



Red Rocks Reporter

OCTOBER 2011

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FROM THE GOVERNORS

HALLOWEEN

Dear Community Members,

Halloween has never been part of our tradition and culture, but was introduced into our community from outside. Therefore, our administration and the Tribal Council have decided to continue the ban on Halloween trick-or-treating in the Pueblo of Jemez village limits that was established last year. There will be no trick-or-treating allowed in our Pueblo on Halloween night.

Safety is our priority; we will work to maintain a safe community and neighborhood. This decision was made for the safety and welfare of all in the community.

Several issues support this decision:

- Other communities, both Indian and non-Indian, have taken advantage of this holiday to come into our community with their children during Halloween. They travel from house to house late into the evening, and this is a concern.
- Some tribal members take advantage of this holiday to purposely violate our community curfew laws, use liquor and congregate in the community, even in the plaza area. This overloads our law enforcement officers and tribal officials with calls about crime and domestic violence in the homes.

Community school activities may continue, but there will be no trick-or-treating. This ban will be strictly monitored on this night and curfew will be enforced at 8 p.m. All tribal officials and law enforcement officers will be patrolling and actively enforcing this executive decision.

Parents are completely responsible for exercising parental control and for honoring, protecting and enforcing the traditional laws of this community. As your tribal leaders, we expect all community members to comply with the decisions made by our administration.

Thank you for your cooperation.

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

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TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

October 2011 Edition

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Red Rocks Reporter is distributed to box holders in the 87024 Zip Code. If you want to receive this newsletter and do not have an 87024 P.O. Box, please contact the editorial office at (575) 834-3174; fax: (575) 834-7517; or erica.kane@jemezpueblo.us.

Published by Pueblo of Jemez, NM 87024.

NEWS YOU CAN USE

The New Mexico Secretary of State Native American Elections Information Program Presents 2012 Candidates' Seminar

Southwest Indian Polytechnic Institute Auditorium Albuquerque
Thursday, Oct. 13, 2011 9 a.m. to 4 p.m.

Topics Include:

2012 Election Calendar
Campaign Reporting
Candidate Guide
Lobbyist Information
Financial Disclosure

Learn the process to file for candidacy and election procedures!
For more information, contact Martin Aguilar or Sevaleah Begay-Tsosie at (505) 827-3619 or (505) 827-3613, or call toll-free (800) 477.3632.
For more information, go to www.sos.state.nm.us.

2012 Election Cycle Begins Oct. 1, 2011: Nominating Petitions

If you are 18 years and older, register today to vote in the 2012 presidential primary election and 2012 presidential general election. You need to re-register if you have changed your address or name.

Primary Election Day Tuesday, June 5, 2012
General Election Day Tuesday, November 6, 2012

The satellite election office is located at the Jemez Civic Center. Call (505) 934-8826 or the Secretary of State NAEIP Office at (800) 477-3632.

Native American Voting Rights Office

TRIBAL COURT

Pueblo of Jemez Criminal Codes Updated

The Pueblo of Jemez revised criminal code was approved by Tribal Council and became effective as of Sept. 1, 2011. Titles I and II were also updated. The Jemez Police Department will enforce these criminal codes.

Tribal members can review the revised sections in the Tribal Court Office or at the Jemez Police Department during business hours.

SORNA (Sexual Offender Registration & Notification Act) was also approved by the Tribal Council according to federal regulations. More information on SORNA can be provided at the Police Department or at the Tribal Court Office. Call the Tribal Court office at (575) 834-7369 for more information.

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NEWS YOU CAN USE

NATIVE BUSINESS\$: No is Not Forever

By Jim Stanley, Vice President of the Quinault Nation Enterprise Board

Regardless of the business, it is people that make it or break it. The most successful business men and women are those who understand “no’s” are the foundation to building stronger bonds. Winners grow relationships on top of a “no.” No is an opportunity to reevaluate a business plan and make it better. No is a chance to gain clarity through feedback and collect information to work smarter.

People who push forward after receiving a “no” build a reputation for tenacity. Opportunity finds tenacious people and lenders want these folks in their portfolios. Remembering “No is not forever” is a good trick when deciding to persevere.

When lenders or investors are approached with an opportunity to lend, they often ask a lot of questions to gain an understanding of the business plan. The first round of questions tests the borrowers on how well they understand where their business is today and how they will get to where they want to go in the future. The second and third layers of questions

challenge assumptions, reveal relevant economic factors, and construct performance conditions, all the while evaluating the borrower’s responses to inquiry. The way borrowers respond is as important as the information they provide. A lender or investor will remember the speed of a response and completeness of information provided.

Business men and women who perform well by keeping cool and providing thorough response tend to have a higher probability of success in obtaining capital. Other times a turndown is the only result. It is impressive when a prospective borrower receives a refusal and takes the time to understand what would qualify the business for financing, then re-applies when the time is right. No is not forever.

Jim Stanley is a tribal member of the Quinault Nation, , 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. Contact Jim at sovereigndevelopment@hotmail.com.

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PUBLIC HEALTH

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Breast cancer affects one in eight women during their lives, and many of us know someone – a mother, aunt, sister or friend – who has had it.

Breast cancer is a type of cancer where cells in the breast tissue divide and grow without normal control. It's the leading cause of cancer deaths in women between the ages of 15 and 54, and the second cause of cancer death in women 55 to 74. About 1.3 million people are diagnosed each year.

Your risk of developing breast cancer increases as you get older and every woman is at risk. You may also have a higher risk for breast cancer if you have a close rela-



tive who has had breast, uterine, ovarian or colon cancer.

The first sign of breast cancer usually appears on a mammogram, before it can be felt or any other symptoms occur.

Starting at age 40, women should have mammograms every year. Women should start monthly self-exams at age 20.

Please don't take chances with your health! Schedule yearly mammograms – they will give you peace of mind. And make sure to do breast self-exams at home every month.

To learn how to give yourself a breast exam, contact Mildred Baca, JHHS Public Health Programs, at (575) 834-7207.

Mammograms: Once is not enough.

If you have not had your yearly mammogram, see your provider and schedule one now!

Since National Breast Cancer Awareness Month began in 1985, mammography rates have more than doubled for women age 50 and older, and breast cancer deaths have declined.

This is great news, but many women still do not take advantage of early detection and others do not get screening mammograms and clinical breast exams regularly. Mammograms have increased for all groups except American Indians and Alaska Natives.

"If all women age 40 and older took advantage of early detection methods – mammograms plus clinical breast exams – breast cancer death rates would drop even more," says Dr. Elizabeth TopSky.

Although historically, Native Americans had lower rates of cancer, both incidence and mortality rates have climbed over the last 20 years. **Cancer is now a leading cause of death among Native American women, and deaths due to breast cancer are rising.** In addition, the five-year survival rate for Native women is the lowest of any racial or ethnic group in the country.

One major cause for this poor breast cancer survival rate is that Native women postpone or avoid getting mammograms.

Every Native Woman Is at Risk

All women are at risk for breast cancer. The older you are, the greater your chance

of getting it. Women who have a mother, sister or daughter with breast cancer are at higher risk, particularly if this occurred before menopause or in both breasts.

Men Are Not Immune

Although breast cancer is about 100 times less common among men than among women, it does occur. The American Cancer Society estimates that men will be diagnosed with about 2,140 new cases of invasive breast cancer in 2011, and about 450 men will die from the disease. The number of breast cancer cases in men relative to the population has been fairly stable over the last 30 years, but men often delay treatment until the disease has progressed.

The risk factors for men are similar to those for women: age, family history, radiation exposure, alcohol abuse, liver disease and obesity. The symptoms listed below are similar in men as well. Men should give themselves breast exams at regular intervals, and see a health care provider if you have any signs or symptoms.

Early Detection Is Your Best Protection

- By age 40, women should have screening mammograms every year. Women under age 40 with either a family history of breast cancer or

other concerns about their personal risks should consult a health care provider about when to begin to get mammograms.

- Women should get clinical breast exams from their health care providers at least every three years starting at age 20, and every year after 40.
- By age 20, women should know about breast self-exams and do them monthly.

Symptoms of Breast Cancer

Early breast cancer usually does not cause pain. In fact, when breast cancer first develops, there may be no symptoms at all. But as the cancer grows, it can cause changes both women and men should watch for:

- A lump or thickening in or near the breast or in the underarm area.
- A change in the size or shape of the breast.
- A discharge from the nipple.
- A change in the color or feel of the skin of the breast, areola or nipple (dimpled, puckered or scaly).

Know the normal look and feel of your breasts. If ANY change occurs, see a health care provider. Most often, changes are not cancer, but only a doctor can tell for sure.



COMMUNITIES PUTTING PREVENTION TO WORK

The Runners' Edge: Revitalizing Our Jemez Running Tradition

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

PAULINE ROMERO

Why do or did you run?

When I was young, I ran for the Towa Track club. This was in the late 1970's. I ran with other female runners from home. My biggest influence was Verna Tosa. She was the one that encouraged me to become a runner. I joined to run track in high school around 1974-75. We ran all over the state. I really enjoy running. Today, I run for my health. I want to stay healthy because I hear about some of the health disparities that affect many of our community members.

What motivated you to run?

What motivated me to run was to challenge myself with other runners in high school. It helped me be a strong person. My grandma played a major role by showing her support by giving me words of wisdom. Today, my grandkids are my motivation. I like to share my experience with my grandkids about running. I want them to run and stay healthy. I encourage my grandkids, nieces and nephews to participate in school cross-country and our community running events. I hope their participation in school sports and community events will motivate them to be physically active throughout their lives.

What are your major accomplishments?

- **1970s.** I was proud to be a Towa Track Club member.
- **1978-79.** Participated at the New Mexico State Track & Field meet in the 880 meter run and one-mile and I was able to finish the races no matter what place...
- I also competed in the 110 hurdles in high school.
- I enjoyed competing with other high schools around the state.
- **2010.** Steve Gachupin Half-Marathon
- **2011.** Walatowa Duathlon (run and bike)

- I run a lot of running events around New Mexico and here in Jemez.
- I am able to share my running experience with my grandchildren.

What accomplishments are you most proud of?

When I ran in high school, I was able to experience the competitiveness of other runners from around the state. It made me train hard. Another major accomplishment I am proud of is: once I start a race, I make sure I finish it – that makes me feel proud.

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

In our family, we like to support each other to keep on running. I would like to see us continue the running tradition. And it starts in our homes. I want to see my grand kids to run at their respective schools all through high school and possibly in college. I have been given words of encouragement by our elders. I like to see our younger generation to exercise.

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

We need to have our kids do more physical activities on their own time. We need to encourage our kids to run in our local schools and our community fun runs. We can do this for our health. Kids are drinking more sodas. We need to tell our children to drink more water. Another challenge is that kids need to watch less TV or video games. We need to keep our running tradition alive by learning from past generations of runners. Be proud of our children who exercise through running or doing other physical activities.



ANNUAL WALK & ROLL TO SCHOOL DAY

Wednesday, Oct. 12

All students, parents, teachers and staff are encouraged to walk or "roll" to school!

WHAT? An annual event held around the state to promote safe walking and bicycling to school.

WHERE? Jemez Day School and San Diego Riverside Charter School students will meet at the Pueblo Church; registration starts at 7:20 a.m.; walk starts at 7:45 a.m.

WHY? When kids walk & roll to school:

- ☉ They get exercise every day!
- ☉ They get to spend time with their friends and get to school energized and ready to learn!
- ☉ The streets are safer and the air is cleaner because there are fewer cars on the streets!
- ☉ Parents save money on gas!

This event is coordinated by CPPW in cooperation with the Injury Prevention Program and Jemez Law Enforcement.

Jemez Head Start and Walatowa Seniors will Walk & Roll on Oct. 13, 2011 starting at the Senior Center; registration starts at 9:15 a.m.; walk at 9:45 a.m.

COMMUNITIES PUTTING PREVENTION TO WORK

Jemez Farm-to-School Program

The Farm-to-School initiative is a movement to enhance schools' existing meal programs by introducing fresh, nutritious, local and sustainable foods to children. Communities Putting Prevention to Work (CPPW) Farm-to-School programs connects our local schools with Jemez-grown produce from fields right across the road from San Diego Riverside Charter School. The objectives are to serve healthy meals in school cafeterias, improve student nutrition, provide health and nutrition education opportunities, and support our community garden.

Under the direction of Martin P. Loretto, the previously fallow field now offers an abundance of fresh produce every day, including corn, chiles, tomatoes, squash, melons and beans. The fruit orchard is already producing grapes, and will yield pears, apples, apricots, cherries and plums in the coming years.

Cooks from SDRCS, Jemez BIA Day School, Head Start and Early Childhood Programs, and Walatowa High Charter School contact CPPW staff with their requests according to their weekly menus. The fresh produce is delivered and served to our children.

"This program makes an important connection between our traditional farming ways and the health needs of our children," says Cheryl Shendo-Toya, CPPW Project Coordinator. "It's really satisfying to see how the kids appreciate really fresh produce."

Mid-way through the harvest season, the program has already provided an abundance of fruits and vegetables, including a watermelon that weighed in at 27½ pounds:

Corn	124 pounds	Squash	25 pounds
Melon	149 pounds	Watermelon	45 pounds
Chili	25 pounds	Beans	16½ pounds
Tomatoes	10 pounds	Cucumbers	7 pounds
Grapes	10 pounds		

Why Farm-to-School?

- ◆ 60 percent of our Jemez children are either overweight or obese.
- ◆ Offering our children fresh fruits and vegetables is one way to improve health and nutrition.

Grow Healthy Kids!

- ◆ Provides fresh, healthy, locally- and sustainably-grown foods to our children.
- ◆ Children eat more fruits and vegetables when the choice of healthier cafeteria options through Farm to School is available.
- ◆ It takes a whole community to put nutritious foods from local farms on the menu in schools.
- ◆ Kids love the program's delicious foods.
- ◆ Food service staff improve kids' diets by serving appetizing, healthy foods..
- ◆ Offers a unique opportunity to teach children about the value and importance of food in their lives in an environment that is culturally appropriate.
- ◆ Provides nutrition education resources to teachers, which helps schools integrate their nutrition programs into the curricula.
- ◆ Farm to School benefits the entire community: children, farmers, food service staff, parents and teachers.

Did You Know?

The typical food item in the U.S. travels between 1,500 and 2,400 miles from farm to plate.



(Above) In the orchard, Martin Loretto shows the way to the chile area behind the corn field.



(At right) Berto Toya and Delmar Casiquito weigh a bag of chiles before delivering them to a school kitchen.



(Far right) Children at San Diego Riverside Charter School dig in to their fresh tomato and cucumber salads.



PUBLIC HEALTH

Improve Your Health With Regular Physical Activity

Submitted by Sheila Toya, JHHS Public Health Programs Community Health Representative

Regular physical activity is one of the most important things you can do for your health. It can help:

- ♥ Control your weight.
- ♥ Reduce risk of cardiovascular disease.
- ♥ Reduce your risk for type 2 diabetes and metabolic syndrome.
- ♥ Reduce your risk of some cancers.
- ♥ Strengthen bones and muscles.
- ♥ Improve mental health and mood.
- ♥ Improve ability to do daily activities
- ♥ Prevent falls for older adults.
- ♥ Increase your chances of living longer.

Start Slowly

Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous, high-intensity aerobic activity, like shoveling snow. That's why it's important

to start slowly and gradually increase your level of activity. You should always check with your health care provider before starting an exercise program.

Reduce Your Risk of Type 2 Diabetes and Metabolic Syndrome

Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is a condition in which you have some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with 120 to 150 minutes (two hours to two hours and 30 minutes) a week of a least moderate-intensity aerobic activity. And the more physical activity you do, the lower your risk will be.

Already have type 2 diabetes? Regular physical activity can help control your blood sugar levels.

Source: www.cdc.gov/physicalactivity/everyone/health/index.html

**OCTOBER FUN
RUN / WALKS**

**Get started and join us every month
for a Fun Run/Walk**

THE HARVEST FUN RUN/WALK
Wednesday, Oct. 12, 2011
Registration: 5 p.m.
Warm-up: 5:15
Run/Walk begins at 5:30

HALLOWEEN FUN RUN/WALK
Monday, Oct. 31, 2011
Registration: 4 p.m.
Warm-up: 4:15
Run/Walk begins at 4:30

**Both events will start at the Plaza.
Reminder: All vehicles should be
parked outside the plaza area.**

VOCATIONAL REHABILITATION

JVR WINS ADDITIONAL FUNDING

The Jemez Vocational Rehabilitation Program (JVR) is proud to announce they have been funded for another five years. "We are very excited to share this news, since it means that we can continue to serve people with disabilities here and at Zia and Santa Ana," says Program Manager Sarah Michaud.

The program will also be able to extend its hours to better serve their consumers who have school and job commitments. JVR office is open 8 a.m. to 7 p.m., Monday through Friday. For more information, call the JVR at (575) 834-0012.

UPCOMING EVENTS

Quarterly Self-Employment Training
Wednesday, Oct. 12
at the CRC
10 a.m. - 12 noon

Students from the Native American Business Association at University of New Mexico's Anderson School of Management will be available to meet on-on-one with local entrepreneurs to talk about how to make their businesses better or keep them going. This event is open to anyone.

Employability Skills Development Series
Sept. 27 - Oct. 27 Tuesdays & Thursdays, 10 a.m. - 12 noon
at the CRC

Learn how to get a job and keep a job! This 10-session training series will focus on how to prepare for, gain and maintain employment. Students can join the classes at any time. Students who complete all ten sessions will earn certificates of completion they can add to their resumes.

SOCIAL WORK

ABOUT YOUR BENEFITS

FAMILY PLANNING

The Medical Assistance Division (Medicaid office) has changed its family planning policy to allow coverage for men. The new policy also eliminates age restrictions for people of child-bearing age, and provides coverage for individuals who have other health insurance or Medicare.

This is good news for low income men who are 19 years old and over who can now apply for Medicaid coverage which was never before offered. Men who are in this category should see Thelma Shendo or Lisa Maves as soon as possible to apply for Category 29 (family planning only) Medicaid. Covered services include:

Family Planning Benefits for Men

- Birth control (condoms.)
- Sterilization (*vasectomy, including any pain medications or antibiotics with prior authorization from Medical Assistant Division pharmacists.*)
- Office visits for contraceptive management and family planning counseling (whether or not you come to the Jemez Clinic.)
- Screening and treatment for sexually transmitted diseases (STDs), including associated lab work and medication *with prior authorization from Medical Assistance Division pharmacists.*)

Family Planning Benefits for Women

Family planning for women is also Category 29 under Medicaid. Women of childbearing age who meet financial eligibility criteria can receive the following services under Medicaid, even if they do not have children:

- Annual reproductive health exam and laboratory tests, Pap smear and screening for STDs; includes lab work.
- Pregnancy tests.
- Counseling services for family planning and natural family planning.
- Birth control methods, medications and devices: birth control pills and other contraceptive drugs, rings, Depo-Provera, intrauterine devices (IUD), foams, diaphragms.
- Emergency contraceptive pills (ECPs)
- Sterilization (tubal ligations,) including any pain medications or antibiotics *with prior authorization from Medical Assistance Division pharmacists.*
- Gardasil-HPV virus vaccine.
- Breast exams.

Take charge of your reproductive health! Call Thelma at (575) 834-3040 or Lisa at (575) 834-3049 if you have any questions.

MEDICARE PART D ENROLLMENT

If you have a Medicare Part D or drug coverage plan, Oct. 15 through Dec. 7 will be your *only* chance to switch plans. ***Please pay attention to any letters you receive about changes your current plan might be making for next year.*** This is the time when drug plans raise premiums. If you are not paying attention, you may find yourself paying a monthly premium when you don't have to.

COMMUNITY OUTREACH PROGRAM

Join The Party! (Third Party Resources that is...)

Tribal members often ask: *Why, if I am eligible for Indian Health Services, should I apply for resources such as Medicare and Medicaid?*

Here's your answer: The Jemez community is unique in its ability to use third party resources such as Medicare, Medicaid and private health insurance to pay for patient care. JHHS can bill insurance carriers for patients who have coverage and receive services through the Medical Clinic, Behavioral Health Program or Pharmacy. This brings insurance money, which would otherwise go to organizations like Lovelace or Presbyterian, back into the community. These extra funds allow JHHS to expand the number and types of services can offer to community members.

If you do not use JHHS services, having alternate resources or other health insurance greatly improves your access to medical care outside of the Indian Health Services system.

Medicaid, Medicare and YOU!

Tuesday, Oct. 18 6-8 p.m. at the CRC

Join the Social Work/Patient Services staff for an information session on the different kinds of health insurance coverage for which Jemez community members are often eligible. Learn about these benefits and why enrolling is important to our community.

We will discuss different ways to qualify for Medicare and Medicaid as well as other types of health insurance which might be available to you. Learn about Medicare and Medicaid, the differences between them, eligibility requirements, different parts of Medicare, costs, the services provided, and the most common Medicaid categories for which community members qualify. We will also help you apply for the benefits you are entitled to receive.

Don't miss out on an opportunity to learn something new, sign up for coverage you are eligible for, and potentially help your community in the process! A light dinner will be served.

HEALTH AND HUMAN SERVICES

Community Outreach Program**Native American Gangs: A Community Problem**

Youth, parents and concerned community members participated in an evening discussion about *Native American Gangs: A Community Problem* presented by Behavioral Health Program Manager Keahi Souza, LMSW, at the Community Resource Center. The presentation was the first in a series of Community Outreach Programs (COP) scheduled for the third Tuesday of every month through the end of the year. (See page 6 for information about the October event.)

Keahi noted that societies have seen gangs and gang violence in various forms since the 13th century, spawning numerous theories about their development and roles in society. Today's gangs, however, pose new threats to our youth and communities, and are a growing problem in Native America.

New Mexico has more than 225 gangs throughout the state with an estimated 7,500 gang members. Statistics show that gang members tend to commit more acts of violence than other delinquents, and their crimes tend to be more serious.

Gang participation is escalating in Native American communities in the state and across the country. Keahi suggested several factors that contribute to this spike in gang affiliations, including media influences, a breakdown in family structures, scarcity of community resources, loss of traditional and cultural values, boredom, and a kind of "warrior connection" that appeals to frustrated young men. The availability of alcohol and recreational drugs is also a factor. Gangs also provide a sense of bonding, purpose and belonging, as well as a group identity and the rush of power that comes with criminal activities.

The presentation also discussed ways communities could respond to the encroachment of gangs, including more police involvement in youth programs, school resources officers, tribal ordinances and community awareness programs. Adult mentors and role models are critical. "Solutions must be tailored to this community," Keahi stressed. "Tradition will save our people. Culture will save our people. We need to help our youth find the warrior spirit within and channel it in positive directions."

The evening concluded with comments from Governor Michael Toledo, Jr. He advised a daily prayer, "Give me the right frame of mind so I can walk this path in the right way with the people I meet in my daily life."

"Communicate!" the Governor stressed. "It's the only way to survive together."

"I was very excited to kick off the JHHS Community Outreach Program with this presentation, since it's been an issue that was identified as a problem in the Jemez Community Assessment and is on the minds of many community members," Keahi says. "The presentation was well received by the participants. It was very clear to the adults in the room how much the youth knew about gang culture and their openness to share it. It is this spirit of sharing by all levels of the community that the JHHS COP series wants to capture."

For more information or to discuss issues of concern, contact Keahi Souza at (575) 834-7258.

SOCIAL SERVICES**OCTOBER IS DOMESTIC VIOLENCE PREVENTION MONTH**

Join your neighbors and the staff of the Jemez Social Services Program for activities through the month to promote awareness of domestic violence issues in our community.

DOMESTIC VIOLENCE PREVENTION CONFERENCE WEDNESDAY, OCTOBER 12**"Strengthen Our Community:****Breaking the Cycle of Domestic Violence"****Walatowa Youth Center 6 to 8 p.m.**

Child care will be provided at the CRC Building located behind the Senior Center. Dinner will be provided for the conference and child care starting at 5 p.m. Conference participants should be at least 14 years old.

MOVIE NIGHT MONDAY, OCTOBER 17**CRC Building 6 to 8 p.m.**

Ages 14 years and older. Child care will be provided at the Social Services building located next to Law Enforcement.

For more information, call the Social Services Program at (575) 834-7117.



Dave Panana, JHHS Interim Director, and Keahi Souza, describe how a street sign has been made into a vehicle for gang communication.

EDUCATION

Encouraging Student Achievement

Parental involvement encourages academic success.

Submitted by Janice C. Tosa, Outreach Coordinator

As we embark on another school year, we at the Department of Education want to stress the importance of parental involvement. Much research has concluded that students whose parents get involved in their educations are most likely to achieve academic success.

Parental involvement can be defined in various ways. Parents can get involved in their children's education in simple ways that make a big difference. Parental involvement does not have to become a burden. Getting involved can simply mean creating a home environment that encourages learning. Parents can get involved by showing interest in their children's academic and personal growth.

Here are some tips on how to get involved and help your child become a successful student.

Parental involvement can mean:

- ★ Reading to your child, or having your child read to you.
- ★ Having books available for daily reading.
- ★ Taking trips to provide stimulating experiences for your child.
- ★ Expressing affection to your child.
- ★ Having parent-child conversations about daily events.
- ★ Attending events at school, for example open houses or sport activities.
- ★ Learning more about what your child is being taught to help reinforce at home what they are learning in school.
- ★ Being proactive and contacting your child's teachers to learn about your

child's progress or problems.

- ★ Providing time and a quiet place for study.
- ★ Having family dinners together.
- ★ Assigning responsibilities for household chores.
- ★ Setting limits to TV watching.
- ★ Modeling the values of learning, self-discipline and hard work.

Following these basic tips can bring about changes in a child who is struggling in school. Encourage students to continue to strive for a better future filled with greater academic success.

For more information about parental involvement or to learn about other ways to get involved, please contact the Education Department at (575) 834-9102.

INJURY PREVENTION

New Bike Helmets for Head Start

Elizabeth Peterson from the new Mexico Brain injury Advisory Council and Dominic Cappello from the New Mexico department of Health Office of Injury Prevention brought new bike helmets to children at Head Start on Sept. 21. They also talked about safety issues and distributed coloring books they co-authored featuring Helmutt the Helmet Safety Dog that encourages families to talk about safety issues at home. The children learned about helmet safety and when to wear their new helmets:

DO wear your helmet when:

- Riding bicycles or tricycles.**
- Skateboarding.**
- Horseback riding.**

Leave your helmet behind when playing at the playground. The helmet could get caught on chains or playground equipment.

"Isn't it great we got the helmets for our Head Start children!" says Al Benalli, who serves on the governing board of Traumatic Brain Injury-New Mexico (TBI-NM.)





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contact Martin P. Loretto or Cheryl Shendo-Toya at
(575) 834-3091.**