



Red Rocks Reporter

SEPTEMBER 2011

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FEAST DAY AT PECOS PUEBLO

Submitted by Chris Toya, Traditional Cultural Properties Project Manager

Pecos Pueblo came to life with laughter, singing and dancing as Jemez people, some of whom are Pecos descendants, and their friends celebrated the annual feast day on August 7, 2011.

The day started at 8 a.m. with a two-mile pilgrimage from St. Anthony's parish in downtown Pecos to Our Lady of the Angels (Persingula) Church at Pecos Pueblo. After the *pedegrinos* (people in the pilgrimage) arrived, feast day mass was celebrated inside the ruins of the historic church with many people from Jemez, Pecos, local communities and visitors from distant places participating. Governor Michael Toledo, Jr., First Lt. Governor George Shendo, Jr., Second Lt. Governor William Waquie, who is also recognized as the Pecos Governor, and head *fiscale* Benedict Sandia were all in attendance. The Second Lt. Governor's cane is the original cane given to Pecos Pueblo by the King of Spain in 1620. Toward the end of mass, the Governors gave speeches acknowledging the Creator and all the Spirits who reside there at Pecos Pueblo, asking for their help and blessings to all the people present and people all over the world.

The Governors and Traditional Cultural Properties Project Manager Chris Toya welcomed the people to Pecos Pueblo and gave a brief history of Pecos Pueblo and its people. The story of Jemez Pueblo's involvement at Pecos started in 1838 when the last surviving members of Pecos Pueblo (*Pa key la,*) who numbered less than 20, joined the Hemish people at Walatowa. Internal friction, disease and warfare were some of the key factors that led to their diminishing population.

The Pecos people (*Pa kish*) were no strangers to the Hemish because they were kin. When they lived in the Four Corners region, the Pa kish and the Hemish were one, but as changes in the climate and social structure occurred, the Pa kish left the main group of Towa speakers. They migrated in a southeasterly direction to the Pecos River Valley (*Tone ko pa wa mu,*) where they settled and built villages. By the 1400s, the people merged into one massive, multi-storied village we call Pecos Pueblo.

Because of this significant event in 1838, our Governors stressed the importance of our presence there for the annual feast day celebration and our continual visits to Pecos Pueblo to let our ancestors know that we have not forgotten them and to let the federal government know that

we have not abandoned Pecos Pueblo.

The Feast Day Mass celebration was followed by feasting and dancing. As is customary at the feast day celebration at Pecos Pueblo, the ladies from the town of Pecos baked fresh rolls and *biscochitos* in the outside *horno* located at the park. Pecos Governor William Waquie,



Photo by Chris Toya

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2011 TRIBAL GOVERNORS

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

TRIBAL COUNCIL

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TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

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FROM THE GOVERNORS

Cell Phone Restrictions



The Pueblo of Jemez strives to create a professional work environment where employees and visitors can have the confidence that tribal affairs are being conducted attentively and focused on providing superior service. Personal use of cell phones detract from the professionalism of the workplace and interrupt one's work. It is also distracting and annoying to coworkers.

PERSONAL cell phone use by employees is no longer permitted at work stations and in public areas such as lobbies, hallways or waiting areas. This includes texting, twittering, Facebook and social networks sites **for personal use**. Personal use of cell phones is permitted while on breaks in areas generally not visible to the public (employee break rooms.) **Cell phones are to be used for legitimate work-related activities only.**

Supervisors will be held accountable for enforcing these guidelines. Employees who continue to use cell phones for personal calls or Internet access at their work stations or other public areas will be appropriately disciplined and may be prohibited from carrying personal cell phones into the workplace.

In addition, there is a growing concern from the religious groups that even during our religious ceremonies at the Plaza area, people are using cell phones quite liberally either texting or taking photos. We have warning signs posted throughout the village, and these warnings are not just for the visiting public but apply to tribal members as well. We must abide by our own rules for protection from exploitation involving our tradition and culture.

Therefore, no cell phones will be allowed in the plaza area and in the traditional kivas including our meeting halls. Cell phones are subject to confiscation with no questions asked!

Community Notice

On behalf of the War Chief and War Captains with support of the Governors, this notice is to be circulated to all tribal members:

Through our cultural activities and our customs, we rely on powerful symbols and beliefs that have existed successfully in our society. In order to provide long-term preservation for our culture, the various components of our traditions must be protected.

The Pueblo of Jemez central PLAZA is sacred to all our community members and our cultural and traditional practices and must be respected and protected. From this time on:

- NO motorized vehicles of any type are allowed within the Plaza. This includes automobiles, trucks, motor cycles, ATVs or other mechanized vehicles or equipment. (*Special exceptions to this decree will be granted on a case-by-case basis upon petition to the Governor.*)
- The Plaza is a cultural asset of the Pueblo: all community members are reminded to respect the sanctity of the Plaza – no littering, no nontraditional activities or uses are allowed.
- Non-Indians, non-tribal members, unmarried males/females will not be allowed to attend traditional religious ceremonies taking place in the Plaza **that are closed to the public**. Tribal members should not engage in inviting friends, acquaintances or extended families who are non-members to our traditional activities.
- **As a reminder, any type of recording or photo taking devices (including cell phones, cameras or other) are prohibited and will be confiscated.** This applies to tribal members as well.

Violators will be fined and/or sanctioned.

Michael Toledo, Jr.
Governor

George Shendo, Jr.
First Lt. Governor

William Waquie
Second Lt. Governor

NEWS YOU CAN USE

RESTORING HOLY GHOST RECREATION AREA

Alvin Casiquito and Dennis Vigil remember family excursions to Holy Ghost for picnics, fishing and camping when they were kids. Now they're working to restore the Holy Ghost Recreation Area so their children and grandchildren can enjoy the area.

The restoration project was initiated last year as a high priority to bring back healthy family-oriented recreation and potential tribal income by former First Lt. Governor Aaron Cajero, Sr. Funding for the restoration project comes from multiple sources and includes generous participation from the Southern Pueblos Agency (spearheaded by Clyde Gilmore), tribal economic development funds, and a grant from New Mexico Rural Alliance Community Competitive Grants the Pueblo won after a presentation by Second Lt. Governor William Waquie at a conference in April.

"We have a lot of support from other tribes and organizations, including CREDO (a volunteer group from Cuba), Wildearth Guardians

and the SW Tribal Fisheries Commission that represents tribes from all around New Mexico," says Tribal Planner Jan-Jay Moolenijzer. "We are really generating a lot of enthusiasm!"

The funds are being used to repair, replace and improve the ponds, picnic areas and campground. When the project is completed in the spring of 2012, the area will be open to the public for healthy, family recreation and cultural tourism activities led by Monique Sando from the Walatowa Visitor Center.

"I'm excited to be able to take my family fishing and camping again," Dennis says. "We had so much fun fishing for trout and bass when we were kids."

"The Holy Ghost project contributes to some of our major missions including land and wildlife stewardship, fostering family-oriented lifestyles, cultural preservation and exchange, and economic self-sufficiency," says Second Lt. Waquie.

Once open, Holy Ghost Recreation Area is expected to create significant revenue for the tribe.



Alvin Casiquito and Dennis Vigil work to reinforce the embankment on one of the fishing ponds.

Feast Day at Pecos

Continued from page 1

his wife Erma, family and tribal members also lent a hand in the food preparations and serving. After the people served themselves the delicious food, they settled under the shade of the trees near the park headquarters. They witnessed men and women, boys and girls of all ages come together to pray in the form singing and dancing just the way our ancestors may have done so long ago at Pecos Pueblo. The people participated in the harvest dance in celebration of our Patron Saint Persingula with drumming, singing and dancing. It was just a great time to be at Pecos Pueblo!

Our gratitude goes out to all the people who participated in the celebration and the people who made this event possible, Pecos Governor William Waquie and his wife Erma, their families, and Dennis Carruth who is the park superintendent and his staff at Pecos National Historical Park.

PUEBLO INDEPENDENCE DAY

COMMEMORATING THE PUEBLO REVOLT OF 1680
Jemez State Monument August 14, 2011

Many Pueblo people were hostile to the Spanish, primarily due to their denigration and prohibition of our traditional religions, disruption of traditional economies and forced labor. However, the Spanish introduced new farming implements and provided some security against Navajo and Apache raiding parties, and the pueblos lived in relative peace with the Spanish.

In the 1670s, drought caused famine and provoked increased attacks from neighboring tribes. European diseases ravaged native communities. The people turned to their old religions, prompting repression by missionaries.

In 1675, Governor Juan Francisco Treviño arrested 47 Pueblo medicine men for witchcraft; three were put to death and one committed suicide. The remaining men were whipped and sentenced to prison. When Pueblo leaders moved in force against Santa Fe, the prisoners were released, including Popé, a San Juan Indian. After his release, Popé planned and orchestrated the Pueblo Revolt. He dispatched runners to the Pueblos carrying knotted cords that signified the number of days until the revolt.

On August 10 and 11, 21 Franciscans and 380 Spanish settlers were killed. The settlers fled to Santa Fe and Isleta Pueblo, who did not join the rebellion. Popé's insurgents besieged Santa Fe. On Aug. 21, the Spanish left the capital; 12 years of cultural revival followed. Thus, Pueblo cultures thrived.

Edited by Monument Staff; source: wikipedia.



NEWS YOU CAN USE

Vision 2020: Dreaming the Future of Our Community

Submitted by Roger Fragua, COTA Holdings

A community meeting to advance the planning for Vision 2020 was held Wednesday, Aug. 17 at the CRC. The session yielded a fruitful dialogue between tribal leadership, traditional leadership, tribal staff members and community. Discussions centered on implementation of various elements of the five previous planning sessions that outlined strategies for creating a self-sustaining community in 2020.

The group assessed both opportunities and challenges within various sectors of our community, including housing, law enforcement, health, education, tribal resources, recreation, cultural preservation, infrastructure, technology, and energy. The group defined Vision Statements for each domain, and identified significant issues to be addressed (see sidebar.)

The future role of technology within the tribal community prompted a vigorous discussion, with participants seeing technology as a double edged sword bringing significant opportunities and challenges. The group decided that a separate forum should be held in the near future to focus on the role of technology in Jemez Pueblo, whether or not to limit access, whether limited access might be beneficial or destructive, and other pertinent issues.

The session also addressed issues regarding the plaza and the relationship between common cultural properties, private residences, and state historic register requirements. It was noted that some homes within the cultural properties boundaries are in serious need of rehabilitation and repair, but state statutes limit owners' ability to make changes to historic buildings. A group indicated their interest and commitment to restoring the historic plaza back to its original and beautiful state. A follow-up meeting for further exploration of these issues was held Monday, Aug. 22 and included Tribal Administration, Housing, Public Works, Planning, Cultural Preservation, Natural Resources, Realty, Finance, Grants, Compliance and the Governors. With discussions facilitated by COTA Holdings, a plan was crafted to address the acute rehabilitation needs of four homes within the plaza area with volunteers providing resources and labor.

One final community meeting will be held before the Vision 2020 draft is finalized for presentation to Tribal Council for their review and approval. This session is your opportunity to participate in creating the design for the future of our community! Watch for posters announcing the date and time.

Visions of the Future

Economic Development

In 2020, the Hemish will have a diverse, self-sustaining economy that is competitive with global markets offering employment opportunities for all.

Technology

In 2020, the Hemish will have technology that will be used for positive cultural preservation.

In 2020, the Hemish will not have access to technology that will decay our culture.

Education

In 2020, the Hemish will have 100 percent high school/comprehensive education opportunities, cradle to grave; 90% of students will go to college with increases in Adequate Yearly Progress (AYP) scores and attendance rates.

Natural Resources

In 2020, the Hemish will have control, preserve and practice sound stewardship of all its lands and natural resources, including ancestral lands.

Emergency Services, Justice

Emergency Services. In 2020, the Hemish will have continued Emergency Services with advanced services, equipment



Vision 2020

Continued from page 4

and personnel, improved emergency response services, install call boxes and provide education and or training in Emergency services to tribal members.

Justice. In 2020, the Hemish will have expanded our systems that are fair with new and improved facilities that mitigate issues with education and rehabilitation for prevention with respect to appropriate roles and responsibilities in a timely manner.

Plaza

In 2020, the Hemish Plaza will be built and be able to adequately facilitate all tribal members for their full participation in and enjoyment of our cultural activities.

Public Works

In 2020, the Hemish will have upgraded infrastructure for domestic water, sewer, waste water and solid waste.

Public Works will help enforce utility ordinance for a cleaner environment through renewable energy technologies.

Health

In 2020, the Hemish will have a comprehensive health system that includes the highest quality of prevention, education and treatment services and facilities.

Elders/Seniors

In 2020, the Hemish will have expanded facilities that will include adult day care, nursing home, assisted living, hospice, Alzheimer's/dementia care and continued senior activities; also classes to educate family members about senior care.

Land/Realty

In 2020, the Hemish will continue to preserve and protect all of its trust lands, claim and reclaim all ancestral lands, and acquire additional lands in order to expand its land base for the betterment

and quality of life of its membership now and for future generations.

Housing

In 2020, the Hemish will have adequate and affordable homes consistent with traditional architecture and materials, utilizing green energy and green materials in a well-planned community manner.

Veterans

In 2020, Hemish veterans will be accorded the respect and honor earned by their services and a veterans' center will be established as a one-stop shop to access services.

The group also generated a "To-Do" list: summarize successes, establish a Tribal Historical Protection Office, facilitate a plan for homes on Shooting Star Road, and hold a separate session to discuss the role of technology in the community's future.

Strategic Planning for the Future of Jemez Health Care

The Jemez Health Board, tribal leadership, Jemez Health & Humans Services (JHHS) program managers and other key staff met for two days to start the process of setting JHHS course for the future. This initiative is in part associated with the Vision 2020 project, but is also prompted by the process for accreditation through the American Association of Ambulatory Health Care (AAAHC.) The sessions were considered the first steps in an ongoing process.

Facilitated by Health Board chair Paul Fragua, the group first focused on defining where the community is now and where we came from. Then attention turned to the future. All contributions were recorded for future discussion and consideration. The brainstorming sessions yielded suggestions that covered a wide range of community issues such as including traditional healers and herbs in treatment plans, creating an environmental health program, encouraging home gardens, accounting and management innovations, upgrading and expanding the clinic and parking areas, and improving credentialing, telemedicine opportunities and educational support for tribal members seeking health care career training.

Pharmacist Konnie Frey, Supervising Dentist Angela Torres and Jemez Vocational Rehabilitation Program Manager Sarah Michaud focus on a colleague's input.

Paul Fragua reviews some of the suggestion boards created at the meeting.



HOUSING

The Roof Over Your Head

Submitted by Melinda Mora, Acting Director

SIMPLE & EASY HOME MAINTENANCE TIPS

Recent "Home Emergency Tracker" study finds that nearly one in four U.S. homeowners experience some type of home-related damage, but only half of those say they were prepared to handle the situation. Some of the most common home-related damages occur from electrical surges, sewer back-ups and standing water as a result of broken appliances or plumbing.

The old saying "*an ounce of prevention is worth a pound of cure*" is especially true in your home. Preventive maintenance takes just a few minutes but can keep your family safe and minimize costly repairs in the future. If you want to avoid unpleasant situations, here are a few easy tips:

Electrical surges: Many devices (including computers, sound systems, telephones, etc.) used in our homes have microchips and even a small electrical surge could cause major damage to them. Therefore, utilizing surge protectors for electronic devices would be the best protection which could save us replacement costs for such items.

Sewer back-up: Waste water flows through relatively small lines from our homes and most sewer back-ups can be avoided with simple practices. Avoid disposing grease down the drains, do not put diapers or feminine products in the toilets, and make sure that children do not put small objects or toys in drains or flush them in the toilets.

Toilet leaks: Is your toilet leaking? To find out, add a small amount of red food coloring to the tank, and then check the toilet bowl later. If the water has turned red, water is seeping through from the tank, and you may need to change some tank parts.

Washing machine: Cracked, defective or leaky washing machine hoses are one of the leading causes for Homeowners Insurance claims. Check your hoses periodically for leaks, and replace plastic hoses every three years.

Make sure the drain hose is secured to the washing machine outlet box. If not secured properly, pressure could cause the hose to jump out of the drain outlet when the pump activates, spilling tremendous amounts of water onto your floor.

Refrigerator: The small water line that goes from your refrigerator—called a capillary line—can easily become kinked. Plastic lines also become brittle from use, which leads to leaks. Both situations can cause extensive damage to the walls, floors and cabinets around the refrigerator. Be sure to check and periodically replace brittle lines and check metal lines for crimps or kinks.

PROJECT UPDATE

The Housing Department force labor crew is making a difference in our community. To date, we have helped over 60 families with our rehabilitation projects, including roofs, electrical, plumbing and interior work. Rehabilitation work for eligible households will continue as long as funding is available. Please note that projects are at a 70/30 ratio: 70 percent funded by the program and 30 percent homeowner sweat equity.

HOUSING ASSISTANCE

Homeowners interested in applying for housing assistance may pick up an application at the Housing Department office. Once you have submitted all required documents with your application, you will be put on a waiting list. To complete your application, please provide the following:

 **Proof of income** for all household members age 18 and over. If unemployed, provide a signed statement of unemployment. If attending school, attach a copy of a school schedule.

 **Certificate of Indian Blood (CIB)** for head of household only. If you need a copy, please contact the Tribal Enrollment Office at (575) 834-0056.

REMINDER: All applicants must keep their applications up to date to stay on a waiting list. Applications must be updated annually as required by US Department of Housing and Urban Development (HUD) guidelines.

Housing Assistance Resources

A few outside agencies can assist with your housing needs. Applications and income limits for the following programs are available at the Housing Department. Please note that if you apply with an outside agency, you will need to work directly with that agency and not our department.

U.S. Department of Agriculture – Rural Development

USDA 504 Loan. Applicants must have very low income and have favorable credit history with an ability to pay the loan back. The maximum loan amount is \$20,000, not including interest rate. Loan may be used to improve or modernize dwelling, make dwelling decent, safe sanitary, and remove safety hazards.

USDA 504 Grant. Applicants must be 62 years or older with very low income who cannot afford to borrow funds. The award limit is \$7,500. Grants can be used to remove health and safety hazards or to make dwellings accessible to household members with disabilities.

HOUSING

Housing Report, cont.



USDA 502 Direct Home Loan. Applicants may obtain 100% financing to purchase an existing home, purchase a site and construct a home, or purchase a newly constructed home including manufactured homes. An applicant's income cannot exceed 80% of median income limit established for the county and the applicant cannot currently own adequate housing.

For more information, contact Diana Lopez or Shelley Brown at the Los Lunas Area Office at (505) 865-4643, ext. 4, or go to www.rurdev.usda.gov.

Central NM Housing Corporation. *The Weatherization Assistance Program* is available to help save money on utility bills. Homeowners who are income-eligible may apply to have their home weatherized. This program may replace windows, repair heaters and install new appliances. Funding is limited. People over the age of 60, people with disabilities, and families with children are given priority.

For more information, contact Debbie Pino at the Central NM Housing Corporation at (505) 345-4949 or go to www.centralnmhousing.com.

BIA Housing Improvement Program (HIP.) This program provides home repair, renovation and replacement grants administered by the Bureau of Indian Affairs. Intake of applicants for HIP assistance is ongoing process, year round. Head-of-household tribal members are encouraged to apply. For more information, contact the Housing Department office.

NM Mortgage Finance Authority (MFA.) A variety of home ownership programs are available through MFA. They include down payment assistance, first-time homebuyer credits, and closing cost assistance for those who are interested in buying a home, re-financing or transferring. For more information, contact MFA at (505) 843-6880 or visit www.housingnm.org.

Section 184 Home Loans. Tribal members can apply for loans with approved lenders to purchase a home, purchase and rehabilitate a home, construct a new home, rehabilitate a current home, or refinance a current mortgage. The Housing Department can provide a list of approved lenders. If leasing on Jemez tribal lands, applicants can work with the Housing Department and the BIA to get the initial documents processed. There is no income limit for this pro-

gram, but you must be able to make monthly mortgage payments. If you need additional information, please contact our office at (575) 834-0305 or contact Andrea Dunyon, Loan Guarantee Coordinator, at (602) 379-7202.

ACTION PLAN FOR BECOMING A HOMEOWNER

Getting Started

To qualify for a home loan, we suggest (it's not mandatory) that you first attend any homebuyer education classes you can find. Homebuyer classes prepare you for the home buying process, so when you meet with lenders you'll have a better understanding of what it takes to qualify for a home loan.

Meeting with a Lender

To get a loan, you must apply with a HUD approved Section 184 lender. Approved 184 lenders are listed on the HUD website at www.hud.gov/codetalk or at the Housing Department.

TIPS FOR BORROWERS

Save Money! To be a successful homebuyer, you must start saving money to help cover your down payment and closing costs. Savings also demonstrate to a lender that you may have the capacity to be a successful borrower.

Do not enter into new debt. Flat out, the more debt you have, the less you can borrow to buy a home.

Stay current with existing payments. Make sure you pay all your bills on time. Any late payments will show up on your credit report and may disqualify you as a borrower. If you can, pay extra on credit card payments to reduce your debt and interest expense.

Get a free copy of your credit report and clear any issues.

The credit report shows your debt payment history and tells the lender if you are a good borrower. So review your credit report to see if it is accurate. You can get a free credit report at www.annualcreditreport.com.

Adjust your budget to reflect the additional costs of home ownership. Even though you may qualify for a high loan amount, take time to consider the additional expenses that come along with becoming a homeowner, including water, sewer, energy, garbage and maintenance costs.

Source: HUD, Office of Native American Programs, Sect. 184 Indian Home Loans

For more information please contact the Housing Department at (575) 834-0305 or stop by the office.

NEWS YOU CAN USE

Indoor Air Quality: Mold and its Prevention

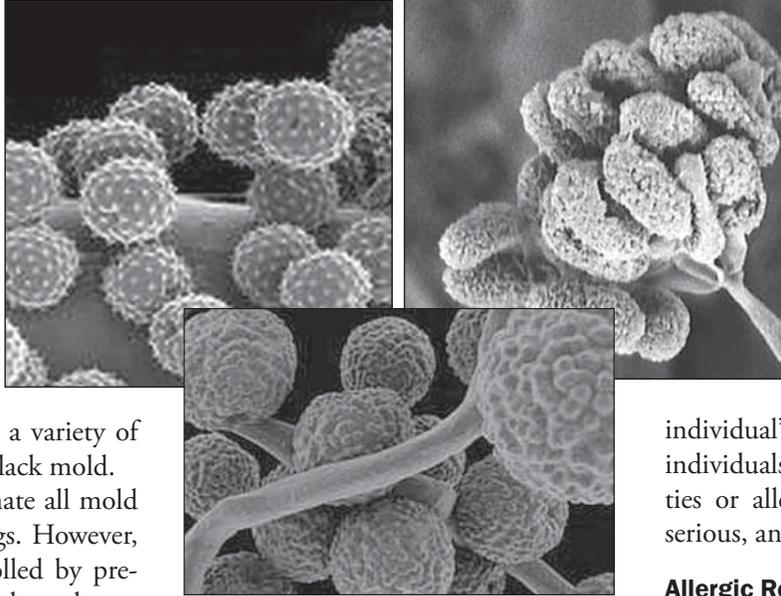
By Ray Ashley, Safety Officer

Molds can be found growing on almost any organic substance. When excessive moisture accumulates in buildings or on building materials, mold will often grow, especially if the moisture problem is not discovered or corrected. There are about 100 types of mold which grows near humans. About 15 of them are toxic or problematic for a variety of reasons and one of these is black mold.

It's impossible to eliminate all mold and mold spores in buildings. However, mold growth can be controlled by preventing or repairing leaks and condensation, properly venting clothes dryers, and using bathroom vents.

Molds will often grow in damp or wet areas indoors. Mold commonly grows in areas such as bathroom tiles, basement walls, areas around windows where moisture condenses, and near leaky water fountains or sinks. Water or moisture problems are commonly caused by roof leaks, deferred maintenance, venting clothes dryers indoors, not using bathroom vents during showers, condensation from high humidity or cold spots in a building, flooding from plumbing failures or heavy rains, slow leaks in plumbing fixtures, and malfunction or poor design of humidification systems. (See related article on home maintenance on page 6.)

To grow, molds need food (almost all



natural materials), water and comfortable temperatures (50-122°F.)

Mold Can Affect Your Family's Health

If you smell a musty odor in your home or workplace, there's a good chance that it's probably mold or mildew. Most of the toxic mold floating around in our air is actually invisible to the naked eye, but still may seriously affect health.

Mold can cause a variety of health problems for people living or working in affected environments. Health issues can include headaches, breathing difficulties, skin irritation, allergic reactions, and aggravated asthma symptoms; all of these symptoms could be associated with mold exposure. People with chronic health problems, infants and the elderly are

more susceptible to mold-caused health problems.

All molds have the potential to cause health effects. Molds produce allergens, irritants, and in some cases, toxins that may cause reactions in humans. The types and severity of symptoms depend, in part, on the types of mold present, the extent of an individual's exposure, the ages of the individuals, and their existing sensitivities or allergies. Reactions can be very serious, and even life-threatening.

Allergic Reactions

Inhaling or touching mold or mold spores may cause allergic reactions in sensitive individuals. Allergic reactions to mold are common; these reactions can be immediate or delayed. Allergic responses include hay fever-type symptoms, such as sneezing, runny nose, red eyes and skin rash. Mold spores and fragments can produce allergic reactions in sensitive individuals regardless of whether the mold is dead or alive. People who were not sensitive to mold can become sensitive after exposure, and repeated exposure has the potential to increase sensitivity.

Asthma

Molds can trigger asthma attacks in people who are allergic (sensitized) to molds. The irritants produced by molds may also worsen asthma in non-allergic (nonsensitized) people.

Did You Know?

A 2007 report stated that scientists found a direct correlation between a high presence of mold in households and depression.

Studies have shown that the air inside homes can be worse than the air outside. The average American spends around 90% of their time in enclosed buildings, and over 60% of their time in their houses.

More than 100,000 types of mold exist; scientists have identified over 1,000 types of mold and mildew inside houses in the US.

Stachybotrys is a highly-toxic type of mold that can be fatal for people.



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

PETER MAGDALENA

Why do or did you run?

First, let me point out that Jemez Pueblo is widely known for its runners in the state and in many places around the globe. I have a lot of respect for our past, present and future runners because it really takes a lot to be a runner, lots of self-discipline.

I got interested in running because our fathers and our grandfathers ran and were great runners. I wanted to be a distance runner, as my dad, uncles and relatives were. Running is a big part of our community here in Jemez Pueblo; it keeps you healthy and you have a strong mind and body, and a healthy lifestyle.

What motivated you to run?

A lot of motivation, support and encouragement came from my parents. I really want to thank them for all they have done and those moments I will cherish throughout my life time. I think many runners, including myself, wanted to bring home the most cherished gift; any runner wants to win the fall *Wa Da* races, considered an Olympic run for our distance runners from our community. I wanted to bring all the blessings to our home. I was able to win numerous times between 1975 to 1981; the first was when I was in the tenth grade. Races are run from the north and south. Let's keep the *Wa Da* Runs as they were when we first participated as young runners so our grandkids will see and join the run as we did when we were young.

What are your major accomplishments?

- Competed at NM State Cross Country Championships 1974 to 1977; second place overall in 1976 and rest all top ten.
- Nominated for All-American and won the top Jemez Valley High School Athletic of the year award.
- Competed at NM State Track and Field Championships; came in second, third and fourth overall in the one-mile and two-mile races.
- Won many races at the



Jemez Pueblo Father's Day track meets.

- Attended Adams State College and ran for Joe I. Vigil, world class Olympic coach. I ran cross-country and outdoor track and field for Coach Vigil and lettered as a freshman.
- In 1978, participated in the Cross-Country Championship in Keno-sha, Wisc. Our team came in third overall. This was the largest race in College National Championships with over 400 participants and teams from all over the U.S.
- Ran my first marathon in San Louis Obispo, Calif. in 1980 and came in second place. My team-mate and I from Adams State College came in first and second.
- Ran the marathon at the College National Championships at Abilene Christian University and came in 16th overall.
- Was at one time ranked tenth in the nation.



Peter Magdalena took first place in the marathon at Terre Haute, Ind. in the mid-1970's.

What accomplishments are you most proud of?

I was able to represent Jemez Pueblo in college competition, and was most proud to be part of the Adams State Cross Country and Track and Field Teams (varsity), and to have Mr. Joe I. Vigil as my coach. I was able to run with the best runners in competition. Several team-mates became national champions and competed in the Olympics. College competition is really different than running in high school; they are faster and more experienced in distance running.

Continued on page 10

COMMUNITIES PUTTING PREVENTION TO WORK

Revitalizing Our Jemez Running Tradition

Continued from page 7

I was able to run many places in our community that tie great stories of runners accomplishing great feats as mentioned by other runners in previous stories, accomplishing runs to mountain tops such as Bird Mountain, Redondo Peak and other special mountain tops in the area. Some day, I will teach the special meaning of being a distance runner to my grandkids and hopefully they will in turn teach their kids and grandkids in the future.

I was able to coach the Jemez Valley High School Cross Country team from 1982 to 1985 and win the NM State Cross Country Championship four years in a row. I was able to share



Peter Magdalena and his Jemez Valley High School cross country team-mates in 1977.

with our high school team the running ways of the Adams State Running Team. I thank Coach Vigil for coaching me and for the knowledge and encouragement he gave me in my college years. Any experience I learned through Coach Vigil, I take to my heart. Our school was able to beat every team in the state from 1A to 4A schools.

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

To be a runner, you have to earn it. It takes lots and lots of training. Running keeps your body strong, your mind in good spirits and in good health. Keep out of trouble and stay in school. And make sure you enjoy what you do. And continue to strive for the best as we are known for our distance running.

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

We as a community need to keep our traditions alive as we have in the past centuries. We need to continue to teach our children, our grandkids the values and the importance of our way of life because they are the future. We all have deeply rooted ties to our Hemish People who never gave up. Now it's our turn to continue that effort and be strong, together as a whole for our future. Let's keep our tradition as it was with our great-great grandmothers and grandfathers.

Thank you for giving me this opportunity to share my past running experiences.

JOE CAJERO, SR.

Why do or did you run?

I grew up watching my father and grandfather run. My dad once told me he was a sprinter and played football. I saw them accomplish their feats. I did not run when I was in my youth. I ran whenever I wanted to. But I did not start running until I went to high school. I went to Santa Fe Indian School, played football and participated in track and field. I was more competitive in short distance as a sprinter. What inspired me was running a traditional race and bringing home the prize trophy. This inspired me to start running around 1954.

What motivated you to run?

To win. I wanted to become a winner. I wanted to challenge other runners from all areas of the state. I was very good at sprinting. I wanted to win gold medals. Setting my goals to

become a better athlete took a lot of discipline and determination.

What are your major accomplishments?

- Won a traditional race when I was in high school.
- Won twice in NM State Track and Field in the one-mile medley (1955-1956) with Santa Fe Indian School.





COMMUNITIES PUTTING PREVENTION TO WORK

Revitalizing Our Jemez Running Tradition

- Played football in high school.
- Received Physical Fitness Award three consecutive years (1954-1956.)
- Received the Tom Atencio Award for outstanding senior athlete at Santa Fe Indian School (1956.)
- Highlands University offered me a track scholarship in 1956 (graduated in 1961.)
- Started the famous annual Father's Day Track meets around 1959 and continued for 24 years with runners from several states participating.
- Drafted into the Army 1961.
- Received Basic Training "Certificate of Achievement" (Oct. 1961.)
- 50-mile hike in my military unit with the Army at the request of President Kennedy.
- Coached Jemez Valley High School Cross Country team in 1964-1965; went undefeated for two consecutive years.
- Received a special award at the Popay Tricentennial Foot-race (1980.)
- Participated in state and national Senior Olympics in archery and golf (2009-11.)

What accomplishments are you most proud of?

- Won the Iron Man Triathlon while in the Army.
- Coached the Jemez Valley High School Cross Country team.
- Coached in AAU Cross Country.
- Started the most famous Father's Day track meet.
- Graduated from high school and college and was able to serve and protect our country.

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

I truly believe that we should get all the runners from the past to get together as a group so that these elders can help motivate our younger generation in keeping our running tradition alive. Educate our youth about how hard it is to become runners, what it takes to become a winner. We can find one location to get our elders and the younger generation together.

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

I think one of the things we need to look at is our youth experimenting on drugs or getting into gangs. One of the most difficult things we face here is our youth having no respect for our elders, parents, educators and our tribal leaders. Many of our kids are growing up in single-parent homes and that may make it hard to teach our kids to respect others. When we were growing up, our elders, parents and educators made sure we showed respect to them. One of the other things we need to do is to keep our language alive. Our language is what makes us strong and keeps our traditional values alive.



Joe Cajero, Sr. wearing his award at the Senior Olympics.

FACT OF THE MONTH

Be patient. Your first couple of weeks of practice may be difficult and you may feel like everyone else is a better runner than you are.

Try not to compare yourself to other runners. Instead, track your own progress and see how you get stronger as you continue training.

COMMUNITIES PUTTING PREVENTION TO WORK

RUNNING EVENTS FOR SEPTEMBER

SUNDAY SEPT. 4
DAM TO DAM RUN
Albuquerque www.active.com

MONDAY SEPT. 5
HEARTS FOR HONDURAS RUN
Santa Fe www.active.com

SUNDAY SEPT. 11
TUNNEL TO TOWERS RUN
Albuquerque www.active.com

DIRTY HALF MARATHON/10K
Alb. www.trisportcoaching.com

PATRIOT TRIATHLON
Rio Rancho
www.newmexicosportsonline.com

SUNDAY SEPT. 18
CHIPS AND SALSA HALF MARATHON
Albuquerque www.active.com

SANTA FE TO BUFFALO THUNDER HALF MARATHON
Santa Fe www.santafethunder.com

SATURDAY SEPT. 24
BORN TO RUN
Albuquerque www.active.com

BOSQUE SCHOOL FALL FIESTA 5K RUN & WALK
Albuquerque www.active.com

URBAN DARE ALBUQUERQUE
Albuquerque www.active.com

SUNDAY SEPT. 25
5K @ SVA
Corrales www.letsmove.com

CORRIDA DE CORRALES 5K & 10K
Corrales www.active.com

Traffic Safety on School Routes

The CDC Communities Putting Prevention to Work program is introducing Traffic Safety on school Routes so students can walk or bike to school safely.

What is Traffic Safety on School Routes Program?

This program will help us make sure students get to their schools safely. We want students to walk or bike to school to encourage living a healthy lifestyle that will enhance the health of our community. We want our community members to reduce speed at school zones, reduce congestion in drop-off and pick-up zones, wear their seat belts and make sure we practice safe driving for the sake of our students.

In collaboration with the Pueblo of Jemez Police Department, CPPW staff will monitor specific heavy traffic areas before school starts in the morning. The Police Department will enforce speed limits, seat belt usage, passengers riding in back of trucks, proper child restraints and overall safety for students walking or biking to our schools.

For more information, please call the CDC/PPW office at (575) 834-3091.

PLEASE!

BUCKLE UP, SLOW DOWN AND PROTECT OUR KIDS!

PUBLIC HEALTH

Antioxidants for Better Health

Submitted by Debra Tousley, Registered Dietitian

Antioxidants are substances found in food that can prevent or slow damage to your body's cells. The main antioxidants found in foods are vitamin C, vitamin E, beta carotene and selenium. They may help reduce risk for heart disease, diabetes, macular degeneration and cancer. It's best to obtain these antioxidants from foods instead of supplements. The top ten sources of antioxidants are:

- | | |
|-------------------------|----------------------|
| 8 oz. pomegranate juice | ½ cup blueberries |
| ½ cup cranberries | ½ cup raspberries |
| ½ cup strawberries | ½ cup sweet cherries |
| ½ cup asparagus | 1 oz. almonds |
| ½ cup red cabbage | ½ cup red grapes |



FOODS TO CHOOSE

Vitamin C		Vitamin E		Beta Carotene		Selenium	
Asparagus	Citrus fruits	Fortified cereals	Sweet potatoes	Cantaloupe	Spinach	Beef	Ham
Bell peppers	Kiwi	Almonds	Vegetable oils	Carrots	Sweet potato	Brazil nuts	Poultry
Broccoli	Potatoes w. skin	Hazelnuts	Whole grains	Collard greens	Squash	Brown rice	Whole grains
Brussel sprouts	Tomatoes	Peanut butter	Wheat germ	Kale	Broccoli	Eggs	Chicken
Cantaloupe	Strawberries	Seeds		Pumpkin	Tomatoes	Fish and shellfish	Garlic
Green leafy vegetables		Green leafy vegetables		Mango	Peaches	Fortified cereals	
				Mustard greens	Apricots		

PUBLIC HEALTH

National Childhood Obesity Awareness Month 2011

President Barack Obama has declared September to be National Childhood Obesity Awareness Month. In his proclamation, the President stated:

"Since the 1970s, the rate of childhood obesity in our country has tripled, and today a third of American children are overweight or obese. This dramatic rise threatens to have far-reaching, long-term effects on our children's health, livelihoods and futures. Without major changes, a third of children born in 2000 will develop Type 2 diabetes during their lifetimes, and many others will face obesity-related problems like heart disease, high blood pressure, cancer, and asthma.

As a nation, our greatest responsibility is to ensure the well-being of our children. By taking action to address the issue of childhood obesity, we can help America's next generation reach their full potential. Together, we can stop this epidemic in its tracks.

Over the last year and a half, the First Lady's *Let's Move!* initiative has brought together federal agencies and some of the nation's biggest corporations and nonprofits, working to meet our national goal of solving the problem of childhood obesity within a generation. *Let's Move!* aims to help ensure we can make healthy choices about the foods we eat and how much exercise we get, while building the habits necessary to tackle one of the most urgent health issues we face in this country.

I invite all Americans to visit www.LetsMove.gov to learn more about this initiative and how to help children eat healthy and stay active.

Everyone has a role to play in preventing and reversing the tide of childhood obesity. This year, we announced groundbreaking partnerships with grocery stores and other retailers to increase access to healthy food in underserved areas. These stores have pledged to increase their fruit and vegetable offerings and to open new locations in communities where nutritious food is limited or unavailable.

Childhood obesity cuts across all cultural and demographic lines, so *Let's Move!* has started initiatives to reach every cross-section of America, from urban and rural areas to schools, health clinics, and child care homes and centers. These programs touch everyone, from faith-based communities to Indian Country, empowering kids and their families to discover the fun in healthy eating and exercise.

"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake." First Lady Michelle Obama at the Let's Move! launch on Feb. 9, 2010



Schools also have an important role in ensuring our children live full and active lives. Last December, I signed the Healthy, Hunger-Free Kids Act into law, enacting comprehensive change that will allow more children to eat healthier school lunches.

One cornerstone of *Let's Move!* is the Healthier US School Challenge. This year, America met the goal of doubling the number of schools meeting the Challenge's requirements for expanding nutrition and physical activity opportunities. These 1,250 schools show that, together, we can go above and beyond to give our kids the healthy future they deserve.

We are coordinating across the federal government to make our goal a reality. This year, the federal government released updated dietary guidelines for Americans, providing a science-based road map for individuals to make healthy choices, and emphasizing the importance of good nutrition and an active lifestyle. We adapted the food pyramid to a new design – *MyPlate* – to encourage balanced meals. And our Healthy People 2020 initiative incorporates childhood obesity prevention in its goals for increasing the health of all Americans.

Across our country, parents are working hard every day to make sure their kids are healthy, and my administration is committed to supporting families in their efforts. During National Childhood Obesity Awareness Month, we recognize the outstanding work our businesses, communities and families are doing to help us meet our responsibilities to our children. I urge all Americans to help us meet our goal of solving the problem of childhood obesity within a generation.

Now, therefore, I, Barack Obama, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do proclaim September 2011 as National Childhood Obesity Awareness Month. I encourage all Americans to take action by learning about and engaging in activities that promote healthy eating and greater physical activity by all our nation's children. In witness whereof, I set my hand this 31st day of August, 2011, and of the Independence of the United States of America the 236th.

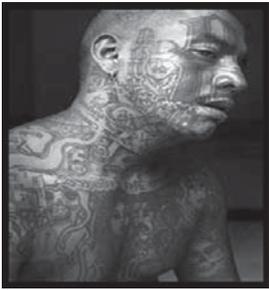
Barack Obama

The Let's Move web site has resources to help your family get healthier, including fitness calendars, nutritious recipes, exercise suggestions and other tips. Go to www.letsmove.gov.

HEALTH & HUMAN SERVICES

Community Outreach Program (COP) Speaker Series

NATIVE AMERICAN GANGS: A COMMUNITY PROBLEM



Jemez Health and Human Services (JHHS) launches its Community Outreach Program (COP) speaker series in September with its first community awareness presentation. Behavioral Health Program Manager Keahi Kimo Souza, LMSW, will give a presentation on *Native American Gangs: A Community Problem*. The program will be held Tuesday, Sept. 20, from 6 to 7:30 p.m. at the CRC.

Many Native communities are facing the problem of gangs. "Our youth and young adults find gang involvement more attractive even over traditional ways. Cultural loss, generational trauma and lack of resources have been proposed as possible explanations," Keahi explains. The presentation will cover basic gang awareness, such as history, tattoos, graffiti, gang signs, etc., and include a wealth of images, current research and tribal interventions. A light dinner will be served.

JHHS is reaching out to the Jemez community to educate and create awareness about contemporary issues and resources so community members will be more informed. The JHHS COP Speaker Series will occur monthly on the third Tuesday of each month from 6 - 7:30 p.m. at the CRC.

For topic recommendations and more information, contact Keahi Kimo Souza at (575) 834-7258 or Dave Panana, JHHS Interim Director, at (575) 834-7413.

UPCOMING PROGRAMS

Oct. 18

Medicaid, Medicare and YOU!

Lisa Maves, MA, LPC

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. On-site application assistance available. Learn about these benefits and why enrolling is important to our community.

Nov. 15

Healthy Lifestyles: A Great Reason to Live!

Kristyn Yepa, RN, BSN

The Special Diabetes Program for Indians (SDPI) under the JHHS Public Health Programs will discuss diabetes prevention, physical activity, nutrition, and creating healthy lifestyles to prevent diabetes or prevent complication of diabetes.

Dec. 20

QPR: Ask a Question, Save a Life

Jesse Michaud M.A., NCC, LMHC, LPC

Keahi Kimo Souza, MS, LMSW

(Certified QPR Trainers)

New Mexico has the third highest suicide rate in the U.S. Suicide is the second leading cause of death for Native American/Alaska Native males from 14 to 24 years old. Learn to identify the signs and symptoms when a person is thinking about suicide, and learn skills you can use to help the individual through the crisis and find needed help. QPR is a safe, effective, proven method anyone can use to help save a life.

MEDICAL SOCIAL WORK



Social Security Recipients: ELECTRONIC PAYMENTS ARE A MUST!

For years, Social Security has stressed the convenience, security and safety of getting benefit payments electronically. Soon, electronic payments will not only be the best way to receive federal benefits – it will be the **only** way.

That's because the U.S. Department of the Treasury announced a new rule that will extend the safety and convenience of electronic payments to millions of Americans and phase out paper checks for Federal benefit and non-tax payments by March 1, 2013. In fact, effective May 1, 2011, **all**

new recipients of federal benefits, including those filing for Social Security and Supplemental Security Income (SSI), MUST receive their payments electronically.

Electronic payments are safer, easier, more reliable, less costly, and good for the environment. If you still get checks in the mail, go to www.godirect.org today to sign up for direct deposit or Direct Express.



Changes to Open Enrollment Season for Medicare Part D

The season to make changes to your Medicare Part D Plan (prescription drug coverage) has changed this year. The new enrollment period is from Oct. 15 through Dec. 7, 2011. This is the time you can switch plans or enroll in a plan if you don't already have one.

If you need help or have questions, contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.

SENIOR CENTER

JEMEZ ELDERS OFFER INTERGENERATIONAL CLASSES

August 29, 2011 – September 29, 2011

The Senior Center is again offering free classes in traditional skills to community members. Classes are available for youth and adults. Don't miss this chance to learn the skills your grandparents taught.

Towa Language Immersion Program

Towa Language Classes (five weeks): for children three years of age through adults. Class Limit: 20; 10 children/youth and 10 adults. Two instructors will divide the classes into two groups: one for children three to ten years old, the other for youth age 11 and up and adults.

Towa Language Immersion Program for Child Care and Head Start children, age six months through five years. Five weeks.

Men's Arts & Crafts

Men's traditional attire; two classes, 2.5 hours a week per class for five weeks. For youth 12 years of age and over, and adults. Class limited to 12 students.

Embroidery

Kilt making (five weeks); for youth 16 years old and over and adults. Class Limit: 12; two instructors.

Women's Traditional Arts & Crafts

Traditional Indian dress-making (five weeks); for youth 16 years of age and over and adults. Class limit: 10 (five per class); one instructor

Registration is on a first-come, first-served basis. Sign up at the Senior Center for all classes except children's Towa Immersion classes held at the Jemez Pueblo Head Start/Child Care Center; no registration necessary.

For more information and registration, contact Rose Shendo or Anita Cajero at the Senior Center, (575) 834-3097

Jemez Hosts New Mexico Tribal-State Judicial Consortium

Submitted by Joline Cruz, Prevention Coordinator, JHHS Social Services Program

The New Mexico Tribal-State Judicial Consortium held their regional meeting on August 19 at the Pueblo of Jemez Community Resource Center. Participants included judges, attorneys, tribal officials and leaders, probation officers, child welfare workers, and family services staff from tribal and non-tribal agencies. The Pueblo of Jemez was represented by 2nd Lt. Governor William Waquie, The Honorable Mendoza of Tribal Court, Tribal Court Administration and Probation, the Behavioral Health Program and the Social Services Program.

The meeting's focus included "Rights of Incarcerated Parents of Indian Children" and the Indian Child Welfare Act (ICWA.) The purpose of the Act is to protect the best interests of Indian children, and promote the stability and security of Indian tribes and families. ICWA applies in child custody proceedings and when a child (under age 18) is either a member of a federally recognized Indian tribe, or eligible for membership in the tribe and the biological child of a tribal member. When ICWA applies and child is not living on tribal land, proceedings can be transferred to the tribe's jurisdiction. ICWA requirements for removing an Indian child from home include "clear and convincing evidence" that remaining with the parent or custodian will likely result in serious physical or emotional harm. "Testimony from an expert witness" must support the evidence; "active efforts to prevent removal" must have taken place; and "evidence beyond a reasonable doubt" when considering termination of parental rights.

Attendees heard educational presentations from Beth Gillia,

Director, Corinne Wolfe Children's Law Center; Bart Sandoval, Regional Manager, New Mexico Children, Youth and Families Department; Miriam Bearse, Tribal Child Welfare Specialist, National Resource Center for Tribes; and Sarah Clawson, Family Services Coordinator, NM Department of Corrections. Gillia stressed "ICWA is protecting the child, parent and tribe, promoting and fostering culture and tradition and the continuance of tribes."

The Honorable Louis P. McDonald, Chief Judge, 13th Judicial District; Honorable John J. Romero, Judge, 2nd Judicial District Court; and Kandis Martine, attorney, Navajo Department of Justice, discussed tribal input in state court cases. Deborah Diaz, Office Coordinator, Wings Ministries, provided an update on services offered to inmates and families. Heather Valdez Singleton, Deputy Director, Tribal Law & Policy Institute, and Bearse reported on state and tribal collaboration initiatives. Small group breakouts groups addressed hypothetical scenarios involving incarcerated parents and placement of children to review for issues, challenges, opportunities, alternatives and best practices.

The regional meeting offered a wonderful opportunity for professionals who have a significant impact on families to network and collaborate to ensure ICWA is [properly implemented and followed.

A special thank you to the Jemez Senior Center for catering a delicious lunch, and Jemez Tribal Court for hosting a successful and important event.



SAN DIEGO RIVERSIDE CHARTER SCHOOL



San Diego Riverside Charter School welcomes Tony Archuleta as interim principal for 2011-2012. Mr. Archuleta is no stranger to Jemez, having recently retired from Walatowa High Charter School after six years as principal. Mr. Archuleta will continue to serve in the interim position at SDRCS while the Governing Board finalizes procedures to fill the position permanently.

Elementary School Cross-Country Meets

DATE	LOCATION	TIME	LEAVE	RETURN
Sept. 17	S.D. -Kewa	10 a.m.	7:30 a.m.	4 p.m.
Sept. 24	SDRCS	10 a.m.		
Oct. 1	Laguna	10 a.m.	7:30 a.m.	5 p.m.
Oct. 8	Zia	10 a.m.	8:30 a.m.	1:30 p.m.
Oct. 15	San Felipe	10 a.m.	7:30 a.m.	4 p.m.
Oct. 22	San I	11 a.m.	7:30 a.m.	5 p.m.
Oct. 29	SPA Finals: TBA			

Middle School Cross-Country Meets

DATE	LOCATION	TIME	LEAVE	RETURN
Sept. 14	Edgewood	4 p.m.	1:00	9:00
Sept. 21	Desert Ridge	4 p.m.	1:30	8:30
Sept. 28	Alb. Academy	4 p.m.	1:30	8:30
Oct. 6	Zia	4 p.m.	2:30	7:00
Oct. 13	Cochiti	4 p.m.	1:30	8:30
Oct. 20	Bernalillo	4 p.m.	1:30	8:30

Parents: please be aware that leave times are definite and return times are approximate and there may be times when we return a little later or earlier than expected. Contact Athletic Director Coach Glenn at (505) 385-8941.

GO MUSTANGS!

Walatowa Cougars 2011 Volleyball Schedule

DATE	TIME	TEAM	LOCATION
Sept. 16	6 p.m.	NACA	WHCS
Sept. 20	5 p.m.	Belen (C-team)	WHCS
Sept. 27	5 p.m.	Jemez Valley	Jemez Valley
Sept. 29	4/5:30 p.m.	NMSD JV/V	WHCS
Oct. 1	1 p.m.	JVHS	JVHS
Oct. 10	6:30 p.m.	PTO/WHCS Booster Meeting WHCS	
Oct. 12	4/5:30 p.m.	NMSD JV/V	NMSD
Oct. 14	6 p.m.	SF Waldorf	WHCS
Oct. 18	5 p.m.	Victory Christian	WHCS
Oct. 20	6 p.m.	SF Waldorf Ft. Marcy Park, SF	
Oct. 22	5 p.m.	Victory Christian Temple Baptist	
Oct. 27	6 p.m.	NACA (HOME)	WHCS
Oct. 31 - Nov. 5	TBA	Volleyball District Tournament	
Nov. 6		Volleyball State Brackets Released	
Nov. 7		PTO/WHCS Booster Club Meeting 6:30 p.m.	
Nov. 10 - Nov. 12		Volleyball State Tournament	

Italics denote district games.
All games are varsity only, except where noted

VOLLEYBALL HOME GAMES PROMOTIONS		
Sept. 16	NACA	Youth Night
	\$1 admission for all community youth	
Sept. 20	Belen (C-team)	Tribal Employee Night
	Half price admission for tribal staff and their families with employee badge.	
Sept. 29	NMSD	Honor Our Heroes
	Tribal veterans, fire department and police department are invited to the game free of charge. Goodie bags for the attending heroes.	
Oct. 1	JVHS	Homecoming/Dig Pink
	Team will wear pink in honor of cancer awareness. Cake raffles, 50/50 raffles and donation jar. All proceeds will go to a community member who is battling cancer or to a local charity.	
Oct. 12	NMSD	Senior Citizens Night
	All community seniors are invited to the game and refreshments.	
Oct. 18	Victory Christian	Jam the Youth Center/ Dig Pink Night
	Half price admission to community members only. Players will wear pink uniforms to recognize Breast Cancer Awareness Month.	
Oct. 27	NACA	Senior Night
	Honor our team seniors and their parents.	

Admission Prices: Adults \$4 Seniors Citizens/Students \$3

WALATOWA HIGH ATHLETICS VACANT COACHING POSITIONS

HEAD BASEBALL COACH

HEAD SOFTBALL COACH

If interested, please contact the Athletic Director Francis Vigil at (575) 834-0443. These positions will remain open until filled.

EDUCATION

Jemez Valley Public Schools

Jemez Valley Elementary School

By Dr. Susan Wilkinson-Davis, Principal

We're off to a great start at Jemez Valley Elementary School. Over the summer our custodial staff worked hard to prepare the buildings and grounds and students and teachers arrived ready to learn!

Our Jemez Valley Elementary School staff includes Anna Antonio, prekindergarten; Dr. Hinako Breines, kindergarten; Kristy Alton, first grade; Barbara Smith, second grade; Lisa Hogan, third grade; Dorie Eschenbacher, fourth grade; Laniya Howe, fifth grade; Ann Menser, special education and gifted education; Marlene Carson, Dee Garcia, Marie Garcia and Eloida Toya, educational assistants; Julie Aleixandre, art; Gil Gonzales, physical education; Mildred Peck, library; and Julian Trujillo, custodian. We are also fortunate to have our grandmas Angie Chavez, Connie Jaramillo and Delores Kincaide. When you visit the office you will see some new faces: Diana Lucero, secretary; Greta Carson, counselor; and Dr. Susan Wilkinson Davis, principal.

Jemez Valley Elementary and Middle Schools were selected by the LANL Foundation to participate in the i3 LASER science education grant and research study by the Smithsonian Foundation. This innovative approach is inquiry-based with the purpose not only of teaching science content, but of teaching children how to think like scientists. We are planning a science night for parents to learn more about this hands-on curriculum.

Jemez Valley Elementary School has a designation of "Progressing" based on the Annual Yearly Progress report from the Public Education Department. However, the percentage of our students who scored as proficient in reading and math did not meet annual targets, so our goal is to provide focused interventions for our struggling learners.

Events

Jemez Valley Elementary School staff members encourage parents and community members to visit our school and to attend the many events we have planned. Be sure to mark your calendars for the annual Back-to-School Bash which is scheduled for Friday, Sept. 30! Parents are urged to participate in the Parent-Teacher Association, serve on committees, or volunteer in the classrooms.

Please contact the elementary school office at (575) 834-3309 or (575) 834-3311 for more information.

Jemez Valley Middle School

By Laura Mijares, Principal

My name is Laura Mijares and I am the new principal of the middle school after many years of teaching and service to the district. I hold high the goal of good communication and invite you to please contact me with your concerns or comments. I maintain an open door policy and look forward to visiting with you and hearing your ideas.

Academics

As a staff, we developed the curriculum for the school year with some changes. We eliminated the A/B schedule and established concrete academic goals for reading and math. Each middle school student will now have math, language arts, science and history for full 60-minute periods. Students have a weekly rotation of music, physical education and computers. We also offer two courses in great books and one in math applications, as well as new courses in humanities and science exploration. We have staff support from the high school for extra math classes so that our student-teacher ratio is low in that subject area.

Building Improvements

A new, safer drop-off pattern is now established using fencing. Any student being dropped off by a private car will cross the bus lane directly in front of the elementary school. This is to reduce the chance of a student being injured.

Sports

Cross-country practice has started under the coaching of Amanda Vigil. We are lucky to have two parent volunteers, Sherwin Sando and Eva Jacobson. The cross-country schedule has been established with six meets, including fast tracks like Albuquerque Academy and the killer sandy hills at Zia.

New this year is a burgeoning interest in cheerleading. A group of students has organized this effort and we hope to see the fruits of their labors at home sporting events.

Open House

As demonstrated during our open house, one of the most terrific things about our school year is the upbeat attitude and spirit that we share. Students are getting serious about learning and teachers are working hard at providing the support that they need. As members of Jemez Valley Middle School community, we are dedicated to developing the whole child and a great academic atmosphere.

We are Jemez Valley Warriors: Respectful, Resourceful, and Responsible!

NEWS YOU CAN USE



Walatowa Green Stars: On a Mission for Our Community

Submitted by Jocelyn Tosa, Proud Parent

Congratulations to the Walatowa

Green Stars, who marked the one-year anniversary of their community recycling efforts on August 2, 2011. They formed the group on July 14, 2010 to prepare for Feast Day 2010.

On this year's Feast Day, the Green Stars collected triple the amount of recycled materials that they collected last year. The group set up their bins on the eve of the feast in locations throughout the village. They started their day at 8 a.m., and, as last year, their duties included checking their bins to ensure they were utilized properly and changing out the recycle bags when they were full.

The following day, the group was up at 6:30 a.m. to collect their bins and assist with the community clean up, collect recyclables, and ensure that collections were separated properly between regular waste and items that can be recycled. About mid-morning, they went through the village again to make sure all the recyclables were picked up and nothing was left behind. Community members also dropped off recyclables they col-

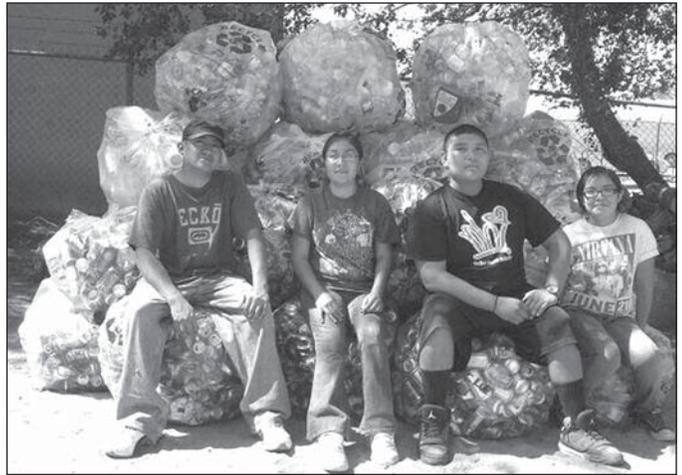
lected at home during the feast. Finally, the group met to separate and deliver all the recyclables to the respective recycling companies.

Throughout the past year, the Green Stars have given presentations to various local and national groups about their recycling initiatives. They installed recycling bins in tribal offices and at the Jemez Health Clinic, and collect the recycled cans, bottles and plastics regularly.

Community members who want to start recycling at home can bring their household recyclables to one of the Green Stars' homes if they don't have another place to take them.

"We as parents, family and friends would like to take this opportunity to applaud this group of youngsters for coming this far with their efforts. They have shown so much dedication and pride in their endeavors. For them to get up early the day after our

Feast, and on their summer break, to finish their obligations shows so much commitment and pride in all that they do. These teenagers have not only inspired us, their families, but also many people in our community, that in itself says a lot. We are so proud of them! The kids are really making a difference and people are responding. Thank you to our community as well for your support to the Walatowa Green Stars," says proud mom Jocelyn Tosa.



Green Stars (left to right) Keith Panan, Tianie Toya, Emmet Yepa, Linsey Toya and Mark Panana (not pictured) with the mountain of recyclable materials they collected at the August Feast Day.

★ **REduce** ★ **REuse** ★ **REcycle** ★

VOTER REGISTRATION UPDATE

- Please register today to vote in the upcoming 2012 primary election scheduled for Tuesday, June 5, 2012. If you changed your name or address, please update with a new voter registration form.
- The New Mexico Legislature will hold a special session starting Sept. 6, 2011, and will focus on redistricting and other issues.
- Jemez Pueblo has submitted a request to the Sandoval County Clerk's Office for an early voting site for the 2012 primary and general elections. The voting site for Precinct 15 is at the Jemez Civic Center.

For more information please contact the Native American Voting Rights Office at the Jemez Civic Center, (505) 934-8826 or contact the Secretary of State NAEIP Office at (800) 477-3632.

Voting is very important for our community and for our people. If you are 18 years of age and older, register and make a difference. Let your voice be heard— it counts to vote!

NEWS YOU CAN USE

Native Busine\$\$: Flow Beyond Profit

By Jim Stanley

The purpose of any business is to make money –regardless of product or service. If over time, a business is not able to make enough money to cover cost of goods sold, selling, general and administrative expenses and profit, then it will fail. The reason is cash flow. Cash flow is the movement of dollars into and out of a business. Positive cash flow occurs when cash inflows exceed cash outflows and the business will benefit by being able to pay debts, build cash reserves and distribute money to owners and key employees. Negative cash flow is when cash outflows exceed cash inflows. Businesses can experience a “slow death” with symptoms like operating lines of credit that grow larger each year and checking accounts with insufficient funds to cover payroll.

An unfortunate experience many business owners have lived is suddenly being cut off from credit facilities by lenders after submitting financial reports. Business owners then scramble for funds to pay employees and vendors. In good times, negative cash flow can continue as long as credit is granted from lenders but today, with the economic slowdown, lenders choose to adhere to credit policies and not grant exceptions. In my experience, the most successful business operators try hard to understand cash flow because it helps them make better decisions. They can decide which jobs to bid by determining a project's rate of return or balance services offered to the market to attract the most customers at the highest gross margin.

Cash flow is everything for a start-up. The business' birth is usually facilitated by savings, money from friends and family, or home equity. Survival is then determined by cash flow. Charging enough to sustain the business is extremely important. If your start-up business offers a product, make certain the price to customers covers the cost to produce the product plus a gross margin great enough to pay for overhead to fulfill

the order.

Gross margin is the difference between cost of the product and revenue received from product sales. Many times, businesses set their prices near a competitor's price point and determine a “cost plus margin” calculation. Although this is an appropriate measure, it does not address two critical components that should be continuously monitored: overhead and replenishment costs.

Overhead can be fixed and variable costs which include rent, wages, owner salaries, phones, computers, licensing and taxes. If not monitored and managed, these costs will eat up profits and empty a business checking account.

A strong manager will break down these components into a value that can be measured within the sales price of a single product. This exercise tests if the price charged is greater than the cost of operating the business. Good if it is; Bad if it is not, because as time goes on the business will increasingly be in a cash deficit. Prolonged cash deficits result in business death. With a product, replenishments cost is simply the amount of money required to get new products to sell. Existing businesses usually work with a bank line of credit to replenish inventory. Startups need to operate smarter by charging enough to pay for overhead and new product or an alternative source of capital to buy product (i.e. terms with a vendor, cash, personal cash or home equity line of credit).

Here's a tip if you are starting a business: Correctly measure and determine pricing at the beginning. Often it's easier to start with the correct price point rather than begin too low and then change pricing after customers expect a lower price.

Jim Stanley is a 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. Contact Jim at sovereigndevelopment@hotmail.com.

WALATOWA



Pueblo of Jemez

Walatowa Visitor Center Ninth Annual Open Air Arts & Crafts Market

OCTOBER 8 & 9

9 A.M. TO 5 P.M.

Booth fees are \$130; \$160 if shared, until Sept. 30. \$10 late fee for applications accepted after Sept. 30.

Artists must supply their own chairs and tables; canopies are required.

If you have questions, contact the Walatowa Visitor Center at (575) 834-7235.



Pueblo of Jemez
4417 Highway 4
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Jemez Pueblo, NM 87024

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Jemez Farmer's Market

Traditional pueblo farming at it's best...

**AT THE RED ROCKS
SUNDAYS**

10 A.M. TO 2 P.M.

SEPTEMBER THROUGH OCTOBER



**September 4, 11, 18 & 25
October 2, 9, 16, 23 & 30**

If you want to sell your crops at the Farmer's Market,
contact Martin P. Loretto or Cheryl Shendo-Toya at
(575) 834-3091.

TRIBAL COURT

FROM JEMEZ TRIBAL COURT

Effective August 1, 2011, Tribal Court will not accept any cash. Cash payments can be made at the Finance Department. Debit cards, credit cards, telechecks and money orders will be accepted. If you have any questions, please contact the Jemez Tribal Court office at (575) 834-7369.

JEMEZ HELPING HANDS CLOTHES CLOSET OPEN BY APPOINTMENT

The Jemez Helping Hands Clothes Closet is open by appointment only in the early evening before sundown until Oct. 1 when they resume regular hours. Call Susan Minter at 829-3912 to make an appointment. The Clothes Closet resumes regular hours on Oct. 1: Wednesdays and Saturdays from 11 a.m. to 1 p.m.

Shop for school clothes and shoes, cute infant and toddler items, coats, sweaters, and men's and women's clothes in all sizes.

This service is offered for those with low incomes, but everyone is welcome to "shop" for a reasonable monetary donation.

The Clothes Closet accepts clean clothing in good condition and small household goods in plastic bags at any time in the bin on the north side of the shed in Cañon. Please do not leave boxes!