



Red Rocks Reporter

OCTOBER 2012

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FROM THE GOVERNORS

Fire Department for Jemez Moves Forward

Jemez Governors and tribal administration have been working closely with Sandoval County officials to establish a fire department in Jemez Pueblo. With Tribal Council support, the county recently agreed to fund the relocation of a two-bay fire station to Jemez. The building had been used while the Santa Ana Regional Fire Station was under construction.

“This is very exciting news for our community,” says Governor Joshua Madalena. “Construction of a fire station, including infrastructure and equipment, is extremely costly. The agreement calls for Sandoval County to bring the existing building here and assemble it. This is a huge advantage for us, both in monetary savings and in time.”

The 60 x 80 ft. building will be placed between the Emergency Services Building and the Fitness Center. The fire truck currently housed with the Ponderosa Volunteer Fire Department will be stationed in the new facility.



The fire station building slated to be moved adjacent to the Emergency Services Building.

“We urgently need our own fire department and have been working hard toward this year,” Gov. Madalena adds. “It’s very expensive and sometimes impossible for business and home owners to get fire insurance here. Earlier this year, we saw two devastating house fires within weeks of each other. Our own fire department is critical to protect our community.”

The proposal will go before the Sandoval County Commission for final approval.



Save the Date!

The Governors will sponsor a talent show and dance for Jemez community members Saturday, Oct. 27 at the Walatowa Youth Center. Crown Miss Jemez! Watch for fliers with ticket prices, entry information and more details.

A Halloween Carnival will be held at the Walatowa Youth Center on Wednesday, Oct. 31. Time to dress up the little ones!



2012 TRIBAL GOVERNORS

Joshua Madalena

Governor

Larry Chinana

First Lt. Governor

Juan Toya

Second Lt. Governor

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TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

October 2012 Edition

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FROM THE GOVERNORS

Jemez Signs MOU For Substance Abuse Prevention Project

A Memorandum of Understanding (MOU) between the Pueblo of Jemez and First Nations Community Healthsource, Inc./New Mexico Tribal Prevention Project for substance abuse prevention initiatives. A full-time prevention coordinator will coordinate community strategic prevention framework. A multi-sector community coalition will collect information, plan substance abuse prevention strategies and implement programs and policies to improve the prioritized substance abuse issues and address overall community health and wellness.

Cultural strengths, values and practices will guide prevention activities to ensure that the prevention plan reflects the unique needs and culture of our community. The project, funded by Strategic Prevention Framework Tribal Incentive Grant through the Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Substance Abuse Prevention will continue through Sept. 2015 with the option to extend funding until Sept. 2016.

Help Wanted! Firefighters Needed!

The Albuquerque Fire Department is recruiting Native American men and women ages 21 to 40 to be trained as firefighters. Training and equipment will be provided.

Trained firefighters are needed for our own community," says Second Lt. Governor Juan Toya. "The more tribal members who are trained, the safer our community will be."

For more information, contact Emiliano Chavez at (505) 764-6316 or Second Lt. Governor Juan Toya at (575) 834-7359.

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well informed. Sept. 28, 2012. Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juan Toya proposed the following resolutions which were approved by the Tribal Council:

Authorized the Pueblo of Jemez to enter into an intergovernmental agreement with the Sandoval County Fire Department to place a fire station and firefighting equipment on the Pueblo of Jemez. (See article on page 1.)

Supported participation with the US Department of Health and Human Services Substance Abuse Mental Health Services Administration Center for Substance Abuse Prevention and First Nations Community HealthSource, Inc. for substance abuse prevention. (See article above.)

Adopted an Infrastructure Capital Improvement Plan to improve rational long-range capital planning and budgeting for infrastructure.

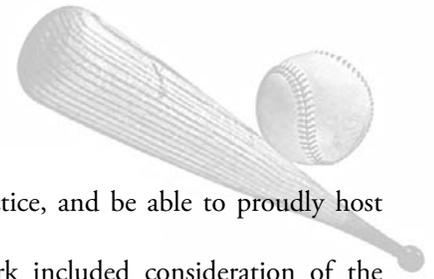
Authorized the Jemez Health & Human Services Senior Citizens Program to administer the Community Service Block Grant Program for fiscal year 2012-13.

Endorsed the continuation of the Low Income Home Energy Assistance program (LIHEAP) administered by the Senior Citizens Program.

Appointed the Pueblo of Jemez Utility Board members Paul A. Chinana, John (Tony) Gachupin (one year terms); Tamara (Tammy) Sandia, Stephanie Pecos (two-year terms); Isaac Romero, Joseph (Joey) Romero, Fred Toya (three-year terms); Gwen Galvan (ex officio.)

COMMUNITY NEWS

Play Ball! The South Park Baseball Fields



The South Park Baseball Fields project is slated to get underway soon, with completion planned in time for the 2013 hardball, softball and Little League seasons. The new sports complex at the southern end of the village will include two adult and two youth ball fields that can be converted for Little League use. The initial configuration includes options for future expansion including a concession stand, picnic areas, playgrounds, basketball courts, walking trails and other amenities. Appropriate lighting will allow night games.

Tribal Council and religious leaders have joined the Governors and tribal administration in full support of the new recreational area. South Park will belong to the entire community, with games and schedules coordinated through tribal administration to ensure equitable access for all teams.

Baseball is an important health and wellness activity for our community, which currently supports six men's teams, five women's teams and six Little League teams. The new ball fields will provide space for adult, youth and children's activities that will support the health and wellness of the community.

"These new ball fields will be part of a recreational facility the community can be proud of," the Governor adds. "Our

teams can stay here to practice, and be able to proudly host other teams."

Planning for South Park included consideration of the terrain, construction and maintenance, drainage issues, road access, safety issues, existing electric lines and parking as well as a significant cultural archeological site in the area.

"We are confident that the plan we chose will serve the community well in the years to come," says Jerry Trujillo, Interim Director of Planning and Development.

Several meetings gleaned comments and suggestions from community members over the summer. Active baseball team members will be asked to support the project by helping clear the land of trash and debris. A community fund raising committee was also established to research funding opportunities from various public and private organizations for necessary future additions such as scoreboards, ancillary equipment, concession details and other items that construction funding will not cover.

For more information about the South Park Baseball Fields or to volunteer for the fund raising committee, contact Jerry Trujillo at (575) 834-0094.



WALATOWA VETERANS ASSOCIATION

Find VA Health Information With My HealthVet

New Mexico veterans are using a Veterans Health Administration Internet product called My HealthVet. This free, award-winning online Personal Health Record (PHR) helps veterans track appointments, wellness reminders and results of VA-performed chemistry and hematology lab tests. Now a new feature offers secure messaging for confidential conversations with primary care providers.

Veterans can create accounts at www.myhealth.va.gov. Then they can enter their own information, choosing how comprehensive they want their PHR to be. You can record medications, medical history, allergies, insurance and healthcare providers. "EJournals" track blood pressure, blood sugar, physical activity and other information. A Health Calendar tracks appointments and other important dates.

VA patients can upgrade their My HealthVet accounts with one-time in-person authentication that verifies the veteran's by a qualified VA staff member. The account is then upgraded to include certain available information from the VA electronic medical record.

Currently, this includes VA appointments, wellness reminders, and results of VA-performed chemistry and hematology lab tests after they are reported to the appropriate health care team member.

Patients with upgraded My HealthVet accounts can communicate electronically with participating VA health care team members using Secure Messaging. Teams for most primary care providers are available, as well as the Surgery Clinics, Medicine Specialty Clinics, Coumadin Clinic and Polytrauma Clinic. For help finding reliable consumer health information, you can send a Secure Message to the 'Medical Librarian' team. To communicate with a chaplain through the Chaplain's Secure Messaging team. Patients can even send secure messages when they have questions about the My HealthVet and Secure Messaging programs by choosing 'My HealthVet Coordinator' in Secure Messaging.

More information is on the My HealthVet web site at www.myhealth.va.gov. Veterans also can call Jennie Taylor, My HealthVet coordinator, at (505) 265-1711, ext. 4342 or (800) 465-8262, ext. 4342.

PUBLIC HEALTH

Flu Shots? What's the Big Deal?

Submitted by Mara Mannarino, RN, Public Health School Nurse

Have you ever heard someone say, "I'm not getting the flu shot this year. I don't need it."? Have you said that yourself perhaps?

The best way to lower your chances of getting the flu is to get a flu shot. The influenza vaccination is safe and effective and is the best way to prevent contracting the flu. Vaccinating children may interrupt the spread of influenza into the community, since outbreaks usually begin in children and then move to the rest of the community.

The Flu: Nothing to Sneeze At

Medical professionals remind us that influenza can worsen chronic medical conditions or cause serious complications in people with chronic illnesses like asthma, diabetes, heart disease and compromised immune systems. Vaccination can be especially beneficial to both children and adults with these chronic conditions.

Many people tend to underestimate the seriousness of getting the flu. While most cases result in a complete recovery, the flu is capable of causing serious illnesses, worsening already-present illnesses, or even death. Influenza's effects are much more severe and last longer than those of the common cold.

Most people recover completely in about one to two weeks, but others may develop life-threatening complications such as pneumonia. Influenza can be deadly, especially for the weak, young and old, or chronically ill. People with weak immune systems, like those with advanced HIV infection or transplant patients whose immune systems are medically suppressed to prevent transplant organ rejection, are especially vulnerable. Other high-risk groups include pregnant women and young children.

Typically, influenza is transmitted through the air by coughs or sneezes, creating aerosols containing the virus. Influenza can also be transmitted by direct contact with bird droppings or nasal secretions, or through contact with contaminated surfaces. Influenza viruses can be inactivated by sunlight, disinfectants and detergents. As the virus can be inactivated by soap, frequent hand washing reduces the risk of infection

The most important step you can take to protect yourself and lessen the chances of you and your loved ones from getting the flu is to get your flu shot. The Jemez Health Clinic is offering flu shot events throughout the community as well as at the clinic.

Did You Know?

Influenza spreads around the world in seasonal epidemics, resulting in about three to five million yearly cases of severe illness and about 250,000 to 500,000 yearly deaths. -- World Health Organization, April 2009

Keep your family healthy this season—get your flu shot soon!

Diabetes Cooking Classes

Learn how to prepare healthy meals to help you and your family every day.

**THURSDAYS OCT. 11 & 18
NOON TO 1 P.M.
Public Health Kitchen**
(located across from the Pharmacy at the Health Clinic)

For more information, contact Felipita or Audrey at (575) 834-7201.



Feed your family with natural, fresh produce without the expensive drive to Albuquerque. With gas at \$3.50+ a gallon, save the money you would spend on gas for fresh vegetables, fruits, organic dairy products and quality meats.

You and your family deserve high quality foods to stay healthy!

POUR ONE OUT

ON



PUBLIC HEALTH

Eat Real! The Center for Science in the Public Interest (CSPI) and Fewer Sugary Drinks.org are on a national campaign to improve nutrition in America. CSPI is sponsoring Food Day on Oct. 24, a day aimed at transforming the American diet by helping to refocus on real food. *Pour One Out!* expands this vision to encourage people to pour out sugary drinks: soda, sweetened “fruit” punch and energy drinks.

It’s time for America to Eat Real! Everyone — regardless of age, race, income or location — should be able to choose healthy diets and avoid obesity, heart disease, and other diet-related conditions.

Pay Attention to the Food You Eat

The foods we eat should bolster our health, but the contemporary American diet actually contributes to premature deaths from heart attack, stroke, diabetes, and cancer each year, says the Food Day web site. The American food system has created a diet of cheap, salty, overly processed packaged foods, high-calorie sugary drinks,

and fast-food made from white bread, fatty factory-farmed meat, and French fries.

Now is a good time to make changes in your family’s diet to improve the health and well-being of our whole community!

Pour One Out! Video Contest

Win up to \$1,000! Create an interesting video with the *Pour One Out!* message. The contest is open to everyone 13 years old and over. Groups, businesses, clubs and classes are encouraged to collaborate!

Entries are due Nov. 7. Videos will be judged on creativity, originality and the effectiveness of the health message.

First place: \$1,000

Second place: \$500

Third place: \$250

10 Honorable Mentions: T-shirt

Go to www.fewersugarydrinks.org to see a sample video and read the contest rules.

Essay Contest for Teens

The **Weight of the Nation Kick the Can** campaign is sponsoring an essay contest for teens only. Write about sugary drink marketing to youth and answer the following questions in **500 words or less:**

- Where and how often do you see ads for sugary drinks?
- How are sugary drinks marketed in your community?
- How does marketing of sugary drinks affect your drink choices?
- What challenges do you face when trying to make healthy drink choices?
- What would encourage you, your friends, and classmates to drink tap water and other healthy drinks rather than sugary drinks?

Essays will be judged on creativity, content and overall impact. First and second place essays in two age groups (13-15 and 16-18) will be awarded prizes. First place: \$100 gift card, second place \$50.

Entries are due Nov. 15. For information and to enter, go to www.kickthecan.info.

Did You Know?

More than two-thirds of Americans are overweight or obese, and sugary drinks are the only food or beverage proven to increase the risk.

The FTC says that the carbonated beverage industry spent \$492 million marketing directly to youth in 2006.

The sizes of standard sugary drink containers have exploded in the past six decades, expanding from Coca-Cola’s 6.5 ounces in the 1950s to 20 ounces today. That’s more than three times as large!

In 2004, adolescents consumed an average of 300 calories a day from sugar-sweetened beverages, accounting for 13% of their daily caloric intake; this might explain the alarming obesity rate we are seeing in the same population (ages 12-19).

COMMUNITY WELLNESS

New Fitness Center Hours!

The Fitness Center’s new hours will be:

Monday through Friday from 5:30 a.m. to 9 p.m.

Saturday and Sunday from 6 a.m. to 2 p.m.

Get Fit Walatowa!

Welcome Mat

Freddie Sabaque, Jr. has joined the staff at the Jemez Vocational Rehabilitation Program as a job counselor. Freddie brings experience providing employment counseling as a parole officer for the state of New Mexico. “The law requires parolees to find a job within two weeks,” Freddie explains. “I’m very happy to be coming home and using my skills in my community.”



HEALTH AND HUMAN SERVICES

OCTOBER IS BREAST CANCER AWARENESS MONTH

National Breast Cancer Awareness Month is a good time to promote screening and early detection of breast cancer. Regular mammograms help find breast cancer early when there is the best chance for treatment.

Breast cancer is a major cause of cancer death in American Indian and Alaska Native women. Although Native women have lower breast cancer rates than white women, they are more likely to be diagnosed at a later stage, when the cancer is more advanced and harder to treat. Many Native women do not get breast cancer screenings, even when it's available. One reason Native women might avoid screening is the incorrect belief that cancer can't be cured. ***When caught early, breast cancer can be treated and cured.***

Reducing the Risk

All women are at risk for breast cancer. The older you are, the higher the chances of getting it. Women who have a mother, sister or daughter with breast cancer are at higher risk.

We don't know how to prevent breast cancer. But there are you can reduce your risk by limiting how much alcohol you drink and staying physically active.

Early Detection Is Your Best Protection

Regular screening is the best way to find breast cancer early in most women. The earlier breast cancer is detected, the more effectively it can be treated.

Mammograms. A safe, low-dose X-ray looks for abnormal breast changes. Starting at age 40, women should have screening mammograms every one to two years. If you are at higher risk, your provider may recommend a mammogram before age 40.

Clinical breast exam (CBE). The provider looks at and feels the breasts and under the arms for lumps or anything that seems unusual. Ask your provider if you need a CBE.

Monthly breast self-examinations beginning by age 20. Become familiar with the normal look and feel of your breasts. If ANY change occurs, you should have a clinical breast examination by a trained medical professional.

If you are at higher risk, you may need mammograms at an earlier age or more often. Talk to a provider about your risk for breast cancer, especially if women in your family had breast or ovarian cancers. Your provider can help you decide when and how often to get a mammogram.

If you are age 40 to 49, talk with your provider about when to start getting mammograms and how often you need them.

If you are age 50 or older, call today to schedule your mammogram.

Symptoms and Diagnosis 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 to watch for:

- ❖ A lump or thickening in or near the breast or arm pit.
- ❖ 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.)

See your health care provider if you notice any of these changes. Most often, they are not cancer, but only a provider can tell for sure.

Did You Know?

Breast cancer is the second most common cause of cancer death in American Indian/Alaska Native women.



Native American women have the poorest survival from breast cancer of any racial or ethnic group in the United States.



After skin cancer, breast cancer is the most common cancer in women.



About 2,000 men are diagnosed with breast cancer each year.

The Lovelace Mammo-Van Coming to Jemez

Get your yearly mammogram when
the Lovelace Mammo-Van comes to the Jemez Health Center on Monday, Oct. 15.
Fast, convenient, painless!

Make an appointment with Chessie Lucero at (575) 834-3022



MEDICAL SOCIAL WORK

Medicare Open Enrollment



The Medicare Open Enrollment Period for 2013 is coming soon! Start here to find out what you need to know about making changes to your Medicare coverage.

1. What is it?

Throughout the year, Medicare has different enrollment periods. The Open Enrollment Period, or OEP, is the time in which Medicare beneficiaries (people with Medicare) can make changes to their Medicare plans.

What's in a name? In the past, the Open Enrollment Period was called the "Annual Enrollment Period," or the "Annual Election Period." Both names (and the acronym that went with them, "AEP") have been replaced by the Centers for Medicare & Medicaid Services (CMS.) The new name is Open Enrollment Period.

2. When is it?

OEP comes in the fall. As in 2011, this year's OEP will be from Oct. 15 through Dec. 7, 2012. **Any changes you make to your Medicare plan during this period go into effect on Jan. 1, 2013.**

3. What changes can I make?

During OEP, you can...

- Switch from original Medicare (Medicare Parts A and B) to a Medicare Advantage (Medicare Part C) plan.
- Switch from a Medicare Advantage plan back to original Medicare.
- Switch from one Medicare Advantage plan to another. This might involve switching from a plan without Medicare Part D prescription drug coverage to one that has it, or vice-versa.

Make changes to your Medicare Part D prescription drug plan:

- Join a Part D plan.
- Switch from one Part D plan to another one.
- Drop your Part D plan altogether.

Note: Medicare Supplement Insurance plans are an exception. You can join one at any time during the year, not just during OEP.

4. Why is OEP so important?

Once the Medicare Open Enrollment Period closes on December 7, you cannot make any changes to your Medicare plan until the following year. There are some exceptions, such as moving out of the area served by your plan. But for most people on Medicare, the OEP is the only time when you can make a change.

5. Do I have to make a change during OEP?

Definitely not! If the Medicare coverage you have now is working for you, and your plan is offered for 2013, then you can keep your coverage as it is. However, because this time comes only once a year, it's a good idea to evaluate your coverage during Open Enrollment Period. That way, you'll know if you have the best coverage options, or if you need to make some changes.

6. How can I get ready for OEP?

Pay attention to letters you receive in the mail, especially from your Medicare Drug Plan (Part D.) This is the time when Medicare Drug Plans make changes. They may raise rates, go out of business, or change the medications they cover. These letters should describe whether any changes will be made to your coverage for 2013.

If you decide you want to switch plans, sign up for a Part D plan for the first time, or just need assistance, come in and visit, or call Thelma Shendo at (575) 834-3040 or Lisa Maves at (575) 834-3059 at the Jemez Health Center.

The Medicaid Opportunity: Closing the Healthcare Gap

The state of New Mexico is at a critical time. The state must decide whether to provide Medicaid health care coverage to over 150,000 uninsured adults whose incomes fall under 138% of the poverty level (\$26,300 for a family of three), starting in 2014. More than 150,000 people could get covered, including parents, low wage workers, the recently jobless and veterans. Over 85% of these uninsured adults are living in poverty.

Today, Medicaid is only available to children, seniors, the disabled, pregnant women, and very poor parents, leaving major gaps in coverage for adults. Illness and hospitalizations result in over \$350 million in unpaid medical bills each year in New Mexico.

There are no net costs for the state for seven years: it's paid

almost entirely by federal funds and the state's share is paid back from a tax on insurance companies. If we refuse, our federal dollars will go to other states...leaving New Mexico behind.

Medicaid Helps Our Families and Our Community

- ▶ When Medicaid pays for tribal members' health care, precious, limited CHS funds can be used for more patients' care.
- ▶ Over 900 New Mexicans die each year because they are uninsured. Many more people have untreated conditions and struggle to care for their families due to illness.
- ▶ Studies show Medicaid saves lives and reduces health disparities.

Ask Governor Susana Martinez to Say "Yes" to Medicaid:
Call (505) 476-2200 or e-mail at www.governor.state.nm.us/Contact_the_Governor.aspx

SENIOR CITIZENS CENTER

Senior Citizens Program Updates

Submitted by Rose Shendo and Gloria Fragua

We are very happy and grateful to see our senior citizens' accomplishments with their physical activities, participation in different projects and support of one another. They have participated in many healthy events, bringing home medals, ribbons and trophies. No matter which elder wins the award, they win as a team, and remind each other: "We are all winners; we did our best and are still fighting to do our best. Do not give up!"

Thank you to the Jemez Senior Center staff and all the programs that have been so supportive to our senior citizens in making a difference in their life styles with exercise, nutrition, donations for social events and informational presentations. As a team, our tools are working to encourage our seniors to live healthier life styles. We will keep recruiting to get all of our Jemez seniors involved!

Family Caregiver Social

The Senior Center Family Caregiver Program's Quarterly Social on Thursday, Sept. 6, started with a dinner. JHHS Behavioral Health Program counselor Carol Y. Gachupin gave a presentation on depression. Her presentation was in English and translated into Towa, with handouts and time for questions.

Helen Gachupin demonstrated jewelry making techniques with a "Jewelry Therapy" session. Jewelry Therapy is having time for yourself to experience the creativity within you. The participants made earrings and saw a display of Helen's jewelry. The evening closed with door prizes.

National Indian Council on Aging Conference

The 19th Biennial National Indian Council on Aging (NICOA) was held at the Convention Center in Albuquerque, Sept. 15-18. The theme was "Aging in Indian Country: Embracing the Past and Facing the Future," and 35 Jemez elders participated in several activities. The National Conference Planning Committee included Margaret Garcia, Program Manager; Florence Loretto, Advisory Council Chair; and Gloria Fragua. We had the honor of working closely with Executive Director Randella Bluehouse and some NICOA board members. Keynote speakers included Robert B. Blancato, National Coordinator of the Elder Justice Coalition; Hubert Humphrey III, Consumer Financial Protection Bureau; Nancy Altman, Social Security Works; Barry W. Ramo, MD, FACC, cardiologist, NM Heart Institute; and IHS Director Dr. Yvette Roubideaux.



Above: Jemez Senior Citizens at the Hopi Moenkopi Senior Center.

The Jemez Senior Citizens Program had a big role in this conference, including two staff members who gave presentations. Program Manager Margaret Garcia gave two presentations on Coalition Development and Advocacy, presenting on behalf of the New Mexico Title VI Coalition comprised of the Nineteen Pueblos and two Apache Nations and presented testimony on the Older Americans Act and included the State of New Mexico Tribal Senior Programs. Gloria Fragua also gave a session on Caregiving, supported by Cornell Magdalena with a digital story telling presentation.

Tonita Toya, Frank Loretto and Florence Loretto participated in the Inter-Tribal Fashion Show. Monday evening's theme was "Remember When...A Walk Through History." The Jemez seniors performed a skit *Why the Ant lost It's Leg*, coordinated by Gloria Fragua and Rufina Toledo. Several elders did great jobs in their roles. Thomas L. Pecos, Mike Baca and Martha Chosa, were honored during a special luncheon celebrating veterans. They also participated in the Color Guard, posting and resting of the flags. Thank you to all who were involved in helping!

September Activities

The Institute of American Indian Arts (IAIA) Elders Awareness Conference was a fun social gathering, with informative hands-on workshops and entertainment. Our Walatowa Flowers were invited to sing, choosing the Flag Song to honor military veterans. They also sang two other songs and it was an honor to hear them.

The seniors traveled to the Hopi Moenkopi Senior Center, near Tuba City, Ariz. to participate in a senior field day. They tried new games, including chair volleyball. In their first time competing, they brought home a third place trophy. In the five events in which they competed, the team brought home about 80 percent of the awards. One special aspect of the trip was meeting old classmates and making new friends. All the seniors enjoyed the trip and want to go back for next year's events.

The Senior Center enjoyed many other activities including Zumba, exercise with Felipita Loretto, bowling, wellness walks, workouts on the machines, presentations, social activities and sewing. Tours introduced seniors to available programs and resources. The Head Visor Class is complete; construction to house the piki bread grill is almost finished; the oven project continues; and crocheting traditional white stockings is ongoing. A new quilting class started and Gerri's creative pillow crafts class met Sept. 24. Sept. 26-28 saw three evenings of fun, learning and socializing.

To Jemez seniors 55 and over: it's never too late to join the fun!



At right: The Walatow Flowers sing at the New Mexico State Fair.



Library Bond Issue B

Bond Issue B on the November general election ballot will provide critical funding for our state's libraries, including the Pueblo of Jemez Community Library and 17 other tribal libraries. A YES vote will provide \$9,700,000 that will be shared between academic, public, school and tribal libraries in the state. New Mexico Bond B can make a big difference to our community without a significant hit to our wallets. The New Mexico State Board of Finance estimates that for owners of properties worth \$100,000, the average cost over a 10-year period for Bond B will be 56 cents.

Did You Know?

The Pueblo of Jemez Community Library offers free Internet access at 17 public computers.

Our library offers more than 13,000 adult and children's books as well as over 50 periodicals, newspapers and magazines. About 2,200 CDs and videos are available to borrow.

In 2011, our library had more than 15,000 visitors. Library activities for children include reading clubs, movies, arts and crafts time and story-telling.

In just one day, 25,271 books, movies, DVDs and other items are borrowed from state public, academic, school and tribal libraries.



Jemez Valley Public Schools

Submitted by Brad Parker, Principal

Common Core State Standards

Over the past few years, most states have adopted a set of academic standards called the Common Core State Standards (CCSS.) So far, only the math and English language arts standards are codified. See the current standards at www.corestandards.org.

There are benefits to having CCSS across America. One is that the cost to produce assessments (like the New Mexico Standards Based Assessment) will go down; sharing the same test leaves more money for actual instruction. It's also believed that

we must have uniformly high standards that our students must meet if our country is to compete internationally. New Mexico will use the Partnership for Assessment of Readiness for College and Careers (PARCC) assessment, which is aligned to the CCSS.

CCSS are being implemented in our elementary school in kindergarten to second grades this year. Grades three through 12 will implement CCSS starting next year. The NMSBA will be given this school year and next. The following year, the PARCC test should be administered. Our teachers are working hard

to ensure we have curricula and plans in place to implement CCSS starting next year. If you have questions, please call us at 834-3313.

Reading is Key

I cannot stress enough that all of our students must read. For my high school students, I expect two hours of reading per night. After that, they can read some more for fun. Parents, make sure your children are away from screens long enough to enjoy the printed word. Once they start to enjoy reading, the world opens up to

them. Aside from that, they can only experience what is fed to them through the screen or from people in their lives. Unless your child likes to read, he or she won't do well in post-secondary education because that is FULL of reading. Parents, find some topic your child enjoys and get them books on it. One only gets good at reading when one reads. Carve out time for them to sit and read. You are the adult. If you run out of ideas, you can visit your local or school library. Your child's future depends on it.

Events and Activities

- Oct. 8. Fall Holiday: no school.
- Oct. 9 and 10: Natural Helpers at Hummingbird
- Oct. 16. Last day of the first quarter. Make sure you are up to date with your children's teachers.
- Oct. 18: Picture day
- Oct. 23: PTA meeting, 5:30 Community Room
- Oct. 25 and 26. Parent Teacher Conferences. Elementary school is out both days; high school and middle school students stay for a half day on the 25th.
- Weekly: education program with school resource officer Deputy Roger Kane.
- Check the schools' web sites for dates and times of upcoming events.
- Thank you for supporting your schools!



Jemez Valley Middle School cross-country runners.

COMMUNITY NEWS

Call for Artists! Indian Health Service Logo

The Indian Health Service Albuquerque Area Office is calling for artists and designers to submit an original logo design that represents who we are and what we do.

The mission of the IHS Albuquerque Area is to raise the physical, mental, social and spiritual health of American Indians. The Albuquerque Area serves 27 tribes. Submissions should represent and capture this diversity and mission. The logo should represent more than a single, specific tribe or tribal group.

Artwork can be submitted in print or digital formats. Printed submissions must be sent on 8.5 x 11 paper.

- First Prize \$1,000**
- Second Prize \$500**
- Third Prize \$25**

Requirements

- ▶ The winning design must be able to maintain its impact across multiple uses: black-and-white or color; in very small to very large formats; in ink, pixels, metal, etc.
- ▶ The words, "Albuquerque Area Indian Health Service" must be incorporated in the design.
- ▶ You can enter a maximum of three entries.
- ▶ No copyrighted artwork can be accepted.
- ▶ Participants must be at least 14 years old.
- ▶ There is no entry fee.
- ▶ Entries are due Nov. 1, 2012. Winners will be announced by Dec. 3.

Submit entries with your name, address, phone number and e-mail (optional) by e-mail to Chris.Fore@ihs.gov or by mail to IHS - Logo Design (c/o Chris Fore), 5300 Homestead Road NE, Albuquerque, NM 87110

10th Annual Jemez Pueblo Open Air Market

OCT. 13 & 14 9 A.M. TO 5 P.M.
WALATOWA VISITOR CENTER

Arts and Crafts Traditional Jemez Dances
Bread Baking Demonstration Food Vendors
Jemez Farmers' Market
FREE!

Free Financial Counseling

The Jemez Valley Credit Union (JVCU) is now offering FREE financial counseling. The program is completely confidential and is offered by appointment or walk in. For more information, contact Tina Trujillo, CEO/Manager, Jemez Valley Credit Union, at (575) 829-3366 or toll-free at (866) 300-6583, or go to www.jvcu.org.

9th Annual 26 Mile Trail Sale

October 13 & 14

The Trail Sale is a continuous yard sale along Highway 4, the Jemez Mountain Trail National Scenic Byway from San Ysidro to La Cueva.



This two-day event is sponsored by local residents.

A yard sale shopper's paradise!

Set up your table: no fee, no registration, no commitment—just a fun way to make some extra money!

Hello Community Members,



As some may know, I have been training and fundraising for the Leukemia & Lymphoma Society's Team in Training. Unfortunately I will not be able to run the marathon on Oct. 14 in San Francisco, due to an injury that has prevented me from running. However, I will continue to fund raise and postpone my run.

Your support in making a donation is greatly appreciated for a great cause. Perhaps you want to give in memory of a loved one or to honor someone who is suffering from this deadly disease.

Every day, someone is diagnosed with cancer. Cancer does not pick and choose; cancer does not discriminate by race, age, color or creed. Cancer is like a bomb, ready to explode without our knowing when it will go off. We need to come together and help and give a little to help find cure for cancer.

You can donate by going to my website at <http://pages.teamintraining.org/nm/nikesf12/ksandia>. Thank you and blessings to all. Stay healthy!

Kathleen Sandia



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

Presort Standard
US Postage Paid
Albuquerque NM
Permit No. 1741

Boxholder
Jemez Pueblo, NM 87024

Election Information

The 2012 Presidential Election is Tuesday, Nov. 6. Please register today and vote!
LAST DAY TO REGISTER TO VOTE in this election is Oct. 9, 2012.

Three ways to vote:

- 1) **Early voting sites: Friday, Nov. 2 and Saturday, Nov. 3, 10 a.m. to 6 p.m. at Jemez Civic Center both days.**
- 2) **Absentee voting begins Oct. 9, 2012**
- 3) **In-person voting on Election Day, Tuesday, Nov. 6, 7 a.m. to 7 p.m. at the Jemez Civic Center.**

EARLY VOTING SITES: EARLY VOTING STARTS OCT. 19 AND ENDS NOV. 3
Voters can vote at any early voting site with proper identification.

Jemez	Jemez Pueblo Civic Center	Nov. 2 & Nov. 3	10 a.m. to 7 p.m.
Zia	Zia Community Center	Oct. 30 & Oct. 31	10 a.m. to 7 p.m.
Santo Domingo	Santo Domingo Comm. Center	Oct. 30 & Oct. 31	10 a.m. to 7 p.m.
San Felipe	San Felipe Senior Center	Oct. 23 & Oct. 24	10 a.m. to 7 p.m.
Cochiti	Cochiti Community Center	Oct. 26 & Oct. 27	10 a.m. to 7 p.m.
Santa Ana	Did Not Request		
Sandia	Did Not Request		

Remember to bring your voters' registration card or proper identification when you vote!

Important Ballot Change: New Mexico's new ballots require voting **for each individual candidate**. There is no longer the option to choose a single political party.

If you have questions, call the Native American Voting Rights Office at (505) 934-8826 or (505) 238-7164.

Exercise your right to vote and let your voices be heard!
Support your community and children – it counts to vote!

JEMEZ FARMERS' MARKET

*Traditional pueblo farming
at its best...*

**SUNDAYS 10 A.M. TO 2 P.M.
THROUGH OCTOBER 28
AT THE JEMEZ RED ROCKS**



Visit Jemez Farmers' Market to find the freshest fruits and vegetables available anywhere.

Meet the vendors who grow fresh produce and enjoy the beauty.

Make some extra cash: sell your crops at the Jemez Farmers' Market. For more information, contact Martin P. Loretto at (575) 834-7207

Come support our local farmers!