



# Red Rocks Reporter

AUGUST 2016

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## FROM THE GOVERNORS

### Residential Fire

The residential fire on July 24, 2016 that destroyed the Benally home and substantially damaged the Gachupin home and Fragua structure demonstrates how much damage a fire can do to homes and property. In recent years, we have had a number of residential fires here in the pueblo that have left many of our tribal members homeless.

This fire was a huge fire that brought in resources from Jemez Springs, Zia Pueblo, Sandoval County, Jemez Pueblo and others to suppress it. The firefighters that responded to the fire are all volunteer firemen and women. There has been criticism in social media (Facebook) from tribal members criticizing the volunteer firefighters for their response time, etc. It's easy to criticize from the sidelines but it would be more helpful if we had more of our own tribal members volunteer as firefighters. It only makes sense that we should have more from our pueblo as firefighters since we are the largest populated community in the Jemez Valley, and statistically we have had more residential fires in our pueblo in the past decade. We encourage any able-bodied man or woman to volunteer as firefighters. Contact Virgil Gachupin if you want to volunteer.

The Pueblo leadership is grateful for the services provided by the firefighters and Governor Yepa thanked them for their services at the debriefing meeting after the fire.

In addition to the firefighters, our Crisis Intervention Response Team (CIRT), led by team leader Carol Vigil are to be commended for the excellent job that they did for the families that suffered losses from the fire. They comforted the families during the fire and made sure they received help from the Red Cross immediately after the fire. The CIRT team worked closely with tribal leadership to make sure the families were taken care of after the fire and for the short term.

The unsafe conditions left by the fire required immediate action. Tribal leadership convened an emergency Director's meeting to address post-fire cleanup. The demolition project was a huge task; however, team work from the following tribal departments proved that we certainly have the capacity, skill and capability to take care of these matters. Many thanks to our Public Works Department, the Planning and Transportation Department and Walatowa Woodlands for use of their skilled personnel and equipment. Special thanks to the many who volunteered, including several off-duty officers from our Police Department. Last, we want to recognize the work provided by the Community Service workers for their contributions. Without everybody's assistance we would not have completed the demolition project in time for the Pecos Feast day.

Continued on page 2



**PUEBLO OF JEMEZ**

**2016 Tribal Governors**

David R. Yepa  
Governor

Hilario R. Armijo  
First Lt. Governor

Ward L. Yepa  
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**

Benny Shendo, Jr.

**Red Rocks Reporter  
August 2016 Edition**

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**TRIBAL ADMINISTRATION**

## From the Governors, *Continued* Self Governance Meetings

First Lieutenant Governor Hilario Armijo and Tribal Administrator Benny Shendo, Jr. attended the Department of Interior and the Indian Health Service Self-Governance quarterly advisory meetings in Washington, DC on July 19-21, 2016.

During the course of three days, they had the opportunity to meet with Sharee Freeman, Director, Office of Self Governance, Department of Interior and her staff. They heard status reports on contract support costs, FY2016 appropriations and the FY17 budget formulation process, Tribal Labor Sovereignty Act, Tribal Tax and Investment Reform Act, Tribal Adoption Parity Act, Indian Trust Asset Reform Act, Tribal Transportation, Indian Child and Welfare Act, and so on. They also had an update from the White House Council on Native American Affairs; this is a Council established by President Obama to work on Indian issues.

The following days, they met with Mary Smith, Principal Deputy Director of the Indian Health Service and her staff. They were briefed on FY2018 budget formulation, coordination between the VA-IHS reimbursement, the Patient Protection and Affordable Care Act implementation update, Contract Support Cost update, the draft policy to expand Community Health Aide Program, and other issues.

### Why Self-Governance?

What is Self-Governance and why did Jemez Pueblo choose to move in this direction? Historically, our tribal societies enjoyed self-sufficient existence for thousands of years prior to western European exploration and colonization of this continent. Self-sufficiency was replaced as the United States, through its Congress, courts and particularly the federal bureaucracy, transformed, sometimes brutally, independent tribal status in to tribal dependency. Yet, through all the injustices and hardships, we survived and the voices of our spiritual and tribal leaders remind us of our rightful roles and authorities as Self-Governing Indian Nations.

Self-Governance returns decision-making authority and management responsibilities to tribes. Self-Governance is about change through the transfer of federal funding available for programs, services, functions and activities to tribal control. Tribes are accountable to their own people for resources management, service delivery and development. Jemez Pueblo is one of four tribes in New Mexico that are self-governance tribes, and Jemez is the only tribe that has both BIA and IHS funding under self-governance.

**TRIBAL COUNCIL**

## Tribal Council Report

Pueblo of Jemez departments, programs and tribal administration submitted the following resolutions for Tribal Council approval.

### July 29, 2016

**TC- 39.** Released Utility Board members whose terms have expired: Paul A. Chinana, John (Tony) Gachupin, Tamara (Tammy) Sandia, Stephanie Pecos, Isaac Romero, Joseph (Joey) Romero, Fred Toya, and Gwen Galvan (ex officio.) The functions and powers of the Utility Board are suspended until Tribal Council1 appoints a new board.

## HEALTH &amp; HUMAN SERVICES

## Job Opportunities With the Pueblo of Jemez

### Administrative Services

HR Consultant

### Law Enforcement

Police officer

### Natural Resources Department

Forestry Laborer

*(Temporary, Seasonal)*

### Health & Human Services

Technical Writer

Business Office Supervisor

Practice Manager

Pharmacist

Therapist

Van Driver *(Temporary, as needed)*

To learn more about a job or the recruitment process, stop in to the Human Resources Department to speak with Fran and review our vacancy announcements for more details.

For more information, call (575) 834-7359 or visit the web site at [www.jemezpueblo.org](http://www.jemezpueblo.org).

## JHHS to Expand Opioid Abuse Treatment

Jemez Health and Human Services (JHHS) Health Center was awarded a three-year Substance Abuse Treatment supplemental grant from the US Department of Health and Human Services (HHS), Health Resources and Services Administration (HRSA.) The grant, which began in April 2016, provides funding to improve and expand the delivery of substance abuse services at existing health centers, with a focus on Medication-Assisted Treatment (MAT) in opioid use disorders. The funding will:

- Establish and enhance an integrated primary care/behavioral health model.
- Increase the number of patients screened for substance use disorders and connected to treatment via *Screening, Brief Intervention, and Referral to Treatment (SBIRT)* and other evidence-based practices.
- Increase the number of health center patients with access to MAT for treating opioid and other substance use disorders.
- Coordinate services necessary for patients to achieve and sustain recovery.
- Provide training and educational resources, including updated prescriber guidelines, to help health professionals make informed prescribing decisions and address over-prescribing of opioids.

Dr. Gayle Diné-Chacon, JHHS Director, and Dr. David Tempest, Medical Director, plan to achieve the following goals at the Jemez Health Center with funding from the grant:

- Reinstigate the Screening, Brief Intervention and Referral to Treatment (SBIRT) program within the Jemez Health Center.
- Coordinate services in the Jemez community for patients to achieve and sustain recovery.
- Provide training and educational resources to patients, their families and community organizations on opioid use disorders, including the use of opioid antagonists like Naloxone and Naltrexone in preventing opioid overdoses.

Licensed Behavioral Health Counselor Patricia Lopez, LMHC, is already providing services to Health Center patients. The Jemez Health Center has also advertised for a peer support worker and a substance abuse health educator who will be part of the SBIRT services team. Medical and support staff will be trained on how to implement the SBIRT model and on Motivational Interviewing, which assists with the SBIRT screening process.

For more information, contact Dr. David Tempest, JHHS Medical Director.

*Congratulations JHHS Health Center Team!*

## Sports Physicals

Get your children's sports physical exam today.

Physicals are done by appointments only.

Remember that physical exams are good for one year.

**Call the clinic to schedule your appointment: (575) 834-3022**

## NATURAL RESOURCES



### Grasshopper

# Say No To Grasshoppers!

Submitted by Paul Clarke, NRD Director

Are you tired of grasshoppers eating your chili and corn? Are you tired of fighting them only to find them leaving your neighbor's field to chew up your crops? Are you worried about putting chemicals on your crops and feeding them to your family? We are too!

Go organic. Go chemical free. Go without grasshoppers! Nolo Bait is a natural, microscopic parasite that only infects grasshoppers and crickets. It will not harm people, pets, livestock, wildlife, birds or beneficial insects. And yes, it kills grasshoppers.

Use a minimum of one pound per acre in and around

your garden. Rain or irrigation water makes Nolo Bait soggy and grasshoppers don't care for soggy food, so avoid application when rain is expected. Remember that Nolo Baits takes one to three weeks to kill grasshoppers, so start early and reapply every four to six weeks throughout the season.

Nolo Bait can be purchased in Albuquerque garden centers for \$23 a pound. Better yet, the Natural Resources Department has Nolo Bait for only \$5 a pound! To get your Nolo Bait, pay at Finance, then bring your receipt to Natural Resources. Any grasshoppers still alive this fall will be laying eggs in your field and will be ready to eat your crops next year, so let's get them now! Limit is five pounds per person, while supplies last.

## *Protect Our Families:* Join the Fight Against Mosquitoes

The Pueblo's Natural Resources Department, working together with the JHHS Public Health Programs, will be fogging two to three times a week during the summer as weather conditions permit. The fogging will take place in the evening hours only, generally between 8 and 10 p.m. Mosquito fogging helps control adult mosquitoes, but fogging is a tool of last resort. It is much more effective for all of us to work together to keep mosquitoes from laying eggs around our homes and gardens.

A mosquito's favorite habitat is that kid's broken toy out in the yard, or that puddle on your otherwise flat roof, or that old paint can lying around the shed, and of course there's nothing better for breeding mosquitoes than an old tire laying around. Mosquito fogging will help, but remember, prevention is the best cure!

### Use This Checklist To Protect Our Families From Mosquitoes

- ✓ **Eliminate standing water** in plant pots, bird-baths, fountains, tires, tarpaulins covering boats or other objects, and backyard trampolines and other items. Check for standing water after every rain or at least once per week, twice per week is ideal.
- ✓ **Remove unnecessary clutter.** Keep rain gutters free of leaves and other debris that prevent water from draining. Store boats, canoes and other objects so they do not collect rainwater. Saucers placed under potted plants are a favorite breeding site for many mosquitoes. They should be drained after watering, or removed entirely. If eggs are suspected, they need to be scrubbed away; otherwise they remain viable for months, and will hatch at a later date.
- ✓ **Repair water leaks** (leaky pipes, sprinkler systems, and outside faucets.) Correct drainage problems in yards and playing fields.
- ✓ **Empty water containers for pets** regularly.
- ✓ **Remove old tires** and take them to the Pueblo transfer station where they'll be recycled, instead of used to breed mosquitoes!

PLANNING AND DEVELOPMENT

# A Safety Message From Transportation-Roads Program

Submitted by Karleen Gachupin

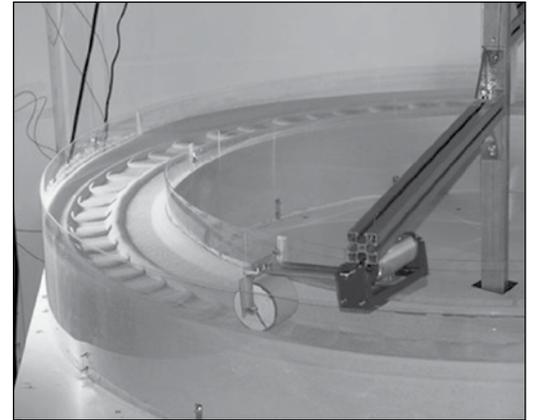
Washboard roads are *physical occurrences* that are uncomfortable, damaging and dangerous for everyone. Washboards are caused by high speed travel that affect dirt and gravel roads everywhere. Washboards even occur on the floors of bodies of water – lakes and oceans – generated by the flow of water movement. Even in snow-covered areas, high winds leave ripples or washboard effects.

We have been dealing with washboards along our main roads for years. ***As users of the road systems, we have the ultimate power to directly address the issue.*** There is a prevention strategy that can be an ongoing practice to prevent a horn from falling off, wheels

being ruined or even preventing loose bolts within our engines.

***You can prevent washboards from forming on our roads simply by slowing down.*** Studies show that traffic going over 3 mph will eventually cause washboards. Staying under 15-20 mph along Day School, Owl Springs, and Good Spirit Roads and Walatowa Boulevard and along our agricultural fields will prevent washboards from returning too soon after grading.

We all enjoy the short time a road surface is smooth and clean after a grading job has been completed. ***Slow down to prevent washboards from recurring too soon and too fast.***



In the experiment pictured above, a wheel rolls over a bed of sand, creating ripples. *Science Daily, July 9, 2009*

***Be safe, slow down and help prevent washboards on our roads!***



SOCIAL SERVICES

## Welcome Mat

### Youth Conference 2016 “Empowering Native Youth for a Healthy Future”

In July, the Social Services Program sponsored a Youth Conference at the Walatowa Youth Center with more than 90 teens attending this year. The goal was to provide awareness and prevention education on issues and pressures youth may encounter.

Presenter Jerrickson Hosteen, also known as J-Stylez, did an excellent job by engaging the youth in his basketball entertainment/tricks while covering topics such as bullying, self-confidence and the importance of education.

The Social Services Program Thanks all who helped make this event successful, and especially the Public Health Program for their awesome donations. “You are all very much appreciated!”

***Melissa Stone, MSW***, has joined the Health & Human Services team as administrative office, a new position. “As Dr. Chacon says, Dr. Tempest is her right hand and I am her left,” Melissa explains. While Dr. Tempest oversees clinical programs, Melissa is responsible for community services: Public Health, Vocational Rehabilitation, Social Services, the Senior Center and Community Wellness. She brings more than 38 years of experience in health care and health services to her new position. Most recently, she spent 22 years in Alaska directing various state and local service agencies, serving many areas accessible only by small plane.

“I’m very happy to be back in New Mexico,” Melissa says. “It’s great to come to a place that runs so well. JHHS is held in very high esteem throughout the state. The people here are very competent and forward-thinking; they know what they’re doing. So I’m not here to ‘fix’ anything. I’m here to support and enhance existing programs, and encourage even greater collaboration between the various services.”



## HOUSING

# UNDERSTANDING THE HUD HOME LOAN PROGRAM

The US Department of Housing and Urban Development's (HUD) Section 184 Indian Home Loan Guarantee Program was authorized by the Housing and Community Development Act of 1992. Section 184 is one of the most important federal programs that help Native Americans obtain home mortgages. By guaranteeing home loans, the program encourages lenders to underwrite mortgages in Indian country.



### What Is the Section 184 Program?

The Section 184 Program is a home mortgage federal loan guarantee for enrolled members of federally recognized tribes or for tribally designated housing entities.

One of the obstacles to lending in Indian country has been the unique status of Indian lands, which generally are held in trust. Lenders interested in making home loans to Native American borrowers often are unable to obtain legal assurances that the property purchased with the loan can be reclaimed in the case of default.

To help increase home ownership in Indian country, the Section 184 Program provides a 100 percent guarantee on all housing loans made by private lenders and tribal housing agencies to American Indian and Alaska Native borrowers.

The program is administered by the Office of Loan Guarantee within HUD's Office of Native American Programs. HUD works with a broad group of private lenders and tribal partners to promote access to capital through this program. Prospective borrowers are advised to take home-buyer financial education courses, which often are offered by home-buyer counseling services.

### Section 184 Advantages

 **Low down payment:** 2.25 percent on loans of more than \$50,000 and only 1.25 percent on loans of less than \$50,000.

 **Fixed interest rates:** Lenders charge market rate. No adjustable rate mortgages are permitted. Fees are monitored to prevent predatory loans.

 **No monthly mortgage insurance:** A one-time 1.5 per-

cent fee is paid by the borrower at closing and can be financed into the loan. In addition, loans with a loan to value of 78 percent or greater will be subject to an annual 0.15 percent mortgage insurance premium.

 **Manual underwriting:** The program uses a personal approach to underwriting and approval, as opposed to automated decision-making tools.

 **Liquidity:** A Section 184 guaranteed loan, including the security given for the loan, may be sold or assigned by the lender to any financial institution. Section 184 loans are eligible for inclusion in Ginnie Mae's mortgage backed securities. In addition, some state housing financing agencies and federal home loan banks purchase Section 184 loans.

 **Growing national network of approved lenders:** The program's network of approved lenders includes national companies and local banks, aimed at a variety of borrowers' needs. Lenders also have been trained in the unique circumstances of Native American home ownership.

### What Are the Rules?

A Section 184 loan can be used only for a single-family home (one to four units) and for a primary residence, not for a second or investment property. More specifically, a loan can be used to:

-  purchase an existing home.
-  construct a new home (site-built or manufactured homes on permanent foundations).
-  rehabilitate a home, including weatherization.
-  purchase and rehabilitate a home.
-  refinance a home (rate and term, streamline, cash out.)

Participating tribes determine the areas where Section 184 loans can be used. Many states are eligible in their entirety, but only certain counties are eligible in other states.

For more information, call or visit the Pueblo of Jemez Housing Department at (575) 834-0305.

## WALATOWA VETERANS ASSOCIATION

### Weekend Retreats Help Vets' Relationships

The New Mexico VA Healthcare System now offers relationship-building retreats for veterans and their partners. Experiences of deployment, combat, and active duty can seriously impact relationships. Warrior to Soul Mate (W2SM) retreats are designed to help couples learn effective communication skills and gain emotional wisdom to help them strengthen and/or re-build their relationships.

The free retreats are conducted by VA chaplains, social workers, psychologists and nurses. Certified Practical Application of Intimate Relationship Skills (PAIRS) instructors teach couples better communication skills, relationship skills, and emotional literacy skills. Independent research has shown these retreats help restore and revitalize relationships, create higher levels of satisfaction, reduce symptoms of distress and anxiety, build a greater commitment to shared vision, and increase resilience for marriage, families and relationships.

The next W2SM retreat will be held Aug. 27-28 at the Raymond G. Murphy VA Medical Center in Albuquerque. The deadline to register is Aug. 22. Another retreat weekend is being planned for Oct. 22-23, with a registration deadline of Oct. 17. Military veterans and their spouses or significant others are encouraged to attend, but must register in advance.

For applications or more information, please contact the VA Chaplain Service at (505) 256-2735. Those interested in participating also will find more general information about the program at [www.va.gov/health/NewsFeatures/20121018a.asp](http://www.va.gov/health/NewsFeatures/20121018a.asp).

### New Hours for Annual VA Growers Market

The annual VA Growers Market is open at the Raymond G. Murphy VA Medical Center, 1501 San Pedro Drive SE, in Albuquerque. The market will operate with longer hours this year, from 7 a.m. to 1:30 p.m. every Wednesday between Building 1 and the Recreation Hall (Building 2.) VA Growers Markets feature fresh apples, beans, chile peppers, squash, tomatoes, honey and other natural treats, in addition to hand-made soaps and craft work.

The market is expected to operate until mid-October and is sponsored by the Veterans Canteen Service. Anyone interested in participating in this year's market should call Mary Varnado at (505) 265-1711, extension 5982 for more information.

### New Van for Walatowa Vets

The Walatowa Veterans Association received a van donated by Wounded Warriors Family Support in a ceremony on Monday, July 18. The eight-passenger van will be used to transport veterans in the Pueblo of Jemez for various activities such as appointments, VA conferences and training, memorial events, etc. Wounded Warriors Family Support, Retired Army Brigadier General Jack R. Fox, Secretary of the New Mexico Department of Veterans' Services, and Rich Ford from the corporate office transferred the van to the Pueblo of Jemez, Governor David Yepa and the Walatowa Veterans Association on behalf of all Jemez Pueblo veterans.

"It was a spectacular event," says Gail Romero, Veterans Service Coordinator. "I couldn't believe it, when they drove the van up. It wasn't what I had expected."

"This is a blessing that we have been praying for and waiting to happen, now it's here," added veteran Tito Chinana.

Jerry Fragua opened the event with a prayer and blessing. Lawrence Tosa recited a prayer of thanks in Towa. Second Lt. Governor Ward Yeppa, Phillip Chancellor, Ford Motor Company Operations Manager, and Damian Lusch from Rich Ford in Albuquerque attended the event along with Veterans Outreach Coordinators Rob Yazzie, John Griego and Ed Mendez. Homana Pawiki came all the way from Phoenix to be part of this event.

"Thank you to all who helped by donating food and supporting our Walatowa veterans," Gail says. "We are so grateful to Wounded Warriors Family Support for their most generous donation."

If you have any questions about the Walatowa Veterans Association, contact Gail Romero at [gail.romero@jemez-pueblo-wva.org](mailto:gail.romero@jemez-pueblo-wva.org) or (575) 834-0122.



Wounded Warriors Family Support donated this van to the Walatowa Veterans Association to help veterans with transportation to appointments and events.

## SENIOR CENTER

# SENIOR CITIZENS PROGRAM NEWS

Submitted by Joseph Fragua

### State Senior Olympics

Twenty-four senior athletes competed against more than 1,000 elders at the New Mexico Senior Olympic Games in Roswell during the week of July 12 – 15. Nineteen were sponsored by the Jemez Senior Program because they met requirements to complete the eight-week Fitness Program. This year was a qualifying year; athletes needed to place in their events to be eligible to compete at the National Senior Olympics in Birmingham, AL in July of 2017. The majority of our elders qualified and will compete at the national games.

The preparation for the State Senior Olympics was not easy – it took dedication, commitment and hard work to stay active and healthy. We thank the Wellness Program, Public Health and our Senior Citizens staffs for their tireless support to help prepare our elders. We also thank our Governors and leadership for their support.

Our Jemez elder athletes won a total of 46 medals: six gold medals, 27 silver medals and 13 bronze. Well done!

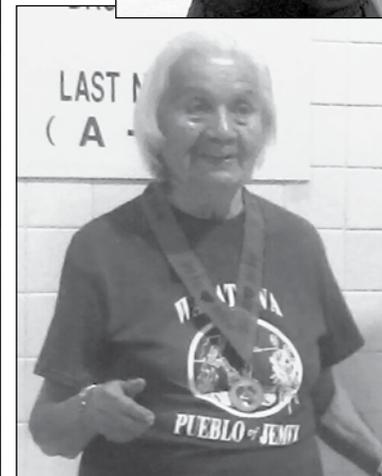
### Play Ball!

Thirty-one elders went to an Albuquerque Isotopes Baseball Game on Thursday, July 21. Although the home team lost, the elders had a great time. Encouraging elders to be physically and socially active has a positive effect on their overall health and well-being. Caregivers under age 55 can participate with their elderly clients in these social outings too. Contact the Senior Citizens Program for more information about upcoming events.



### Senior Center Sponsored Athletes

- Erna Chosa-Wilson
- Mabel Fragua
- Maureen Fragua
- Phillip Fragua
- Clara Gachupin
- Martin W. Gachupin
- Felipita Loretto
- Joseph Loretto
- Leonora Lucero
- Eva Panana
- Miguelita Pecos
- Pauline Romero
- Tony Romero
- Robert Shendo
- Roberta Toledo
- Wilma Toledo
- Alvin Toya
- Marie C. Toya
- Virginia Toya



### Non-Sponsored Athletes

- Joe Cajero
- Andrea V. Fragua
- Cena Fragua
- Albert Sando
- Juanita Yepa

PUBLIC HEALTH

# COMMIT 2<sup>ND</sup> QUARTER FITT

## Strength & Conditioning CHALLENGE

“The body achieves what the mind believes.”

### WARRIORS DASH WINNERS SATURDAY, JULY 9

The second Commit 2 FITT Strength and Conditioning Challenge concluded with a Warriors Dash event on Saturday, July 9. A Fun Run/Walk at 7 a.m. was followed by the dash.

#### FEMALE ADVANCED

- 1. Skye Pena 10:15
- 2. Kaitlyn Yepa 10:28
- 3. Leonore Vidal 11:00

#### FEMALE BEGINNER

- 1. Keoni Romero 9:20
- 2. Aleiyah Romero 10:11
- 3. Carla Sandia 10:41

#### MALE ADVANCED

- 1. Keith Pacheco 7:46
- 2. Justin Casiquito 7:59
- 3. Jalen Toya 8:34

#### MALE BEGINNER

- 1. Jason Mora 10:45
- 2. Clayton Casiquito 13:22
- 3. Kale Loretto/Saige Loretto Tie 7:03



Photos by Cornell Magdalena



### Visit MOGRO!

Get your organic fruits and vegetables at MoGro at the Jemez Health Clinic. Sign up online, or visit the Public Health Program to place your order. MoGro delivers to the clinic regularly. Pick up a box of produce and other items for only \$20! You'll get 10 different organic fruits and vegetables from local and regional farmers. Plus MoGro offers 50% off when you pay with SNAP so you can double your food bucks!

Contact Rebecca at [mogro@santafecf.org](mailto:mogro@santafecf.org) or (505) 670-8741, go to the Public Health office at the clinic, or call (575) 834-7207 for more information.

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save on gas, time & energy!



## PUBLIC HEALTH

# Managing Diabetes in the Heat

Submitted by Anita Toya

*“Keep your cool during the hottest time of year.”*

Did you know that people who have diabetes—both type 1 and type 2—feel the heat more than people who don't have diabetes? Here are some reasons why:

Certain diabetes complications, such as damage to blood vessels and nerves, can affect your sweat glands ***so your body can't cool as effectively.*** That can lead to heat exhaustion and heat stroke, which is a medical emergency.

People with diabetes ***get dehydrated*** (lose too much water from their bodies) more quickly. Not drinking enough liquids can raise blood sugar, and high blood sugar can make you urinate more, causing dehydration. Some commonly used medicines, like diuretics (“water pills” to treat high blood pressure,) can dehydrate you, too.

High temperatures ***can change how your body uses insulin.*** You may need to test your blood sugar more often and speak with your medical provider about adjusting your insulin dose if you take insulin. You may also need to make adjustments with your nutrition and hydration needs.

## It's the Heat and the Humidity

Even when it doesn't seem very hot outside, the combination of heat and humidity (moisture in the air) can be dangerous. When sweat evaporates (dries) on your skin, it removes heat and cools you. It's harder to stay cool in high humidity because sweat can't evaporate as well.

Whether you're working out or hanging out, it's a good idea to check the heat index, a measurement that combines temperature and humidity. Take steps to stay cool when it reaches 80°F in the shade with 40% humidity or above. ***Important to know:*** The heat index can be up to 15°F higher in full sunlight, so stay in the shade.

Physical activity is key to managing diabetes, but don't get active outdoors during the hottest part of the day or when the heat index is high. Get out early in the morning or in the evening when temperatures are lower, or go to an air-conditioned mall or Fitness Center to get active.

## Your Blood Sugar Knows Best

Summer activities are fun but the summer season can throw off your routine, and possibly your diabetes management plan. Check your blood sugar more often to make sure it's in your target range, no matter what the summer brings. It's especially important to recognize what low blood sugar feels like and treat it as soon as possible. Know your numbers!

Content sources: Centers for Disease Control and Prevention ([cdc.gov/features/DiabetesHeatTravel](http://cdc.gov/features/DiabetesHeatTravel))

## Warm-Weather Wisdom

- \* Drink plenty of water, even if you're not thirsty so you don't get dehydrated.
- \* Avoid alcohol and drinks with caffeine, like coffee and energy or sports drinks. They can lead to water loss and spike your blood sugar levels.
- \* Check your blood sugar before, during and after you're active. You may need to change how much insulin you use. Ask your doctor if you want help adjusting your dosage.
- \* Wear loose-fitting, lightweight, light-colored clothing.
- \* Wear sunscreen and a hat when you're outside. Sunburn can raise your blood sugar levels.
- \* Don't go barefoot, even on the beach or at the pool.
- \* Use your air conditioner or go to an air-conditioned building or mall to stay cool. In very high heat, a room fan won't cool you enough.

## Too Hot to Handle

Diabetes medicines and equipment also feel the heat.

Don't store insulin or oral diabetes medicine in direct sunlight or in a hot car. Check package information about how high temperatures can affect insulin and other medicines.

If you're traveling, keep insulin and other medicines in a cooler. Don't put insulin directly on ice or on a gel pack.

Heat can damage your blood sugar monitor, insulin pump and other diabetes equipment. Don't leave them in a hot car, by a pool, in direct sunlight, or on the beach. The same goes for supplies such as test strips.

But don't let the summer heat stop you from taking your diabetes medicine and supplies with you when you're out and about. You'll need to be able to test your blood sugar and take steps if it's too high or too low. Just make sure to protect your diabetes gear from the heat.

If you want more information about testing your blood sugar, visit the Public Health offices.

## YOUR SUMMER CHECKLIST

**Drink plenty of water.**

**Test your blood sugar often.**

**Keep medicines, supplies and equipment out of the heat.**

**Stay inside in air conditioning when it's hottest.**

**Wear loose, light clothing.**

**Get medical attention for heat-related illness.**

**Make a plan in case you lose power.**

**Have a go-bag ready for emergencies.**



## THE HEMISH OF WALATOWA FAMILY CIRCLE PROJECT

*Submitted by Janice Tosa*

The Hemish of Walatowa Family Circle Project (FCP) is a collaboration between the Pueblo of Jemez Department of Education and the University of New Mexico Center for Participatory Research. The FCP is a unique inter-generational prevention program for fourth and fifth graders and their families that builds on family strengths and reinforces the use of the Towa language, cultural values and way of life. The program's goal is to prevent alcohol and substance abuse and support healthier children and families. The research-based prevention program tests effectiveness; families that wish to participate must complete pre- and post-test surveys; each participant receives a gift card for completing the surveys.

The first year of implementation in 2014 found that children who participated in the program try to speak Towa more often and have a better understanding of our Jemez culture, history and traditions. This is a significant finding, as we continue to see a decrease in fluent Towa speaker among our Jemez youth. The sessions are taught in Towa by facilitators who are fluent in the language. This style of teaching is vital to maintaining the Towa language. Students and parents are strongly encouraged to speak only in Towa during these sessions. Students and parents alike understand the importance of maintaining the language in a fun and friendly environment.

The program consists of 14 weekly sessions. Families



come together to learn from their elders about Hemish history and cultural values. As part of the program, families also choose a community action project (CAP) to complete with the children taking ownership of the project. CAPs allow children to express community concerns and come up with possible solutions. Through this experience, children gain better perspectives on their community, and learn to serve more proactive roles.

The CAPS are introduced half way through the program during the Tribal Vision session. Participants are asked to address an area of improvement in the community and complete

their projects by the end of the program. Participants may complete individual or group projects. One family decided to clean up the path from their home to their child's school. Another family decided to clean up the community board, located by the Jemez Community Library. Other examples include: clean-up of the plaza after Feast Day, neighborhood clean-up, posting speed limit signs near school zones and creating signs to slow down. At the end of the FCP session, students design posters and present on their CAPs. The program staff believes that the family involvement in CAPs is empowering children, parents and families.

The Family Circle Project is now recruiting for the third year. To sign up or for more information about the program, please contact the Department of Education at (575) 834-9102.

## EDUCATION

# Head Start Language Immersion Program Updates

Submitted by Danielle A. Sando, Family Services Coordinator

### Community Forum

Walatowa Head Start Language Immersion Program (WHSLIP) hosted the “**I am Hemish. I speak Hemish**” Community Forum on Friday, July 8 at the Walatowa Youth Center. Speakers presented on topics and experiences related to language. Dr. Christine Sims, Associate Professor at UNM’s Department of Language, Literacy and Sociocultural Studies, gave a presentation on *Language is Life: Maintaining Pueblo Languages*. Victoria Tafoya, Director of Operations, Dual Language Education of New Mexico, discussed *Brain Research and the Positive Impacts and Long-Term Outcomes of Teaching Children in Multiple Languages*. Ms. Tafoya’s shared how different parts of the brain are used and stimulated when individuals use multiple languages. Lana Toya, Early Childhood Program Manager, and Head Start teaching staff presented *Implementing Language Immersion at Walatowa Head Start*.

Thank you to Elton Tosa and Ericka Toledo, parents of Head Start children, who shared their experiences with the Language Immersion Program and how their family benefited from attending the program.

The WHSLIP thanks all of the parents, guest speakers, tribal leadership and the community for participating in our Community Forum. Thank you for your continued support.

### WHSLIP Registration

***Does your child turn 3 years old before September 1?  
If your child is receiving early intervention and ready to transition into Head Start?***

**Your child may be eligible for Head Start!**

**Accepting applications for the 2016-2017 school year!**

All children’s plans and policies must be returned so the 2016-2017 bus schedule and route can be finalized. Transportation plans and policies were part of the welcome package. If parents need a copy, please stop by the program office.

***Completed Transportation Plans and Policies are due at the WHSLIP by August 5, 2016.***

The first day of school is Tuesday, Sept.6, 2016. The first week of school will be an early release week; children will be released at 11 a.m.

### Save the Date!

**A mandatory new school year parent orientation/open house will be held Thursday, Sept. 1, 2016 at 6 p.m.**

If you have any registration and transportation questions, please contact Danielle Sando at (575) 834-7366.

## SDRCS Mustang News

Submitted by Karen Mayhew, Principal

### **Dear Mustang Families,**

As you know, the season raised some challenges for our school. In late June asbestos was found when new carpet was being installed. Workers had to leave until we could get the air quality tested. It took several weeks to identify the correct agency and get the testing done, but it has been completed. The good news is that the air quality test came back good: **The school is safe**. However, we still have to deal with getting the asbestos removed and the carpet laid. We are continuing to work with the Public School Facilities Authority, the Governors, tribal administrator and Tribal Council to move forward in getting this situation resolved as quickly as possible.

In the meantime, we have a school year to get started. Elementary teachers will call parents to set up a conference time for either Thursday, August 4, or Friday, August 5. At these conferences, they will give out needed information and pre-assess the students.

Middle school teachers are inviting all of their parents and students on Friday, August 5, at 8:30 a.m. to the cafeteria for a general informational meeting. *Please bring your students with you to these meetings.*

We will start full days on Monday, August 8. Our day is still 8 a.m. to 3:30 p.m.; the bus will run starting this day. Routes should be similar; we should have that information for you at the conferences. The cafeteria will be functional, so both breakfast and lunch will be served. We will keep the same schedule: full days Mondays through Thursdays and Fridays half days.

I so appreciate your understanding and cooperation as we get the main building functional again. We are working to schedule a parent nights' to give out more information in the first few weeks of school. We should also have our school grade from the Public Education Department to share. We all believe it's going to be good news and look forward to another productive year.

**SDRCS a Family of Learners, the Heart & Future of Walatowa**



## JEMEZ HISTORIC SITE

# Stories from the Land Program 2016

*By Matthew J. Barbour, Manager, Jemez Historic Site*

Between July 5-8, Jemez Pueblo Community Library and New Mexico Historic Sites, partnered to provide the children and youth of Jemez Pueblo with an opportunity to travel to Jemez Historic Site and participate in hands on learning activities. The project was supported by numerous state and tribal agencies. In its fourth year, “Stories from the Land Program” serves as a way to enable New Mexico children the opportunity to visit and experience our historic sites while continuing to develop their reading and writing skills.

This program continues to be a great success, with over 25 Jemez Pueblo children/youth participating in 2016. Prevalent throughout the four-day program was an immersion in Jemez culture and language, as well as reading and writing in English. Jemez Pueblo community staff mentored the participants in writing and illustrating their own stories drawn from what they learned each day.

However, the event was anything but “just work.” Other activities included a storytelling presentation by renowned Native American children’s author Emmet “Shkeme” Garcia, a discussion of Jemez history with Christopher Toya, and instruction in the traditional stickball game of shinny by Marlon Magdalena.

A big thank you to all who contributed and/or participated in Stories from the Land 2016! Special recognition must go to Jemez Pueblo Community Library staff, especially Maureen Wacondo, Arlan Sando and Bryan Shendo. Also, we thank Marlon Magdalena, Instructional Coordinator at Jemez Historic Site, along with the Jemez Pueblo library staff for the careful lesson planning and coordination.



### Reorganization for Coronado and Jemez Historic Sites

On July 21, the New Mexico State Personnel Office approved a reduction in force within the Department of Cultural Affairs. This reduction will affect some New Mexico Historic Site staff and is part of a greater reorganization within the New Mexico Historic Sites. Historic Sites will now be managed on a regional, rather than a site-specific, level. This change enables sharing staff and financial resources more effectively for greater cooperation and collaboration.

In Sandoval County, Coronado and Jemez Historic Sites will be directed by a single regional manager. Both sites have been moving towards this partnership with sales of joint site admission tickets, combined advertising, collaboration between Coronado and Jemez instructional coordinators, and sharing rangers during special events and activities. The sites are linked thematically as both explore the Columbian Exchange, or interaction, between Native American and European peoples during the 16th and 17th centuries.

Combined efforts will focus on tourism along the Jemez Mountains National Scenic Byway and in the surrounding communities and pueblos. This will create bigger partnerships and opportunities to build stronger alliances with our friends. Current agreements with Native American tribes and site-specific friends groups will not be impacted at this time. The reorganization will go into effect on August 13, 2016.



## NEWS YOU CAN USE



## FOREST SERVICE NEWS

### Vandalism mars Improvements on Jemez River

Vandals at work along the Jemez River have chopped the tops off newly planted cottonwoods on the riverbank and damaged recently installed fish habitat structures in the water. The restoration and improvement of aquatic habitats is part of the larger Santa Fe National Forest's (SNFN) Southwest Jemez Mountains (SWJM) Forest Restoration project to create and sustain healthy ecosystems in the Jemez Mountains.

"The work we are doing along the Jemez River is not only beneficial to the river and the species that live in it, it's also an economic boon to the community," Jemez District Ranger Brian Riley said. "It's really hard to understand why anyone would vandalize improvements in the river or harm newly planted trees."

The SNFN is using SWJM funding, money from the state's Habitat Stamp Program and non-profit organizations interested in preserving native trout species to enhance the habitat at four public use sites along the Jemez River. The habitat structures create a welcome environment for trout, and streamside plantings help stop erosion and provide shade to keep the water temperature from getting too warm.

In addition to cutting the trees, vandals are stacking boulders in the pools that encourage the trout to linger. The rocks slow the water and fill the pools with sediment, making them less hospitable to the trout.

**Please contact the Jemez Ranger District office at (575) 829-3535 if you have any information about the Jemez River vandalism.**

### Trash Is Piling Up on the Santa Fe National Forest

Trash is everywhere in the SNFN – at developed recreation sites, at dispersed camping sites, in wilderness areas, on trails and even in streams. It seems clear that the "Pack It In, Pack It Out" mantra isn't getting the job done. The SNFN is asking visitors to take one more step and "Pack It Home" to throw away with their household trash.



One day's trash at a popular camp site.

Estimates by Forest staff indicate that the SNFN may spend as much as \$250,000 a year just on trash clean-up and removal. That's a quarter of a million dollars that isn't available for other things like facilities and trail maintenance, Forest officials say.

Even when visitors put their garbage in plastic bags and leave them near trash cans or along the road, there are problems. Animals lured by the scent tear up the bags and scatter garbage as they look for things to eat. Feeding on human garbage can alter the natural behaviors wildlife need to survive, and mammals, birds and reptiles can be injured or killed by what they find in trash.

And campsites strewn with garbage are not only unappealing, they pose health and safety risks to the public and Forest Service employees who clean them up.

More information on *Leave No Trace* outdoor ethics is available at <https://lnt.org/learn/7-principles>.

### Stewardship Contract for Collaborative Forest Landscape Restoration Project

The Forest Service awarded the multi-year stewardship contract for the Southwest Jemez Mountains (SWJM) Collaborative Forest Landscape Restoration Project on the SNFN to TC Company, a local contractor owned by Terry Conley, a partner in Walatowa Timber Industries.

Treatments outlined in the contract are designed to mitigate the risk of high-severity wildfire and restore ecosystem function to frequent-fire forests in the area.

"The northern New Mexico forests are under tremendous stress from climate change. Communities and their water supplies are at risk from catastrophic wildfire," says Cal Joyner, Regional Forester for the Southwestern Region. "This project is a community-based approach grounded in science. It will provide much-needed jobs, while restoring the forests, protecting communities and improving water quality."

Under the contract, TC Company will implement mechanical thinning over a five-year base period with an additional five option years, based on performance and funding. The task orders are designed to accelerate restoration efforts to improve forest health while providing jobs and services to nearby communities.

In addition to on-the-ground treatments, TC Company will haul wood removed from the project to Walatowa Timber Industries (WTI) for processing. WTI is a joint venture between the Pueblo of Jemez and TC Company owner Terry Conley. WTI sells wood products, including lumber, latillas, vigas, mulch and firewood, and provides raw materials to local mills. In association with the Jemez Community Development Corporation (JCDC,) the WTI joint venture has created jobs for the Pueblo of Jemez and contributed to the local economy. The stewardship contract will continue that trend.

"Collaboration and community have been key to developing the strategy for the Southwest Jemez restoration project," SNFN Forest Supervisor Maria T. Garcia said. "We

## NEWS YOU CAN USE

### Forest Service News, *Continued*

look forward to working with TC Company and Walatowa Timber Industries to improve the health and resiliency of the forest while respecting the historical, cultural and social values of the community.”

The SWJM project is one of the largest forest landscape restoration projects in the Southwest, encompassing almost one-quarter million acres across multiple ownership boundaries. More than 40 agencies and stakeholder groups are part of the collaborative to restore and protect forest and riparian ecosystems, wildlife habitat and cultural resources.



#### 4<sup>th</sup> ANNUAL CALENDAR CONTEST

Final month for submissions.  
“Jemez Valley Then and Now.”

Contest runs through August 31, 2016.

In celebration of 50 years in our community, the Jemez Valley Credit Union dedicates the 2017 calendar to the history of local communities. Look through that old family photo album for any older pictures of the valley. What parts of our communities have changed throughout the years and what parts have been preserved? Do you have pictures of the old logging camp in Gilman? What did the Jemez Springs Village Plaza look like many years ago? What did the Plaza in Jemez Pueblo look like? Does the church in San Ysidro look the same as it did in the past?

If you don't have any older photos, get out your camera and find some historical sites and photograph them.

As submissions are received, they will be printed and displayed in the lobby until October when the winners will be announced. Remember to stop by and take a peek.

For information on how to submit photos, please contact Henrietta at (575) 829-3366 or [henrietta@jvcu.org](mailto:henrietta@jvcu.org)

#### Free Financial Counseling

Jemez Valley Credit Union offers **FREE** financial counseling. *Information discussed is strictly confidential.* For more information or to set up an appointment contact Tina at (575) 829-3366 or [tina@jvcu.org](mailto:tina@jvcu.org)

#### Power Outages

If there are issues or a planned utility outage that will affect JVCU directly for more than 2 hours, the credit union will close for the day. Please take advantage of the ATM, night drop and shared branching institutions for deposits or cash withdrawal transactions. Deposits in the ATM and night drop will be processed the following business day.

## REWARD: UP TO \$2,000

### For Information Leading To The Arrest and Conviction Of Those Responsible for the Critical Wildland Firefighting Equipment Stolen from Valles Caldera National Preserve

Special Agents with the Investigative Services Branch (ISB) and US Park Rangers of Valles Caldera National Preserve are seeking information about the recent theft of crucial wildland firefighting equipment. Between 6:00 p.m. on July 23 and 11:00 a.m. on July 24, unknown persons forcibly entered a closed area in the preserve, broke into several storage units and stole a utility task vehicle (UTV), an equipment trailer, drip torches, fuel cells, gas cans, tools, pumps, generators, and compressors.

The loss of this equipment will adversely impact interagency firefighting operations in northern New Mexico for the rest of the year.

Anyone with information about what happened is urged to contact ISB. You may remain anonymous. Investigators are offering a reward of up to \$2,000 for information leading to the identification, arrest and conviction of those responsible.

ISB Tip Line: 888-653-0009

Submit an Online Tip at [www.surveymonkey.com/r/TipLine\\_InvestigativeServicesNPS](http://www.surveymonkey.com/r/TipLine_InvestigativeServicesNPS)

Email: [nps\\_isb@nps.gov](mailto:nps_isb@nps.gov)

Facebook Message: [InvestigativeServicesNPS](https://www.facebook.com/InvestigativeServicesNPS)

Investigative Services Branch  
National Park Service



**PUEBLO of JEMEZ**

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# **13th Annual Pueblo Independence Day In Commemoration of the 1680 Pueblo Revolt**

**SUNDAY, AUGUST 14, 2016**

**7 A.M. TO 5 P.M.**



On August 10 and 11, 1680, the Pueblo People of New Mexico, aided by some Apache and Navajo allies, launched a successful rebellion against Spanish colonization.

The commemoration will begin with a pilgrimage run from Jemez Pueblo plaza to Jemez Historic Site. Participating in this run is a way to pay tribute to the Ancestors and show appreciation for the sacrifices they made. Their brave resistance helped preserve the Pueblo way of life: our culture, our languages and our right to one day reclaim our aboriginal lands.

- 7 a.m. Run begins at the Jemez Pueblo plaza. The general public is welcome. Water stations will be available along the route.
- 10 am. Invocation and Welcome
- 10:30 a.m. to 4 p.m. Enjoy traditional Native dances, dine on authentic Native food and shop Native arts & crafts.
- 5 p.m. Site closes

**FREE Vendor booths. Call for details (575) 829-3530**

**Free Admission for all NM residents**