



Red Rocks Reporter

FEBRUARY 2016

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FROM THE GOVERNORS

Greetings:

As Governors for 2016, we are faced with many challenges, both internally here at the Pueblo and from the world outside. The outside challenges for the Pueblo are the result of the Pueblo taking advantage of business and economic development opportunities that we must do to generate revenues to become more self-sufficient and financially self-sustaining, as well as the result of government to government relations we have with the federal government and state government.

In order to overcome those challenges, our Administration's goal is to focus first on the internal challenges here in our tribal and health programs. Toward that effort, we have met with all of our Directors, Managers and staff who run our programs to get a better understanding of the status of our programs, to be informed of any particular concerns, problems or issues that they may have and to determine how we as Governors can assist. We have a better understanding now from our meetings with our employees; however, we have only begun to scratch the surface.

One observation from our meetings with the tribal programs and staff is that they are working very hard to help our people. The tribal members who are employed here have listened to the message to *"get an education and come back to help your people."* However, it is evident that we as community members do not fully utilize the services that our employees work so hard to provide. We encourage everyone to get involved in the events and services provided by our programs. Your involvement and use of the services will send the message to our employees that you appreciate their hard work to help the community. When you utilize these services and programs, will they know that their hard work is being appreciated by community members.

By accepting the canes on December 29, 2015, we have accepted the responsibilities that go along with the positions, no matter how difficult and burdensome it may be. Not everyone will agree with our decisions or like our decisions, but those decisions have to be made. With support from the Tribal Council, religious leaders and tribal members, we can begin to make positive changes as a community.

We look forward to taking on the challenges to the best of our abilities and to do the best job we can for you during our administration.

We wish all of you well and a healthy and prosperous year.

Thank you for your support.

David R. Yepa
Governor

Hilario R. Armijo
First Lt. Governor

Ward L. Yeppa
Second Lt. Governor



2016 TRIBAL GOVERNORS

David R. Yepa
Governor

Hilario R. Armijo
First Lt. Governor

Ward L. Yeppa
Second Lt. Governor

TRIBAL COUNCIL

Joe Cajero

Paul S. Chinana

Raymond Gachupin

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Red Rocks Reporter February 2016 Edition

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TRIBAL COUNCIL

Tribal Council Report

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

January 11, 2016

Authorized the Tribal Realty Officer to issue a Special Land Use License to Windstream Communications, LLC and approved the Special Land Use License fees to be paid in the scheduled amounts for the specified time period. This agreement is in compliance with Pueblo of Jemez Civil Trespass Code Title XIV, Sections 1- 21 to permit entities to obtain an interest in, enter upon, remain on or otherwise use Pueblo lands. This license is in lieu of imposing penalties under Section 8 or damages under Section 9 of the Civil Trespass Code.

Authorized the contract with AUI, Inc., for the construction of infrastructure, utilities and roads for Pueblo Place.

Approved the renewal of the revocable permit with the San Ysidro Community Ditch Association for the San Ysidro diversion dam, ditch, access road and West Pueblo Ditch.

January 29, 2016

Approved the Natural Resources Department to single source a contract with Intera, Inc. to provide technical management and remove obstructions at the geothermal well.

Authorized a change in the defined service area of the Jemez Vocational Rehabilitation (JVR) Program to include people living on or near the Jemez, Santa Ana and Zia reservations, with "near" being defined as within an 80-mile radius of the Pueblo lands.

Authorized a rental agreement with the previous tenant at the building at 4773 Highway 4 in the Pueblo of Jemez; the Pueblo of Jemez has purchased the building to house the Housing, Planning and Realty Departments and Jemez Health and Human Services Facilities Maintenance Department.

Approved amendments to Title IV and Title VI of the Pueblo of Jemez Tribal Code and adopted Title XV Rules of Civil Procedure.

Fitness Requirements for the 2016 Fire Season

The Southern Pueblos Agency (SPA) will implement a high standard of physical fitness requirements for fire fighters for the upcoming season. The application process is as follows:

Phase I: Fitness test that will include: 1.5 mile run in under 12 minutes, 20 seconds; 30 sit-ups in under one minute; 25 push-ups in under one minute and two pull-ups. Tests will be held:
Feb. 2, 10 a.m.: Tingley Beach, Albuquerque
Feb. 3, 10 a.m.: Isleta Recreation Center, Isleta Pueblo
Feb. 4, 10 a.m.: San Felipe Soccer Complex, San Felipe Pueblo

Phase II: Feb. 9 and 10, 9 a.m. to noon: Submit individual application and take the required on-site drug test. SPA Fire Shop

Phase III: Physical exams will be scheduled during February and March at Concentra Medical Clinic. SPA will contact participants to schedule appointments.

Phase IV: March 8 -10 and 15 -17: Pack tests. Balloon Fiesta Park, Albuquerque

For more information, call the Southern Pueblo Agency fire management staff at (505) 563-3655.

TRIBAL ADMINISTRATION

Job Opportunities With the Pueblo of Jemez

Tribal Administration

Tribal Administrator
Accounting Supervisor
IT Systems Specialist
Systems Technician

Education

Education Services Manager

Planning and Development

Director, Planning and Development

Public Works

Director, Public Works
Office Manager, Public Works

Tribal Court

Court Clerk
Court Administrator
Tribal Judge

Health & Human Services

Director, Health and Human
Services
Medical Director
Financial Analyst
Technical Writer
Nurse Manager
Behavioral Health Therapist
Peer Support Worker, Certified
Manager, Behavioral Health Program
Manager, Senior Center Program
Cook
Prevention Coordinator

General

Laborers, Temporary, On-Call As
Needed
Customer Service Specialist, On-Call 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.

NATURAL RESOURCES

NUTRIENTS IN WATER

Submitted by Tammy Belone

The Water Quality Program staff collects samples at nine locations on tribal land, including the Jemez River and the Vallecitos Creek. The samples are analyzed at the state laboratory in Albuquerque for nutrients.

Nutrients, such as nitrogen and phosphorus, are essential for plant and animal nourishment. Nitrogen, in the forms of nitrate, nitrite and ammonium, are needed for plant growth. Although nitrogen is found in nature, nitrogen is also found in sewage and fertilizers. Excessive levels of nitrogen can harm water bodies due to over stimulation of aquatic plants and algae. For instance, increased algae in rivers will block the light needed for plant and fish growth. Excessive nitrogen in drinking water can be harmful to people, too. Restricted oxygen transport in the bloodstream is one result of excessive nitrates.

The Water Quality Program is committed to monitoring the Pueblo's water resources. For more information, call us at (575) 834-3207.

Firewood Distribution Project

Submitted by John Galvan, Tribal Forester

The Firewood Distribution project has been in place for several seasons to provide our Walatowa senior citizens with split firewood. Walatowa Timber Industries (WTI) provides the wood. The Firewood Distribution Project is a collaboration between WTI under US Forest Collaborative Forest Restoration Program funding, the Tribal Youth Program, the Senior Citizens Program, and the Natural Resource Department (NRD) for contractor support and implementation. The project has successfully provided education, outreach and training.

WTI and the POJ Forestry Program promote educational awareness of forest restoration activities within the Jemez Mountains communities and have devel-

oped a new community firewood project for the Pueblo of Jemez. Educational activities have helped expand local knowledge of the importance of small diameter tree utilization in helping restore forests. Education outreach activities have supported local tribal

students with training on loading and unloading, delivery and stacking. WTI and NRD have reached out to youth from the firewood project in collaboration with a local Pueblo contractor and Tribal Court to transport firewood from WTI operations to senior citizens in the community who need wood for home heating.

To date, contractor Shilo Shendo has safely delivered nearly 80 half-cords for the well-being of our elders.

This project has had positive feedback from the community. The Pueblo is working to sustain the project and necessary funding for the future to collaborate, utilize and sustain employment, and help the community's elders stay warm.



Crew members load firewood at WTI for distribution to elders in the community.

INJURY PREVENTION

COMMUNITY SAFETY

Submitted by Antonio Blueeyes, Injury Prevention Technician

Seat Belt Safety

The injury Prevention Program and Jemez police are watching for motorists and passengers who are not using their car seats or seat belts. People who do not wear their seat belts, or who have child passengers who are not properly belted into approved car seats, can be ticketed and fined.

Today the seat belt use rate is at 86%. We can do a lot better! Let's all make Jemez the highest in seat belt and child restraint use.

Home Safety Inspections

The program's home safety inspections are continuing. If you, a relative or anyone you know needs a grab bar, smoke alarm, night light or other safety equipment around the house, call Injury Prevention for help.

For information about improving safety in your home and vehicle, please contact the Injury Prevention Program at (575) 834-1001.

Pet Care

Spay and Neuter Services

Spay and neuter procedures are still being conducted by Coronado Pet Hospital at no cost to Jemez Pueblo residents.

Please note: Community members are limited to one dog, and one cat per household.

There are still too many female dogs in the community who are not spayed. Every time they go into heat, they will have eight to 10 puppies, and they can go into heat three or four times a year. That's up 40 unwanted pups per year per dog! SPAY your female pets before the next cycle. This will help reduce the population of stray dogs and cats.

Stray Animals

Please note that stray and abandoned animals are now under the jurisdiction of Jemez Law Enforcement instead of Injury Prevention. Owners are responsible for restraining their pets. Offenders may be cited by the police.

Walatowa Veterans' Association

The Walatowa Veterans Association announces new office hours, Monday through Friday, 8 a.m. to 5 p.m. The office is located at the Civic Center to assist veterans with health and pension benefits.

"The Veterans Service Officer visits the office monthly," says Veterans Service Coordinator Gail Madalena. "All veterans are welcome to see him." Call the office to make an appointment or e-mail to gail.madalena@jemezpuablo-wva.org.

PLANNING & DEVELOPMENT

From the Transportation/
Roads Department

Submitted by Carla Gachupin

Road crews have been diligently working on community roadways to make them accessible for your safe travels. Crews have been trimming shrubs and overhanging tree limbs for safer passage for personal travel, school buses, vendor routes and visitors. Several areas within the village and on the agricultural roadways have been cleared to improve visibility and avoid collisions. Crews will be busy again at the start of the spring season.

Please contact the Transportation office at (575) 834-0094 if you have specific concerns that need to be addressed that may have been missed.

Meeting Standards

FHWA Standards for Construction of Roads and Bridges on Federal Highway Projects: FP-14 states that roadways should be maintained as follows:

- Construct and remove diversion roads and bridges as required by the traffic control plan.
- Maintain intersections with trails, roads, streets, businesses, parking lots, residences, garages, farms and other features.
- Snow removal to provide public access is the responsibility of the maintaining agency and will be performed at the maintaining agency's discretion. Allow the maintaining agency access to perform snow removal.
- Maintain a dust-free road so visibility and air quality are not compromised and hazardous conditions are not created.
- Remove accumulated soil and other material from roadway.
- Do not allow water to pond on roads.
- Maintain the roadway, detours and diversions in a safe and acceptable condition.

Section 156 Public Traffic: 156.05 Maintaining Roadways

NOTE TO THE COMMUNITY:

Please to not remove the reflector posts along the roadways. These are placed for the safety of drivers in compliance with traffic safety laws.



SENIOR CENTER

Winter Activities at the Senior Center

Submitted by Joseph Fragua

The Jemez Senior Citizens Program continues to work with other tribal program and outside agencies to improve the quality of life for Jemez elders.

Planning for the Future

The Senior Citizens Program hosted two planning sessions on Jan. 14, 2016 to discuss ways to continue the program's quality of services and present ideas on how to improve them. The community was invited to attend. Senior Center staff were present along with our community partners including the Diabetes Program, Community Health Representatives, Community Wellness, Emergency Medical Services, and Social Services Program.

The elders wrote down their ideas, feedback and recommendations to share with other participants. Posters were left in the dining area for two weeks so the elders could add additional ideas. The staff will report to the elders about their comments, and work on the recommendations.

Animal Safety

Jemez Valley Animal Amigos gave a presentation on animal safety and responsibility on Jan. 19. The presentation reminded elders and the general public about animal welfare. The group talked about the importance of spay and neuter, vaccinations, and flea and tick removal to improve the quality of life for domestic animals and to prevent human disease.

Animal Amigos' rescue efforts include stray dog and cat rescue, lost and found services, foster homes for domestic animals, a pet food bank and more. The organization partners with the Coronado Veterinary Clinic in Bernalillo for services, and they may provide no-cost spay and neuter for Jemez residents. They also provide no cost pet tags for your animals. For more information, contact Jemez Valley Animal Amigos at 1-888-828-JVAA (5822) or Animalamigos@aol.com.

Senior Citizens Day

On "Senior Citizens Day" on Jan. 20, Jemez elders went to the New Mexico State Capital to support House Bill 157. The bill proposes \$1,999,761 for senior citizens services, including long-term care services in New Mexico.

The Jemez elders had a chance to understand state funding encouraged legislators to continue funding for senior programs in the state. The Jemez elders also met other seniors

from around the state, including from other tribes, to network or connect with old friends.

Grandparents and Grandchildren Dinner Night

On Jan. 25, Grandparents and Grandchildren Dinner Night and Storytelling brought back meal time gathering between the generations. Towa families are not gathering during meals like the old days when grandma cooked and gave words of encouragement at the table. It's said that words of encouragement during meals also feeds the mind and heart.

Juanita Yepa, Leonard Shendo and Refina Toledo told traditional stories that have been passed down through generations. The stories are to be told after All Souls' Day. The stories were told in Towa in the traditional way. The elders enjoyed hearing stories they've heard before, and the grandchildren enjoyed their time with the elders and experiencing traditional storytelling in front of a burning fire.

LIHEAP

The Senior Citizens Program oversaw the Low Income Home Energy Assistance Program (LIHEAP.) The program was helped 39 households before funds were exhausted.

The Walatowa Woodlands Initiative, Pueblo of Jemez Natural Resources and the Senior Citizens Program worked together to provide 60 elder households with winter fuel. (See story on page 3.) A huge **thank you** to John Galvan from the NRD who worked closely with Joseph Fragua Jr., Elder Outreach Coordinator, and the wood delivery contractor Shilo Shendo. All the elders who benefited from the project were happy during our cold winter month.



DENTAL CLINIC**FEBRUARY IS CHILDREN'S
DENTAL HEALTH MONTH**

Native American Professional Parenting Resources (NAPPR) has announced their participation and support of February's National Children's Dental Health Month. If you have questions about your child's dental health, including thumb sucking, dental visits or how and when to clean your child's teeth, contact the Jemez Dental Clinic at (575) 834-7388 for help.

Parents can learn when children should have their first dental visit, ways to prevent early childhood cavities, when to expect changes from baby to permanent teeth, proper brushing and flossing techniques, thumb-sucking, fluoride, dental sealants, choosing the right mouth protector for active children and adolescents, and teaching their children to say no to tobacco. Parents will also learn about the importance of regular dental visits.

Children's teeth are meant to last a lifetime, and a healthy smile is important to a child's self-esteem. With proper care, a balanced diet and regular dental visits, their teeth can remain healthy and strong.

For more information, contact the Jemez Dental Clinic at (575) 834-7388.

SOCIAL SERVICES**Women's Support Group Meeting**

Thursdays, February 11 and 25, 6 to 8 p.m.

Social Services Conference Room

VOLUNTEERS NEEDED!

For Community Intervention Response Team (CIRT)
Be there to help when it's needed most.

For more information, contact Carol Vigil (575) 834-7117.

VOCATIONAL REHABILITATION**Save the Date!**

**2016 Disabilities Awareness
Conference
Balancing Life for
Self-Empowerment**

**WEDNESDAY, MARCH 16 9 AM – 2 PM
Walatowa Youth Center**

For more information contact the Jemez Vocational
Rehabilitation Program at (575) 834-0012



**Jemez Valley Credit Union:
Strength In Members**

COLLEGE/CAREER DAY

Hosted by Jemez Valley Credit Union

Tuesday, Feb. 23 9 to 11 a.m.

Jemez Valley High School Auditorium

Open to all Jemez Valley High School, Walatowa High Charter School, and home schooled students ages 14-19.

Scholarship applications will be available.

HIGH SCHOOL SENIOR SCHOLARSHIP

JVCU offers two \$750 scholarships each year. Scholarships are available to Jemez Valley High School, Walatowa High Charter School, and Jemez Valley school district home schooled students who graduate in 2016.

For more information, contact Tina Trujillo at (575) 829-3366 or tina@jvcu.org.

Application deadline is Friday, April 1 at 4 p.m.

ALUMNI SCHOLARSHIP

JVCU now has scholarship applications available to undergraduate and advance degree students. For more information contact Tina Trujillo at (575) 829-3366 or tina@jvcu.org

Application deadline is Friday, May 27 at 4 p.m.

JVCU ANNUAL MEETING

Thursday March 10, 2016.

Join us for Friends, Food, Fun and CASH Prizes!

FREE FINANCIAL COUNSELING

Jemez Valley Credit Union offers FREE financial counseling.

All information discussed is strictly confidential.

Saturday appointments can be arranged.

For more information or to set up an appointment, contact Tina at (575) 829-3366 or tina@jvcu.org

MEDICAL SOCIAL WORK

IRS SCAM! Don't Be a Victim!

Submitted by Lisa Maves, Medical Social Worker

From the Editor: He sounded very official and called me by name. He gave his name and a badge identification number. He said he was calling from the IRS because I had "not responded to several letters" they sent after discovering errors on last year's tax return and informed me that our conversation was being recorded. He said we were being audited for a period of several years and gave a case number. He asked if I wanted to make a statement in my defense. It had the desired effect of scaring me. It all sounded very authentic.

Then he raised the stakes, claiming there was a warrant for my arrest and the police would be coming for me unless I made an immediate cash payment. I convinced him to wait until after the weekend as I live too far from a bank to get there easily. He even "consulted with his supervisor" to extend the due date.

If I had lived near the bank, I might have given him several thousand dollars! Fortunately, I called the IRS, and they told me how to report the scam. I pretended to go to the bank, get the cash and deposit it to the account number he gave me. Then I pretended to send the deposit receipt to his e-mail address. While he gave me instructions on the phone, I was on the Treasury Inspector General For Tax Administration (TIGFTA) web site, reporting all the information he provided. When the scammer realized I hadn't actually sent the money, he called more than a dozen times without leaving a message; his final call was a message that was extremely angry and threatening.

The really scary part is that I came very close to believing the scam and sending the money – and I should know better!

IRS Urges Public to Stay Alert for Phone Scams

The IRS continues to warn consumers to guard against scam phone calls from thieves intent on stealing their money or their identity. Criminals pose as the IRS to trick victims out of their money or personal information. Phone scams first targeted older people, new immigrants, and people who speak English as a second language. Now the crooks try to swindle just about anyone. And they've ripped-off people in every state in the nation.

Stay alert to scams that use the IRS as a lure. Tax scams can happen any time of year, not just at tax time. For more, visit "Tax Scams and Consumer Alerts" on IRS.gov.

Here are several tips to help you avoid being a victim of these scams:

- **Scammers make unsolicited calls.** Thieves call taxpayers claiming to be IRS officials. They demand that the victim pay a bogus tax bill. They con the victim into sending cash, usually through a prepaid debit card or wire transfer. They may also leave "urgent" callback requests through phone "robo-calls," or via phishing e-mail.
- **Callers try to scare their victims.** Many phone scams use threats to intimidate and bully a victim into paying. They

may even threaten to arrest, deport or revoke the license of their victim if they don't get the money.

- **Scammers use caller ID spoofing.** They can alter caller ID to make it look like the IRS or another agency is calling. The callers use IRS titles and fake badge numbers to appear legitimate. They may use the victim's name, address and other personal information to make the call sound official.
- **Cons try new tricks all the time.** Some schemes provide an actual IRS address where they tell the victim to mail a receipt for the payment they make. Others use emails that contain a fake IRS document with a phone number or an email address for a reply. These scams often use official IRS letterhead in emails or regular mail that they send to their victims. These ploys make the ruse look official.
- **Scams cost victims over \$23 million so far.** The Treasury Inspector General for Tax Administration (TIGTA) has received reports of about 736,000 scam contacts since October 2013. Nearly 4,550 victims have collectively paid over \$23 million as a result of the scam.

Protect Yourself With Knowledge

The IRS WILL NOT:

- **Call you to demand immediate payment.** The IRS will not call you if you owe taxes without first sending you a bill in the mail.
- **Demand that you pay taxes and not allow you to question or appeal the amount you owe.**
- Require that you pay your taxes a certain way. For instance, require that you pay with a prepaid debit card or a deposit to a personal bank account.
- Ask for your credit or debit card numbers over the phone.
- Threaten to bring in police or other agencies to arrest you for not paying.

If you don't owe taxes, or have no reason to think you do:

- Do not give out any information. Hang up immediately.
- Contact TIGTA at www.Treasury.gov to report the call. Use their "IRS Impersonation Scam Reporting" web page. You can also call 800-366-4484.
- Report it to the Federal Trade Commission. Use the "FTC Complaint Assistant" on FTC.gov. Please add "IRS Telephone Scam" in the notes.

If you know you owe, or think you may owe tax:

Call the IRS at 800-829-1040. IRS workers can help you.

All taxpayers have fundamental rights they should be aware of when dealing with the IRS. These are described in the *Taxpayer Bill of Rights*. Learn more at www.IRS.gov.

Stay alert and aware and don't be a victim!

PUBLIC HEALTH

FEBRUARY IS AMERICAN HEART MONTH

Did You Know?

42 million women in the US live with or are at risk for heart disease.

Heart attacks are the leading cause of death in the United States; half of those deaths occur because there was not enough time to get medical treatment.

What To Do To Save a Life

The **most important thing to do** if you think you or a family member is having heart attack symptoms is to **CALL 911**. They will send an ambulance for transport to a hospital emergency room. **Those who seek immediate treatment greatly increase their chances of survival.** People who don't know they are having a heart attack often wait too long before getting help.

While waiting, crush or chew a full-strength aspirin (swallow with a glass of water) to prevent further blood clotting.

Is it a heart attack?

There are definite early warning signs and symptoms of heart attacks. Women can experience all, some, a few or none of these symptoms. Only examination by a doctor can confirm if you are having or have experienced a heart attack.

Some women experience no pain or other symptoms during a heart attack. Only an EKG or blood enzyme test will discover this "silent" attack. Even so, damage to the heart has occurred. These "silent" attacks are dangerous because the heart's ability to survive another heart attack, however mild, is greatly reduced.

Save a Life:

Know the Signs and Symptoms of a Heart Attack

- 1. Chest pain.** Pressure, squeezing, fullness or pain in the chest can signal that the heart is not functioning properly. Take action quickly to prevent heart damage.
- 2. Discomfort in upper body.** Back or jaw pain, or shooting pains that run down either arm, can signal a heart attack, especially in women.
- 3. Shortness of Breath.** Because the heart pumps the blood that carries oxygen through the body, being unable to take deep breaths can signal a problem. This symptom is usually accompanied by other signs such as fatigue and dizziness
- 4. Cold sweat and anxiety.** Profuse sweating is also associated with heart attacks. Anxiety or dread is the body's reaction to restricted blood flow to the heart. When cold sweats occur with other heart attack symptoms, seek medical treatment right way.
- 5. Nausea.** Nausea is especially associated with heart attacks when there are other symptoms. Vomiting and nausea is especially common among women who are having heart attacks. Men seem to experience this symptom less often.
- 6. Indigestion.** Indigestion can be symptom for the same reason that nausea occurs during a heart attack. The heart

is attempting to direct blood flow to the most vital organs so less blood goes to the stomach, leading to indigestion. Often overlooked, indigestion that occurs with other symptoms can be a sign of a heart attack.

- 7. Fatigue.** While fatigue alone doesn't usually indicate a heart problem, if extreme tiredness occurs suddenly and with other symptoms, it could be related to a heart attack.
- 8. Dizziness.** Dizziness is sometimes the first sign of a heart attack. At the first sign of lightheadedness, immediately get seated to prevent falls. Many people often overlook this important warning sign.
- 9. Flu-like symptoms.** Normally, the flu does not cause chest pains, so any related symptoms that happen along with chest pain are cause for concern. The flu presents an additional risk for those who have heart problems, so anyone who has chest pain with flu symptoms should call 911.
- 10. Racing Heart.** Heart palpitations are often described as a racing heart. This can also mimic feelings of anxiety.

Some people mistakenly believe that extreme pain is always associated with heart attacks, so they wait for the pain to arise. Meanwhile, the heart is being damaged. While extreme pain in the chest can be a symptom, it does not happen in all cases. A heart that is working too hard to pump blood can experience further damage if left untreated.

Know Your Risks

Risk factors you cannot change:

Family history of early heart disease. If your father or brother had a heart attack before age 55, or if your mother or sister had one before age 65, you are more likely to get heart disease yourself.

Age (55 or older for women.) After menopause, women are more apt to get heart disease, in part because their body's production of estrogen drops. Middle age is also a time when women tend to develop other risk factors for heart disease.

Race/ethnicity. African American, Hispanic and Native women are all at greater risk of heart disease and are also more likely to have risk factors such as high blood pressure, high cholesterol levels and obesity.

Risk factors you CAN change:

You **do** have control over many other risk factors. Regardless of your age, background, or health status, you can lower your risk of heart disease, and it doesn't have to be complicated.

PUBLIC HEALTH

American Heart Month, Continued

Important risk factors for heart disease that you can modify:

- High blood pressure.
- High blood cholesterol.
- Diabetes.
- Smoking.
- Being overweight.
- Being physically inactive.

To protect your heart, it is vital to make changes that address every risk factor you have – each has the individual potential to greatly increase your chance of developing heart disease. You can make the changes gradually, one at a time. But making them is very important.

Be aware of your risk factors and take them seriously. The actions you take now to lower your risk may just save your life.

Source: The Heart Truth Campaign. The National Heart, Lung, and Blood Institute. The National Institutes of Health.

Exercise Your Heart!

Submitted by Alva Gachupin

American Heart Month is intended to raise awareness about heart disease and to share vital heart health messages. Although we now know that women are at a higher risk for heart disease, men should take care of their hearts just as much as women.

Regular exercise helps you take care of your heart:

Cardiovascular exercise uses large muscles in a repetitive fashion, activating muscle fibers programmed for endurance and utilizing a heart rate range anywhere from 40 to 85 percent of your maximum heart rate. Think running, jogging, swimming, biking or spinning.

When performing cardio, blood flow is directed toward working muscles and away from areas that aren't doing much (such as your arms during running, or the digestive tract.) There is increased blood flow and more blood volume returning to the heart.

As the heart registers a larger blood volume, over time the left side of the heart adapts and enlarges. The enlargement holds more blood, and ejects more blood per beat, even at rest, which helps the heart to work less over time.

Exercise plays a very important role in your overall health. As a beginner you can start by going on short walks and challenge yourself by going further or faster each week. Every bit of exercise helps.

Sources: www.womenheart.org, www.active.com

Wear Red Friday

"Wear Red Friday" is this month's Public Health campaign. Join to wear red every Friday in February to support and raise awareness of heart health!



HEMISH
Healthy Endurance Movement Initiative

First Quarter Endurance Challenge

Join the first challenge of the year to improve your cardiovascular fitness.
Achieve your fitness goals!

ENDURANCE CHALLENGE SATURDAY, MARCH 19
5K, 10K HALF-MARATHON

Incentive Program

Based on your pre-assessment, you will be placed in one of the following categories: Silver, Gold, Platinum, Diamond. Each category will have milestones. When you reach each milestone, you will be eligible to receive an incentive.

Assessments

Pre-assessments must be completed with a Lifestyle Coach

Lifestyle Coaches Available for Assessments

Daniel Madalena: Tuesdays and Thursdays, 6:30 -7:45 a.m. at the Fitness Center (also available on request.)

Alva Gachupin: Monday-Friday, 8 a.m.-9 a.m. at the Public Health Assessment Room (available during lunch hours on request.)

Juanita Toledo and Marlinda Pecos: Monday and Wednesdays, 5-7 p.m. at the Youth Center.

Weekly Group Fitness Classes

Walking/Running Groups

Individualized Fitness Plans

Pre- and Post-Assessments

Incentive Program

Lifestyle Coaches and Certified Fitness Trainers

Nutrition Consultations and Cooking Classes

MoGro Food Boxes

Must be 15 years old to participate (parent consent needed for ages 15-17.)

To get the most out of the challenge join as soon as possible.

Final day to join is Friday, Feb.26.

Use your fitness apps to track all your miles, such as Map My Run, Nike+, Run Keeper, etc.

For more information call (575) 834-7207.

PUBLIC HEALTH

About Head Lice: What You Need to Know

Submitted by Bob Morgan, RN



There has been a recent outbreak of head lice in the community. Protect yourself and your family.

What Are Head Lice?

Head lice are parasitic insects that can be found on people's head, eyebrows and eyelashes. Head lice feed on human blood several times a day. They move by crawling; they cannot fly or hop. They are spread by direct contact with an infected person or the surface of personal items, such as combs, hats, scarves or furniture.

The Life Cycle Of Lice

Lice have three stages of life:

1. **Eggs/nits** take about eight to nine days to hatch.
2. **Nymphs** are immature lice; it takes about another nine to 12 days for them to mature into adults.
3. **Adults** can live about 30 days on a host and will die in one or two days without feeding.

Signs And Symptoms Of Head Lice

- ❖ Tickling feeling of something moving on the head.
- ❖ Itching, irritability and difficulty sleeping; head lice are more active at night.
- ❖ Sores on the head are caused by scratching.

Treatments

- ❖ Machine wash and dry clothing, bed linens, and the items that the infected person has used two days before treatment. Wash in hot water and use high heat drying.
- ❖ Soak combs and brushes in hot water, or seal in plastic bags for two weeks.

- ❖ Vacuum floors and furniture.
- ❖ Treatment with shampoo: There are many forms of pesticide treatments in the form of shampoos, both prescription and over the counter. It is important not to use more than one at a time. If the lice are still active after treatment, it may be necessary to switch to another kind.
- ❖ Do not use conditioner before treatment.
- ❖ Do not treat again for one or two days.
- ❖ Comb hair frequently to remove dead lice and eggs.

Contact your local school to learn about their policies on head lice.

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 will deliver to the clinic once or twice a month. 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 or (505) 670-8741, go to the Public Health office at the clinic, or call (575) 834-7207 for more information.

\$20

produce box



EAT HEALTHY +
save on gas, time & energy!

Shop at: mogro.deliverybizpro.com

505-216-8611

[facebook.com/mogrotruck](https://www.facebook.com/mogrotruck)



MoGro Cooking Class

Thursday, Feb. 25 6 to 8 p.m.

Join the next cooking class with chef Leah Pokrasso in the Public Health Kitchen. Explore new tastes, try healthy new recipes and have fun!

Call (575) 834-7207 for more information

Expecting?

Prenatal/Childbirth Classes

Classes are held Tuesday evenings at 6 p.m. in the Towa Board Room at the Jemez Health Clinic. Participants will learn about:

- March 1: Physical and Emotional Changes During Pregnancy
- March 8: Labor and Delivery
- March 15: Breastfeeding
- March 22: Newborn Care
- March 29: Newborn and Car Seat Safety

Fathers, partners are encouraged to attend. Refreshments will be served. For more information, contact Mildred Baca at (575) 834-7207, ext 354.



HEAD START NEWS

Submitted by Danielle Sando, Family Service Coordinator

The Walatowa Head Start Language Immersion Program children have settled in nicely and are thoroughly exploring their classroom environment. The themes for February and March are winter in Jemez, respecting elders, spiritual guidance, and beginning to write. Mr. Johnny Sandia and Mr. Joseph B. Toledo will also be providing language and culture education through singing, dancing and classroom presentations. The program is seeking to contract with members of the community who want to share their knowledge, skills and talents with the children and families. If you are interested, please visit the center.

Taking Care of Our Children's Health

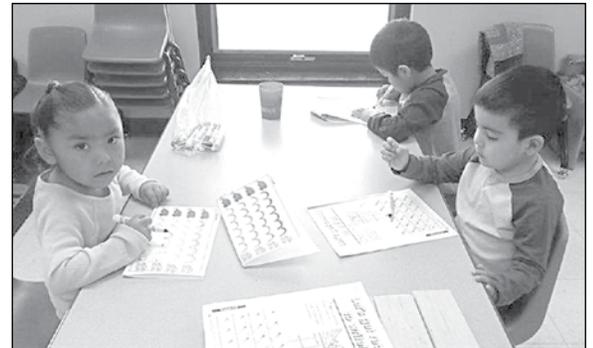
Just as important as academics is the overall health of our young children. The program is required to work with children and families on the importance of maintaining their health and mental wellness through collaborative efforts with the Jemez Health & Human Services Department. Through these efforts, the program works with parents on tracking any follow-ups or referrals for treatment. Once appointments are completed, documentation is required for the child's files to ensure that services are delivered in a timely manner. Child files are part of the federal review. We need parents' help to ensure that our program stays in compliance with federal regulations. Please contact Helen Tafoya, Health Services Coordinator, if you have any questions or concerns about your child's referral.

Early Release Schedule

The program will follow a new early release schedule effective Friday, Feb. 19, 2016. Early Release days will be every Friday, except the first Friday, which is designated for program planning and staff meetings. This change was approved by the Policy Council at the January meeting. Revised calendars will be distributed to all families.

Contact Information

Parents are encouraged to report changes and updates to their contact information as soon as possible. Updated parent and emergency contact numbers are **extremely important!** Please report any changes or updates on your contact person list and phone numbers to Arlan Lucero, Transportation Coordinator, Danielle Sando, Family Services Coordinator or your child's teacher, as soon as possible. Changes to pick-up



and drop-off arrangements must be submitted in writing or e-mailed to Head Start@jemezueblo.org.

Mark Your Calendars

- February 8-12** Program Closed
- February 15** President's Day (No School)
- February 17** PCC Meeting
- February 25** Fatherhood Night



Volunteers Needed!

Volunteers are needed to assist in the kitchen and classrooms.

If you have any questions or concerns, please contact the center or visit us. Thank you!

"Together may we give our children the roots to grow and the wings to fly."

EDUCATION

Jemez Valley Public Schools

Safety First

We have made some changes at Jemez Valley Public Schools to improve safety:

We updated our Safe Schools Plan with the help of law enforcement, first responders and providers from Jemez Springs, the Pueblos of Jemez and Zia, Five Sandoval Indian Pueblos, Sandoval County Emergency Management, Sandoval County Sheriff's Department, Bureau of Indian Affairs, and Central Region Education Cooperative. We practiced one lockdown drill and are planning a critical incident drill in the spring semester.

- The district's insurance company conducted security assessments at the schools. Each school will address the areas of concern identified in the assessment.
- Video door stations have been installed on the front doors of all of our school buildings and the central office. When you visit, ring the buzzer on the box near the door. The secretary can see and talk to you and buzz you in. Classroom doors will also stay locked. Although visitors may find the process inconvenient, the safety and well-being of our students, staff and visitors are our priorities.
- Enter and exit school lots only at the posted entrance and exit signs.
- School traffic: be mindful of designated drop-off and pick-up locations, the designated traffic direction when dropping off and/or picking up your student, cross walks and stop signs.
- Visiting the schools: All visitors, parents and guardians must sign in and sign out at the district office. All visitors/parents/guardians are required to wear visitor passes and must return the pass prior to leaving the school/office.
- Student check-out: If a student is leaving during school hours, the student is required to be signed-out by their parent/guardian/authorized person prior to the student leaving the school.

Your cooperation and support in keeping our students safe is greatly appreciated.

Volunteers Welcome

Jemez Valley Public Schools welcomes and encourages volunteers. If you are interested in sharing your time and talents with our students, please complete an application available in Central Office. Volunteers must pass a criminal background check.

Facilities Improvements

The track/field/football field has a new press box and an Americans with Disabilities Act (ADA) compliant ramp to the bleachers. The baseball/softball complex has a new field house. The high school gym has new lighting, updated rest rooms and dressing rooms, and exterior insulating walls. The middle school gym has updated basketball equipment. Upgrades at

the high school include additional lights in the parking lot and welding booths in the shop. The elementary school playground has been graded with a new drainage system and safety surfaces; the project is expected to be completed by March.

After the 30-day legislative session concludes, school districts will develop their budgets for fiscal year 2017. We invite you to attend JVPS board meetings to learn about programs, funding, priorities and limitations.

Lunch Program

Eating lunch contributes to a solid foundation of good nutrition. Students who eat a good lunch have the energy to remain alert during class time and maintain peak academic performance. Students who are hungry because they skipped lunch may become distracted in the classroom. Habitual undereating can lead to malnutrition that can interfere with normal physical and mental development.

Does your student have an unpaid lunch balance?

Parents/guardians of students who are pay for lunches, including "reduced price," should pay all cafeteria fees as soon as possible. The schools accept cash, check and money orders. To ensure that the entire payment is received by the cashier, we recommend payment be made in by check or money order. You may prepay by the day, week or month. If you have questions about payment and/or account balance, contact the Food Services Department at (575) 834-7391.

JVPS School Health Program

To improve our students' health and ensure their health needs are addressed, all JVPS students are eligible to receive health screenings. Through the spring semester, School Nurse Karin Luzzi will be conducting health screenings of JVPS students whose parents/guardians have given consent. Nurse Luzzi will attempt to obtain consent from parents/guardians of students who do not have consent forms on file. **If consent is not received, your student will not receive a Health Screen.**

Parents/guardians will receive the results. For students who have concerns on their health screen results, it is important for parents/guardians take the following steps:

- 1: Review health screen results and any referrals.
- 2: Follow up on the referral. It is important that your student is seen by his or her health care provider for specific areas identified in the referral.
- 3: When the referral is complete, return the referral form to Nurse Luzzi. Referral forms may be faxed directly to her.

If you have any questions, please contact Nurse Luzzi at (505) 373-0053.

Tutoring Services

The Jemez Valley Middle and High Schools provide an after school tutoring program through the GEAR UP Program. GEAR UP targets student in grades seven through twelve. Tutoring is offered twice a week from 3 to 5 p.m. Transportation is available to students who attend tutoring. **Parents/guardians must give permission for students to attend. Contact the school office for After School Tutoring Permission Forms.**

EDUCATION

Jemez Valley Public Schools, Continued

Middle School Tutoring: Seventh and eighth grade students

Tuesdays: Tutoring in Math

Thursdays: Tutoring in English

High School

Tuesdays: Math & Science Tutoring

Thursdays: English & Science Tutoring

Additional Tutoring Services

Pueblo of Jemez Education Department

Tutoring available Monday to Thursday from 3:30 to 6 p.m. at the Education Department. Serving students in kindergarten through 12th grade in collaboration with the Tribal Youth Program. For more information, call Leander Loretto at (575) 834-9102 or Sandra Sando at (575) 834-1881.

Middle School After School Activities

After School activities are from 3 to 5 p.m. Transportation is available. **Students must have parental permission to participate. Contact the school office for permission forms.**

Modern Arts: Mondays and Wednesdays

Battle of the Books (sponsored by the Jemez Springs Public Library): Tuesdays

Homework Club: Wednesdays

Mobile Food Pantry

Jemez Valley Public Schools, in partnership with the

Roadrunner Food Bank of New Mexico, is pleased to offer a new food distribution program. The JVPS Mobile Food Pantry will serve our students and their families in need of extra help, and will distribute food, including meat, dairy products and fresh fruits and vegetable monthly.

Participation Guidelines

Limited to 100 families per distribution month.

"First call" registration: families will be added to the distribution list in the order they contact the school counselor or school social worker. A waiting list will be created if needed.

Distribution: Third Thursday of the month (February 18, March 17, April 21, May 19;) 9:30 a.m. to 12 noon

- JVPS Mobile Food Pantry (portable building next to elementary school playground)
- By appointment only. Food must be picked up during the scheduled appointment for efficient food distribution and traffic safety.
- "No Shows:" food will be distributed to a family on the waiting list.
- Food may be picked up by a family representative.
- Families must bring their own box, basket, etc. to carry 50 pounds of food.

For more information and to register, contact school counselor, Sharon Palma at (575) 834-7393, ext. 314 or school social worker Barry Levine at (575) 834-7393, ext. 512.

SDRCS MUSTANG NEWS

During January and February, the Student Council is raising funds for the school with a Valentine's flower sale. And they are giving back to the community by getting donations for our Jump for Heart Drive, sponsored by the American Heart Association. The event be held Tuesday Feb. 23. We want to thank the community in advance for all your wonderful support.

On the sports front, middle school played a great season. The team traveled to St. Francis (Dulce) for the first time in six years. Both teams were excited, especially when the girls came home with a win! Thanks Coach Russell! Elementary basketball schedules go through February and March. Call the school if interested in a schedule.

Also in February, SDRCS hosts a Math Parent Night, a movie night and a Valentine's dance. Amidst all the fun, students are also working hard to prepare for the PARCC testing which will start directly after spring break in April.



Mark Your Calendars

Spring Break: March 24 to April 1

Parent Teacher Conferences: March 22 and 23 (no school for students.)

Middle School Honor Roll

We are very proud of our students who made honor roll and we know the list of students will grow with the second semester report cards. The following honor roll students have GPAs of 3.0 or higher:

Eighth Grade

Valeria Barrow 3.8

Jillian Kellie Casiquito 3.0

S'Mya Gachupin 3.8

Kyann Loretto 3.8

Summer Schildt 3.0

Seventh Grade

Kiara Secatero 3.3

Iesha Tafoya 3.0

EDUCATION

Summer Opportunities for Students

Do you want an educational challenge for your student this summer? These great summer program opportunities are available for American Indian high school students. Get out and explore the world! Most summer programs are free for American Indian students. Earn high school or even college credits at some of the most prestigious educational institutions in the country!

For more information, contact the Department of Education in the Civic Center, call (575) 834-9102 or e-mail to leander.loreto@jemezpueblo.org.

Summer Policy Academy

Summer Policy Academy (SPA) is a Leadership Institute program designed for New Mexico high school juniors and seniors. SPA convenes students for intensive sessions that focus on leadership, public policy, and community issues. The training equips youth for becoming policy advisors of policy in their own communities. *Deadline is in May 2016.*

Institute of American Indian Arts Summer Bridge Program

Earn college credit, explore art-related fields, and become familiar with college readiness during this three-week on-campus summer program. *Deadline to be posted.*

University of Arizona Native American Science & Engineering Program (NASEP)

NASEP is a year-long program designed to provide Native American high school students with a vision of careers in a science, technology, engineering, or mathematics (STEM) field. The program connects students with academic professionals and industry representatives from STEM related fields and catalyze students' motivation to complete chemistry, physics and pre-calculus before graduating high school. *Deadline is Feb. 29.*

University of North Dakota Indians in Medicine Summer Institute

The INMED Summer Institute Program is a six-week academic enrichment session for students currently enrolled in grades seven through twelve. Students enhance their potential for success in health careers through daily classes in biology, chemistry, communications/study skills, health, basic first aid, math and physics. *Deadline is March 1.*

College Horizons

A pre-college program for Native American high school sophomores and juniors. Students work with college counselors and admissions officers in a five-day "crash course." The individualized program helps students choose colleges, apply, get admitted, and obtain financial aid. Students research schools, complete college essays, resumes, the Common Application, and the preliminary FAFSA; learn interviewing skills and test-taking strategies (on the ACT and SAT) and financial aid/scholarship information. *Deadline: February 3*

American Indian Summer Institute in Earth System Science (AISIESS)

AISIESS is a two week residential summer program for Native American high school students to introduce students to Earth and environmental sciences and encourage higher education. The first week is spent camping at the La Jolla Band of Luiseno Indians campground, where students will engage in hands-on science experiments. The second week is spent in the dorms at University of California Irvine, where students will participate in cultural activities, field trips and lectures and complete a final research project on an environmental issue on tribal lands. *Deadline is April 30.*

Phillips Academy

Phillips Academy's summer session is the nation's premier summer academic enrichment program to help high school students achieve their educational goals. This five-week experience, held on the picturesque 500-acre campus in Andover, MS, immerses approximately 650 students in a welcoming and diverse educational community. Students entering eighth through twelfth grades undertake challenging coursework, learn from instructors and peers, and are immersed in a fun pre-college experience. *Deadline is on a first-come, first-serve basis starting Jan. 5, 2016 until spaces are filled.*

Short-Term Research Experience for Underrepresented Persons (STEP-UP) Program

The American Indian Research and Education Center (AIREC)/University of Nevada Las Vegas (UNLV) under the School of Community Health Sciences is one of four national Coordinating Centers in the STEP-UP program. The project exposes Native junior and senior high school students to the science of diabetes, endocrinology, metabolism, nutrition, obesity and related areas. Students complete the experience in their home towns. *Deadline is Feb. 15.*



About SIPI

Are you starting to think about your future? Southwestern Indian Polytechnic Institute (SIPI) offers associate degrees and certificate programs in liberal arts, business, technology, health care, natural sciences and culinary arts.

Accredited by the Higher Learning Commission, North Central Association. Call 1-800-586-7474 or go to the web site at www.sipi.edu for more information.

JEMEZ HISTORIC SITE

Publishing the Past: The 1965 Excavations at Giusewa

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

Through the centuries, Jemez Historic Site's Giusewa Pueblo has been excavated by numerous archaeologists. Collections in Santa Fe are full of pottery, flaked stone and other materials recovered at the site. However, few research reports discuss Giusewa in any great detail. While much archaeological work was conducted, very little has been published. This is beginning to change.

In 2014, Regge Wiseman, research associate for the Office of Archaeological Studies, decided to take on a project at Jemez Historic Site nearly 50 years in the making. In the summer of 1965, the site was enlarging the visitor center. Bathrooms needed a water line connected to the pipe servicing Via Coeli, now known as the Fitzgerald Center. The line had to go through part of Giusewa Pueblo and archaeologist Laurens Hammack was called in to excavate and document what was to be destroyed.

Robert Cobean, with the assistance of

his wife Nancy and a field crew made up almost exclusively of Jemez Pueblo members including Luisa Toledo, Persingula Toya, Joe Vigil and Lupe Yepa, completed the fieldwork. They excavated six pueblo rooms, stabilized the mission church, dug several test pits, and recovered three sets of human remains. Recovered artifacts represented a vast array of material culture, including whole and fragmentary pots, a stone axe, animal bones, a drill, and a piki stone, just to name a few.

The excavations had the potential to greatly increase knowledge of the site but, due to limited funds, no analysis of the artifacts or write-up of the excavations was undertaken until 2014.

Wiseman met Cobean as a boy and heard of the project when it began. He even had the chance to volunteer on the project but chose instead to work to save for college, a decision he regretted later. In 2014, from his retirement, he approached Jemez Historic Site with the idea of finally seeing the project to its conclusion. With the aid of Laurens and Nancy Hammack, Wiseman volunteered to conduct the analyses and write-up.

His findings were quite surprising. To start, the rooms Hammack excavated dated to the 1600s and clearly showed the Jemez way of life beginning to change with exposure to the Spanish missionaries. For example, rooms were constructed in the traditional Gallina-like layout that included a central hearth and corner bins, but the diet of the Jemez had switched to include Old World domesticated animals, primarily sheep and goats. A spindle whorl was found, indicating that not only were they eating the sheep and goat, but processing their hair for textiles.

Jemez Black-on-White pottery was still being produced. However, this had also changed. With the coming of the

Spanish, Jemez potters had begun to produce colonial forms. In one room, a Jemez Black-on-White soup plate was uncovered. Like the sheep and goat bones, this vessel demonstrates that the daily culinary life of the Jemez people had begun to adopt some aspects of Spanish culture.

Pottery vessels also included kapo (a highly polished blackware) and glaze-ware, suggesting trade with the surrounding Tewa (San Ildefonso and Santa Clara) and Keres (Zia and Kewa) communities. These were not the only trade goods found. Perhaps the most surprising nonlocal product was a projectile point or drill made of Alibates chert. Alibates is a stone that only outcrops in far eastern New Mexico and west Texas, possibly suggesting contact with the Great Plains.

One of the few areas in which Jemez did not appear to be modernizing was in its corn crop. In comparisons with corn grown in Santa Fe, most Jemez cobs were significantly smaller with eight rows of kernels instead of twelve. This could reflect a specific type of corn grown by the Jemez in their specialized high altitude farming atop the south facing mesas of the Jemez Mountains. Other types of corn grown by the Spanish or other Puebloan groups may not have been acclimated to the environment.

Are you intrigued? You will be able to read more about the excavations soon. Coinciding with the 50th anniversary of the excavations, the Archaeological Society of New Mexico voted to accept Wiseman's report on the 1965 Excavations at Giusewa Pueblo in 2015 for release in their Special Publications series. Currently, the report is being edited and prepared by ASNMs head of special publications David Kirkpatrick and is expected to be published later this year.



Rooms excavated at Jemez Historic Site in 1965, courtesy of the Archaeological Society of New Mexico



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VOTERS' INFORMATION

PRESIDENTIAL PRIMARY ELECTION

Tuesday June 7, 2016

7 a.m. to 7 p.m.

The General Election is Nov. 8, 2016

Precinct 15: Walatowa Youth Center

Precinct 77: Community Resource Center

EARLY VOTING SITE

Jemez Pueblo Civic Center

May 23 and 24 10 a.m. to 7 p.m.

2016 ELECTION CALENDAR

- March 1: Secretary of State publishes petition forms and required signature numbers for minor party candidates.
- March 8: Filing Day for all other offices (non-pre-primary designation candidates)
- May 10: Voter registration closes.
- May 10: Absentee voting begins
- May 21: Early voting begins
- June 4: Absentee and early voting end.

If you are 18 years old and older, please register to vote today. Your vote counts!

For more information and assistance, contact Peter Madalena at the Civic Center at (505) 934-8826 or the Sandoval County Clerk's office at (505) 867-7477.

Community Notices

PUBLIC WORKS

The Public Works Department reminds community members to visit the Transfer Station *only* during open hours:

7 A.M. TO 5 P.M.

SEVEN DAYS A WEEK EXCEPT HOLIDAYS

Please do not leave trash at the gate when the Transfer Station is closed.

Let's all keep our community clean!

UTILITIES NOTICE

Community members are reminded that their *utilities bills must be paid on time.*

You can pay at the Finance Department in the Tribal Administration Building. Prompt payment is essential to fund utilities services and the maintenance and repair of the water and sewer systems. Households with unpaid balances due may lose service until arrangements are made for payment.

HOUSING

The Housing Department invites you to visit their new offices at the old Smoke Shop on Highway 4. The phone number is the same: (575) 834-0305.