandia, Isleta, Laguna, Acoma, San Felipe, Tesuque, Nambe, Santa Clara, Ohkay Owingeh, Jicarilla, Navajo, Turtle Mountain, White Mountain Apache, Kiowa, Cheyenne River Sioux, Chippewa Cree, Assiniboine and Choctaw.

FINAL MEDAL COUNT	GOLD	SILVER	BRONZE	TOTAL
Wisconsin	49	32	27	108
New Mexico	43	27	16	86
Florida	8	5	4	17
North Carolina	5	4	4	13
Minnesota	2	2	3	7
California	3	1	1	5
Iowa	1	2	2	5
Michigan	-	-	2	2
South Dakota	-	2	-	2
Jicarilla Apache	-	1	-	1
Washington	-	1	-	1
Colorado	-	-	-	0
North Dakota	-	-	-	0

Please note: Wisconsin had over 400 athletes to our 113. Yet they only beat us by five gold medals.

Thank you for your tireless commitment to our children.

**Benny Shendo, Jr.**  
Commissioner, Team New Mexico



## TRIBAL COURT

# Reminders From Tribal Court

As of August 1, 2011, Jemez Tribal Court no longer accepts cash. They accept **only money orders, debit and credit cards, and personal checks with valid driver's license.** Cash payments can be made at the Finance Department in the Tribal Administration building.

**REMINDER:** Before your name appears again in the *Red Rocks Reporter*, please stop by the Tribal Court office to make arrangements to take care of your obligations, or call (575) 834-7369.

## NATURAL RESOURCES

# NEW MEXICO: IN SEARCH OF SALAMANDERS

## *An Interview with Jemez Pueblo tribal member and student Darwin Cajero*

Reprinted with permission from the Nature Conservancy web site at [www.Nature.org](http://www.Nature.org)

Locating a salamander in New Mexico's Jemez Mountains is a lot like trying to find a needle in a haystack—even more difficult when it's raining. Undaunted, a study team including Nature Conservancy scientists, local salamander experts, and Jemez Pueblo foresters and students spent several days this summer searching under rocks and small crevices for the tiny amphibians.

Why? Jemez Mountains salamanders, a species found nowhere else in the world, are in rapid decline. A warmer, drier climate in New Mexico has impacted the salamanders' habitat, threatening their long-term survival.

The salamander study is part of the Conservancy's Southwest Climate Change Initiative, an effort to develop adaptation strategies that make the Jemez Mountains healthier and more resilient for salamanders, other animals and plants, and humans, too.

Nature.org talked with Darwin Cajero, 31, a Jemez Pueblo tribal member and student in natural resource management at the Southwestern Indian Polytechnic Institute in Albuquerque, about what it's like to catch salamanders in the rain.

Nature.org: *First, why look for salamanders when it's raining?*

**Darwin:** Salamanders only come out when it's wet... otherwise they bury themselves in the ground. They don't have lungs, so they need to have moist conditions so they can breathe through their skin.

Nature.org: *What happens when you find a salamander?*

**Darwin:** When you find a Jemez Mountains salamander, you



The Jemez Mountains salamander is found nowhere else in the world, and their numbers are rapidly declining.

have to take precautions. We have to follow a specific protocol and do our analysis in as short an amount of time possible. Our objective is to accurately record as much information as possible and to reduce the stress on the salamander.

We put the salamander in a plastic bag with water to protect it. We then measure it and swab its skin to test for disease. We also enter the location where the salamander was found in our GPS unit before putting it back under the rock, or rotten log where we found it.

You have to clean your shoes and tools – everything – before and after the research. There is a serious disease that is killing many amphibians (frogs, toads and salamanders) around the world. It is

called chytrid fungus. We know we have it in some places in the Jemez Mountains, so we disinfect our hands and equipment to make sure we aren't accidentally moving the fungus around.

Nature.org: *How did you become involved in the Jemez Mountains salamander project?*

**Darwin:** This summer, I had an internship with the Jemez Pueblo Natural Resources Department. I did water collecting, testing for mercury in the air, a salt cedar project pond project and bear trapping. The salamander research was also part of my internship.

Nature.org: *Is this all part of a future career path for you?*

**Darwin:** Yes, I want to work in natural resources and wildlife management for the Jemez Pueblo.

I'm now double majoring in degrees for an associate in Natural Resources and Geospatial Information Systems (GIS)/ Geographical Information Technologies (GIT). I'd like to help the tribe map out our natural resources.

Nature.org: *What is your hope for the future of the Jemez Mountains?*

**Darwin:** We need to protect our land and wildlife and plants and so forth. We need to help our forests get back on their feet. It's important for everything – our medicine, our animals and our people.

For me, I just enjoy getting out there and finding ways to keep our land clean and healthy.

## PUBLIC HEALTH

# About the Flu: Facts and Fiction!

Considering how common they are, colds and flu are the subject of many myths, old wives' tales and half-truths. Here are some common ideas about the flu—some are fact and some are fiction!

## **The best way to prevent a cold is to wash your hands.**

**FACT!** The germs on your hands aren't just yours alone.

They are picked up from other people from a variety of surfaces and unfortunately, not everyone is vigilant when it comes to hygiene. So remember Mom's rules about washing your hands and try to avoid people with colds.

## **You can catch a cold from staying outside in the cold too long.**

**FICTION!** Colds are transmitted by touching something that an infected person has touched, or by breathing in moisture that an infected person has coughed out. The reason people get more colds in winter is that they spend more time indoors and have more contact with each other.

## **Antibiotics can cure a cold or the flu.**

**FICTION!** Colds and flu are caused by viruses, and, therefore, cannot be treated with antibiotics, which only work on bacterial infections. Some medications can alleviate the symptoms of flu and make you feel better, but the best defense against the flu is to be vaccinated against it. There is no vaccine for the common cold.

## **If you have the flu, you shouldn't go to work.**

**FACT!** Going to work can expose your co-workers to infection. The best advice is to rest and recover.

## **Flu shots can give you the flu.**

**FICTION!** Flu shots can produce very mild flu-like symptoms for a short time, but this happens very rarely.

## **If you have a flu shot one year, you don't need it the next.**

**FICTION!** Flu shots do not last for more than a year. And the vaccine is reformulated each year to target a specific kind of virus, which may change from year to year.

## **The flu vaccine is only for the elderly.**

**FICTION!** The vaccine is for anyone who wants to reduce the chance of getting the flu. The Centers for Disease Control and Prevention recommends the flu vaccine especially for children

over six months, pregnant women after the first trimester, people with chronic medical conditions, and the elderly.

## **By January, it's too late to get the vaccine.**

**FICTION!** It takes about two weeks for your body to make protective influenza antibodies. According to the CDC, the best time to get vaccinated is October or November, but getting the vaccine in December or later in the flu season will still protect you.

## **Antibacterial soaps are effective preventatives.**

**FICTION!** Antibacterial soaps are useless against the influenza virus. Regular hand washing with soap, however, is a simple and effective way to reduce the transmission of contagious diseases, including the flu.

## **Starve a fever, feed a cold.**

**FICTION!** No and no. If you feel sick, drink plenty of fluids and eat sensibly enough to satisfy your appetite. People who have diabetes should see their health care providers because any illness can affect blood sugar levels, which may cause you to over- or under-treat your diabetes.

## **The flu shot does not work.**

**FICTION!** Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70 to 90 percent when there is a good match between circulating viruses and those in the vaccine. Getting the vaccine is your best protection against this disease.

## **You can get the flu from kissing.**

**FACT!** Yes, you can. Sorry! Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning first day before symptoms develop and up to five days after becoming sick. That's means that you may be able to pass on the flu to someone else before you know you are sick. But if it makes you feel better, you are more likely to catch someone's germs through a common handshake than kissing.

## *Did You Know?* Understand the differences between a cold and the flu.

**A cold** is usually an upper respiratory tract infection with symptoms including a sore throat, head congestion, sinus pain, and a low grade fever. A common cold usually lasts two to three days.

**The flu** is generally marked by a high fever, a sore throat, a cough, and body aches. The flu usually takes a week or more to pass. Unlike colds, the flu can lead to more serious complications and even hospitalization especially in high- risk individuals like asthmatics, people with compromised immune systems, and the elderly.

Source: Centers for Disease Control. Key Fact About Seasonal Influenza (Flu). For more information, go to [www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm)

## SOCIAL SERVICES

# Breaking the Cycle of Domestic Violence

This year's annual domestic violence awareness conference held Wednesday, Oct. 12 hosted 130 people. First Lt. Governor George Shendo, Jr. offered the opening invocation. "Take what you learn here back to your homes and our community," the Governor said.

Jemez Social Services Program Manager Henrietta Gachupin welcomed the group and announced that the program was awarded funding to continue services for the next three years.

"Our goal continues to be to increase knowledge and awareness in our community," Etta said. "We will work closely with Tribal Court and Law Enforcement in handling cases and enforcing the Pueblo of Jemez Domestic Violence code."

Cameron Crandall, MD, offered a medical perspective on intimate partner abuse. Dr. Crandall is Vice Chair for Research at the University of New Mexico Health Sciences Center Emergency Medicine Department and associate professor at UNM School of Medicine.

"This is the presentation I give to new doctors," Dr. Crandall said. "We are often the first people to see victims and we have a responsibility to help. It's critical that medical personnel learn to recognize and respond to intimate partner violence."

"Domestic violence is the single most common cause of injuries to women, resulting in more injuries than automobile accidents, muggings and rape combined," Dr. Crandall said, quoting former Surgeon General C. Everett Koop, MD. Dr. Crandall estimates that as many as 30 percent of female patients in the emergency room are victims of intimate partner violence.

Dr. Crandall noted that the prevalence of intimate partner violence is frightening. One study found that more than half of all women had been a victim at some time in their lives, and about 12 percent admit they were victims of ongoing violence.

"Although an overwhelming majority of victims are women who are abused by men, men are also victims and there are victims and abusers in same-sex relationships as well," Dr. Crandall explained. "We use the term 'intimate partner' violence to include situations where the couples do not live together but are in ongoing relationships."

Abuse can take many forms. Physical abuse is the perhaps the easiest to recognize, but abuse can also be sexual, emotional or economic. All forms of abuse share the same dynamic: the attempt to control a 'weaker' partner by a dominant partner.

### Long-Term Impact

Even after physical injuries heal, the consequences of intimate partner violence remain. Victims often experience serious mental health issues. In addition to depression, victims may contemplate or attempt suicide. "Suicide is the second leading cause of injury deaths among women after motor vehicle crashes," Dr. Crandall said. "One in 10 battered women attempts suicide. Over one quarter of all suicide attempts occur

after an episode of physical abuse."

"Reach out to anyone you know who is experiencing mental health issues or who may be suicidal," Dr. Crandall advises. "You can help." (*Editor's note: The Community Outreach Program will offer a presentation on suicide awareness on Dec. 20 at the CRC. QPR: Ask a Question, Save a Life will discuss how to see the signs that a person is thinking about suicide, and teach skills to help the person through the crisis and find help.*)

Alcohol and substance abuse is also common for both victims and perpetrators. Victims also may show symptoms of post-traumatic stress disorder (PTSD.)

In addition, research shows that between 25 and 50 percent of homicides are related to intimate partner violence. "One third of all suicides are perpetrators," Dr. Crandall noted.

The impact on children who witness domestic violence can be both devastating and permanent. A high percentage of victims report that their children have witnessed violence in the home. Sixty-three percent of perpetrators saw their own mothers being abused or were abused themselves.

Children of domestic violence also are at greater risk for alcohol and substance abuse, risky sexual behavior, teen pregnancy and sexually transmitted diseases (STDs) and are more likely to become involved in abusive relationships themselves. These children also have a significant increase in medical problems, including liver, heart and lung disease.

### Recognition = Prevention

"The health care system is where people turn for support," Dr. Crandall said. "We need to learn to routinely assess every patient for abuse. Early identification and intervention may prevent more violence."

There are some common 'red flags' when victims seek medical help, including:

- ❖ Suspicious or inconsistent explanations for their injuries.
- ❖ Multiple injuries at several sites that are in various stages of healing.
- ❖ Injury patterns that show a defensive posture.
- ❖ Seeking help some time after the injury occurred.
- ❖ Repeated visits for trauma injuries.

"Injuries during pregnancy are especially dangerous," Dr. Crandall said.

Some less obvious signals of abuse include vague complaints, headaches, insomnia, "spells," choking sensations, chronic pelvic pain and panic attacks.

Responding professionals must offer four things to victims: caring, nonjudgmental, privacy, confidentiality. Dr. Crandall suggested that all health care professionals learn to ask "Did someone you care about do this to you?" Another approach is to say "I'm concerned about the amount of violence I see, so I ask everyone about problems at home."

## SOCIAL SERVICES

## Domestic Violence Awareness Conference

### A Message for Victims

Victims need to know they are not alone. Assure them that “No one deserves to be abused—EVER.” They also need to understand that they are at significant risk for future episodes, and that violence almost always escalates over time.

It’s important to help victims develop a safety plan.

“The victim knows best and knows most,” Dr. Crandall reminded the group. “Help her come up with her own personal safety plan, especially if there are children in the home.”

### Why Do They Stay?

People who have never been in domestic violence situations often wonder why the victims stay with their abusers. The answers can be complicated. Some common reasons are:

**Fear:** the victim is at greatest risk during a separation.

**Economics:** Many victims depend on their partners for financial support and have few resources of their own.

**Family:** Victims may stay “for the children” or because family members expect them to.

**Religious beliefs.**

**Love:** Abuse may be part of a complicated relationship with positive aspects for the victim. “Abuse doesn’t happen on the first date,” Dr. Crandall observed. “It develops over time, and it almost always gets worse without help.”

Carol Vigil took some time to translate Dr. Crandall’s remarks to Towa for the benefit of elders in the audience.

“We are always working for the safety of the people in our community, especially the victims and the children,” she said.

### Sexual Assault

The presentation then turned to the issue of sexual assault. “The term ‘sexual assault’ is gender neutral,” Dr. Crandall explained. “And assault clearly defines the crime.”

Although this is the crime that is least likely to be reported to law enforcement, the statistics are frightening. Almost 700,000 assaults are reported each year, nearly 2,000 every day. Females have a one in three chance of being sexually in their lifetimes, and teens between the ages of 15 and 19 are three times more likely to be victims. Native women experience sexual assault at three times the rate of other ethnic groups.

### Myths About Rape

Many myths continue to surround sexual assault, including:

**“Rapes are committed by strangers.”** In fact, 80 percent of victims know their attackers; only 20 percent of rapes are committed by strangers.



Dr. Cameron Crandall and Dominic Gachupin chat during a break.

**“Women secretly fantasize about rape.”**

**“Rape happens to young women.”**

**“Rape will never happen to me.”**

These myths tend to blame the victims and create separation between a community and the victims.

### Getting Help

In Albuquerque, the Sexual Assault Nurse Examiner Program (SANE) offers a special clinic designed specifically to treat rape victims. Victims can go to SANE on their own. SANE nurses are trained to address the medical and emotional aftermath of an attack. They can also collect evidence and support the victim through the legal process. Victims should call ahead to arrange for an examination. Call (505) 884-SANE (7263.)

Etta noted that the Social Services staff is training to handle sexual assault cases. They will transport victims to SANE if requested. “The first step is to educate our community on these sensitive topics,” Etta said.

Second Lt. Governor William Waquie concluded the evening with some comments in Towa. “If the crime is not reported, it’s never going to stop,” he advised. “Awareness starts at home. Parents must be good role models for their children.”

The Social Services Program staff is always available to help or answer questions. Issues of general interest will be addressed in articles in the *Red Rocks Reporter*.

Thank you to the Social Services staff for this informative conference: Etta Gachupin, Dominic Gachupin, Carol D. Vigil, Jolene Cruz, Annette Chinana and Carla Sandia. The planning committee also included Carrie Gachupin, Law Enforcement; Charmaine Chinana, Tribal Court; Audrey Madalena, Public Health Program; Karen C. Toya, Community Wellness Program; and Dorell Toya, Head Start.

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

## SENIOR CENTER



# Jemez Pueblo Enhance Fitness

All senior citizens (55 years and older) are invited to join a FUN group exercise class to improve your

★ **Balance** ★ **Flexibility** ★ **Alertness** ★ **Strength** ★ **Fall Prevention** ★

**Class is free to all seniors. Free initial assessment**

Participants should plan to make a 16-week commitment. All levels of activity are welcome – beginners to advanced.

**TUESDAY, THURSDAYS AND FRIDAYS 11 A.M. TO 12 NOON**

**at the Jemez Senior Center with instructor Felipita Loretto**

**Beautiful Work-Out Room! Heated and Air Conditioned Fun Environment!**

Class is limited to first 25 to register. A waiting list will be available.

Contact Felipita Loretto at (575) 834-7207 to sign up for the new class that is starting NOW!

For more information, call New Mexico Senior Olympics at (888) 623-6676



### Sponsors and Partners



## Caregiver's Corner

Submitted by Gloria Fragua, Caregiver Program Coordinator

### Veteran's Project Savvy Caregivers Training

This program offers an educational training curriculum which is being implemented state-wide for unpaid caregivers of people with Alzheimer's disease or related dementias. The "Savvy Caregiver" is currently being offered in Albuquerque and consists of seven, two-hour weekly classes. Either the caregiver or care recipient must be a veteran to qualify. A \$100 stipend is available to cover any costs associated with attending the class. If interested, contact Melissa Muniz, special programs coordinator at the NM chapter of the Alzheimer's Association, at (505) 266-4473 or the Help Line at (800) 272-3900, which is available 24 hours a day, seven days a week.

### Veteran's Association Caregiver Support Program

Caregivers for armed services veterans can get support and assistance from the Veteran's Association Caregiver Support Program. Find out what you can do to help stay strong while caring for the veteran who is living with the effects of war, disabilities, chronic illness or aging.

Contact Mary Ann Kreski, MSW, LCSW, caregiver support coordinator, at (505) 265-1711, ext. 7218, for more informa-

tion. You are also welcome to join the Senior Center Family Caregiver Support Group.

### Seventh Annual Family Caregiver Conference

The NM Alzheimer's Association, City of Albuquerque Department of Senior Affairs and the Albuquerque/Bernalillo Area Agency on Aging are sponsoring the Seventh Annual Family Caregiver Conference on Saturday, Nov. 5, from 7 a.m. to 4 p.m. at the Sandia Resort and Casino. Family caregivers can register by calling (505) 266-0108. For on-site respite care, call (505) 266-4473.

### Caregiver Training – Nov. 29-30, 2011

The JHHS Senior Center Family Caregiver Program is hosting a two-day training session to celebrate "Family Caregiver Month" on Tuesday and Wednesday, Nov. 29 and 30, at the CRC. The sessions start at 8:30 a.m. This training is open to caregivers from our community, with a special invitation to caregivers from the 19 Pueblos and the two Apache tribes.

This gathering will give our caregivers the opportunity to exchange information and make new friends.

## SENIOR CENTER

# Senior Center News: Intergenerational Program

Submitted by Anita Cajero, Program Coordinator

This fall's Senior Citizens Intergenerational Program was a success. Several classes were offered to our community members:

1. **Women's Traditional Embroidery/ Kilt Making Class** with instructors Lucy Waquie (retired elementary school teacher) and Karen Toya. Kilt making is a tedious time consuming but enjoyable process. Although none of the women completed their kilts, the instruction was excellent. Students learned to cut the monks' cloth, sew the material, spin the yarn, and embroidery techniques. When classes resume, these women will be able to complete their beautiful kilts.
2. **Women's Sewing Class: Traditional Indian Dress-Making.** Instructor Melanie Waquie's students all completed their dresses with patience and guidance; most also made matching aprons.
3. **Men's Traditional Arts & Crafts.** Instructor Leonard Shendo taught students how to craft men's traditional attire. All of the participants completed their projects which consisted of traditional men's shell wrist band,

men's red leggings, men's shells, and turtles.

4. **Adult Towa Language Class.** Offered for the first time, instructor Helen Gachupin used the Towa Language Curriculum created by the Towa Language Team. The adults learned proper greetings, our culture and history, proper pronunciation, and more.
5. **Children's Towa Language Class.** Instructor Rufina Toledo (retired elementary school teacher) taught the language through playing traditional games, singing in Towa, learning the four directions, learning about our culture, and more.
6. **Towa Language Immersion Program** with the Walatowa Head Start and Child Care children. Instructor Juanita Yepa taught the children to drum and sing songs in Towa. The Intergenerational Program provided drums to all the classrooms at the Head Start



and Childcare so they can carry on the tradition of drumming and singing.

The program concluded with a celebration on September 28 to acknowledge the students' successes and display the beautiful crafts that were produced.

## Scam Alert!

The Centers for Medicare and Medicaid Services (CMS) has become aware of a web site that has the appearance of being an official government site for the Pre-Existing Condition Insurance Plan. This website: <http://preexistingconditioninsuranceplan.com> is not maintained by any government programs. Consumers are strongly urged NOT to submit any personal information requested by this website under the assumption that it is a government website. CMS is taking the appropriate steps to protect consumers from being misled.

The Pre-Existing Condition Insurance Plan made available through the Affordable Care Act makes health insurance available to people who have had a problem getting insurance due to pre-existing conditions. (See page 11.) This Pre-Existing Condition Insurance Plan:

- Covers a broad range of health benefits, including primary and specialty care, hospital care and prescription drugs.
- Does not charge higher premiums just because of medical conditions.
- Does not base eligibility on income.

People who are interested in the new federally backed pre-existing condition insurance program can go to [www.pcip.gov](http://www.pcip.gov) or call (866)717-5826.

For more information and help with the application process, contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.

## Senior Center Thanksgiving Dinner

The Senior Program invites all community elders and senior citizens to be our guests at a  
**Thanksgiving Luncheon**  
**Monday, Nov. 21**  
**at noon at the Senior Center.**  
Guests are welcome to bring one  
**non-senior guest.**



## MEDICAL SOCIAL WORK

# Community Outreach Program: Third Party Health Insurance: Why Should I Care?

*A presentation by Lisa Maves, MA, LPC, Medical Social Work*

**Don't miss out! Find out what insurance you are eligible for and enroll! Help yourself, your family, and your community!**

As part of the Jemez Health & Human Services Community Outreach Program (COP), Social Worker Lisa Maves offered a presentation at the CRC about various health insurance options and how getting insurance coverage benefits tribal members and our community.

### **As a Native American, isn't my medical care supposed to be free?**

It's important to understand that medical care for Native Americans is paid for, but it's not "free." As a result of treaties negotiated many years ago, Indian Health Services (IHS) was created to provide for the health care needs of all Native Americans. Most of this care is handled within IHS and tribal health clinics.

In addition, Congress allocates a **specific amount** of money every year to pay for medical services not available through IHS Clinics. **These are the community's Contract Health Services (CHS) funds.**

### **I'm eligible for CHS. Isn't my medical care always covered?**

Contract Health Service funds are not unlimited. Congress allocates only a certain amount of money for CHS each year. From these limited funds, CHS dollars pay for medical care for as many people as possible. But once the money is gone, it's gone!

Budget battles between Congress and the President impact how much money is allocated to IHS and Contract Health Services. Cuts can happen at any time. This has been a particularly difficult year and in fact, a 10% reduction in our budget is expected for this coming fiscal year. With medical care costs constantly rising, the dollars we are allocated often don't stretch far enough.

The chart at left shows the typical costs for care for some common conditions. As you can see, it takes only a few very sick people to use up all the funds available for the year.

### **What should I do?**

One important thing every tribal member can do is to enroll in some type of health insurance coverage if you are eligible. When insurance pays for your care, CHS has those funds available for others in our community. More people get more coverage.

#### **PAID FOR BUT NOT FREE: MEDICAL SERVICES AVERAGE COSTS**

Ambulance Transport	\$700 - 1,000
Emergency Room Visit	\$500 - 1,000
Ultrasound	\$300
Broken Arm/Leg	
Knee Replacement	\$86,000
Cataract Surgery	\$6,800
Baby Delivery	\$10,000 - 15,000
Heart Attack and Surgery	\$50,000
Chemotherapy	

There are basically three types of health insurance: Medicare, Medicaid and private health insurance.

### **Medicare ... Medicaid ... What's the difference?**

Medicare is the **national** health insurance program provided by the federal government. Anyone who has worked for at least ten years and paid federal FICA tax is eligible at age 65.

Medicaid is the **state** health insurance program for low-income residents. Applicants must meet income restrictions. These plans are administered by each state, and plans and requirements vary.

### **ABOUT MEDICARE**

Medicare is:

- for people who are 65 years old and older, or who have been disabled for two years or more.
- funded through taxes (FICA Med) that employers withhold from paychecks for almost all workers.



### **Who can get Medicare?**

- Must be 65 years or older **or**
- Have a disability determination from the Social Security Administration and wait two years.

**Exceptions** include people on dialysis or who are diagnosed with ALS/Lou Gehrig's Disease.

### **TYPES OF MEDICARE**

#### **Part A: Hospital care only**

There is no cost for Part A Medicare for people who have worked at least 10 years and have paid into Social Security. People can purchase Part A, but it's VERY expensive. Medicare Part A covers:

- Inpatient hospital care
- Skilled nursing facility
- Hospice care
- Home health care
- Prescription Drugs *while in the hospital*

#### **Part B: Medical care**

Medicare Part B premiums are currently \$115 per month. The fee is usually deducted from Social Security checks. Medicare Part B covers:

- Doctor's services

HEALTH AND HUMAN SERVICES

# Health Insurance Options

- Durable medical equipment (DME)
- Home health care
- X-rays, lab services
- Ambulance services
- Outpatient rehabilitation therapy

**Part D: Prescription Drugs**

Many different Part D plans are available from various providers, with different deductibles, co-pays, monthly premiums, and coverage. For people who get their medications through IHS, prescription drug access or service does not change.

**Applying For Medicare**

There are strict rules about when you must apply for Medicare A, B and D, or penalties will apply. You can apply at your local Social Security Administration office, or see Lisa Maves or Thelma Shendo at the Jemez Clinic

**ABOUT MEDICAID**

Many outside health care providers accept Medicaid for their services, which greatly expands your choice of providers. More than 40 Medicaid categories cover various situations and conditions from adoptions to blindness to pregnancy. The categories most often used by Jemez community members include:

- Care for children up to age 19.
- Care for newborns, and infants up to one year.
- Pregnancy-related services
- Family planning services for women
- Family Planning for men, a new category that covers sterilization, birth control and counseling services.
- Family care for very low income children and parents who live together
- Working disabled individuals
- Elderly/disabled people under some circumstances.
- Institutional care for people who are inpatients for at least 30 days while they are in the institution.

**What does Medicaid cost?**

Usually, people who are eligible for Medicaid pay nothing. Income requirements are based on household size, and income limits are related to the federal poverty level (FPL.)

Some Medicaid programs may have small co-pays, but Native Americans are exempt.

**What does Medicaid cover?**

- Preventive care
- Doctor visits
- Dental visits
- Hospital emergency care
- Prescriptions
- Glasses and vision care
- Well-child checks
- Transportation
- Prenatal care
- Childbirth and delivery
- Newborn care



- Behavioral health
- Family planning services
- X-ray and laboratory fees
- Medicaid can also cover co-pays, deductibles and the \$115 monthly Medicare premium.

People who have both Medicare and some type of Medicaid are called "dual eligibles." They don't pay anything for health insurance

**Applying For Medicare**

There are strict rules about when you must apply for Medicare A, B and D, or penalties will apply. You can apply at your local Social Security Administration office, or see Lisa Maves or Thelma Shendo at the Jemez Clinic

**PRIVATE HEALTH INSURANCE**

Pueblo of Jemez employees who work 30 hours per week or more can be covered by Lovelace Health Insurance at no cost to themselves. Last year Jemez began paying for 50% of the cost of premiums for spouses and children of employees. Open enrollment for 2012 is from Dec. 1 to 31. This is when you can add your family members to your insurance. (See related story on page 2.)



Tribal members who work outside the community may be eligible for private health insurance through their employers. Spouses who are not working may be eligible for health insurance under the spouse's employer.

**I'm not eligible for any of these programs. What can I do?**

If you are not eligible for Medicare, Medicaid or private health insurance through an employer or group plan, here are two more ways to get covered:

**New Mexico Medical Insurance Pool (NNMIP).** If you have a qualifying medical condition and have recently had insurance coverage for at least 18 months, you may be eligible for coverage under this program. Premiums are based on age, but low income assistance (up to 75% reduction) is available.

**Federal High Risk Pool.** If you have a qualifying medical condition or have been turned down for medical coverage and have not had insurance for at least six months (can't drop voluntarily), you may be eligible for coverage under this plan. Premiums are a little higher and also based on age. Low Income premium assistance (up to 60% reduction) is available.

**If you want more information on getting health insurance for yourself or a family member, contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.**

## PUBLIC HEALTH

# Youngsters Take the Lead for Healthy Family Eating

Submitted by Gail Overton, MS, LN, LD, JHHS Diabetes Case Manager/Nutritionist

Whether in the grocery store or at home in their kitchen, Alex and Jolene Tosa continually hear their daughter Sefora make statements like “NO junk food!” “Eat healthy!”

Sefora has learned good eating habits and wants to share her knowledge with her parents, grandparents and friends – anyone who will listen and anyone who needs to be educated on making better choices. A third-grader at Jemez BIA Day School, she says she wants everyone to know that she cares; that she wants **you** “to be healthy so you will live longer.”

Sefora joined the Walatowa Bike Club during the summer. After riding 10 miles each day, she joined the other kids and headed to the JHHS kitchen for healthy snacks and learning about good nutrition. The Healthy Eating lessons taught about which foods are high in fiber and protein, as well as those that are high in calories and fat.

For one memorable exercise, the children read labels on packages of chips and soda, some favorite junk foods. One package of chips had a serving size of 8; another had a serving size of 17 and almost all of the calories were from fat. Who eats just eight chips?! Most people will eat half of a bag – or the whole bag: lots of fat and calories. “And they’re too greasy!” Sefora adds.

Sefora wants people to know they can buy chips, but they should be **baked**. “And you should eat only the size of one serving listed on the package...and only once in a while, not every day.” Sefora adds that people should also avoid Coke®, Kool-aid® and other sugar-sweetend soft drinks. Instead, she recommends Crystal Light® and sugar-free Kool-aid or Coke Zero®. But best of

all is **water!**

Healthy snacks include vegetables, fruits and popcorn. One of Sefora’s favorite snacks is sliced cucumbers with fat-free ranch salad dressing. Other favorite recipes include Red, White and Blue Parfait – mixed berries topped with fat-free Cool-whip blended with nonfat vanilla yogurt; rice cakes topped with barbecue sauce, shredded chicken and mozzarella cheese; ants-on a-log (celery sticks filled with peanut butter and topped with raisins); air-popped popcorn dusted with non-stick spray and sprinkled with low-calorie flavorings like jalapeno, caramel and kettle-corn.

Alex and Jolene are justifiably proud of their daughter’s efforts in helping them make changes to their diets.

“Our children are interested in making a difference in the health of their community. Please listen to the voices of our young ones ... it could make a big impact on their future and on yours!”



Sefora Tosa shows her preferred beverage choices: water first, then a diet soft drink.

## COMMUNITIES PUTTING PREVENTION TO WORK

### Walk & Roll to School Day

Communities Putting Prevention to Work (CPPW) staff, Injury Prevention Program and Jemez Law Enforcement teamed up with local elementary school children for Walk and Roll to School Day, an annual event held around the Nation (and State) to promote safe walking and bicycling to school. Including students, parents, grandparents, staff from the schools, teachers, and senior walkers, over 175 people participated. The event launched an ongoing effort to encourage children to walk or ride their bikes to school.

“A walk or a bike ride in the morning is a great way to get ready for the school day,” says Cornell Magdalena, who organized the event. “It’s fun and it’s healthy. Kids get to spend time with their friends and come to school energized and ready to learn. It saves the parents gas. And less gas is better for our environment, too!”

As part of this initiative, Law Enforcement officers will continue to monitor the roads leading to the schools and give citations for speeding, not wearing seat belts and other infractions.



**KEEP OUR ROADS SAFE FOR OUR KIDS! BUCKLE UP AND SLOW DOWN!**



## Jemez Valley Public Schools

# Jemez Valley Superintendent to Lead State Organization

Jemez Valley Public Schools Superintendent E. David Atencio was elected by his peers to be president-elect of the New Mexico School Superintendents Association (NMSSA) for the 2011-2012 school year and become the president of the NMSSA in July of 2012. The NMSSA is comprised of all 89 New Mexico school superintendents. The president helps set the agenda for the organization's work and represents the NMSSA during legislative sessions.

Mr. Atencio is completing his fourth year as the educational leader of the Jemez Valley Public Schools. His tenure as superintendent has seen numerous accomplishments for Superintendent

Atencio and his Board. For the first time since 2003, the district is current with their audits, having completed seven in the past three years. The district has been brought into compliance and now meets or exceeds all educational requirements. The district has established itself as a leader in the state when it comes to technology implementation and delivery of services. Recently the district received a \$475,000 RUS grant for distance learning and telemedicine.

"At a time when public education appears to be under attack on many fronts, it is increasingly important to have instructional leaders of Mr. Atencio's caliber—one that can bring people

together to work for the common cause of providing a quality education for "all" of the children in his district. Under his leadership, the focus and attention of the community at large, has been on educating students and helping them meet their individual goals and achieving the required educational standards," says the NMSSA in a press release. "He is very involved in the development process for all of the newly proposed state initiatives and participates frequently in meetings with the New Mexico Secretary of Education. The NMSSA is proud to have Mr. Atencio representing the organization and standing up for a better education for all of New Mexico's children."

## Jemez Valley Middle School

*Submitted by Laura Mijares, Principal*

Call me the world's biggest geek, but I am curious why others around me don't get as excited as I do about books. I wake up in the morning and wonder what newly discovered author awaits me at the library or look forward to successfully downloading the next Kindle book. Book, books, books—even the word itself makes me happy! All right, I'm a book geek, my husband is right. And one goal at JVMS this semester is to help the students at school enjoy a good book as much as I do (without the geekiness, of course.)

This month kicks off the "One School, One Book" promotion. All middle school students will be given a copy of Jerry Spinelli's novel *Stargirl*. They will get bookmarks that include a reading schedule and will have a chance to participate in a variety of fun activities. Everyone will be reading the book at the same time and will have a chance to discuss the story, to identify with the quirky characters, to understand the theme of bullying, and to discover the message of staying true to one's self. It is our intention that reading a book as a school community will

help spark that magic that is a hallmark of adolescent energy.

"One School, One Book" is a literacy strategy that the middle school staff has discussed in our weekly Wednesday afternoon Whole Faculty Study Group (WFSG) for professional development. It sound exciting doesn't it--a WSFG? We know that the staff shares the educational goal to continuously increase student learning. We hope to accomplish this as we deepen our own knowledge of what is taught, reflect on practices, sharpen skills, and take joint responsibility for the students we teach.

During WFSG in September and October, the faculty has reviewed the New Mexico Standards Based Assessment grading rubric for writing. The rubric measures writing conventions, organization and style of middle school writing. Using this tool, we began the process of reading through our student writing samples to find "anchor" papers, or papers that represent a certain level of achievement. We used the point system 1=beginning steps, 2=nearing proficient, 3=proficient, 4=advanced. Anchor

*Continued on page 14*

## EDUCATION

### Jemez Valley Public Schools

*Continued from page 13*

papers were established for all levels. Next we began to read our students' papers and characterize according to the rubric. Throughout this process, our intention is to gather first hand data about the writing skills of each of our students. This is a tedious process because it requires that each paper be read and re-read, but we believe it will aid us in targeting instruction.

The middle school fall summary would not be complete without recognition of the cross-country team and coaches. Our team boasts 22 runners and has served to populate our school trophy case with some cool new trophies and plaques. Head coach Amanda Vigil and assistant coach volunteers Eva Jacobson and Sherwin Sando have done a stellar job of promoting good sportsmanship, healthy relationships, hard work and strong bodies. Runners and coaches have done a great job! Now, I just wish I could figure out how to get those kids to read a book while they're running!

### Jemez Valley High School

*Submitted by Brad Parker Principal*

Well, it has certainly been a "long time between drinks" as my Great Aunt Becky (Grandma's sister) used to say, but I wanted to get my feet wet as high school principal before I reported out to the Valley.

I am very pleased to report that the students are working hard on their academics, from the freshman to the seniors. We have students involved in cross country and volleyball with full schedules. Our seniors are attending college visits and college fairs in Bernalillo and Albuquerque. They are also preparing to provide assistance to our elementary students as needed to make the Fine Arts Night its usual success. Our juniors are actively working on raising money for and planning the prom in the spring. Most days, our math teachers offer tutoring after school. Our English teacher offers tutoring before school, on his prep time and during lunch.

Our teaching staff has changed a bit since last year. Returning staff include Cathy Wiseman, Waldo Gutierrez, Allan Didier, Melissa Garcia, Huong Tran, Chris Carson, Isabel Lovato, Monica Tolleson, Mildred Peck and Jearldine Young. Our new staff includes Shichun Moser (math), Doug Moser (art), Brock Van Dyke (GearUp) and Harlyn Francisco (special education.) Our cross-country coaches Daniel Chinana and Steve Gachupin are dedicated to our runners and our school. The meet that we hosted was grand, thanks in large part to Danny's planning and work and a ton of volunteers! All the runners are an inspiration to our school with their devotion to their sport. Our volleyball girls are being coached by one of

our own, Jeannie Stephens. The girls have done a great job. The games we have not won have been hard fought. To their credit, our girls never give up! These are lessons that will serve them well all their lives.

Sherwin Sando is serving as the administrative intern for the year. His focus, along with a plethora of things to learn, will be to re-establish the National Honor Society. We have teachers who are ready to help out in this effort. It will be nice to have it back again. NHS can be a great service society that not only the school but the community can draw upon. Having worked with him as a teacher back at the elementary school, and knowing his capacity to get things done, I am excited about the changes we'll see in this area for our students.

If you have not had time to check out our new ball field, do come down and see it. At this writing, the contractors are still cleaning up and will be working on the track. The track should be ready and we should be set for the upcoming track and field season starting this spring. It will be a gorgeous field for athletics. Now comes the question: Will we be able to field a football team with the students from Jemez Valley High School and Walatowa Charter High School? I am hoping the answer is yes! I keep telling my students they have to keep their grades up to be eligible to play. At this point, I think we should be able to field an 11-man team with students from both schools. We have coaches on staff who are ready to start when the board and superintendent give the thumbs up. I'm excited about the potential for getting our community together and excited about our students and schools!

For those of you wondering, I am tickled to be at the high school. The students are wonderful, the teachers are great and I have received nothing but support from the community. Thank you for making this an easy transition for me. As always, it is my privilege to serve as a principal within this community. Thank you for letting me be here.



Jemez Valley Public Schools' new athletics facility includes stadium seating, a concession area, track and field. "It takes some time," says Tony Sena of Frank's Supply Company. "The asphalt layer has to cure for four weeks, then the sealer has to cure before we can do the striping on the track."

## VISITOR CENTER

## NINTH ANNUAL WALATOWA OPEN AIR MARKET

More than 1,000 visitors viewed the work of 60 artists at the Ninth Annual Walatowa Open Air Market at the Visitor Center.

On the vendor survey, 46 of the artists rated their sales 4 or 5, with 5 being 'exceptional.' The Visitor Center scored highest in show hospitality and show organization (nearly all "5s") The Vendor to vendor raffle drawing gave artists the opportunity to win art from other artists as well as free booth space for next year's show. "Thank you to all the artists who made a donation and congratulations to the three winners of the free booth space," says Visitor Center manager Monique Sando

Suggestions to help in planning next year's event include changing the event to the first weekend of October, inviting Singing Wire to do a live remote broadcast, featuring several artists through artists' demonstrations, and offering activities for the kids. "We will work to incorporate some of the suggestions in next year's event," Monique adds.

A special "thank you" to the Walatowa Green Stars and the Johnny Sandia Dance Group for the wonderful entertainment provided at the show, and to John Armijo (US Forest Service representative) for organizing a visit from our friend Woodsy Owl who reminded kids to "Lend a Hand – Care for the Land!"

Artists who participated in this year's market can expect applications for the 10<sup>th</sup> Annual Show to arrive by mail in July. New artists who want to participate will be able to print applications online or pick one up at the Walatowa Visitor Center next summer.

"The staff at the Visitor Center are very thankful to all the artists who participated in the show and we look forward to hosting the 10<sup>th</sup> Annual Open Air Market next year," Monique says.



## Native Busine\$\$: A Rising Tide of Tribes

Submitted by Jim Stanley, Vice President of the Quinault Nation Enterprise Board

"This is good for me!" That was the cry heard around the 45-person table as hands were raised in support of using collective power in negotiation for a special vendor program. Each person raising their hand is a member of the Tribal C-Store Summit Group in Washington state, a peer learning group focused on operational excellence, sharing best practices, building effective relationships with partners, and leveraging size. Membership is open to all tribes and the discussion is about business –not politics.

The Tribal C-Store Summit Group started in January 2009 as an idea between employees of two tribal enterprises: Ron Myers, retail operations manager of Squaxin Island tribe's Island Enterprises and Jamey Balousek, chief operating officer of Puyallup tribe's Marine View Ventures. Ron and Jamey thought there was an opportunity to share best practices and establish a peer learning group. Their hunch was right.

Today, the Tribal C-Store Summit Group has 101 members from 21 tribes in the state of Washington. Attendees are executives of tribal enterprise groups, convenience store managers, key and front-line employees. Tribes from Oregon and California have expressed interest in joining the group and attended meetings. Meetings are held three times a year hosted by alternating member

tribes. The next meeting will be held on Jan. 25, 2012 at the Tulalip Resort and Casino.

The mood of the gatherings is collegial. Often attendees will meet the night before for happy hour where in addition to business the discussion includes family, one's journey to lead to current position, and good humor. Meetings consist of a half day of speakers presenting on subjects like inventory control, cigar etiquette, and theft prevention; followed by a site tour of the host tribe's C-store, gas station and sometimes car-wash. The tour is capped by a review session where the host tribe collects positive reinforcement and constructive criticism. Each meeting drives relationships deeper and grows institutional knowledge so a tribe can be the best operator possible.

If you or your tribe is interested in experiencing the Tribal C-Store Summit Group, please contact Jim Stanley or go to the web site at [www.tribalsummitgroup.com](http://www.tribalsummitgroup.com).

*Jim Stanley is a tribal member of the Quinault Nation, Vice President of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He is a Senior Vice President of Enterprise Cascadia, a loan fund, and freely shares his knowledge. Jim can be reached at: [sovereigndevelopment@hotmail.com](mailto:sovereigndevelopment@hotmail.com).*



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

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Jemez Pueblo, NM 87024**

## JEMEZ STATE MONUMENT PRESENTS LUMINARIAS AMONG THE RUINS

Gisewa Pueblo and San José de los Jemez Mission Church will be decorated with hundreds of traditional luminarias.

The evening events will include Native American flute music and Jemez Pueblo dancers performing between two bonfires.

Enjoy free horse-drawn wagon rides from Jemez Springs Park to the Monument.

**SATURDAY, DECEMBER 10 5 - 9 P.M.**

**FREE ADMISSION**

(575) 829-3530

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

*Volunteers are needed to help with sand-filling, setting up and lighting the luminarias.*

**JHHS Community Outreach  
Programs Present**

**HEALTHY LIFESTYLES:  
A GREAT REASON TO LIVE!**

**Kristyn Yepa, RN, BSN**

**Tuesday, Nov. 17 6 - 8 p.m.  
at the CRC**

The Special Diabetes Program for Indians (SDPI) grant program under the JHHS Public Health Programs will offer a presentation on diabetes prevention. Learn more about physical activity and nutrition information that are important to create healthy lifestyles with or without diabetes. Healthy lifestyles are important to everyone to prevent diabetes or prevent complication of diabetes.

A light (healthy!) dinner will be served.

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

***It's never too late to live a healthy life!***