



Red Rocks Reporter

SEPTEMBER 2014

In This Issue

Governor Martinez Visits Pueblo	1
Governors Visit Washington ...	2
Tribal Summit: Alcohol Awareness	3
Tribal Council Report.....	6
Pueblo Independence Day	7
Advantage Patients!	8
Parenting Skills Classes	9
Medicare Open Enrollment.....	9
Avoiding Tax Penalties.....	9
Cholesterol Awareness.....	10
Back to School With Healthy Smiles.....	10
Alcohol and Your Teeth.....	10
Fun Runs	11
MoGro Changes	11
Keep Your Children Safe From Poisons.....	11
New School Year Begins	12
SDRCS News	12
Head Start News	13
Head Start National Collaborations	14
Stuff the Bus.....	15
Elders in Residence	16
Health Board Members Wanted	16
JVCU Invitation.....	17
When is Turquoise Not Turquoise	17
Happy Birthday!.....	18
Free Spay/Neuter Services... ..	18
Honors for Public Works	18
Weekend Bus to the Valles Caldera	18
Spiritual Gathering at the Valles Caldera.....	19
Election Calendar	20
Farmers Market	20

NM GOVERNOR RETURNS TO JEMEZ

New Mexico Governor Susanna Martinez returned to the Pueblo of Jemez to meet with tribal leaders, department directors, and community members on Tuesday, Sept. 2. "This is about people working together to solve problems. We're all the same under the skin, whatever political party we join, whatever God we pray to," Governor Joshua Madalena said. "We are establishing relationships with people in positions to make critical decisions that will be in the best interest of our community. Governor Martinez's visit demonstrates her commitment to the needs of our people."

Meeting with department directors, Governor Martinez addressed several issues important to the community. Governor Madalena thanked Governor Martinez for recent appropriations to the Pueblo of Jemez through the Indian Affairs Department and requested updated information concerning the receipt of funds so projects can move forward. "We all must remain mindful that the actions we take here in the pueblo impacts the entire Jemez Corridor," Gov. Madalena stressed.

Natural Resources Department Greg Kaufman gave an update on the status of the Pino fire burning near Ponderosa.

Highway 4 Bypass

Governor Madalena reminded Governor Martinez about the history of Highway 4, constructed in 1938 without a right-of-way agreement with the state. The case went to the State Supreme Court, which overturned the state's claim of imminent domain, but the road had already been built. The by-pass is critical to improve safety in the community and protect community resources. It will also improve access to area sites and boost tourism.

The project requires \$24 million for construction; planning and design are completed pending final approvals and funding. Governor Madalena offered to give right-of-way permission to the state, a five million dollar contribution to the project. Planning & Development Director Chamisa Radford added that the project cost could be reduced by about \$8 million if the work was done by Pueblo of Jemez personnel.

Governor Martinez noted that the federal government had historically financed road maintenance and upkeep, but the costs have shifted to the states. "It's a huge challenge for states to keep up with. After water, roads are our biggest need in New Mexico."

Governor Martinez added that she wanted to see projects committed, fully funded and completed. "Tourism is vitally important to the state's economy," she added. "The most hits on are on the 'Native Americans' tab. Visitors want to learn more about your culture and history."

Continued on page 2



At left: Governor Martinez accepts a Jemez pot made by Carol Vigil; the Governor is wearing a T-shirt created by Robert Shendo.



At right: Governor Susana Martinez with Governor Joshua Madalena and Executive Assistant Lynne Toledo.



PUEBLO OF JEMEZ

2014 TRIBAL GOVERNORS

Joshua Madalena
Governor

Kevin Shendo
First Lt. Governor

Isaac Romero
Second Lt. Governor

TRIBAL COUNCIL

Joe Cajero

Paul S. Chinana

Raymond Gachupin

Frank Loretto

J. Leonard Loretto

Raymond Loretto, DVM

José E. Madalena

Joshua Madalena

J. Roger Madalena

José Pecos

David M. Toledo

José Toledo

Michael Toledo, Jr.

Paul Tosa

Vincent A. Toya, Sr.

TRIBAL

ADMINISTRATOR

Vincent A. Toya, Sr.

**Red Rocks Reporter
September 2014 Edition**

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

The Red Rocks Reporter is distributed to box holders in the 87024 Zip Code. If you want to receive this newsletter and do not have an 87024 P.O. Box, please contact the editorial office at erica.kane@jemezpueblo.us.

Published by Pueblo of Jemez,
NM 87024.

FROM THE GOVERNORS

NM Governor Returns to Jemez, *continued*

Water Rights

Tribal Attorney David Yepa presented information about ongoing water rights issues. He gave a brief history starting with the Pueblo of Jemez' relationships with Zia Pueblo, the state and the Jemez River Users Coalition launched in 1983. Negotiations failed in 1996 and litigation was filed. A settlement agreement reached in 2012 collapsed when the state pulled out of the agreement. "We want to be able to sit down with all parties and come to an agreement," David said. "We much prefer negotiation to litigation, but the state must be involved."

Governor Martinez promised to explore the matter further so negotiations could resume.

Community Presentation

The Senior Center then hosted Governor Martinez' contingent at a meeting open to all community members. Head Start Butterfly Dancers opened the program.

"This is called diplomacy," Governor Madalena remarked. "We are all one people working together."

"It's beautiful to see how your culture is being passed down to the next generation," Governor Martinez said. Robert Shendo gave her a T-shirt featuring his art work, and award-winning potter Carol Vigil from the Social Services Program presented the governor with a beautiful example of her work.

Jemez Senior Olympians introduced themselves and described the medals and ribbons they brought home from the recent games in Roswell. Patrick Romero added that he considered running his life line. "I'm running *away from* heart attack, diabetes, high blood pressure and arthritis," said the former probation officer who has survived four heart attacks and a recent hit and run bicycle accident.

Governor Madalena closed the program saying that these recent meetings with Governor Martinez have forged an enduring partnership. "Together we can work to do what needs to be done for our people, our community and our state," he said.

Governors Visit Washington DC

Governor Joshua Madalena and Second Lt. Governor Isaac Romero traveled to Washington, DC, to meet with officials from several government agencies to discuss a number of critical issues, including the tribe's claims to the Valles Caldera National Preserve, water rights issues, and co-management of the Jemez National Forest and Pecos National Historic Park. The meetings included National Park Service Director Jon Jarvis; Mary Wagner, Associate Chief of the US Park Service; Department of the Interior Assistant Secretary for Indian Affairs Kevin Washburn; Elizabeth Washburn, Bureau of Reclamation Chief of Staff; and members of the New Mexico Congressional delegation.

During the trip, the Governors hosted a dinner for tribal members living in the DC area. "We all had a great time," Governor Madalena said. "We'll do this again when we visit the area."



COMMUNITY NEWS

TRIBAL SUMMIT: ALCOHOL ABUSE IN OUR COMMUNITY

Community members and tribal staff gathered at the Walatowa Youth Center on Monday, August 25, to learn more about alcoholism in our community and ways to intervene, treat and prevent this deadly disease. "Our community has a serious problem," Governor Joshua Madalena said in his welcoming remarks. "But we also have a lot of expertise and resources here who can help."

Three panels of professionals who deal with the multiple effects it has on individuals, families and the community. JHHS Director Maria Clark asked the panels a number of questions that helped bring the many issues into sharp focus.

Emergency Enforcement

"You know we have a serious problem here in the community when 30 percent of emergency calls are alcohol-related," said Dave Ryan, Director of Emergency Services. "In the past three months, seven of the 15 deaths involved alcohol."

"It's very depressing," Police Chief Pete Camacho added. "This is not going to be a feel-good meeting. I have never seen so much destruction, so many kids traumatized, so many people victimized. Alcohol is involved in 90 to 95 percent of crimes here including vehicle accidents, domestic violence and child abuse. We don't have a lot of property crimes here, but we do have crimes against people, friends and family members."

Court Clerk Cynthia Gachupin sees cases once they are involved with Tribal Court. "Probably 99 percent of our cases are alcohol-related," she said. "Many times, offenders just 'can't remember' what they have done. Alcohol makes their minds go blank. As a community, we have to do better. It's not a secret: families know, the children know, we all know."

Mike Chinana manages the Veterans Program that includes the Jail Diversion Program. "I was in the Air Force for 24 years. Mondays were the hardest," he recalled. "Every Monday we had an alcohol-related incident: accidents, fights, deaths."

He urged veterans to seek help. "Reach out. Talk to someone. We are here to help. Don't take your demons to the grave. Alcoholism is a disease. If you have the flu you get help. There is no cure for alcoholism unless you find help."

Chief Camacho said that he has brought a new emphasis on communication and problem-solving to law enforcement in the community. "We try to spend time with prisoners when we can so we can talk. That connection is invaluable. We can reach out more, learn about problems, establish relationships," he said. "We show that we give a damn. The use of force is way down in the past year. We don't want children to be afraid of us. We are using communication skills instead to de-escalate situations when we can."

He added that alcohol makes people belligerent, and when others are involved, situations can easily turn violent. "There is a damaging, trickle down effect on everyone: families, friends, the whole community."

Cynthia explained changes in the Tribal Court process. Probation officers advise the court and recommend sentencing; the judge or Governors can deny or accept the recommendation, or make a different one. "Offenders are then referred to Behavioral Health Program for counseling or to the Jail Diversion Program for veterans. If jail is necessary, it costs \$67 a day; many offenders are unemployed and just don't have the money. Then what?"

Continued on page 4



Top left, left to right: The Emergency Enforcement panel included Dave Ryan, Chief Pete Camacho, Cynthia Gachupin and Michael Chinana. Maria Clark (standing) moderated the program

Lower left: The Intervention Panel was comprised of Dr. David Tempest, Keahi Souza, Columbus Nettles and Henrietta Gachupin.

Above: Rina Le Master, Sarah Michaud and Jesse Michaud were on the Prevention Panel.

COMMUNITY NEWS

Alcohol Abuse in Our Community, *continued*

Their families suffer, the community suffers.”

“People hide their issues from their families. They need to be heard, and not just by the court,” she added.

“If I sound agitated and angry, it’s because I am,” Pete said. “You should be too. These people are tearing our community apart.”

Lonnie Romero, a senior at Walatowa High Charter School, presented findings from his research paper on alcohol and its effects on youth and young adults. “Alcohol damages internal organs and brain development. Because teens are still developing, this can have serious long-term impact on health for the rest of their lives,” Lonnie said. “We also know that alcohol related accidents affects 50,000 people a year.”

Frightening statistics show that many young people start drinking at age 13 and too many are already addicted by 18.

“So why do we still do it? People self-medicate. They react to stress or problems at home or in school,” Lonnie explained. “They don’t feel connected.”

“The need to feel connected is a key issue,” Maria added. “This is a critical issue that needs to be addressed by tribal leaders.”

Intervention

Dr. David Tempest, JHHS Medical Director, opened the session on interventions. “I’m very glad to see so many people here,” he said. “I see the problem up close because I sign the death certificates. In Jemez the problem may not be as visible and obvious as in other communities. It’s kept behind closed doors. But the consequences eventually show up. One in 10 deaths of people of working age in the US is due to alcohol. It’s a national problem, it’s a New Mexico problem, and it’s a Jemez problem.”

Dr. Tempest explained that Europeans fermented and distilled fruits and grains for centuries before coming to this continent. “The sudden introduction of this toxic chemical had a profound effect on people who had no experience or history with the substance,” he said. “Alcohol may be the biggest factor when considering the issues around historical trauma.”

Alcohol is a chemical toxin. The liver is the body’s primary detoxification organ. When it must continuously process alcohol, there is progressive damage. Healthy liver tissue is replaced by fibrous tissue. Extra blood vessels form to try to nourish the diseased organ; when these clog, other organs are affected. Kidneys start to fail, there is internal bleeding. “It’s a slow process. It takes about ten years, but once cirrhosis develops, there is no real treatment,” Dr. Tempest said. “There’s no good treatment for alcohol. There’s no magic pill. The patient must make a decision to stop drinking, and make that decision every day.”

He added that cirrhosis and other physical effects are a slow death, but death from alcohol can also be rapid, either in vehicle accidents or by acute toxicity.

“Alcohol is always a sedative,” Dr. Tempest reminded the group. “Despite brief feel-good moments, alcohol always depresses the activity of all organs. And if a person is emotionally depressed, alcohol makes the depression worse.”

Dr. Tempest also spoke about fetal alcohol syndrome (FAS) and its devastating effects on children before birth. “FAS creates multiple, permanent physical and mental disabilities,” he said. “There is *no* safe level of alcohol for pregnant women.”

Social Services Program Manager Henrietta Gachupin reminded participants about the Community Intervention and Response Team (CIRT), comprised of tribal officials and volunteers on call 24 hours a day, seven days a week to respond to domestic emergencies. “Alcohol is almost always a factor when there is call about domestic violence, child abuse or elder abuse,” she said. “In addition, alcoholism creates financial hardships for families when people don’t work consistently.”

“Treatment is not a cure,” she emphasized. “It’s up to the individual.”

Pharmacy Manager Columbus Nettles noted that Native Americans have the lowest prevalence, but the highest frequency and intensity, of alcohol abuse of any ethnic group. “Younger people are dying at a higher rate of diseases that are typically associated with aging, such as diabetes, liver disease and cancers. Violence and accidents also take a high toll. This is a crisis for communities like Jemez,” he said.

Behavioral Health Program Manager Keahi Souza is encouraged by youth standing up against alcoholism. “We see incidents in schools about once a week,” he said. “We need to identify ways to intervene and prevent alcohol use early.”

“Historical trauma and genetic predispositions are good excuses,” he added. “But the bottom line is that it still impacts the whole community. We need to eradicate the problem within our homes.”

The Intensive Outpatient Program provides Antabuse medication, therapy, education, training, and Alcohol Anonymous sessions during three full days per week. Traditional healing education and a traditional Warrior Group are essential components of the program. Behavioral Health Counselor Stuart Gachupin explained the role of the Warrior Group: “Some of our young men are lost. They never learned our traditions and culture. The Warrior Group brings in elders to speak and teach our history, language and traditions so these men can connect to our culture.”

Keahi added that the SBIRT (Screening, Brief Intervention,

Continued on page 5

COMMUNITY NEWS

Alcohol Abuse in Our Community, *continued*

Referral and Treatment) Program at the Medical Clinic is helping people with problems from addiction, depression or anxiety who have avoided the court system and have not been mandated to get treatment. "This is an important step in addressing problems in the community before Law Enforcement and the Court get involved," Keahi said.

Prevention

"Public health is mostly about chronic diseases," Public Health Programs Manager Rina LeMaster said. "Most are preventable. Substance abuse and lifestyle choices contribute to most, if not all, of these diseases."

Rina cited a study by the Centers for Disease and Prevention (CDC) on adverse childhood experiences, or ACE. "Risky health behaviors start young," she said. "Intervention in adulthood doesn't always address the problem. The worse the trauma, the riskier the behaviors. These include substance abuse, teen pregnancy, suicide and other self-injuring behaviors. Children who grow up with alcoholics in the home all have ACE. And then they, too, are at risk for becoming alcoholics. There should be no shame here. We need to fix this as a community."

Sarah Michaud, Vocational Rehabilitation Program Manager, noted that her program focuses on employment, education and training. "It's important to remove the stressors that contribute to drinking, including unemployment," she said. "Alcohol abuse and dependence are disabilities that create impediments to employment. But ultimately, people must make the choice to change. If they do, we can help."

JVR consumers must have at least 30 days of sobriety and be in some type of treatment to be eligible for the program. "We want them to have the tools to succeed," Sarah said. "We also do random drug tests, just like most employers today."

Maria opened the afternoon session with a warning. "We need to start in middle school or earlier," she said. "We must demonize alcohol. It poisons bodies, minds, relationships, families, communities."

Dr. Tempest noted that his experience includes patients who die from alcohol withdrawal when jailed. "Medical clearance is necessary before someone is transported," he warned. Dr. Elizabeth TopSky added that codependency is a serious issue. "How do we help alcoholics without enabling them? It's a fine line," she said.

Chief Camacho reminded the audience that the Pueblo of Jemez has very clear ordinances regarding alcohol. "Intoxication is .08 or above, just like in the rest of the state," he said. "And alcohol is absolutely banned on tribal lands, including in homes, vehicles, or out in the fields."

Sheriff Peter Tafoya shared his personal struggle with alco-

holism. "Alcohol has no boundaries. It affects everyone. You love it more than anything."

"The only way to stop alcoholism is in the households. Talk to your children. Keep talking. Alcohol has no place in this village," he said.

Alcohol and Suicide

Dr. Chris Fore (Choctaw), IHS Behavioral Health consultant, spoke about the relationship between alcoholism, depression and suicide. "Alcohol disinhibits people. They do things they may not do if they were thinking clearly." He added that females make more suicide attempts but males are more successful. Through a series of questions, the audience learned about some of the myths and misconceptions about suicide.

"Most suicides are ambivalent. They need help. They need to know someone cares. Reach out. Get help. You are not bound to respect someone's privacy if it means saving a life." He also offered some resources that can help. (*See sidebar, page 6.*)

The Continuum: Underage Drinking to DWI

"Even if you're not a perpetrator or a victim, you have been affected by DWI," said Ben Lewinger, MADD NM Executive Director. "It's a community problem. As the father of a baby daughter, it scares me."

Ben added that the CDC estimates that 250 million years of productive life are lost every year to alcohol. "We are literally drinking ourselves to death." He said, adding that New Mexico leads the nation in the number of young people who have their first drink before the age of 13. "These are children, *our* children! We must start talking to them early."

Program Specialist Selena Hardy lead the group in an experiment that demonstrated how perception changes when perspective changes. "We have to remember that we see the world very differently as our perspective changes, even if there are really no objective changes," she advised.

"We have to talk to our young people," Ben added. "The alcohol industry spends four billion dollars a year on advertising; one billion is directed to youth. We need another message."

Conclusions and Next Steps

Vince Toya, Sr., started the concluding section of the day noting that the Pueblo's relationship with the federal government is now a self-determination compact. "We are now in charge of the funds we receive," he explained. "Our staff are the authorities. We're a team. Staff is responsible for setting a good example for the community." He emphasized again that alcohol is strictly forbidden on tribal lands, including in vehicles and

Continued on page 6

TRIBAL COUNCIL

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well-informed. Governor Joshua Madalena, First Lt. Governor Kevin Shendo and Second Lt. Governor Isaac Romero proposed the following resolutions that Tribal Council approved.

August 22, 2014

Authorized the Pueblo of Jemez Health and Human Services Senior Citizens Program to administer the Community Service Block Grant program for fiscal year 2014 – 2015.

Authorized the Senior Citizens Program to administer the Low Income Home Energy Assistance Program (LIHEAP) for fiscal year 2014-2015.

Approved, with the support of Hemish Traditional Religious Leaders, the expansion of the Plaza area at the west end to alleviate confining and overcrowding conditions, thereby preserving the sites' sanctity; and approved a moratorium to cease interim development and/or construction in the Plaza to allow a planned and organized approach for prudent planned development.

Alcohol Abuse in Our Community, *continued*

private homes.

The audience was invited to ask questions and offer suggestions. Rina noted the advantage such a close-knit community offers. "We can reach out to the youth across generations. Teens especially need someone outside the family to turn to with their problems."

A community member suggested reviving Behavioral Health Sobriety Conferences. One question was about Antabuse. "We can't legally force anyone to take their medication," Keahi answered. "We monitor as well as we can." Self-referrals should not be turned away; the HRSA grant and other changes will make a difference in providing funds for treatment.

The Youth Conferences sponsored by Social Services with Behavioral Health and the charter high school are an important vehicle for communication. "We need people to share their life stories with youth and young adults. Stories hit home," Rina said, asking community members to consider being panelists.

Another community member noted the benefits of counseling for adult children of alcoholics. "We carry the scars into adulthood and our own families," she said.

Feedback after the summit was positive and thoughtful.

"As a relative of the latest casualty to alcohol in our community, I give my full support on any immediate future gatherings," commented Second Lt. Governor Isaac Romero. "I want to emphasize that we continue to make positive strides within our programs to battle this devastating disease. We have the talent and determination to beat this disease. We must come up with the funding to empower our employees to render the assistance our community members deserve. Please convey my deepest gratitude!"

"I hope we take the momentum started today and begin to collectively address our alcohol issue," added Jeri Loretto. "We need to take ownership of the issue and figure out how we can address it, at our level, as employees of the Pueblo. It's apparent that we have a lot of knowledgeable staff trying to deal with the alcohol issue as individual programs. We need a way to bring all of our resources together to address the issue collectively."

"I believe we need to establish a permanent committee of professionals and community members and take a holistic approach to the problem, Governor Madalena concluded. "We will keep the dialogue going and implement new strategies in the community."

Where to Get Help

NEW MEXICO SUICIDE PREVENTION COALITION

Native American Focus

(505) 401-9382

www.nmsuicideprevention.org

NATIONAL SUICIDE PREVENTION LIFELINE

www.suicidepreventionlifeline.org

WeRNative

For Native Youth

www.wernative.org

S.A.F.E. ALTERNATIVES

Self Abuse Finally Ends

www.selfinjury.org

COMMUNITY NEWS

Pueblo Independence Day Celebration

The Pueblo of Jemez honored the ancestors in the Annual Pueblo Independence Day Celebration at the Jemez Historic Site on Sunday, August 12. The day started with a commemorative run from the Walatowa Plaza to the kiva at Guisewa.

Second Lt. Governor Isaac Romero welcomed community members and guests at the celebration ceremonies. “

This is a day of remembrance,” Gov. Romero says. “Our ancestors took up arms against repression and slavery. We are very grateful to them for their sacrifices. We are still here, maintaining our traditions and language. We ask their spirits for strength, support and guidance. We will never give up. This place is alive and still breathing. We want our lands. We didn’t leave them, we were forced out.

Our people had 60 villages in the area, plus the lands at the Valles Caldera. Our church is here, in the Jemez Mountains that carry our name.”

“When prayers are said here, they are for everyone,” noted tribal member Clifford Fragua, the day’s keynote speaker. He is

a renowned sculptor who created the seven-foot tall statue of Po’pay representing the state of New Mexico in the National Statuary Hall in the Capitol Building in Washington, DC.

“Every step was a form of reverence,” the sculptor recalled. “I took prayer feathers prepared by our religious leaders with me to the quarry site in Tennessee when I went to choose the stone. Traditional ceremonies guided many stages of the project.”

Clifford was raised in cities outside the village of Walatowa, returning as a young adult. “We never learned about Po’pay and the Pueblo Revolt in school,” Cliff recalled. “I learned a lot of our pueblo history at the library.”

“We have survived, but we are still fighting,” he added. “Now we are also battling our own health issues that come from changing our indigenous diets. We need to go back to our old ways for the sake of our health and our children’s health.”

The day’s festivities included traditional dance performances, arts and crafts booths, and a variety of traditional treats.



FEAST AT PECOS

Religious leaders and tribal members and families gathered at Pecos Historic National Park to celebrate Pecos Feast Day on August 3 with traditional dances and foods.

Photo by Governor Joshua Madalena

HEALTH & HUMAN SERVICES

ADVANTAGE: PATIENTS!

Medical Clinic Now Offers Scheduled Visits

When patients come to the Jemez Medical Clinic for primary care, one goal is to see them as quickly as possible. The walk-in system in use for years was unpredictable; sometimes the clinic was so busy that patients had long wait times in the waiting room, and at other times providers were without patients. There was no way to predict or control the number of patients who came to the clinic at any given time.

To improve services, reduce wait times for patients, and make more efficient use of providers' time, patients can now schedule their visits, either as soon as they walk in or by phone in advance. Patient registration staff will work with you to find a time and provider that's most convenient. The new Electronic Record System (EHR) allows registration staff to see the week's schedule immediately, so they know which providers are available at any time. It will be easier to ensure that you will see the provider of your choice when your appointment is scheduled.

"This system will help solve several problems for patients as well as providers," explains Medical Director Dr. David Tempest. "One advantage for patients is that they can wait wherever they want to if the clinic is busy. If the visit is not an emergency, patients could go home for a few hours, or take care of errands, and then come back. This will be especially beneficial during flu season, which we know is on the way. Sick patients can stay home in comfort until their appointment times, and fewer sick patients in the waiting area will reduce the chance of catching the flu when you're at the clinic for other reasons."

Depending on how busy the clinic is, patients will be able to schedule the same day they walk in, often at the time they arrive if providers are available. If providers are very busy, non-emergency patients can return later in the day or in the next 24 to 48 hours, depending on the reason they are being seen and the patient's own schedule. Patients can also telephone for an appointment in advance, and know they will be seen promptly when they arrive.

"In the old system when we were very busy, we had to cut off check-ins and send people home because we were just not able to see all the patients who came in at the same time," Dr. Tempest adds. "There's only a certain amount of time we have in any given day. Now the time period is 48 hours to work through all the patients who might arrive on a particular day."

This new system will also take advantage of the new expanded hours at the clinic. "We are adding two new providers as a result of our HRSA grant, which will allow us to expand hours even further," Dr. Tempest says. "I am hoping to add longer Saturday hours and more evening hours."

What About Emergencies?

As always, patients who are experiencing a medical emergency will be seen immediately, no matter what. A nurse will be located near the waiting area to assess patients to determine if their conditions need urgent attention.

A medical emergency is an injury or illness that is acute and poses an immediate risk to a person's life or long term health. Some examples of medical emergencies are:

- Chest pain accompanied by sweating, nausea, vomiting, shortness of breath, radiating pain that moves to the arm or neck, dizziness, or feeling that your heart is beating irregularly or too fast.
- Shortness of breath or difficulty in breathing.
- Choking.
- Severe bleeding that doesn't stop after 15 minutes of direct pressure.
- Severe abdominal pain.
- Fainting/loss of consciousness.
- Broken or displaced bones.
- Swallowing poison.
- Burns.
- Suddenly not being able to walk, speak, or move a portion of your body.
- Injuries to one or both eyes

Remember: it may be better to call 911 at home for emergency medical problems rather than trying to transport the patient to the clinic.

"We are trying to preserve the Jemez tradition of open access walk-in care which is convenient to some with the convenience of scheduled visits for others," Dr. Tempest summarized. "These two conveniences are sometimes at odds, but I think most people have been positive about the change so far. I welcome anyone to contact me about your suggestions or opinions about our open access scheduled visits."

Health Center Hours

Medical, Dental and Pharmacy Services are now available:

Monday, Tuesday, Wednesday and Friday 7:30 a.m. - 6:00 p.m.

Thursday 9:30 a.m. - 8:00 p.m.

Saturday 8:00 a.m. - 12 noon

TO SCHEDULE AN APPOINTMENT WITH A PROVIDER, CALL (575) 834-7413.

MEDICAL SOCIAL WORK

Medicare Open Enrollment: Oct. 15 to Dec. 15

It's getting close to the time when people who are enrolled in Medicare can make changes to their coverage. People enrolled in Medicare can make changes to your coverage between October 15 and December 7. This includes enrolling in Part B (medical services) or Part D (drug plan) coverage if you don't already have them, changing your Part D provider, or signing up for coverage if you are overdue. This is the only time of year that changes can be made.

Medicare is federal health insurance earned by working and paying into the Medicare Social Security system for at least 10 years over your lifetime, or being married to someone who did. People become eligible for Medicare at age 65. If the Social Security Administration determines you are disabled, you can enroll two years after that determination.

People who are low income may be eligible for Medicare drug (Part D) coverage at no cost or low cost. However, even if you don't fall into the low-income category, JHHS Preferred Care Services (formerly Contract Health Services or CHS) may be able to cover any monthly costs involved if you get your medication and medical services at the Jemez clinic. For more information, contact Thelma Shendo or Lisa Maves.

If you choose to add Part B, the change will become effective

July 1, 2015. Changes to Part D coverage become effective January 1, 2015. Both of these may involve late enrollment penalties for those who are over age 65.

Because this is open enrollment season, you will be receiving a lot of mail from private health insurance companies such as AARP, Humana and Presbyterian, wanting you to sign up for Medicare Advantage (Part C) Plans and other programs they offer. ***If you are considering any of these, please make sure you fully understand what they are offering you and what you are giving up in return!***

All of these plans offer something in exchange for restricting your access to their contracted hospitals and doctors. Often, people sign up for these programs without completely understanding what they are agreeing to. However, once you sign up for a Part C plan, ***you are locked in for a full calendar year*** (January through December). Some companies offer plans that charge more than what you already pay for your Medicare Part B coverage, so read carefully.

For more information, explanation or help, contact Thelma Shendo at (575) 834-3040 or Lisa Maves at (575) 834-3059 or visit them at the clinic.

Health Insurance, Penalties and Exemptions for Native Americans

Many community members have responded to invitations to review their health insurance coverage or enroll in coverage for which they are eligible. If you already have some type of health insurance coverage or plan to enroll during your employer's open enrollment period, great!

If you have **not** taken any action, you may be on your way to paying federal income tax penalties in 2015. Native Americans can avoid these penalties: either by enrolling in health insurance coverage that meets the minimum essential benefits requirement under the Affordable Care Act, or by applying a "Hardship Exemption." Even if you recently enrolled in health insurance, you could be penalized on next year's tax return for any months you were not covered in 2014, so it's important to apply for the exemption.

Applying for the Hardship Exemption as a Native American is easy to do. Just stop by the Jemez Clinic and visit with Lisa Maves or Thelma Shendo; they can help you with the application or you can pick up an application to send in on your own. Once approved, you will receive an exemption number to put on next year's tax return, letting the IRS know they cannot penalize you because you did not have insurance coverage.

For more information, explanation or help, contact Thelma Shendo at (575) 834-3040 or Lisa Maves at (575) 834-3059 or visit them at the clinic.

SOCIAL SERVICES

PARENTING SKILLS CLASS

"Promoting healthy families through practical parent education."

Mondays, Through Nov. 24 6 to 8 p.m.
at the Social Services Building

**Dates, time and location are subject to change.*

12 Sessions Child Care Provided

- ❖ Learn important parenting tools:
- ❖ Increase parental confidence.
- ❖ Improve parenting skills.
- ❖ Improve parent-child relationships.
- ❖ Strengthen families.

**For more information, contact Joline Cruz-Madalena
at (575) 834-7117, ext. 206.**

PUBLIC HEALTH

Back to School With a Healthy Smile

Submitted by: Rina LeMaster BS MS CHES, Public Health Manager

The start of a new school year is always a good time to start healthier habits. Here are a few tips for a brighter smile.

- ☑ **Brush at least twice a day.** One of those times should be just before you go to bed. When you sleep, your mouth gets drier. This makes it easier for acids from bacteria to attack your teeth. Also try to brush in the morning, either before or after breakfast. After breakfast is better. That way, bits of food are removed. But if you eat in your car or at work, or skip breakfast, brush first thing in the morning. This will get rid of the plaque that built up overnight.
- ☑ **Brush lightly.** Brushing too hard can damage gums, making them recede (move away from the teeth.) Plaque attaches to teeth like jam sticks to a spoon. It can't be totally removed by rinsing, but a light brushing will do the trick. Once plaque has hardened into calculus (tartar,) brushing can't remove it. If you think you might brush too hard, hold your toothbrush the same way you hold a pen. This encourages a lighter stroke.
- ☑ **Brush for at least two minutes.** Set a timer if you have to, but don't skimp on brushing time. Two minutes is the minimum time you need to clean all of your teeth. Many people
- brush for the length of a song on the radio. That acts as a good reminder to brush each tooth thoroughly.
- ☑ **Have a standard routine for brushing.** Try to brush your teeth in the same order every day. This can help you cover every area of your mouth.
- ☑ **Change your toothbrush regularly.** Throw away your old toothbrush after three months or when the bristles start to flare, whichever comes first. If your bristles flare much sooner than every three months, you may be brushing too hard. Try easing up.
- ☑ **Choose a brush that has a seal of approval from the American Dental Association.** The type of brush you use isn't nearly as important as brushing the right way and doing it twice a day. Any approved brush will be a good tool, but you have to know how to use it.
- ☑ **Electric is fine, but not always necessary.** Electric toothbrushes are a fine alternative to manual brushes. They are especially useful for people who don't always use proper brushing techniques. They also are a

good choice for people with physical limitations that make brushing hard. Use a powered toothbrush for at least two minutes, and don't press too hard.

Source: www.nlm.nih.gov/medlineplus/dentalhealth.html

Alcohol and Your Teeth

Alcohol is a **poison** that can damage teeth, gums and the whole mouth, creating:

- **Gingivitis**, gum inflammation that can cause swelling, soreness and bleeding.
- **Periodontitis**, an inflammation of the bone and connective tissue that support teeth; the teeth could loosen as a result.
- **Irritation** of the tongue and mouth.
- **Poor healing after dental surgery**, including prolonged bleeding.
- **Increased tooth decay.**
- **Cancers** of the mouth, tongue and throat.

CHOLESTEROL AWARENESS MONTH

Submitted by Robert M. Morgan, RN, Public Health Nurse

What is cholesterol?

Cholesterol is a waxy, fat like substance that your body needs, when you have too much, it can build up in your arteries. This can lead to Heart Disease and Stroke, the leading cause of death in the U.S.

Who is at risk?

One in every six Americans has high cholesterol. Even children can develop this condition. Contributing factors are age, sex, heredity, diet, sedentary life style and obesity

What are the signs and symptoms of high cholesterol?

There are no symptoms. Many people don't know they have high cholesterol. High cholesterol can be diagnosed with

a blood test. Total cholesterol greater than 200 mg/dl and HDL (good cholesterol) less than 40 mg/dl is considered high,

How is high cholesterol treated?

The best way to treat high cholesterol is to eat a healthy diet and get plenty of exercise. Some people may need medication.

Can high cholesterol be prevented?

Yes! Eating a low saturated fat diet, getting enough exercise, and maintaining a healthy weight all help prevent high cholesterol.

For more information go to www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html.

Source: CDC Division for Heart Disease and Stroke Prevention

PUBLIC HEALTH

AUTUMN FUN RUNS

WEDNESDAY, SEPT. 10 **HARVEST RUN**
Jemez Pueblo Plaza
Registration begins at 5 p.m.
Fun Run starts at 5:30 p.m.

WEDNESDAY, OCT. 15
Pueblo Plaza
Registration begins at 4:30, p.m.
Fun Run starts at 5 p.m.

TUESDAY, NOV. 25 **TURKEY RUN**
Senior Center Parking Lot
Registration begins at 3:30 p.m.
Fun Run starts at 4 p.m.

MoGro 3.0 Changes

Bringing healthy affordable food to more families and more communities!

MoGro store service ended Sept. 1, 2014;
MoGro 3.0 provides new and enhanced services.

The goal of MoGro 3.0 is to bring healthy affordable food to communities that are far from grocery stores in the most effective and sustainable way.

The MoGro Food Club and Bulk Ordering programs now offer customers access to a larger variety of products for lower prices, delivered close to home. The Food Club helps reduce costs associated with running the mobile store, which creates lower prices and the opportunity to bring healthy foods to more families.

The MoGro Food Club "basket" offers a mix of healthy fruits and vegetables, plus nearly 200 items sold in individual quantities. All your favorite MoGro products are available. The MoGro Food Club basket also includes nutritional information, recipes, helpful tips on food preparation, and other MoGro news. Thousands of products will be added at wholesale rates to purchase by the case.

The MoGro Bulk Ordering Program serves community programs such as WIC, summer meal programs and senior centers. You can order bulk items for family gatherings, parties or Feast Days! Through these programs, at least twice as many customers in each community are expected to be served.

To learn more about MoGro Food Club or the MoGro Bulk Ordering program, contact Marlene Melchor or any other friendly MoGro staff member at (505) 216-8611 or send an e-mail to MoGro@SantaFeCF.org. For more information, go to www.mogro.net.

Thank you for your continued support!

Keep Your Kids Safe From Poisons!

The New Mexico Poison and Drug Information Center has back-to-school safety tips to keep your children safe from poisons.

- ▲ To avoid food poisoning, ensure cold foods stay cool and warm foods stay warm. For example, when taking a cold-cut sandwich with mayonnaise for lunch, make sure to also pack ice or a cold pack.
- ▲ Students should wash their hands thoroughly before eating.
- ▲ Children should never eat or drink something if they are not sure that it is okay to do so. Medicines often look and taste like candy. Also, toxic cleaning products often look and smell like food or drinks.
- ▲ Students should wash their hands well after art projects. While most school supplies are non-toxic, ingesting these substances is not recommended.
- ▲ Students should be reminded to follow directions carefully during science projects. Some chemicals are highly toxic and might react violently with water and/or other substances. Wear gloves when appropriate.
- ▲ A trusted adult, such as a parent or school nurse, should always help children take their medications.
- ▲ Children and adolescents should avoid alcohol. Even very small amounts of alcohol can be highly toxic in children and adolescents. Alcohol is even more dangerous when mixed with caffeine or certain medications. Of course, alcohol and driving never mix.
- ▲ Caffeine can be toxic for youngsters. Children and adolescents should have no more than 100 mg. of caffeine a day. A typical can of soda contains around 40 mg of caffeine. Energy drinks should be strictly limited.
- ▲ Ensure that your child's vaccinations are up-to-date.



**If you think someone has been poisoned,
 CALL 1-800-222-1222 IMMEDIATELY.
 Don't wait for the person to look or feel sick
 to get help!**



A New School Year Begins

Submitted by Cornell F. Magdalena. Health Advocate

An exciting new school year has begun and local schools are looking forward to another great year. Have a great and safe school year!

Slow Down, Buckle Up!

Traffic safety is a huge concern in our community. We need our children to get to their schools safely every day. ***Please make sure we practice safe driving for the sake of our community children!***

- ❖ Reduce speed in school zones.
- ❖ Try to reduce congestion in drop-off and pick-up zones; encourage children to bike or walk to school, or car-pool with neighbors.
- ❖ Seat belts are necessary for every passenger, every time.

Walk or Bike to School

We want to encourage our children to stay physically active during the school year by walking or biking to school. Having children walk or bike to school promotes healthy lifestyles that will enhance the health of our whole community. This is great exercise that helps children arrive at school energized and ready to learn. In addition, while walking to school children spend more time with their friends and classmates, making adjustments to school easier and fun. There are also health benefits from walking or biking to school including reducing the risk of becoming obese or overweight. Last, when children walk or bike to school, their academic performance improves.

Create opportunities to improve pedestrian safety! When fewer parents drive their kids to school, the roads are much safer and the air is cleaner because there is less pollution.

San Diego Riverside Charter School News

Submitted by Mike Toledo

We are excited about the 2014-15 school year and the changes it will bring.

First, we have new staff members to introduce. Mrs. Anabel Baca is our new first grade teacher. She comes to us with many years as an educator; most recently she worked for the Public Education Department. Her experience and knowledge will help guide us through Common Core.

"After teaching many years in bilingual schools and serving in leadership positions in New Mexico, I am humbled to be teaching first grade at SDRCS. My career has been in language acquisition and cultural studies," Mrs. Baca says.

Mr. Franklin Bryan will teach middle school math. He is a fully-certified middle school math teacher. Darla Fields is our new physical education coach. Susan Vaughn will be our reading interventionist. Gina Gonzalez-Young is our instructional coach.

We believe that these additions to our already great staff will put us on the right path to make substantial gains in student performance.

Our new PTO officers include Tyrone Tafoya, president; Maurianna Tafoya, vice president; and Audrey Madalena, secretary/treasurer.

Save the Date!

Wed. Sept. 10 Governing Board Meeting at 6 p.m.
Thurs. Sept. 18 Open House

New School Schedule:

Monday - Thursday 8 a.m. to 3 p.m.
Friday 8 a.m. to 12 noon for students.

Welcome back all students and staff!



EDUCATION

HEAD START NEWS

Submitted by Lana Toya, Early Childhood Education Manager

The Walatowa Head Start Language Immersion Program began its second full year of language immersion implementation with Parent Orientation Night on Sept. 2, 2014. Towa speakers were encouraged to share pertinent information with non-Towa speakers, as there was no translation offered. Families visited their child's classroom before the orientation started.

In addition to presenting information about the Walatowa Head Start program, important details about language immersion implementation were also shared. Families were reminded of their responsibilities in supporting their child's education and encouraged to participate throughout the school year by attending program events, and most important, to speak Towa in their homes and to their children. With team work, we are sure everyone will have a successful year!

During pre-service week, all staff attended a training hosted by Five Sandoval Indian Pueblo, Inc. Head Start Program in Bernalillo. Several tribes gathered to learn how to incorporate our native languages and cultures in the classroom using *Making It Work!*, an approach that connects cultural learning experiences in American Indian and Alaskan Native (AI/AN) classrooms and communities with the Head Start Child Development and Early Learning Framework (HSCDELF.) The program was developed by the Office of Head Start National Center on Cultural and Linguistic Responsiveness in collaboration with representatives from American Indian and Alaskan Native Head Start programs across the nation, including our Walatowa Head Start Program.

Walatowa Head Start Language Immersion teachers will use this tool to create cultural lessons and activities that engage students in the classrooms and families in their home. By documenting children's progress using child assessment tools, they will be able to align children's interests and needs to create individualized lesson plans for each child and small groups. *Making It Work!* is a way that OHS supports AI/AN early childhood staff to address school readiness requirements and expectations of children entering kindergarten using traditional lifeways, language and cultural heritage.

As part of our transition to a full language immersion program, Head Start staff and kindergarten teachers met to create school readiness goals that would be rooted in language and culture as well as meet the expectations of children's status and progress across domains of language and literacy development, cognition and general knowledge, approaches to learning, physical well-being and motor development, and social and emotional development which will improve their readiness for kindergarten.

Making It Work! recognizes the importance of partnering with and engaging families to support children's learning at home and at school. In fact, parent involvement is a critical element in this process, as parent knowledge and input results in better learning outcomes for both the child and parents. As

part of this process, teachers will be gathering language data from families during their home visits and observing children's language use during the first two weeks of school. This data will help the WHS Language Immersion Program create lessons and activities that will support all children and families as they continue to develop their Towa language skills and knowledge of Jemez culture.

Staff Changes

Several personnel changes developed over the summer. Rachel Loretto decided to retire from teaching after more than 20 years. Cynthia Panana also chose to pursue other endeavors after serving our children and families as Administrative Assistant for over 12 years. On behalf of the Walatowa Head Start family, I want to thank each of them for their dedication and service to our children and families over the years. You will be greatly missed and we wish you success in all your future endeavors. These vacancies will be posted until filled. Any interested applicants should visit the Human Resource Department to submit their applications.

I want to welcome new additions to the WHS family, which include Disabilities Aide Bryan Cody Shendo; Song and Dance Instructor Johnny Sandia; and Vista volunteers Julian Sandia and Leandra Baca. We look forward to working with you.

In closing, I want to take a moment to personally invite you – extended family members, grandparents, elders, traditional leaders, and community members – to visit our classrooms. We look to you to as our mentors to help us with our mission in strengthening our native Towa language among our young children. Please take some time and join us at the Walatowa Head Start Language Immersion Program! Thank you.



Head Start Butterfly dancers entertained Governor Susana Martinez during her visit to the Pueblo on September 2.

EDUCATION

Walatowa Head Start's National Collaborations

Submitted by First Lt. Governor Kevin Shendo

In July, Lana Toya, Early Childhood Program Manager, and First Lt. Governor Kevin Shendo attended a Tribal Early Childhood Research Steering Committee meeting held in conjunction with the National Head Start Research Conference in Washington, DC. This article describes the Jemez Department of Education's and Walatowa Head Start's role supporting tribal community-based early childhood research, and work toward securing funding for tribally-defined research projects, methodologies and priorities.

Phase I: 2005 - 2010

The American Indian and Alaska Native Head Start Research Center (AIANHSRC) was formed in 2005 in response to the lack of representation of American Indian/Alaska Native (AI/AN) Head Start and Early Head Start programs in national research. Until then, AI/AN programs had been excluded from national studies due to concerns about the appropriateness of existing research measures for use among AI/AN children, families and programs. There were also logistical challenges to including tribal programs in a meaningful way. As a result, almost no empirical data existed to inform policy and practice with respect to AI/AN programs. Further, few university researchers were prepared to conduct the research to address this gap.

AIANHSRC was tasked with implementing a research and training agenda for AI/AN Head Start and Early Head Start programs. The project had three main objectives: (a) to establish a Center that could start to address the need for AI/AN Head Start research; (b) to facilitate research to address the needs of AI/AN communities and their Head Start programs, university-based researchers, and agencies concerned with the well-being of children and families; and (c) to develop the capacity for future research in AI/AN Head Start through quality research training for junior faculty. The first phase of the project focused on developing and operationalizing a research and training agenda in collaboration with the Office of Head Start (Region 11) and the Office of Planning Research and Evaluation. In the second phase, training and research activities began; the agenda was implemented through research and training projects designed to address high priority areas for AI/AN populations. The final phase focused on dissemination plans that included recommendations for future studies.

Local research partnerships were formed between Arizona State University, The Gila River Indian Community and the Pueblo of Jemez; Michigan State University and the Intertribal Council of Michigan; and Oregon State University and the Confederated Tribes of Warm Springs. Junior faculty par-

ticipating in the training program included Susan Faircloth (Coharie) from Pennsylvania State University, Mary Eunice Romero-Little (Cochiti) from Arizona State University, and Nicole Thompson (Menominee/Mohican) from Mississippi State University.

AIANHSRC's goal was to expand the network of university researchers qualified to conduct research that was scientifically and culturally rigorous. There were five university-tribal partnerships supported by the AIANHSRC, as well as a coordinated effort to examine measures and methods that might be used in a large, nationally-representative study of AI/AN programs. The partnerships provided much discussion of lessons learned, data gathered, and next steps.

Phase II: 2011 - 2015

A second grant was funded through the Administration for Children and Families (ACF) to support the Tribal Early Childhood Research Center (TRC.) This initiative builds on and will deepen AIANHSRC's work, expanding the focus to include home visit programs in American Indian and Alaska Native communities funded by the Tribal Maternal Infant Early Childhood Home Visitation initiative. Steering Committee members who participated in the cross-site study will review the study and its initial findings, and discuss broader HS/EHS research priorities in the future. TRC Steering Committee meetings are held via conference call, webinars and in-person meetings in Denver to continue discussing the study and disseminating its findings and discuss HS/EHS research priorities, and plans to address them over the next five years.

The Pueblo of Jemez continues to play an active role in the work of the TRC and the University of Colorado at Denver. The "Becoming Jemez" PhotoVoice Project, displayed at the Visitor's Center Museum, continues to inform national research on how Native children learn their languages and are socialized in a community setting. It's also instrumental in the Office of Head Start being open to the conversion of Tribal Head Starts to full immersion in home, Native languages. A couple years ago, Jemez presented at the National Head Start Research Conference sharing the results of the PhotoVoice Research project and its implications.

National Head Start Research Conference

Head Start's 12th National Research Conference on Early Childhood was held on July 7-9, 2014 in Washington, DC, with the theme *Collaboration and Coordination: Understanding Systems Supporting Young Children and Their Families*. The

Continued on page 15

EDUCATION



Stuff the Bus!

Submitted by Charlene Marmolejo

Students at Jemez Valley Elementary, Middle and High Schools as well as San Diego Riverside Charter School and Walatowa High Charter School received supplies for the new school year thanks to a very successful Stuff the Bus initiative organized by the Jemez Valley Public Schools. Supplies were donated and collected at the Walmart at Southern Blvd. and Unser in western Albuquerque. Even some teacher supplies were in the



collection. District Superintendent Snider and Andy at Walmart were instrumental in the project's success..

"A big thank-you to the bus drivers and attendants who volunteered their time to take donations, load the buses, and distributed supplies, enduring heat, rain and wind. Many thanks to Isabel Lovato, Louis Gachupin, Kathleen Lucero, Wilma Gachupin, Veronica Encinias, Frances Lucero, Lorraine Gonzales, Glyn Martinez and Verman Romero," says Ms. Marmolejo. "The district maintenance staff helped load and deliver supplies to the schools. Mrs. Martinez and her family helped with the drive and brought iced tea to the drivers and attendants. Even some Jemez Valley graduates and students came out to shop and support the drive. The general public was very generous, especially Walmart's customers, our own Jemez Valley families, our teachers and administration and bus drivers' families. And of course we are grateful to Walmart for allowing us to hold the event at their store."



Governor Susana Martinez (third from left) presented Jemez Valley Elementary and Middle Schools with a National Foundation Government Fitness Council Award on July 31 at a ceremony at the schools. The \$100,000 grant will fund a state-of-the-art fitness center. With the Governor at the awards ceremony are (left to right) Deneen Bair, Middle School Principal; Blake Miller, teacher; Jerald Snider, Superintendent; Michael Lucero, School Board Member; Sherwin Sando, School Board President; and Jemez Governor Joshua Madalena.



Head Start Collaborations, *continued*

conference presented research on service integration, coordination and alignment, while continuing to showcase evidence-based best practices and new research about child care, Head Start, home visits, and other early childhood programs and approaches. As always, the goals of the conference were to disseminate research relevant to young children (birth to eight years) and their families, and encourage collaborations among researchers, practitioners, and policymakers. The conference focused on research that considers low-income families with young children.

The conference specifically focused on partnering early childhood services that are critical to advancing the effectiveness of supports for children and their families, especially for those most at-risk. Historically, services for children and families are often "siloe" into disparate categories based on

funding streams (for example, early intervention, child care, health, employment, child welfare.) Improved alignment helps ensure that all children and families receive the assistance they need for healthy development. There are recent shifts in the early childhood landscape (such as establishing QRIS; aligning standards; statewide professional development coordination; and establishing program partnerships and collaborations). The conference presented cutting edge work on program evaluation, policy-linked research, syntheses of the literature, and the latest evidence bases regarding ECE practices. Researchers must be ready to effectively evaluate and inform these increasingly complicated systems.

For more detailed information, contact First Lt. Governor Shendo, or Lana Toya, Early Childhood Program Manager, at (575) 834-7366.

JEMEZ HISTORIC SITE

Tribal Elders Share History With Site Visitors

Story and Photos by Elise Peixotto, reprinted with permission from *The Jemez Thunder*, August 1, 2014 edition

“Powerful, simple, meaningful, spiritual,” is how Lawrence Toya described the ancient village of Giusewa. He was one of five Jemez Pueblo elders participating in the Jemez Historic Site Elder in Residence Program, “It continues to be our way of life today,” Toya added.

Giusewa, known as the Jemez Historic Site, is unique among historic sites in the Southwest, said Matthew Barbour, Historic Site Manager. The site is one of very few with a direct historic connection to an existing and thriving tribal community, the Hemish of Walatowa.

During the six-week Elders in Residence Program (the first New Mexico Historic Site to offer such a program,) tribal members each spent a week at the site, offering tours and interpreting history as the voices of the site’s original inhabitants.

While the history of the site is mixed with tragedy, all elders acknowledged the tremendous value of the site to current tribal members. “This is where we come from. The site helps us better understand who we are; our presence has never left,” said Maxine Toya. “Because we were not displaced, we have our traditions, language and culture.”

The site’s history also speaks to the resiliency of the Hemish. In 1541, there were seven large villages in the Jemez Valley, with some 30,000 people. By 1704, one small village remained at Walatowa. Eighty-five percent of Native Americans died of disease during their first century of direct contact with Europeans.

By every measure, the Elders in Residence Program is a tremendous success. The elders were honored to represent their tribe to visitors from across

the country and around the world, including Germany, New Zealand, England, Australia, Sweden, Japan, Netherlands and France. In fact, during the Elder Program, visitor attendance increased 30 percent compared to the last five years.

“I was here in gratitude, listening, learning, engaging with others, sharing what is here and why it is here,” said Maxine Toya.

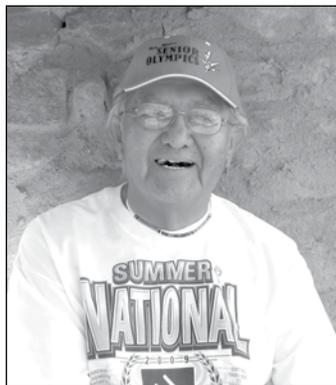
Robert Shendo, who enlisted in the Army as a young man “to see the world and learn about other cultures,” was especially grateful for the opportunity to now share his culture with international visitors. Shendo recently received a postcard from London thanking him for his excellent tour of the site. “I learned a lot of history through this program,” Shendo added. “I have taken that back to the Pueblo to share with my family.”

“Visitors are very interested in the restoration projects and traditional methods,” said Andrea Fragua. “I hadn’t been to the site for a long time and the improvements and renovation are very good. These ruins are very important to us, and to the world.”

“Learning goes both ways,” said Marie Bacca. “This program helps refresh our memories. I felt honored to talk about our heritage. I especially want my people to visit this ancestral site, to pray here. The ancestral spirits are still here and listening.”

Elders in Residence was made possible by a grant from the New Mexico Department of Cultural Affairs, Historic Preservation Division, and will hopefully become an annual event. “Visits were markedly increased, people stayed longer, and attendance will likely increase at annual events, including the Annual Pueblo Independence Day celebration,” Matt said. “A better visitor experience translates into economic benefits for the entire community. The grant also allowed for extended regional advertising to attract even more visitors.”

In addition to providing tours, the elders had a unique opportunity to voice their opinions on



Continued on page 17

JEMEZ HISTORIC SITE

WHEN TURQUOISE IS NOT TURQUOISE

SUBMITTED BY MATTHEW J. BARBOUR, MANAGER, JEMEZ HISTORIC SITE

In August, the rains came strong to Jemez Historic Site, washing away a year's worth of dust and debris. New pottery sherds and stone flakes were uncovered as one of the best monsoon seasons in years hit the Jemez Valley. Among the artifacts uncovered was turquoise, lots of turquoise.

The showers unearthed more than 100 pieces of turquoise. Most of it was in the form of fragmented beads and pendants. These artifacts were in all shapes and sizes. Moreover, they consisted of a number of distinct colors suggesting multiple sources to the material. Now turquoise is not unknown to the Jemez Region, but a find of this quantity is unheard of, especially when we consider this was not a cache found during excavation. These hundred pieces represented only what was found lying on the present day ground surface.

Turquoise is not a readily available material. The closest source is the Cerrillos Hills. There, the Keres of San Marcos Pueblo and later Cochiti and Kewa (Santo Domingo) Pueblos held a tight monopoly on its distribution. For the ancestors of Jemez Historic Site to have gotten so much was not only unexpected, it would have represented a large amount of wealth.

Had the rains uncovered a burial in which this cache was interned? Staff members searched the area and found no bones. Perhaps, the find represented a workshop where Jemez people produced jewelry? An examination of area found that turquoise

appeared clustered in two specific regions of the site. This, combined with the fact that all of the bead and pendant pieces appeared to represent breaks in the manufacture process, would seem to support the workshop hypothesis.

However, when things appear too good to be true, they often are. It was only then that someone remembered that the Lovato family once managed Jemez Historic Site. The Lovatos came from Kewa and were jewelers. The locations of the "turquoise workshops" corresponded with the shed and the stairway to the apartment above the visitor center. More telling was the fact that, on closer examination, metal tools appear to have been used to cut the stone instead of the grinding implements used by ancestral peoples.

While the turquoise is turquoise, it was not turquoise of archaeological value, but rather manufacturing debris from the 1980s and 90s. Still it serves an important lesson: archaeological sites are not set in time.

When you visit Jemez Historic Site, you are not being transported back to the seventeenth century, but rather seeing a place that exists today. The site is constantly changing. We make changes sometimes unknowingly and at other times quite deliberately, but the site continues to evolve with the decisions we make. It is because of this that management of these special places is so important.

Elders in Residence Program

Continued from page 16

how the site can be improved and what projects are particularly worthwhile, including further excavation and renovation and Museum expansion.

The Elders all agreed that the greatest challenge to maintaining their deep spiritual connection to the Earth and family/tribal connectedness is to teach and pass down the Towa language to future generations. The Towa language is only spoken at the Jemez Pueblo.

Fourth generation potter and Jemez language specialist Maxine Toya believes the Towa language can be passed naturally to children while they are learning side-by-side the crafts and art unique to the Jemez Pueblo.

"While English adds a positive layer to our culture, Towa is essential to maintaining our powerful hearts and minds," said Lawrence Towa, whose Red Bear Singers and Seasonal Dancers travel the country. "Our language lifts our hearts."



Jemez Valley
CREDIT UNION

Strength In Members
PH: (575) 829-3366
www.jvcu.org

CREDIT UNION INVITATION

Jemez Valley Credit Union invites you to celebrate International Credit Union Day on Thursday, Oct. 16. Please join us for an open house from 11 a.m. to 2 p.m. We will have food, freebies and fun. Help us pick our calendar contest winners; we will have the photos on display at the credit union.

INJURY PREVENTION

Free Spay/Neuter Services To End

The Injury Prevention Program has a contract with Coronado Pet Hospital in Bernalillo for spay/neuter services that expires on Sept. 30, 2014. This is the time for community members to take care of having their pets "fixed" at no cost. The Injury Prevention Program will pay to spay/neuter one cat and one dog per household.

This contract may not be available next year, so take advantage of this opportunity now. Call (505) 771-3311 NOW to schedule an appointment. Neutered pets are healthier and happier, and our community will not have unwanted pets.

For more information, call the Injury Prevention Program at (575) 834-1001.

Remember: Tribal statutes limit pets to one cat and one dog per household.

PLANNING & DEVELOPMENT

WEEKEND BUS SERVICE TO VALLES CALDERA

The Pueblo of Jemez Tribal Transit Program formally launched the new bus service to the Valles Caldera National Preserve at a ceremony on Saturday, Sept. 6, at the Walatowa Visitors Center.

This new, *free* weekend public transit service offers two round trips to and from the Bernalillo Rail Runner Station to the Valles Caldera National Preserve beginning Saturday. A midday run will go to and from Jemez Springs and the Rail Runner Station. Stops along the way include the Walatowa Visitors Center, Home Depot and Walmart.

For more information, call (575) 834-0094, or go to www.jemezpueblo.org to see a schedule. Go to the *Programs* tab and click on *Tribal Transit Program* in the drop-down menu.

PUBLIC WORKS

Honors for Public Works Team

Congratulations to the Pueblo of Jemez Public Works Department and their hard-working staff who have achieved regional and national recognition for excellence. They again received the New Mexico Rural Water System top award for 2014 after taking the award for 2013. They also were recognized by the New Mexico Wastewater Association as Operator of the Year for 2014. And they completed their awards sweep with top honors from the Indian Health Service for National Operator of the Year.

HEALTH & HUMAN SERVICES

HEALTH BOARD

The Jemez Health Board is seeking three new members. Board members are involved in long term planning and strategic issues regarding Jemez Health & Human Services policies and practices. There is a \$200 for each meeting. This is an excellent opportunity to serve our community. For more information, contact Jolene Tosa at (575) 834-7413.



Happy Birthday!

Mrs. Amelita Toledo turned 98 years young on August 20.

A grand celebration was held in her honor on August 10 with her children, grandchildren, great-grandchildren, extended family members and friends.

Thank you to all who came and celebrated this momentous day!



Senior Olympian Robert Shendo broke his previous year's record by bringing home 35 medals from the Senior Olympics in Roswell. He was the first Native American to bring home the gold in swimming.

Community Spiritual Gathering at the Valles Caldera

In the presence of our ancestors, we return home to celebrate culture, tradition and life in our Aboriginal lands.



Tribal members gathered again at the Valles Caldera Redondo Meadows for a third Hemish Spiritual Gathering on Sunday, August 16. This year's final gathering is planned for Saturday, September 21.





PUEBLO of JEMEZ

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

COMMUNITY NEWS

General Election Calendar

- Voter Registration Closes Tuesday, Oct. 7
- Absentee Voting Begins Tuesday, Oct. 7
- Early In-Person Voting Begins Saturday, Oct. 18
- Early In-Person Voting Ends Saturday, Nov. 1
- Early In Person Voting Site: Jemez Civic Center
October 30 & 31 10 a.m. to 7 p.m.
- General Election Tuesday Nov. 4, 7 a.m. To 7 p.m.
- Precinct 15 votes at the Walatowa Youth Center
- Precinct 77 votes at the Community Resource Center

If you have any questions, contact the Native American Voting Rights Offices at (505) 934-8826 or the Sandoval County Clerk's Office at (505) 867-7577.

Exercise your right to vote, register today!
It counts, for your community and people!

Jemez Farmer's Market

Traditional pueblo farming at its best...

PUEBLO OF JEMEZ RED ROCKS
SATURDAYS 8 TO 10 A.M.*

**Schedule subject to change*



- August 23**
- August 30**
- September 6**
- September 13**
- September 20**
- September 27**
- October 4**
- October 11**
- October 18**

For more information or if you want to sell your crops at the Jemez Farmer's Market, please contact the JHHS Public Health Agriculture Program at (575) 834-7207 or (505) 263-9059.