



# Red Rocks Reporter

DECEMBER 2015

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## FROM THE GOVERNORS

### 7th Annual White House Tribal Nations Conference

Governor Raymond Loretto, DVM, First Lt. Governor Aaron Cajero, Sr. and Second Lt. Governor Dominic Gachupin joined hundreds of other tribal leaders at the 7th Annual White House Tribal Nations Conference in Washington, DC on Nov. 4 and 5. President Barack Obama and members of his Cabinet discussed issues of importance to tribal leaders, with an emphasis on ways the Administration can continue to make progress on improving the nation-to-nation relationships and ensure these gains continue in future Administrations. In addition, 24 youth delegates participated in the Conference to share their unique perspective.

The two-day conference focused on several critical issues for Native American communities: government-to-government approaches to Indian affairs; providing opportunities for native youth; strengthening tribal consultation and sovereignty; supporting health and safety in Indian Country and preserving Native American languages and heritage.

“We took advantage of every opportunity to discuss vital issues with key leaders of the various departments with which we work constantly, including the Secretary of Interior, Housing, Homeland Security, Department of Justice, Education and Department of Energy,” Gov. Loretto says. Expenses for the Governors to travel to this conference were the only travel expenses incurred by the tribe for travel this year, the Governor notes; all other travel expenses have been covered by relevant grants and contracts.

### Federal Official Visits for Feast

Harris Walker, Communications Specialist, Weatherization and Intergovernmental Program at the Department of Energy, accepted the Governor’s invitation to Feast Day at the State and Tribal Government Working Group (STGWG) meeting in New Orleans.

“Telling people about our community is one thing,” Gov. Loretto noted. “It has a very different impact when federal officials visit and experience our community and what we’re doing here.”

### Pueblo Place Ground-Breaking

**Tuesday, December 22 11 a.m.**

The community is welcome to attend the official ground-breaking for the Pueblo Place subdivision on Tuesday, Dec. 22. The project will provide 84 housing units for community members.

### Tribal Council Courts

“A highlight of this year’s administration has been the convening of Tribal Council Courts to resolve critical issues for individuals and families in the community,” Governor Loretto says. Some cases had been pending since the 1980s. “We were able to assist people who have not been heard for a long time. There is more to left to be done, but many problems have been settled at last. Those people no longer have to go to bed worrying about the outcomes.”



*“The Governors and tribal administration wish all in our community a holiday season of joy and comfort, and a healthy and prosperous New Year.”*





### 2015 TRIBAL GOVERNORS

Dr. Raymond Loretto  
*Governor*

Aaron Cajero  
*First Lt. Governor*

Dominic Gachupin  
*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.

### Red Rocks Reporter December 2015 Edition

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NM 87024.

## TRIBAL COUNCIL

# Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well-informed. Governor Raymond Loretto, DVM, First Lt. Governor Aaron Cajero and Second Lt. Governor Dominic Gachupin proposed the following resolutions that Tribal Council approved.

### Oct. 1, 2015

Authorized the submission of the 2015 Indian Community Block Development Grant (ICBDG) proposal of \$825,000 for the completion of the Pueblo Place Subdivision Infrastructure project that will assist low to moderate income families with decent and affordable homeownership opportunities. The Pueblo of Jemez intends to commit in-kind tribal resources from the 2016 IHBG funds to leverage the infrastructure project.

### November 10, 2015

Documented support for the US Department of Justice (DOJ), Office of Justice Programs, Bureau of Justice Assistance, Justice Systems and Alcohol and Substance Abuse Program Award (2015-AC-BX-0016) of \$748,709 for the Tribal Court and Probation Improvement Project to support the Pueblo's efforts to address the needs of justice-involved tribal members and their families.

Documented support for the US DOJ, Office of Justice Programs, Office of Juvenile Justice and Delinquency Prevention, Juvenile Healing to Wellness Courts Award (2015-DC-BX-0040) \$318,135 to support the Pueblo's efforts to address the needs of at risk and/or justice-involved youth and their families by implementing the Jemez Healing to Wellness (JHTW) Program, which builds on cultural strengths and is a community-based pre- and post-adjudication process.

Documented support for the US DOJ, Office on Violence Against Women, Tribal Governments Program Award (2015-TW-AX-0052) of \$877,403 to support the Pueblo's efforts to address the needs of Pueblo women victims and their families.

Documented support for the US DOJ, Office of Justice Programs, Office for Victims of Crime, Children's Justice Act Partnership for Indian Communities Award (2015-VI-GX-K029) of \$450,000 to address the needs of child and youth victims and their families by implementing improvements to system response and handling of children and youth cases, and through coordination with local justice agencies, schools, and allied service agencies.

Documented support for the US DOJ, Community Oriented Policing Services Office, Tribal Resources Grant Program Award of \$272,930 to address the public safety needs of Pueblo members and residents by enhancing the resources and equipment critical to support the Jemez Police Department's public safety and community policing efforts.

### November 30, 2015

Approved creation of the Pueblo of Jemez Irrigation Program to be managed by the Natural Resources Department (NRD) and approved the creation of a full-time irrigation program coordinator. The goal is to develop a 40-year plan for reconstruction and re-engineering with coordination between to leadership, fiscals, NRD and water users to meet current and future irrigation demands and to protect the system from storm damage, frequent siltation, vandalism and deteriorating infrastructure.

Authorized designated representatives to finalize and approve financing documents and close the loan for purchase of the property owned by the Handmaids of the Precious Blood in Jemez Springs, including water rights.

Approved the Fiscal Year 2016 General Fund Budget.

## FROM THE GOVERNORS

### Thank You!

The Governors want to thank the spiritual leaders for the opportunity to serve the community for the past year.

"We could not have done as much without the support and hard work of tribal leaders and staff," Gov. Loretto says. "I especially want to acknowledge Lynn Toledo and Jaime Loretto for their hard work and dedication, as well as department directors, managers and staff for their willingness to work to solve problems and improve deliverables."



## TRIBAL ADMINISTRATION

### HELP WANTED!

Submitted by Virginia Manion, Human Resources Director

Tribal members are encouraged to look to the Pueblo of Jemez as their employer of choice. We offer competitive salaries, a generous benefits package, wellness leave and more. Here is a sampling of current job opportunities:

**Tribal Administrator:** Responsible for overall direction and administration of all aspects of Pueblo of Jemez business and fiscal affairs; assists and supports the Governor by providing direction, management and oversight of operations of all departments, programs and services provided by the Pueblo of Jemez for the community and its associated compacts, grants, contracts, general funds and limited liability companies.

**Director, Public Works:** Responsible for direction and administration of the Pueblo's utilities infrastructure and services, solid waste operations, and facilities operations and maintenance including water and waste water systems, construction and rehabilitation projects; works with management team to grow the Pueblo's capacity through technological resources.

**Manager, Senior Center Program:** Responsible for managing program operations for the Senior Center; ensures quality services are executed within the scope of work of federal and state regulations.

**Prevention Coordinator:** Responsible for providing prevention programs and activities to schools, groups and the community.

**Optometry Technician:** Responsible for performing technical support services within the optometry department under the direct supervision of the optometrist.

**Health Advocate:** Responsible for planning, developing, coordinating and implementing nutrition education and fitness programs for the Jemez community; coordinates activities

with colleagues and medical staff; serves as a lifestyle coach for the fitness programs.

**Laborer (on call, as needed):** Performs a variety of tasks involving strenuous manual labor in housing construction projects.

Melesia Toya is a Human Resources Consultant for the Pueblo of Jemez. Her area of specialization is recruitment and selection strategies and practices. She provides expertise and advice on personnel management and related issues to promote a healthy, \ productive work environment. Call Melesia if you have any questions on our job opportunities, qualifications, requirements and the recruitment process; you can contact her at the tribal administration building, (575) 834-5379.

## Vince Toya, Jr. Takes On New Challenges

Best of luck to Vince Toya, Jr. who leaves the Pueblo of Jemez Public Works Department to pursue his education.

"We wish all the best in the future," says Interim Tribal Administrator Marlene Gachupin.

"I have enjoyed working for this organization and I appreciate having had this wonderful opportunity to work with you all," Vince says. "During these last five years, you all have provided support. Through your encouragement and guidance, I have been able to excel at what I did with the pueblo. With many of you I shared a unique camaraderie that I hope will continue in the years to come, even though I will not be here with the organization. I now look forward to this new opportunity that brings new challenges and adds more diverse experience to my career. I wish you all and the organization every success in all possible future endeavors. This is not a goodbye, but only *oh-na-ha!*"

## PUBLIC WORKS

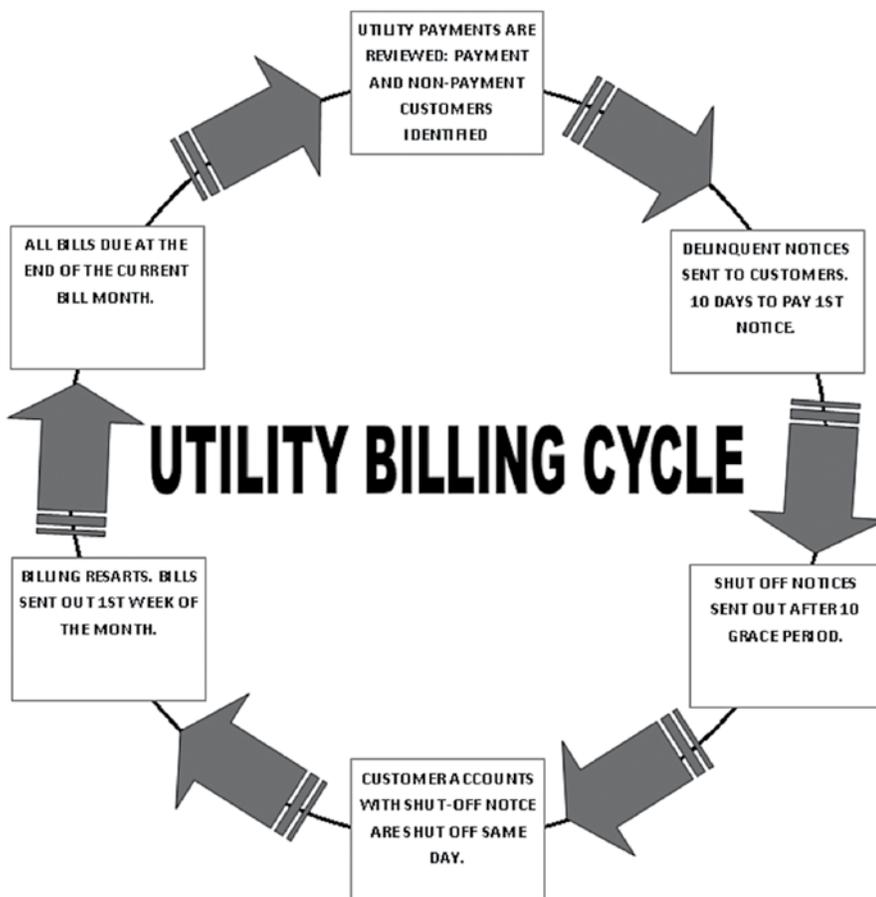
# Prepare Your Home For Winter

*Submitted by Vince Toya, Jr.*

Winter freezes can be destructive to your home. Here are some maintenance tips to get your plumbing in order for the winter:

- If you have a hose outside, disconnect it so it won't freeze. A frozen hose will expand and cause faucets and connecting pipes to freeze and break.
- Drain any outdoor pipes so they don't freeze and restrict the water flow to your house.
- Close crawl space areas, vents and windows, especially in the area where your water heater is located. You want to avoid chilly air sneaking in and causing the water heater to work more than it needs to or slowly freezing a pipe.
- Seal any cracks to prevent drafts from coming in around doors and windows.
- Keep the inside temperature **above 55° F.** to prevent pipes from freezing.
- Have your water heater checked. Your water heater will be working at full speed during the winter; make sure it's in optimal shape.
- Don't forget to clean leaves and dirt from your gutters and downspouts so water can drain freely.
- Insulate your outside pipes with insulating tape to prevent against freezing.

If you need help preparing for the winter season, contact the Public Works Department at (575) 834-7942. They are available in an emergency as well.



## Understand the Billing Cycle

The Public Works Department's mission is to accurately record, bill and collect payments for the Pueblo's utility services. Currently, the department creates utility bills for more than 600 accounts each month. Of these 600 accounts, about 85% are delinquent. That's almost six of every seven homes not paying!

Funds from the utility bills are vital in providing services to the community. This chart will help you understand the billing process.

If you have questions or concerns, contact the Public Works Department at (575) 34-xxxx.

## NATURAL RESOURCES

## Winter in the Ditch

Submitted by Paul Clarke, Department Director

Have you seen the orange flagging along the Pueblo's irrigation ditches? The Pueblo of Jemez Natural Resources Department (NRD) has already started its ambitious winter project to repair more than 200 sections of the Pueblo's 23 miles of aging irrigation ditches, siphons, head-gates and related rights-of-way.

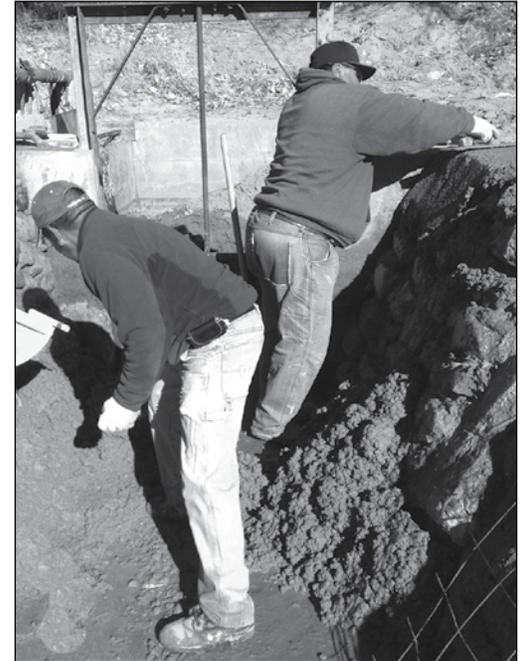
The Pueblo relies heavily on the irrigation system to support its many farmers who depend on their crops to feed their families. However, the 50 year-old irrigation system has many broken and leaking ditches and crumbling infrastructure. The system was also severely damaged by storms and flooding, particularly after the 2011 Las Conchas fire and the September 2013 flooding. These broken parts of

the system result in delays and limits to delivering water to the Pueblo's farmers and limiting crop production.

The water in the irrigation ditch was cut off in late October for the winter and will be turned on again in early March. The NRD irrigation crew will have only four months of working in the cold, wet and snowy weather to complete the repairs before farmers will again be depending on water flowing to their new crops.

The US Bureau of Reclamation has supported some of the Pueblo's irrigation work in the past and this year they are again assisting the Pueblo with some of these repairs.

So if you see orange flagging along the ditches, please leave them there and know that improvements are on the way!



## About Climate Change

Submitted by Tammy Belone

Over the past century, the Earth's temperature has risen by 1.0° F. and it continues to rise. The weather and climate have changed as a result of rising global temperatures. In the Southwest, we are experiencing droughts, catastrophic wild fires, intense rains, and heat waves.

The changing climate is caused by humans and it affects everyone. The amount of greenhouse gases and carbon dioxide released into the atmosphere has increased as humans rely on fossil fuels (petroleum, coal and natural gas) to produce energy. The greenhouse gases form a layer in the atmosphere that traps the energy produced. This phenomenon leads to rising global temperatures.

Tribes across the country are being affected by climate change as well. Some tribes most greatly affected by changes are Alaska Native Villages. The village of Kivalina, which is home to 400, is being threatened by rising waters. The village might have to be relocated inland if waters continue to rise due to warming temperatures. The people of Kivalina are faced with a new reality, as they may need to leave their traditional homeland they have occupied for generations.

The Pueblo of Jemez's Natural Resources Department (NRD) is beginning to take steps to understand how climate change is affecting the pueblo. For now, there are small steps we can take to reduce greenhouse gas emissions. One easy way to make a difference is to walk or bike to work or school; this small change costs nothing, helps our planet and improves our health!

## HOUSING UPDATES

Submitted by Denny James, Director

The Housing Department continues rehabilitating 21 homes in the community; completion is expected in June 2016. Also, roof repairs under FEMA to over 40 homes severely affected by the rains of September 2013 is expected to be completed in December. Housing is also well under way with its mold remediation grant project which consists of 16 homes, now at 95%. **The expected completion date was November 2015.?**

Another ICDBG grant proposal was submitted to HUD to support infrastructure at the Pueblo Place subdivision to develop homes for eligible tribal members. The grant requires that participants remain within low to moderate income levels. Housing is heavily involved with the Pueblo Place Infrastructure Project for the future subdivision of housing units on 84 lots. This project has been a priority for Governor Loretto.

The Pueblo Place Infrastructure Project has been underway since 2011. The project blends a variety of funding sources including the Housing Department, USDA, USDOT, NM TIF, and the POJ. The five-phase project will begin immediately east of Highway 4, extending east into the valley.

Bids have been awarded and ground breaking will occur on Dec. 22, 2105 with final completion expected mid-2017.

Obstacles and challenges are part of any project. As hard as we try to make a perfect plan, it is virtually impossible to predict and anticipate every possible occurrence that could cause a glitch in the scheme. Success of the project will be measured by the development of sustainable homes in Jemez.

## NATURAL RESOURCES

# Estimating the Population of Ancestral Jemez Villages

Submitted by Matt Liebmann, PhD, Harvard University, FHiRE Project

*How many Jemez people lived on the mesas before the Spaniards arrived? How many died as a result of diseases, warfare and famine? When did people leave the mesas, and how quickly did the population of the Jemez region decline?* Historians, archaeologists and casual observers have pondered these questions since the first *conquistador* stepped into the Jemez Valley in 1541. But it is only within the past year that researchers have finally been able to provide some definitive answers.

For the past four years, Jemez tribal members and Natural Resources Department staff been working with colleagues from Harvard University, the University of Arizona, Southern Methodist University, and Simon Fraser University to answer some of these questions. Our research is part of the Jemez FHiRE Project (Fire and Humans in Resilient Ecosystems), funded by the National Science Foundation. (See Red Rocks Reporter, November 2015 edition.) The FHiRE project investigates long-term interactions between ancestral Jemez people and wildfires, stretching back into the 1300s. We hope to learn how Jemez ancestors lived in fire-prone environments in the past, in order to guide strategies for managing these forested areas today. To do so, we studied the archaeology of large villages on the mesa tops, along with tree rings from ponderosa pines that store a detailed record of previous fires in the Jemez region stretching back more than 800 years. To get a better sense of how Jemez ancestors managed the forest in which they lived—and the fires that burned there—we first needed to get a better idea of how many people lived on the mesas in the past.

The earliest records left by Spanish explorers and Franciscan priests between 1541-1641 provide many different population estimates. In 1583, Antonio de Espejo suggested that “as many as 30,000” Jemez people lived in this region. Less than four decades later, the Franciscan friar who built the massive church at Giusewa and founded the mission at Walatowa, fray Geronimo Zárate Salmerón, recorded that he baptized 6,566 “souls” among the Jemez. Yet in the early 1640s, other Franciscans wrote that just 1,860 people lived in the Jemez region. (By comparison, the most recent census documented 1,788 people living at Walatowa in 2010.)

Based on these numbers, scholars studying the history of ancestral Jemez population have generally fallen into one of two camps. Based on reports like Espejo’s, some think that the mesas housed tens of thousands of people at the time of European contact. Known as “high counters,” these scholars believe that waves of epidemic diseases such as smallpox, measles and typhus swept into New Mexico from the south after the Spaniards attacked the Aztecs in 1521. High counters hypothesize that disease wiped out vast numbers of American Indians throughout North America even before the first Span-

iards arrived in the Jemez region. On the other hand, scholars known as “low counters” doubt these estimates of vast populations and the reports on which they are based. They point out that Espejo and other Spaniards often visited the Jemez Valley for just a few days, and had no way to conduct an accurate census. Others point to incentives for priests and Spanish officials to inflate the numbers of Pueblo “subjects” they reported to the King. Low counters are skeptical of many of these Spanish records, and generally estimate far lower numbers of people inhabiting the mesas at the time of first contact with Europeans. Some even question whether disease affected Jemez populations during the 1600s at all, suggesting that the number of Jemez people remained relatively stable from the time the Spaniards first appeared until the Pueblo Revolt of 1680.

So who is right, the high counters or the low counters? Were the mesas home to huge populations who experienced rapid and catastrophic population decline during the 1500s? Or did relatively lower numbers of Jemez people live in this area, with populations declining slowly sometime after 1680? To answer these questions, we need to figure out which villages Jemez people were living in immediately before the first Europeans came to New Mexico. Then we need to estimate how many people were living in each of those villages.

Utilizing previous archaeological studies of the pottery at ancestral Jemez villages, the Jemez FHiRE Project identified 18 archaeological sites scattered across the mesas that were occupied between 1480-1520 (the period just before the Spaniards arrived.) To figure out how many people lived in these 18 villages, we measured the volume of the architectural rubble at each of these sites. In other words, we figured out how big their houses were and how many of them were constructed at each village. Aiding us in this process was a series of maps generated using airborne LiDAR data, a process in which an airplane maps the terrain using lasers that can “see” through trees down to the ground surface.

Using this technique, we estimate that a maximum of 9,903 people could have lived in the Jemez Province at around A.D. 1500. These figures clearly demonstrate that Espejo’s 1583 count of “perhaps as many as 30,000” Jemez people drastically overestimated the population at that time. In fact, the large villages of this region did not contain enough roofed space to cover even a third of the heads calculated by Espejo. However, our maximum estimate of 9,903 also overestimates the Jemez population at the time of first contact because it assumes that every room at every village across the entire region was occupied at that time. Yet we know from previous archaeological studies that some rooms at these villages would have been unused or in disrepair, with others built after the period in question. In order

## FHIRE (FIRE & HUMANS IN RESILIENT ECOSYSTEMS) PROJECT

### Ancestral Populations

to account for these factors, we estimate that only between 50-80 percent of the rooms at these villages would have been occupied at any given time. When we apply these ratios to our architectural measurements, we calculate that between 4,951 and 7,922 inhabitants lived in the Jemez region at the turn of the sixteenth century, or approximately 5,000 and 8,000 people.

Based on these figures, it appears that neither the “high counter” nor the “low counter” scenarios previously hypothesized accurately characterize the history of the Jemez region. While the Jemez did suffer devastating population losses due to disease, warfare, and famine, these plagues didn’t strike until eight decades after their initial contacts with the Spaniards. Jemez populations remained relatively stable from 1492 until the establishment of large Franciscan missions in the 1620s. (Judging from our archaeological calculations, Fr. Zárate Salmerón’s estimate of 6,566 in the early 1620s appears to be quite accurate.) But 60 years later, by the time of the Pueblo Revolt, less than 900 Jemez people remained alive. Thus between 1620-1680, the Jemez population declined by 87 percent.

Ultimately, the archaeological evidence collected by the Jemez FHIRE Project bolsters the case that the Jemez region was one of the most densely populated areas of North America on the eve of the European invasion. Unfortunately, the arrival of the Spaniards unleashed forces that destroyed a staggering number of Jemez lives. Now that we have this information, however, we can begin to formulate a more accurate picture of how ancestral Jemez people managed to survive and thrive in fire-prone forests for more than 400 years. In the process, we hope that the lessons they pass down through the centuries will be useful in the management of tribal and federal forest lands today.

### Learning About Forest Fires

*Submitted by Sara Chavarria, PhD, College of Education, University of Arizona*

The FHIRE (Fire & Humans in Resilient Ecosystems) Project was launched in 2012 with support and approval from Tribal Council. The project tests alternative hypotheses of how human activities in the Wildland Urban Interface affect the response of fire-adapted forests to climate change and, conversely, how humans respond to these changes over multiple centuries. The project combines archeology and paleoecology to build fire and forest histories across the centuries. Their goal is to bridge the gap between history and our lives today. (See *Red Rocks Reporter* November 2015 edition.)

Do you ever wonder why we have such destructive wildfires today? Has it always been that way as far back as humans have lived here? Researchers at the FHIRE project wondered too. The University of Arizona Laboratory of Tree-Ring Research in Tucson decided to investigate. Along with partners at Harvard, Southern Methodist University, Simon Fraser University, and Missoula Fire Lab, we received a National Science Foundation grant award to study the landscape and try to answer these questions. We did so by coming to the Valles Caldera and looking at the tree ring record to unravel how fires in the past might differ from fires today, and especially the role humans played.

FHIRE researchers learned fires in the past were very different from today. In the past, fires were more frequent, low-severity and likely ground fires (which means they stayed close to the ground and did not reach the branches of tall Ponderosa pines;) fires scarred a tree but did not kill it. Today, the fires are high severity: they burn high above the ground and rage hot, causing the destructive fires we are witnessing too often. These fires reach the top of trees, burn them, and thus kill them.

So why is there a difference between then and now? What changed? What role did human suppression of fire in the last 100 years or more have on the landscape? What can we do now? As an educator, I wanted to help teachers and

students answer these questions.

As part of our project, the researchers and I worked with teachers and students in Arizona and Jemez Pueblo to design lessons to help them learn about these differences and address these questions. A fundamental goal of our effort was to disseminate important ecological knowledge to younger populations. In order to do this, our research had to have meaning to the teachers and their students. This involved careful thought about the content of the outreach but also the language and vocabulary we used. Questions had to have meaning to local communities and local settings had to be utilized. We had to give people a reason to care about this kind of science.

Educating students on local management issues, such as watershed management or prescribed fire, made the science personal. Teachers and students participated in field collections as students and summer interns. Field collection, sample preparation and analyses were used as educational tools with participation in every research phase. Hands-on activities and frequent interaction with scientists gave teachers and students better ownership of local management problems and needs.

Our collaboration saw several results: a teaching unit on fire ecology was developed; several video vignettes shot in the Valles Caldera by our teachers for elementary, middle and high school use; a Symbaloo website was created with links to lots of great resources; and digital stories were shot and edited by Tucson middle school girls in a relatable fashion.

We hope these tools can help more teachers and students understand forest fires today. Check out our education materials by going to [www.coe.arizona.edu/trlessons](http://www.coe.arizona.edu/trlessons) for the Fire Ecology Unit and the Symbaloo link. [www.coe.arizona.edu/forestfirevideos](http://www.coe.arizona.edu/forestfirevideos) to view all of our teacher videos. To see the videos designed our middle school girls go to [www.coe.arizona.edu/treeringssummer](http://www.coe.arizona.edu/treeringssummer); go to **CSI: Catastrophe Science Investigators**.

## JEMEZ HISTORIC SITE

# Jemez Elders Share Stories at Jemez Historic Site

By Matthew J. Barbour, Manager, Jemez Historic Site

Salvador Yepa and Clara Gachupin were the featured Jemez Pueblo tour guides and storytellers this fall at the Jemez Historic Site as part of the Site's Elders in Residence Program.

The Residence Program, in its second year, and the first-of-its-kind program among New Mexico's Historic Sites, enriches the experience of visitors. Timed to coincide with Balloon Fiesta, Salvador and Clara shared their stories and histories with hundreds of visitors from across the country and around the world, including Poland, France, Germany, Austria and Mexico.

"Our oral history came from our great grandparents," says Salvador. "Sometimes those stories differ from what you read in books. Many visitors do not know our history and they felt bad for our ancestors and what happened to them at this place." Today, many Jemez Pueblo tribal members view Giusewa (and San Jose Mission) as a place for prayer, a place to talk to the ancestors. "The spirits of our ancestors are here to help us if we come here and ask them," Salvador adds.

Salvador and his wife of 30 years, Flo, own Sun & Fire Pottery House on Hwy. 4, and are well known for their hospitality and bringing unity to the Valley. Salvador also is an accomplished and noted song maker and founder of the Sun & Fire Dance Group, which continues under the direction of his grandson Emmet Yepa, Jr.

"I'm a people person," says Salvador. "The highlight of the residence program for me was meeting new people, making new friends. I am happy I was there to share some of our oral history

with visitors and that they had an opportunity to see the renovated kiva."

"I think our young people can learn a lot from the site. It will help them remember we are caretakers of Mother Earth; she gives us everything we need," said Salvador.

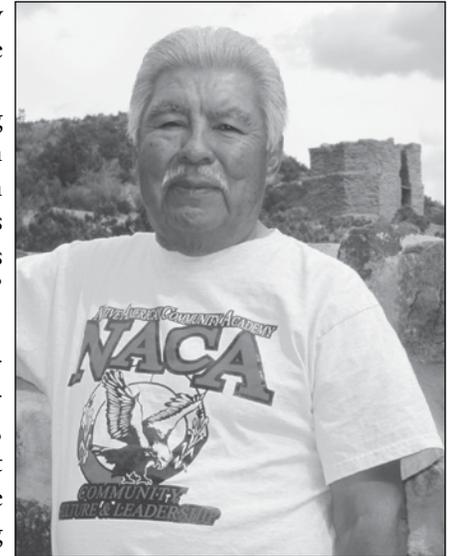
Clara Gachupin, a potter, seamstress and shuffleboard Senior Olympian, said she learned a lot about her ancestral people and the great grandparents during her week at the site. "Every morning when I arrived, I prayed my day would be successful. I learned about Giusewa and the sacred kiva here."

"Visitors were thankful to learn about our villages," Clara says. "And I learned more about how our people lived on the mesas. It was very emotional for me. Now when I look north I can picture how it was during the grandparent's time. This is beautiful country, and I am proud to be part of a well known village. We are fortunate to have our village in Jemez and to continue our language."

"I encourage other tribal members to be part of this program," Clara adds. "This opportunity provides a lot of knowledge about things we don't know. I am grateful and thankful for the experience."

Both Clara and Salvador expressed their appreciation for the Historic Site's staff, the Jemez Pueblo Senior Center and the members of the Jemez Pueblo community.

"I hope there are more programs like this," said Clara. "The historic site is very important and interesting."



Jemez Historic Site is located at 18160 Highway 4 in Jemez Springs. It is open five days a week, Wednesday through Sunday, from 8:30 a.m. to 5 p.m. Admission is \$3 per adult; there is never a charge for children. Jemez Historic Site is free to New Mexico seniors on Wednesday and all New Mexico residents on Sunday. For more information, call (575) 829-3530 or e-mail to [matthew.barbour@state.nm.us](mailto:matthew.barbour@state.nm.us); <http://nmhistoricsites.org/jemez>.



Rooms in the foreground were excavated in the 1930s but not stabilized until the 2015 season.

## JEMEZ HISTORIC SITE

# Envisioning the Future of Jemez Historic Site

Jemez Historic Site is a place where history happened. Local residents and tourists alike visit the site to learn about the past. Set against the dramatic landscape of the Jemez Mountains, the 14<sup>th</sup> century ruins of Giusewa Pueblo and the 17<sup>th</sup> century ruins of San Jose de los Jemez Mission offer some of the best preserved and visually stunning ruins to be found in the American Southwest.

However, the Visitor Center and its displays are anything but picturesque. Constructed in the early 1980s, they do not make effective use of the space or engage the public in a way appropriate to our modern understanding of history. Moreover, the building infrastructure is failing and inadequate to serve visitors during special events and the summer tourist season. We can expect visitor traffic to increase in the future with the transition of the Valles Caldera to the National Park Service.

New plans will change the status quo. Through a partnership with Andrew Merriell & Associates of Santa Fe, Jemez Historic Site recently completed a master plan for future operations, reimagining all aspects of the visitor experience, including roofing and staging several pueblo rooms and the construction of permanent seating outside the church. But the plan focuses primarily on a major overhaul of the Visitor Center.

Currently, the Visitor Center includes downstairs welcome room, exhibit space and bathrooms. The second floor, which is not ADA (American's with Disabilities Act) compliant, serves as offices and storage. Under the new plans, an elevator will allow visitors up to the second floor. The first floor will house an orientation theatre/classroom activity area, traveling exhibits, offices and the welcome desk. The second floor will become the center of the site's expanded permanent exhibits.

These exhibits are divided into four parts: Giusewa Pueblo before the mission, the Mission of San Jose, revolts by the Jemez People, and Giusewa after the Pueblo Revolt of 1680. Each part of the story is told using a mixture of static and interactive displays tiered for audiences of different ages. Exhibits will include scale models, maps, digital programs, free-standing life-size replicas, and hundreds – if not thousands – of artifacts recovered from the site. Perhaps more important, many artifacts recovered from Giusewa – which now reside in permanent storage in Santa Fe – could be returned to Jemez Historic Site where tribal members and the visiting public could see them.

All of this will be done without increasing the building footprint, since doing so might impact undisturbed portions of Giusewa Pueblo and would prove significantly more costly.

Andrew Merriell & Associates estimate that the remodel would cost approximately \$2,000,000 and take three years to implement. During this time, Jemez Historic Site will remain open. However, funding has not yet been secured. In the current financial climate, it could be a long time coming. Foreseeing this reality, plans were organized in three phases, each with multiple sections, so the whole sum is not necessary for work to begin; for instance, \$10,000 could pay for the creation and implementation of an audio tour or \$25,000 could roof and refurbish a pueblo room.

Want to help? Visit Jemez Historic Site. While donations and lobbying are always appreciated, visiting the site is something anyone can do and helps staff argue the need for appropriations. It shows that Jemez Historic Site is something that matters to you.

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## Jemez Historic Site Stabilization Report

Jemez Historic Site protects and interprets the archaeological remains of Giusewa Pueblo and San José de los Jemez Mission. While initially designated a State Monument in 1935, the site is far from an unchanging monolith. Instead, New Mexico Historic Sites has worked hard to improve the visitor experience through restoration of the ruins and new interpretive programs.

This summer, Jemez Historic Site continued to improve its grounds and facilities through its recurring partnership with the Pueblo of Jemez Natural Resources Department. Thanks in large part to a generous \$25,000 Capital Outlay contribution from State Senator Benny Shendo Jr., an all-Jemez tribal member work crew completed significant repairs. This work included re-flooring the kiva, repairs to the Franciscan's kitchen window, restoration of a small room along the north wall of the mission, painting inside the Visitor Center, and the stabilization of four 16<sup>th</sup> century Pueblo rooms adjacent to Highway 4. The latter project began in 2014 after roughly 80 years of neglect.

These rooms are important as they represent dwellings where Jemez People lived during the 16<sup>th</sup> and 17<sup>th</sup> centuries. In 2014 and 2015, crews worked hard to remove rubble and identify all intact wall stubs. Piece by piece, they reassembled the lower third of the walls using the fallen stone, along with an adobe and stucco mix. The addition of stucco, while not traditional, adds stability and protection against weathering. Visitors can now see these rooms in a similar state to their condition when Edgar L. Hewitt first excavated them nearly a century ago.

A big thank-you from Jemez Historic Site and the Natural Resources Department to State Senator Benny Shendo, Jr. for helping fund the project, and to the stabilization crew Christopher Toya, Jemez Tribal Historic Preservation Officer/Project Manager; Herbert Tsosie, foreman; Santano Zieu Toya, foreman; Mario Chosa, Regina Gachupin, D'yanna Seonia, Alex Tosa, Manual Tosa and Tristan Toya. They did an amazing job! Come see for yourself!

## SENIOR CENTER

# FIFTH ANNUAL CAREGIVERS' CONFERENCE

Submitted by Joseph Fragua



The Fifth Annual Jemez Caregiver Conference was held on Wednesday and Thursday, Nov. 18 and 19, at the Jemez Community Resource Center. The purpose of the conference was to offer respite, education and training to our paid and unpaid caregivers who care for elders and/or disabled people in their homes. Caregivers from Santa Clara and Zuni Pueblos joined our Jemez caregivers.

Traditional spiritual leader, Frank Fragua offered the opening prayer. After his prayer, he acknowledged everyone who took the time to be there and thanked them for taking care of people in need. He stressed that we are not only getting older, but younger and as his grandmother told him once, "one day you will take care of me." He stressed that we are living in a cycle.

Keynote speaker Randella Bluehouse (Navajo), Executive Director of the National Indian Council on Aging, spoke about the importance of *care for the caregiver*. It's said that "informal caregiving is the backbone of the American long-term care system, where the value of the service provided by informal caregivers is estimated to be \$257 billion annually, two times the amount currently spent on homecare and nursing home care." She says taking care of ourselves is important because we are needed by someone who is counting on us. The caregivers' commitment must be respected and the challenges caregivers face must be appreciated!

"Our goal as the next generation is to pay back our elders for their contributions to our families, societies, and communities by doing our best to increase or maintain their quality of life by providing them autonomy in how they wish to live," she said about family caregivers for Native elderly.

Myles Copeland, Secretary-Designate of the New Mexico Aging and Long Term Services Department, spoke about the state plan for family caregivers. The plan is being implemented after research, forums, online surveys, telephone surveys, and listening sessions across New Mexico. Annually, 419,000 New Mexicans provide unpaid care to adults with limitations in daily activities, such as mobility, self-feeding, and dressing, with 287,000 providing care at any given time during the year. Family members provide an estimated 90 percent of long-term

care in Indian country. He presented goals to address the challenges facing New Mexico's family caregivers, along with strategies for accomplishing those goals:

**Goal One:** Ensure that family caregivers can access the resources they need. Create a Caregiver Resource Center within the Aging and Disability Resource Center that will connect family caregivers with resources, training, support, respite and planning tools.

**Goal Two:** Ensure that family caregivers are properly trained. Inventory and support training programs for family caregivers, particularly those that are evidence-based or have been tested and demonstrated to be effective.

**Goal Three:** Limit future caregiver burden. Increase elder independence and reduce caregiver burden through support of healthy aging initiatives and related community resources

**Goal Four:** Ensure that family caregivers are supported. Equip family caregivers to develop communities of support, with online, printed and in-person instruction. Create additional opportunities for family caregiver peer support. Examples include training events, which also encourage family caregivers to share their stories; and outings that encourage both family caregivers and care recipients to participate together.

**Goal Five:** Make family caregiving easier through coordination of care.

**Goal Six:** Ensure support for family caregivers who work by educating employers about the special needs of caregivers and the importance of retaining employees who are engaged in family caregiving.

**Goal Seven:** Ensure that family caregivers access respite. Create a directory of local respite care available to family caregivers and explore strategies to increase respite options for family caregivers, including enlisting students and volunteers in providing respite to family caregivers.

The challenges posed by family caregiving in New Mexico are large and growing. Successful implementation of this plan promises to maximize the abilities of family caregivers while providing them with needed assistance. Such implementation will require the concerted efforts of state and local government, private organizations, providers, communities and families.

Tanya Shendo, Victims Services Coordinator with the Social Services Program, spoke about elder abuse. She stressed that reporting elder abuse is necessary for their safety and quality of life. She gave examples of elder abuse, which can include financial exploitation, verbal abuse, and physical abuse.

Debra Trujillo, from the NM Aging and Long-Term



## SENIOR CENTER

### Caregivers' Conference, Continued

Services Department, talked about "Healthy Eating and Healthy Choices." She stressed that making meals simple creates less stress. She also says that using a slow cooker can free several hours to do other things or just rest. Choose to eat vegetables and fruits in a variety of colors and types.

Chief of Police Emil Radosevich spoke about Tribal Law. He also elaborated on how the Police Department works with the Social Services in the process of reporting elder abuse. He also talked about his experiences with his father who needs caregiving.

Stephanie Singleton is the occupational therapist who comes to Jemez Senior Center every Tuesday and Thursday from 8:30 a.m. to 4:30 p.m. She spoke about falls prevention and encouraged everyone to increase their knowledge of factors that contribute to falls. She stressed that people should not hinder their quality of life due to fear of falling, but increase awareness of fall factors. People need to exercise for increased strength and improved balance. Home assessments can ensure home safety; modifications such as hand rails or handicap ramps can be scheduled. It's also important to be aware of symptoms and side effects when taking medications.

With every fall, there are both direct costs and indirect costs. Direct costs include emergency services, hospitalization, treatment and therapy for recovery. Indirect costs involve the limitations on what elders do because of the fear of falling.

#### Jemez History

Marlon Magdalena, Instructional Coordinator from Jemez Historic Site, spoke about the history of Guisewa and New Mexico Pueblo ancestry. Guisewa is one of the Jemez villages that was occupied during the 1500s. He talked about Spanish expeditions among the Pueblo peoples that started in 1540 as well as the migrants from Pecos Pueblo during 1830. It was recorded that the first church was built in 1600 at Guisewa. He spoke about the Pueblo Revolt of 1680 and the reconquest battle on July 24, 1694. Marlon is also a flute maker and performer. We all enjoyed his flute music performance at lunch.

#### Nutrition Education

Debra Tousley and Felipita Loretto from the Public Health Program talked about nutrition education and gave samples of healthy snacks. They stressed the importance of eating whole grain over processed white flour for more nutrients and higher fiber; fruits and vegetables; vitamin B and D intake; and drinking a lot of water. They talked about good fat and bad fat that we consume. Exercise was also encouraged to improve a healthy lifestyle.

#### Understanding Dementia

Chris McCaffry, regional manager for the Alzheimer's Association New Mexico Chapter, spoke about Alzheimer's disease and related dementias. Dementia is condition of "global deterioration of memory and cognition that impairs thought and social functioning."

A dementia diagnosis requires evidence of memory problems significant enough to affect daily life and at least one of the following:

- ✦ Difficulties with social functioning
- ✦ Changes in personality, Impaired abstract thinking,
- ✦ Disturbances of other thinking processes, and impaired judgment.

#### Common Types of Dementia

- ✦ Alzheimer's disease
- ✦ Parkinson's disease
- ✦ Vascular dementia
- ✦ Frontotemporal dementia
- ✦ Mixed Dementia
- ✦ Dementia with Lewy bodies
- ✦ Creutzfeldt-Jacob disease
- ✦ Normal pressure hydrocephalus

75% of dementia disease is under the Alzheimer's disease category. In New Mexico, 36,000 people are affected by dementia. That's roughly one in every 65 people, or equivalent to the population of Bernalillo, Los Lunas and Gallup combined.



Marlon Magdalena spoke on Jemez history at the Caregivers' Conference.

#### Know the 10 Warning Signs:

- ✦ Memory changes that disrupt daily life.
- ✦ Challenges in planning or solving problems.
- ✦ Difficulty completing familiar tasks.
- ✦ Confusion with time or place.
- ✦ Trouble understanding visual images and spatial relationships.
- ✦ New problems with words in speaking or writing.
- ✦ Misplacing things and losing the ability to retrace steps.
- ✦ Decreased or poor judgment.
- ✦ Withdrawal from work or social activities.
- ✦ Changes in mood and personality.

We thank the Pueblo of Jemez, presenters, conference participants, Senior Citizens' staff, volunteers and the Indian Area Agency on Aging for help. The conference was a success and beneficial to everyone who attended. We welcome the suggestions to improve future events.

The Jemez Senior Citizen's Program will continue to offer support for caregivers in the community through Caregiver Support Group Meetings monthly. Please see the activities calendar monthly to see when we meet. Our next meeting is the Christmas Social on Thursday, Dec. 17. We invite all caregivers!

## SENIOR CENTER

### Gratitude: Senior Citizens Hosts Thanksgiving Dinner

A community Thanksgiving dinner was held on Friday, Nov. 20 with over 200 people participating. The dinner started with a prayer conducted by Governor Raymond Loretto, DVM, who thanked everyone for coming and encouraged the elders to continue to utilize the facility. The dinner's success was made possible with help from the Aging Program and Partnership with Native Americans. Partnership with Native Americans Program is based in Phoenix, AZ and serves rural Native American communities. The program donated food to feed up to 250 people including; turkeys, stuffing, pumpkin pies, potatoes, corn and cranberry sauce.

We also thank our volunteers from Indian Area Agency on Aging: Lora Church and her son, Ed Akron and his daughter, Evonne Gallegos, Gloria Analla, and Debra Trujillo, as well as individuals from the Jemez community Karen Toya and Failsa Waquie who volunteered their time. The compliments kept coming for the delicious meal: many thanks to our cooks who did a wonderful job! We also celebrated the birthday of Lupe Lucero (Eagle Tail.)

Thanks to everyone who participated in the event!

## INJURY PREVENTION

### Watching Out For Our Community

The Injury Prevention Program has been awarded a grant for the next five years and will continue with Marlon Gachupin and Antonio Blueeyes. This grant will provide car seats, bicycle helmets and education sessions. The spay/neuter contract with Coronado Pet Hospital will also continue.

Please continue to call on them at (575) 834-xxxx for assistance.

### Farewell Maria!

Program Manager Maria A. Benton, has retired after 15 years working in the Jemez community.

"I have enjoyed working for Jemez and providing services for the elderly and children and having an input in keeping Jemez safe," Maria says. "I will be a few miles away at Zia Pueblo. May you all have a blessed future."

## MEDICAL SOCIAL WORK

### Medicare Updates

Submitted by Lisa Maves, Medical Social Worker

#### Reminder to Medicare enrollees:

- 1) People who are enrolled in a prescription drug program for which JHHS pays premiums **must** bring a new statement to the Medical Social Work office every January to confirm that the correct amount is being paid for each person for that year.
- 2) Individuals who need to sign up for Medicare Part B only (people who did not sign up when they were first eligible) can do so beginning Jan. 1, 2016.
- 3) Open enrollment for Qualified Health Plans continues for anyone who does NOT have health insurance.

#### Premiums for 2016

- 1) There was no Social Security cost of living increase for 2016.
- 2) As a result, most people with Medicare Part B will be "held harmless" from any increase in premiums in 2016 and will pay the same monthly premium as last year, which is \$104.90.
- 3) Those who are not "held harmless" will pay \$121.80. This includes:
  - those not collecting Social Security benefits.
  - those who will enroll in Part B for the first time in 2016.
  - dual eligible beneficiaries (have both Medicare and Medicaid) who have their premiums paid by Medicaid, and
  - those who pay an additional income-related premium; this affects people whose income is over \$85,000 a year if single or over \$170,000 a year filing jointly.
- 4) CMS announced that the annual deductible for all Part B beneficiaries will be \$166 in 2016.

If you need more information or assistance, contact Lisa Maves, Thelma Shendo or Basil Pina at the Jemez Health Clinic.

### Welcome Mat

**Cathy Taylor, MD**, is now seeing patients as part of the staff of the Jemez Health Clinic. Dr. Taylor is board certified in both internal medicine and pediatrics. Prior to obtaining her medical degree at the University of Arizona, Dr. Taylor was a high school science teacher as well as a paramedic.

"I really love it here!" Dr. Taylor says.



## SOCIAL SERVICES

## Is Your Child S.A.D. This Season?

Submitted by Cheryl Chinana, Outreach Specialist

It isn't uncommon for people of all ages to get a little down as fall changes to winter: the days get shorter and temperatures drop. For some children, the change in season brings with it a shift in mood. Is it a passing phase, or something more serious?

Seasonal affective disorder (SAD) is a form of depression that appears at the same time each year. You might be surprised to learn that seasonal affective disorder (SAD) doesn't affect just adults: it affects kids and teens, too. SAD affects about three percent of kids ages 9 to 17. An illness or death in the family can trigger or exacerbate SAD.

### What are the signs of winter depression?

- ✦ Depression or suicidal thoughts.
- ✦ Radical change in friendships or school attendance.
- ✦ Drug and alcohol abuse.
- ✦ Academic failure.
- ✦ Self-destructive behaviors like cutting or eating disorders.
- ✦ Feeling exhausted and irritable.
- ✦ Throwing temper tantrums.
- ✦ Having a harder time concentrating and completing homework.
- ✦ Not wanting to do chores they didn't have issues with before.
- ✦ Experiencing physical ailments, such as headaches or stomach pain.

During an emotional blizzard, children and teens may not be able hear your advice because they are too deep in pain. **Youngsters who are extremely depressed and may be thinking about hurting themselves or about suicide need help as soon as possible.** One of our greatest challenges is to love our teens and children during these blizzard-like conditions; they need our love during an emotional whiteout more than ever.

Be available to hear your teen/kids out, even if you've said everything you know to say.

### Get Help!

**If you think you have symptoms of any type of depression, or you are close to someone who is having symptoms, talk to someone who can help you get treatment.**

Cheryl Chinana, Outreach Specialist, Jemez Social Services Program, (575) 834-7117

Jemez Comprehensive Health Center: (575) 834-7413

Jemez Behavioral Health Center: (575) 834-7258

National Suicide Prevention Lifeline 1-800-TALK (8255)

AGORA Crisis Center

Albuquerque Area: (505) 277-3013

Statewide: 1-866-HELP-1-NM (1-866-435-7166)

Adopted from [www.psychcentral.com](http://www.psychcentral.com)



## Walatowa Caring Tree

*It's the time of the year for giving. The 5th Annual Walatowa Caring Tree wants to make the holidays special for children and elders in need in our community. Christmas trees at the Tribal Administration office and the Health Center are decorated with angels. Each Angel represents a child/elder in the community. The tags include the recipient's age, gender, sizes and gift wishes.*

*Unwrapped gifts are due to Jemez Social Services by Friday, Dec. 11 at 4 p.m. When you take an angel, PLEASE sign it out on the log sheet with the receptionist so the program can keep track of the Angels.*

*If you have any questions, please contact Cheryl Chinana at (575) 834-7117, ext. 203 or (505) 328-4314.*

*Thank you for being such a caring and giving community!*

## PUBLIC HEALTH

## Dan's Fifty Shades of Health: The Art of Eating

Submitted by Daniel Madalena, NASM-CPT

Let's be frank. I'm not talking about the Franks of Jemez either. Many of us, including myself, have tried some type of fad diet such as Atkins, South Beach or Herbalife to name a few. And some of these fad diets have ultimately failed us. This may not be true for everyone, but I ended up gaining more than actually losing when I've tried to diet, which led to disappointment. But why? Because fad diets simply don't work! Fad diets rely completely on calorie reduction. Eating less or restricting what you eat will likely lead to failure. And nobody should start a meal plan that they cannot maintain for the rest of their life.

A true lifestyle change will not require crazy rules or restrictions that are required by these fad diets. So what would a true starter kit to a healthy life style include? Debra Tousley, Registered Dietician at the Public Health Program, recommends eating an assorted variety of mixed vegetables and fruits, add in some unsalted mixed nuts, beans and whole grains. Sprinkle 150 minutes of exercise a week (30 minutes 3 times a week) and Ta-da!, you have your starter kit.

Eating right is an art that has to be mastered just like anything else in life. Making small changes in your eating habits can be very rewarding, whether you're looking for a better performance in your 5K run or just having that extra energy to play with your children. Whatever your motivation may be, Debra is available to assist you in mastering the art of healthy eating. Come see her for your consultation; you can make an appointment by calling her at (575) 834-7207. And if you need a personal trainer to assist you with fitness, stop by my office at Public Health Programs.

## Visit MOGRO!

Get your organic fruits and vegetables at MoGro at the Jemez Public Health Clinic. Sign up online, or visit with the Public Health Program to place your order.

MoGro will deliver to the Jemez Public Health Clinic once or twice a month, so come on by and 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 for more information, come by the Public Health Program office at the Jemez Health Clinic or give them a call at (575) 834-7207 for more information.

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## Have You Gotten Your Flu Vaccination? It's Not Too Late!

**Get your flu vaccine! It's safe it's your best protection against the flu and serious, even life-threatening, complications.**

A yearly flu vaccine is recommended for everyone six months and older. Vaccination is especially important for protecting those at high risk for serious flu complications, including:

- young children.
- pregnant women.
- adults 65 years and older.
- anyone with chronic health conditions like asthma, diabetes and heart disease.

**For more information or to get your flu shot,  
call Robert Morgan, RN, at the Public Health Programs, (575) 834-7207.**

## NEWS YOU CAN USE

# On Cups and Plates

Submitted by Margaia Forcer-Call, Jemez Sustainable Solutions

Plastic, as we know, is very convenient, but, as we are becoming more and more aware, its use carries a steep price. Every year, billions of pounds of plastic end up in the world's oceans.

A Hong Kong-based advocacy group, the Ocean Recovery Alliance, estimates that 33 percent of plastic manufactured worldwide is *used once, then discarded*. To compound matters, 85 percent of the world's plastic is not recycled. That's pretty much the story of plastic cups, plates and utensils as well.

The following story is based on a report by Isabelle Groc, for *National Geographic*: On the morning of August 21, 2014, a young 45-foot long female sei whale was discovered dead in St. Julien's creek, off the Elizabeth River, a busy, industrial tributary of the Chesapeake Bay. She had been spotted swimming up the river, far from the deep waters of the Atlantic ocean where this species of whales, listed as endangered, is normally found.

The whale seemed disoriented. Susan Barco, research coordinator of the Virginia Aquarium and Marine Science Center, and her colleagues followed this whale for several days. Despite their efforts to protect her from colliding with a ship, the whale was found dead a few days after their search.

A necropsy revealed the animal had swallowed a shard of rigid, black plastic that lacerated her stomach, preventing her from feeding. Having been weakened, the whale was also struck by a ship, suffered from a fractured vertebrae... "a very long, painful decline," Barco says. The shard that lacerated the whale's stomach was a broken piece of a DVD case. This debris most likely was swallowed while she was feeding at the surface. That fatal piece of plastic could just as well have been a piece of a rigid plastic plate.

Most of these tragic stories can be traced to pieces of plastic not disposed of properly. So many marine animals and seabirds mistake debris for food. They cannot digest these materials and

suffer ruptured stomachs and intestinal obstructions, leading to starvation and death.

Surface debris is not the only culprit, however. Gray whales feed on ocean bottom where they inadvertently suck up marine debris...including tiny particles of plastics along with small living organisms.

In 2010, John Calambokidis, a research biologist with Cascading Research in Olympia, WA, assisted in the examination of a dead whale stranded near Seattle. The debris found in a 37-foot male was astounding: twenty plastic bags, small towels, plastic surgical gloves, a pair of sweatpants, duct tape, and a golf ball!

"It was," as Calambokidis says, "a dramatic representation of the degree to which we impact the marine environment."

## What You Can Do

Next time we go to buy or use a plastic cup or plastic plate, let's remember the effect of our choices on marine life and our home planet! Paper cups and plates are easily available and less expensive. And let's try to avoid plastic utensils in all cases (or carry your own set with you, and re-use, re-use, re-use until broken.) And for many gatherings, your guests will be glad to bring their own plates and utensils, completely eliminating plastics and extra paper in the landfill.

If you still have any plastic cups and plates, wash and re-use them, and/or recycle them. Next time you shop for disposable cups and plates, from now on, please choose paper!

## Help Wanted!

PS. How about volunteering to work at the Recycle Center? See what happens to all that "stuff" including plastics! For more information, send an e-mail to [mfc@windstream.net](mailto:mfc@windstream.net) or call Margaia at 829-3617. Thanks!

## Thank-You Note: Active at Any Size

*Kudos to Anita Toya for putting together such well-organized, educational public health information. The article Active at Any Size (Red Rocks Reporter, September 2015) gives people tools to take a look at themselves and say "Hey, I can do this!" and move forward toward improving their health mentally and physically without intimidation. Good job Anita! Keep up the good work!*

A.M.



## HEAD START NEWS

Submitted by Danielle Sando, Family Service Coordinator

### **Towa Report, by Ms. Melva and Ms. Bertha**

Every morning, the teachers and children greet one another through songs and active participation. The teachers take attendance by the children stating “(child’s Indian name) is here today” in Towa. The calendar is done every morning in which children learn to rote count, naming the days of the week, seasons and weather, are all done in Towa. The children also have chores in the classroom which are in one-week increments.

We all have gotten to know one another through socializing and interacting. We encourage the children to speak Towa daily. Parents, please encourage your child to come to school or even join them in the classroom by volunteering or eating with them. The children are learning new things every day.

### **Corn Maiden Report, by Ms. Shirley and Ms. Pauline**

Our teachings are based on our Towa language. Here are some of the things we have covered and learned about: introductions, moiety group, counting zero to 31 in Towa, calendar/days of week, colors and shapes, alphabet song and other songs in Towa, name tracing and cutting. All children are happy and ready to learn daily. We also remind children daily to share their classroom experiences and learning with their family. We invite parents and family members to visit our classroom.



### **Kiva Report, by Ms. Andrea and Ms. Joslin**

The children have been learning their Indian names, clans, counting zero to 30 in Towa and calendar in Towa, developing fine motor activities, patterns, name identity and writing.

We have also been working with corn, both white and blue. In working with the white corn, we made corn meal and chili patties. With the blue corn, we made atole and blue corn tortillas, which we enjoyed eating for lunch. Not all children were familiar with atole, it was something new for them to drink. Others shared that their mothers and grandmothers make it for their families at home. It was an enjoyable experience for all the children!

### **Adobe Report, by Ms. Jacque and Ms. Albertilla**

All children are learning each other’s names in English and Towa, recognizing their clans and making friends. Since the start of school, we have been learning the basics of school, following rules and routines, helping each other, proper etiquette, name identity, patterns, colors and shapes.

We have also been working with white and blue corn. In working with the white corn, the children shelled the corn, cleaned it outside with the help of the wind, ground it on stone to make corn meal for the class to use at school for our morning praying. In working with blue corn, we made atole, blue corn tortillas for lunch and ate blue corn tortilla chips. We also had other nutrition activities, including caramel apples, chili biscuits and experimented with other corn foods. Last, we shared thanks among our class for all the things we are thankful for and ended with a Thanksgiving lunch.

We would like send out a “big” thank you to all the parents who took the time off of their busy schedules to attend the parent-teacher conferences.



## EDUCATION

## Head Start News, *Continued*

### ***A letter to parents from tribal members Joseph Brophrey Toledo and Mark Magdalena:***

We are on contract with the Language Immersion Program for the 2015-2016 school year to provide language and cultural education

We will be teaching children about how our ancestors migrated to this area looking for agricultural planting fields. They settled here in our Jemez reservation. Numerous archeological sites remain in our Jemez domain, from the sites which held hundreds to thousands of Hemish people in the village settlements; they moved to summer houses for agriculture activities.

Our model field house will feature stories of the settings which will be demonstrated by our Head Start children. We have been teaching them to build a house with pumice. Pottery making is also taught along with storytelling about their buildings. The children are always excited to build and work with the materials. We are also teaching about the springs in our surrounding area and each classroom has a name for their springs they build in their model. The whole philosophy behind our children learning about a field house is to bring back ancient teachings and for our children to carry on the teachings.

We are planning more to be done with our ancient teachings and we welcome all to come visit. Let's all get involved with our ancient teachings, so in the future they can reflect back at the significant happenings by our ancestors.

Thank you for allowing us to be a part of your child's early learning!



## Youth Bull-Rider Goes National

Tribal youth Ethan Smith qualified for the 40th Annual Indian National Finals Rodeo (INFR) in Las Vegas, NV which was held Nov. 4 through 7 at the Southpoint Casino. He rides junior bulls and was one of 32 bull riders from various Indian rodeo associations from across the nation and Canada. The 14 year-old Jemez Valley High School freshman is a member of the Navajo Nation Rodeo Association (NNRA.)

Ethan rode on Thursday and Friday to earn average score of 132 points on two rides; he advanced into the third and final round, where only the top 10 qualifiers ride. He sat sixth in the average going into the final round. He drew a good bull but unfortunately got bucked off. He stood ninth in the average when it was over.

"Ethan has worked hard at this since beginning of the year," says proud mom Darlene Armijo-Smith. "He won many rodeos through this past summer, sometimes traveling over 200 miles just to ride. But he was determined and ended up second in the year-end standings with the NNRA, earning a spot in the INFR. This has been a good experience for him and he's already working harder to make it again next year."

"This has been an experience for us too, and were we ecstatic when he qualified," Darlene adds.

"He just loves to ride those bulls and we are there to support him. We are proud of his will and determination as he has pushed himself to get this far."

## EDUCATION

# SDRCS News

Submitted by Mike Toledo

San Diego Riverside was blessed with the presence of Jim and Nita Kincaid for the month of November. The Kincaids have shared a special friendship with the late Cecilia Yepa and her family since 1998.



They traveled across the country from Pittsburg, PA to share their wonderful talents and knowledge with our children. Nita Kincaid holds BA and MA degrees in English. She also has ten years of teaching experience at the college level in Los Angeles, CA, and seven years at the administrative level. Jim Kincaid, holds a BA in Technology, and MA and PhD in English; he has taught at several universities including University of California at Berkeley, and the University of Pittsburg. Both have been published in their areas of expertise, which are reading, writing, social studies and mathematics.

Each classroom has had the privilege to learn from them, sharing their wonderful talents in kindergarten with Read Alouds, organizing classroom libraries in first grade, starting research projects with our first and second graders, and offering writing support to our upper grade classes.

They have also spent a great deal of their time organizing and adding to our collection of library books. The Cecillia E. Yepa library holds "dear" to their hearts since Cecilia was their number one fan. They have contributed many wonderful titles to the library to keep her memory alive. Their warmth, knowledge and kindness are very much appreciated by our students and staff.

Submitted by Melissa Yepa, SDRCS Elementary Teacher

# Jemez Valley High School Board Report

## Enrollment Figures

### August 2015 – 2016

34	Freshmen
29	Sophomores
25	Juniors
31	Seniors
Total	119

### October 2015 – 2016

27	Freshmen
29	Sophomores
27	Juniors
31	Seniors
Total	114

## Professional Development/Collaboration

JVHS staff is working on developing effective instructional objectives: *Who?* The students... *What* is being learned? The standard/performance objective/indicator should be the focus... *How?* What will the student experience as a meaningful activity, and to what extent? *What type* of assessment or measurement will be used to determine if the students have mastered the objective taught? To increase student achievement at JVHS, objectives must be:

- Stated by the teacher at the beginning and during the lesson.
- Aligned to state standards and the district curriculum.
- Clear and concise.
- Able to be assessed.
- In "student-friendly" language.
- Posted to inform students of what they need to know and/or be able to do.

JVHS is working on developing DOK Level 3 questions and including them in the assessment practices at school. Level 3 activities involve strategic thinking:

- Support ideas with details.
- Develop scientific models for complex situations.
- Apply concepts in other contexts.
- Determine the authors' purpose and describe how it affects the interpretation of a reading selection.

## Go Warriors!

JVHS boys and girls cross country team's finished second at the State Championships in Rio Rancho.

Boys and girls basketball have started under the guidance of two new coaches: Pete Dwyer will coach the boys' varsity and Jo Ann Smith coach the girls' varsity. First games of the season were home games on Nov. 24 against Cuba for both boys and girls.

Ten students attended the Youth Entrepreneurship Conference in Santa Fe on Nov. 16, 2015.

Several students attended a conference at Santa Ana in Bernalillo on Nov. 20 on jobs sponsored by Zia Pueblo Education Department.

## Spring Scholarship

Application deadline is Jan. 15, 2016.

Call the Education Department at (575) 834-9102 for more information or to pick up an application. Or send an e-mail to [higher\\_ed@jemezpueblo.org](mailto:higher_ed@jemezpueblo.org) or [ed@jemezpueblo.org](mailto:ed@jemezpueblo.org).

## VOTING RIGHTS

# VOTERS' INFORMATION

### Important Dates (not all deadlines included):

Jan, 25, 2016: Governor Issues Primary Election Proclamation

Feb, 2, 2016: Filing Day for Pre-primary Convention Designation Candidates

March 1, 2016: Secretary of State publishes petition forms and required signature numbers for minor party candidates.

March 8, 2016: Filing Day for all other offices (non-pre-primary designation candidates)

April 11, 2016: First Primary Financial Report Due (reporting period is Oct. 6, 2015 to April 4, 2016.)

**The Primary Election is June 7, 2016**

**The General Election is Nov. 8, 2016**

### Candidate Information

If you are interested in running for office in the 2016 election cycle, there are a few preliminary issues you must first address. Information is available at the New Mexico Secretary of State web site at [www.sos.state.nm.us](http://www.sos.state.nm.us). Visit the FAQ page for a list of all 2016 elected offices and the general requirements to hold those offices.

- ✓ You must know the correct district for the office you want. The legislature maintains 2011 redistricting maps on the web site.
- ✓ Candidates must live in and be registered to vote in the district where they plan to run on the date the Governor issues the Election Proclamation, Jan. 25, 2016.
- ✓ Candidates must file under the same name as shown on their voter registration. You can review your registration information at the web site.
- ✓ Candidates must complete changes to their voter registration prior to the issuance of the Election Proclamation.

### 2016 Primary Election Candidate Guide

The 2016 Primary Election Candidate Guide on the web site will provide a basic understanding of qualifying and filing for candidacy for offices that will appear on the 2016 Primary Election ballot. The Guide also provides a brief description of the campaign finance law that all candidates must adhere to, whether or not they raise or spend money.

*How Are We Doing?*

**COMMENTS? COMPLAINTS? SUGGESTIONS?  
WE WANT TO HEAR FROM YOU!**

**Please clip this form and return it to a comment box located at the Tribal Administration Building, Civic Center or Jemez Health Center.**

**If you wish to be contacted to follow up on your comments, please provide your name and phone number below.**

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Name (Optional)

Phone/E-mail

**Thank you! Your comments are important to us. We appreciate your feedback!**

**Pueblo of Jemez Tribal Administration**

**Pueblo of Jemez Governors**



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Photo by Cornell Magdalena

### *“Kindness – Pass it on!”*

Jemez Day School students honored tribal programs in celebration World Kindness Day by taking time to express their appreciation and gratitude to tribal program staff. Each classroom chooses a local agency that serve the community in this annual gratitude event.

Fifth graders honored the Jemez Health Clinic on Nov. 24. The honoring ceremony included presentation of a plaque and posters for staff that the students had made.

“They were very impressed by how meaningful it is to say *thank you*,” teacher Peter Carlton-McQueen said. “They see their relatives and neighbors in terms of how much they give to the community, and it makes an impact.”

Financial Analyst Gerry Gaul accepted the award on behalf of the Health Clinic with a grand finale of students, staff and visitors singing “Jemez, our village, our home...”

Patients and well as staff were also deeply touched. One elder patient teared up as he spoke to the children in Towa, acknowledging the importance of expression gratitude.

“The kids really learned what it means when we say that it feels good to give,” their teacher added.

The next day, third graders visited the tribal administration building to extend their appreciation to the Governors and Tribal Administration for the work they do for the community. The group was lead by teacher Sherwin Sando and Bernadette Madalena, teacher aide.



Photo by Jaime Loretto