



# Red Rocks Reporter

JULY 2016

## FROM THE GOVERNORS

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### State – Tribal Leaders Summit

The State-Tribal Leaders Summit was held on June 16 and 17 at the Isleta Resort and Casino. The Governors, Tribal Administrator Benny Shendo attended with Dr. Gayle Dine-Chacon and Lisa Maves representing JHHS and Chris Toya representing the Natural Resources Department.

On the first day, tribes could meet with Cabinet Secretaries and their staff. The Jemez delegation took the opportunity to meet with as many Cabinet Secretaries and staff as possible to discuss our issues of concern. We discussed our water rights case, US v. Abousleman, with the Office of the State Engineer, Medicaid issues with the Public Health and Health and Human Services Departments, education issues with the Public Education Department, and matters related to cultural resources with the Office of Cultural Affairs. In addition, we met with State Department of Transportation, New Mexico Game and Fish, the Department on Aging and Long Term Services and the Tourism Department.

The second day, Pueblo Governors and Tribal Council met with Governor Susanna Martinez and all Cabinet Secretaries in a joint session. Tribal Council members attending this session were Councilman David Toledo, Councilman Paul Chinana and Councilman Michael Toledo, Jr. Governor Martinez addressed the Pueblo Governors and Tribal leaders but had to leave after her speech to meet with President Obama. Lt. Governor Sanchez remained to interact with tribal leaders. The focused areas of discussion were water rights and natural resources, education, economic development and health.

### Safeguard Tribal Objects of Patrimony Act of 2016

The Pueblo of Jemez is supporting the Safeguard Tribal Objects of Patrimony Act of 2016, a bill sponsored by Senator Heinrich (D-NM) that makes changes to existing federal laws to strengthen the tribe’s ability to protect their sacred cultural objects. If passed by Congress, this new law will increase Native American Graves Protection and Repatriation Act (NAGPRA) sentences and penalties; it will also prohibit export of Native American cultural objects and provide immunity from federal criminal prosecution when individuals repatriate all Native American cultural objects in their possession within two years after the act’s passage. Even though certain federal laws exist, such as NAGPRA, the Antiquities Act of 1906 and the Archaeological Resources Protection Act of 1979, it is clear that the laws are not harsh enough and prosecutions are not frequent enough to deter criminals. Because of this, many tribes including Jemez have found their cultural objects trafficked through black markets, both domestically and internationally. The Pueblo of Jemez found its objects being auctioned off as far away as Paris, France.

Senator Heinrich and tribal leaders will meet to discuss the proposed bill at the Indian Pueblo Cultural Center followed by a press conference on July 5, 2016.

### Irrigation Rotation Schedule

The Pueblos of Jemez and Zia have invoked the water shortage sharing agreement also known as the Irrigation Rotation Schedule due to extremely low flows of water in the Jemez River. Under this agreement, our non-Indian neighbors are only allowed to irrigate starting on Mondays at 8:30 a.m. and ending on Tuesdays at 8:30 a.m. The Pueblos of Jemez and Zia have the right to use the water for irrigation the remaining six days during the week. Internally at Jemez Pueblo, we have also started our own internal rotation among our ditches. Water will be available on Tuesday, Wednesday and Thursday on the East Ditch and the Pecos Ditch. On Friday, Saturday and Sunday the water will be available on the west side ditches. Please abide by the rotation schedule. You will be notified if there are any changes to our internal rotation.



### 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

Frank Loretto

J. Leonard Loretto

Raymond Loretto, DVM

José E. Madalena

Joshua Madalena

J. Roger Madalena

José Pecos

David M. Toledo

José Toledo

Michael Toledo, Jr.

Paul Tosa

Vincent A. Toya, Sr.

### Tribal Administrator

Benny Shendo, Jr.

### Red Rocks Reporter July 2016 Edition

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

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NM 87024.

## TRIBAL ADMINISTRATION

# TRIBAL MEMBERS TOUR JEMEZ SPRINGS PROPERTY

Tribal members were invited to tour the grounds and property in Jemez Springs that the Pueblo of Jemez purchased from the Handmaids of the Precious Blood in December of 2014. Two tours were scheduled on Saturday, June 26. The purpose of the event was to glean ideas and suggestions from the community about their vision for how the lands should be used. Tribal employees and elders from the Senior Center toured the area previously, and their comments and suggestions were posted at displays around the grounds.

The Handmaids are a cloistered order and the property had been closed to the public. The 23-acre site is divided into four tracts, extending up the mesa on the west and to Highway 4 on the eastern boundary.

Governor David Yepa greeted the guests with a traditional prayer and introduced Second Lt. Governor Ward Yeppa, Tribal Administrator Benny Shendo, Jr., FISCAL Cyrus Lucero and JHHS Director Dr. Gayle Diné-Chacon. He thanked Tribal Council for their foresight and vision and offered a brief history of the purchase. He also introduced and thanked Charlie and Susan Pate, the property's caretakers for more than 20 years, who lead the tours.

When the order decided to move to their mother house in Tennessee, their attorney contacted tribal attorneys about purchasing the site. After Tribal Council approved the purchase, JHHS third-party revenues provided the funds.

"This is part of our ancestral homelands," Governor Yepa said. "This purchase is another step in reestablishing our claims to this area, including the Valles Caldera. Litigation is one way to accomplish our goals; purchasing can be expedient and efficient. There is no dispute to settle in a purchase," he explained. The tribe has petitioned the Department of the Interior to take the property into trust, freeing the pueblo from state laws and restrictions.

"There is so much potential here," Gov. Yepa continued. "This will be a vital and important addition to our community. We'll meet with the Village Council to establish a stronger relationship with our neighbors in Jemez Springs," he added.

Tribal Administrator Benny Shendo, Jr. pointed out the "word cloud" created from suggestions from participants in previous tours. "The size of the word indicates how often it appeared in the suggestions," he explained.

Dr. Chacon recognized Health Board members in attendance and thanked Kathy Chinana, Jaime Loretto and Lynn Toledo and their helpers for their work to plan the event.

"As you think about how we can best use this area to serve the community, think about health-related activities in particular," Dr. Chacon suggested. "What does health mean to you? How can we use this area to improve the health of our people?"

The property also needs a name and a logo, she added. "We can't call this the Handmaid's property anymore." Tribal members are invited to submit names and logo designs as the project moves forward. A formal contest will be held, with prizes for the winning entries.



Photos by Eileen Shendo

## HEALTH &amp; HUMAN SERVICES

## Job Opportunities With the Pueblo of Jemez

### Public Works

Director, Public Works  
Maintenance Worker

### Tribal Court

Probation Officer

### Health & Human Services

Technical Writer  
Nurse Manager  
Practice Manager  
Registered Nurse  
Peer Support Worker, Certified  
Prevention Coordinator

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

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

## Jemez Health Board Honored

The New Mexico Primary Care Association honored the Pueblo of Jemez Health Board with the Outstanding Board Award at its Annual Conference on June 23. The award noted the Board's vision for and contribution to the health care of the community. The award honors the current Health Board as well as previous members. Pictured below are (left to right) David Roddy, NMPCA; Kathaleen Hongisto, RN; Board members Ramona Yepa and Lupe Bryan, Dr. Gayle Chacon and Dr. David Tempest, both *ex officio* members. Not pictured: Current Board members Kurt Mora, Allan Toledo, Paul S. Chinana, Stefanie Pecis-Duarte. Previous Health Board members who supported and implemented the board's initiatives include Paul Fragua, Wilma Toledo, Sam Chinana, David Toledo, Sarah Yepa, Roger Madalena, Hilario Armijo, Keith Candelaria, Danielle Sandia, Michael Sando and Vincent Toya, Sr. *Photo by Lisa Maves.*



## WALATOWA VETERANS ASSOCIATION

### VA Growers Market to Open July 13

The annual Veterans' Growers Market will open July 13 at the Raymond G. Murphy VA Medical Center in Albuquerque. The market will operate from 10 a.m. to 1 p.m. every Wednesday. Previous VA Growers Markets featured apples, beans, chile peppers, squash, tomatoes, honey and other natural treats, in addition to handmade soaps and crafts.

The market will operate until mid-October. Anyone interested in participating can call Mary Varnado at (505) 265-1711, ext. 5982, for more information.

### Clinic Offers Free Legal Advice to Vets

Veterans enrolled in the New Mexico VA Health Care System who have legal questions on civil matters can get free consultation with attorneys and legal professionals on the second Tuesday of every month. The Civil Legal Clinic is held at the New Mexico Veterans Memorial in Albuquerque from 8:30 a.m. to 10:30 a.m.

The clinic offers free legal advice about consumer rights, bankruptcy, landlord-tenant issues, foreclosure and employment, as well as questions about family law, divorce, child support, custody, etc. The clinic does not handle wills or estate planning. No appointment is needed. Veterans should bring any documents relating to their legal issues. For questions, call Lisa Anderson at (505) 265-1711, ext. 3434.

*The Walatowa Veterans Association office at the Civic Center is open Monday - Friday, 8 a.m. to 5 p.m. Call Gail Madalena at (575) 834-0122 for more information.*

## Thank You!

*The family of Amelia (Melia) Galvan thanks everyone for all your support, love, thoughts and prayers during our time of loss. Your sympathy was much appreciated. It was amazing how many lives she touched during her years on earth. May you be blessed likewise.*

Thank you,  
Fran Chinana and family.

## SOCIAL SERVICES



# LGBTQ\* AWARENESS CONFERENCE

*(Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, \*Other)*

*"Love is Universal, Love has no Labels, Love is Unconditional"*

The Social Services Program hosted the Pueblo of Jemez' first conference devoted to increasing awareness and understanding of the LGBTQ\* community. Almost 90 people attended the event at the Walatowa Youth Center on June 8.

First Lt. Governor Hilario Armijo opened the conference with a traditional prayer. "We are making history," he said. "As a tribe, we are responsible to help improve conditions so everyone can enjoy a healthy lifestyle. This conference is a very good opportunity."

He congratulated the Social Services staff for taking a leadership role in opening the dialogue in the community.

Program Manager Henrietta Gachupin introduced the Social Services staff as well as the volunteers who worked to create the conference. "This has been a learning experience for all of us," she said.

Danielle Tosa introduced guest speaker Molly Adler, a therapist at Healthy Families of Albuquerque. "We need a shame-free approach to sexuality," Molly began. She added that the topic can be uncomfortable to discuss for many people. "The most learning takes place outside our comfort zones," she said. "This is safe space to explore important issues. We all live with institutional, societal and individual biases associated with race, gender and sexual orientation. No one is immune from biases in some domain. Understanding ourselves and our biases is where we start."

Molly noted that at least 165 tribes have had some designation for "two-spirit," individuals who dress or behave differently from the gender they were assigned at birth and were generally revered as special or possessing special powers. Only when European conquerers came did two-spirits become labeled as "bad."

### Understanding the Language

"LGBTQ\* 101" explained the sometimes confusing terminology. "It matters because violence is an issue," she said. "Understanding is the best violence-prevention measure. We want the conference to help you gain ideas for being a supportive ally for people who are facing issues of identity and gender." She explained that the asterisk at the end of LGBTQ\* recognizes that there may be other identities not included in "LGBTQ."

"The words we use are important, as well as the energy behind the words. We all need to find the words that fit the 'I' inside us," Molly explained. "This varies from person to

person and from generation to generation. For instance, people over 40 have a different reaction to the word 'queer' than younger people do." Other words that have become out-dated or offensive include homosexual (*lesbian or gay are preferred.*)

## THE GENDER UNICORN

*A spectrum, not a box.*

**Gender Identity:**  
*What do I know myself to be?*

Female/Woman/Girl

Male/Man/Boy

Other Gender(s)

---

**Gender Expression/Presentation:**  
*What do I present to the world? (Cultural aspect.)*

Female/Woman/Girl

Male/Man/Boy

Other Gender(s)

---

**Sex Assigned at Birth**

Female

Male

Other/Intersex

---

**Sexually Attracted To:**

Women

Men

Other Gender(s)

---

**Romantically/Emotionally Attracted To:**  
*(May be separate from sexual attraction.)*

Women

Men

Other Gender(s)

**For more information, call the Social Services Program at (575) 834-7117.**

SOCIAL SERVICES

LGBTQ\* Awareness Conference, Continued

transsexual (transgender is safer,) sexual preference (use sexual orientation,) hermaphrodite (a term used to describe animals, not humans,) "sex change surgery" (there are many different types of treatments for people who choose to change genders; surgery is only one option.)

"It can be confusing. Ask, don't assume. It's not about who you want to have sex with, it's about who you feel you are inside," Molly said.

The 'Gender Unicorn' spectrum includes Gender Identity (who I know myself to be,) Gender Expression (what I present to the world through dress or behavior,) sex assigned at birth, who I am sexually attracted to, and who I am romantically/emotionally attracted to. "Everone finds their own combination. The spectrum is not fixed but is mutable and changeable, even day to day within an individual," Molly explained.

Why it Matters

"Labels and stereotypes create hostility," Molly noted. The conference was held before the terrible violence at a gay nightclub in Orlando, an event that tragically proves how dangerous prejudice can be. The statistics are sobering:

- 80% of LGBTQ\* students report feeling unsafe at school.
40% of homeless youth are LGBTQ\* because they have either left home or been kicked out of their homes.
54% of new HIV cases occurs in young men ages 13 to 24.
Nearly half of LGBTQ\* youth consider suicide or self-harm compared to about 20% of the general population. One-third attempt suicide and 9.4% succeed.

What We Can Do

- Become aware of your own biases and assumptions and be open about discussing them.
Admit we make mistakes.
Notice when you're feeling defensive.
Engage with LGBTQ\* people.
Educate others about LGBTQ\* identities.
Know you're not alone.

How To Be a Supportive Ally

- Listen.
Be open-minded.
Be willing to talk.
Don't assume everyone is straight.
Tell others you find LGBTQ\* jokes and comments offensive.
Confront your own prejudices even if it's uncomfortable.

- Stand up for others when you see prejudice or discrimination.

"The Social Services Program has been on this journey for several years," Etta added. "We are paving the way for Native youth with information in schools and community events. Our staff is trained and the Program is a Safe Zone. You can come and talk to us and get the support you need."

"Perhaps some day there will be no 'coming out' or need to identify...I have no label for who I am and no way to fully explain myself to you. So today I'm just going to come out as me."

Several LGBTQ\* people and their families from the community shared their experiences, insights and advice.

"This issue has been under the rug too long," one person said. "When an individual transitions (from one gender to another,) the whole community transitions. All need to support the individual's personal quest."

"Find allies and get the support you need," another added. "We can be here for you."



YOUTH CONFERENCE

"Empowering Native Youth For A Healthy Future"

Tuesday, July 19 9 a.m. - 3 p.m.

Walatowa Youth Center
for youth 11 -18 years old

Presentations on:

Bullying/Cyberbullying

Drug and Alcohol Awareness

Suicide Prevention

Importance of Education

Self-Confidence

Role Models

Refreshments

Door Prizes

Lunch

Promotional Item

Grand Door Prize

J-Stylez, Native American Basketball Entertainer,
Youth Speaker, Facilitator

Sponsored by Jemez Social Services (Prevention/Outreach)

Contact Cheryl Chinana or Danielle Tosa at (575) 834-7117
for more information.



## SOCIAL SERVICES



# Elder Abuse Awareness Conference

**"Learn from and value our elders, for they have walked the path before you."**

### HARMONY

Jemez Social Services and the Senior Citizens Program co-hosted the fourth annual Elder Abuse Awareness Conference at the Walatowa Youth Center on Wednesday, June 15. Second Lt. Governor Ward Yeppa opened the program with a traditional prayer. Lupe Bryan, Health Board Chair, moderated the evening's event with 103 people registered. In introducing herself, Lupe shared that she had spent 40 years working with adolescents who were dealing with substance abuse issues. "It's important to remember that the whole family needs help, not just one person," she noted. Substance abuse prevention and treatment are priority issues for the Health Board, she said, as well as improving diabetes prevention and care.

Henrietta Gachupin, Social Services Program Manager, welcomed the participants and thanked the Social Services and Senior Center staff and volunteers for their work on the conference.

She also discussed the Pueblo of Jemez Elder and Vulnerable Adult Protection Code adopted by Tribal Council in 2012. The code defines various types of abuse and the penalties for people convicted of crimes against elders and vulnerable adults.

"We need to remember to be patient with our elders as they were once patient with us," she advised.

***"One of the best ways to protect your brain is to get regular exercise,"***

**Dr. Janice Knoefel, MD, MPH**

### Understanding Dementia

Janice E. Knoefel, MD, MPH, gave the keynote presentation on dementia. Dr. Knoefel is the Director of the Cognitive Disorder Clinic at the Clinical Neuroscience Center at the University of New Mexico Health Sciences Center.

"Dementia" actually refers to nearly 100 different brain and function disorders with differing causes and treatments. "If we know what to look for, we understand what we see," Dr. Knoefel said. A dementia diagnosis involves impairment in at least two of the following cognitive domains:

**Memory:** inability to recall recent conversations or recognize familiar people or places.

**Language:** unable to retrieve common words, communicate clearly, or understand written or verbal language.

**Visual/spatial:** Getting lost, misplacing objects, such as putting a purse in the oven executive/attention: Unable to

### DIGNITY

make good decisions or understand directions.

**Social/behavioral:** Withdrawing from social contacts, belligerent or argumentative, even violent behaviors; changes in mood or personality.

**Executive/decision making:** Unable to make good decisions, or making obviously poor or dangerous choices.

"The symptoms must represent a decline from previous levels of functioning and impair daily function and independence," Dr. Knoefel explained. "Often the diagnosis is made in the absence of other neurological or medical issues."

Of the subtypes of dementia, Alzheimer's disease accounts for 50 to 60% of the cases; vascular dementia, usually due to stroke, occurs in about 10% of cases. Parkinson's disease is the cause in another 10 to 20% of cases. Frontotemporal dementia, mixed dementia, dementia with Lewy bodies, Creutzfeld-Jakob syndrome and mixed dementias all have specific presenting symptoms and management modalities. Alcohol related dementia is present in about 1 to 2 percent of cases.

"Because early diagnosis and treatment are critical, screening for dementia is essential for people without obvious symptoms," Dr. Knoefel said. "Screenings can be done at routine annual physical exams and other situations using a variety of tools that are fairly easy to administer. Lay people can be trained to use these tools as well."

### Who Should Be Screened?

One sign that screenings should be done is when individuals **report** symptoms they are concerned about, including forgetfulness, repeating stories or questions, misplacing items, confusion, inability to perform daily tasks or manage their daily routines, or difficulty driving or getting lost.

Since dementia is age-related, screening may also be appropriate on a regular basis as people age.

"It's important to screen regularly so providers and families can track changes over time. What was "normal" for one per-



## SENIOR CENTER

## Understanding Dementia, *Continued*

son may be very different for another,” Dr. Knoefel advised.

It’s critical to screen for depression regularly as well. “The number one diagnosis we see is not dementia, it’s depression,” she said. Depression and mood disorders can cause many of the same symptoms as early dementia. “Depression is a serious but treatable condition that can profoundly affect daily function.”

Other issues that can cause symptoms that may appear to be similar to dementia include the side effects of medications or medication combinations, low levels of vitamin B12, thyroid problems, even prolonged sleep problems. Many issues can be effectively treated to eliminate the symptoms.

“We can’t make assumptions,” Dr. Knoefel said. “We must screen and then do a complete medical assessment so we can identify and address the condition properly.”

### Why Diagnose Early?

Although Alzheimer’s disease has no cure, treatments are available that can postpone decline and prolong normal functioning. And if dementia-like symptoms are caused by other medical issues, early treatment can have a huge impact.

If it *is* Alzheimer’s, early diagnosis can help the patient and family plan for the future, take care of legal and financial matters, and make the most of the time they have together.

“There is no certain diagnosis,” she added. “We can’t take an X-ray and see Alzheimer’s. We do the best we can.”

Acknowledging that common screening tools had some cultural biases, Dr. Knoefel invited interested community members to join her in creating a screening tool appropriate to the Jemez population, including a version in Towa that might give more accurate and useful results.

## Combatting Elder Abuse

Officer Clinton Weatherspoon spoke about abuse of elders. His perspective reflects more than 27 years of law enforcement experience.

“Elder abuse seems to be rare here,” Officer Weatherspoon said. “That’s a good thing. The culture respects and cares for its elders.” In 2015, the Social Services Program reported only five cases of abuse on the pueblo. “We do hope that cases are being reported and not hidden,” he added.

Latest statistics indicate that over 40 million Americans are over 60 years old; more than 364,500 cases of elder abuse were reported. In the past ten years, reports of elder abuse have increased more than 150%. This may be due to better reporting and follow-up, or the rise in the elderly population as well as a greater incidence of the crime.

“Two-thirds of the abusers are family members, typically the designated caregiver,” Clinton said. The causes vary:

- Domestic abuse “grown old,” bringing a family history of abuse into elderhood.
- Interpersonal issues related to adult children being dependent on their parents for money, housing, etc.
- Mental illness.
- Substance and/or alcohol abuse.
- Caregiver stress.
- Issues such as dementia, personality disorders, or disruptive behaviors that make the elder combative or difficult, leading to anger and frustration in the caregivers.

“Institutional elder abuse is a very serious issue,” Clinton noted. “Nursing facilities that should be caring for elders often exploit or even endanger them. If you have a relative in

a facility, watch carefully for any signs of problems and take action.” He added that abusers often depend on an elder’s fear of reporting, or others’ mistrust of the elders’ reports because they have cognitive issues or dementia.

Self-neglect is an important issue to watch for, although it’s not a crime. Self-neglect can include dehydration, malnutrition, lack of medical attention, refusal to bathe, unsanitary living conditions, inappropriate or inadequate clothing and other ‘red flags.’ “We are all responsible to ensure that our elders are safe and well-cared for,” he said.

Abuse takes many forms: physical, sexual, psychological and neglect. “Know the signs,” Clinton advised. “Bruises, changes in behavior, fear, withdrawal—if you suspect anything, find out what’s going on. You are the lifeline.”

“By far the most common type of abuse is financial,” Clinton added. “People steal money or Social Security checks or use charge cards for their own benefit. They may feel justified because they’re providing care, or think they can get away with it because the elder won’t notice or the elders’ concerns will be dismissed. Someone should be watching the elders’ accounts and taking action if problems appear.”

Clinton reminded participants that health care providers and police officers are mandated to report any suspected cases of elder abuse. If you are aware of an elder who is being mistreated in any way, take action. Call the Jemez Police Department at (575) 834-0468, the Social Services Program at 834-7117 or New Mexico Adult Protective Services at (866) 654-3219 or (505) 476-4912. **If someone is in immediate danger, always call 911.**

## PUBLIC HEALTH

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

## Strength & Conditioning CHALLENGE

"The body achieves what the mind believes."

## WALATOWA WARRIOR DASH

### Saturday, July 9      9 – 11 a.m.

As the Commit 2 FiTT second quarterly fitness challenge comes to an end, the Public Health Programs will host an end of the challenge event. The Walatowa Warrior Dash will be held Saturday, July 9, and will be open to the community.

The Walatowa Warrior Dash will be an obstacle course that will test your strength and agility. There will be two levels; Level 1 for beginners/intermediate and a Level 2 for advanced. This event begins at 9 a.m. and ends 11 a.m. at the Walatowa Youth Center. We hope to see you there!

#### Third Quarter Challenge!

Look out for the third quarter fitness challenge starting at the end of July. Our goal at the Public Health Program is to help you finish a multisport event, such as a triathlon or duathlon.

Email FITT at [fitt@jemezpueblo.us](mailto:fitt@jemezpueblo.us) to be added to the mailing list to receive updated information on all FITT activities.

## Stay Hydrated!

The summer months may have you and your family outdoors a lot more with picnics, baseball games, fishing, swimming and other activities. While we enjoy our days and nights outdoors, let's not forget to hydrate.

We highly encourage everyone to stay hydrated. One of the best ways to stay hydrated is to drink water throughout the day. By the time you feel thirsty or feel the need for water, you are already considered to be clinically dehydrated. Therefore it is important to consume water from the moment you wake up. If you find it hard to consume water, try adding some fruits and other ingredients to infuse your water.

If you want smoothie or water-infused recipes, come by the Public Health office or e-mail [fitt@jemezpueblo.us](mailto:fitt@jemezpueblo.us).

#### How Water Benefits Your Body

- \* Maintains blood volume.
- \* Regulates body temperature.
- \* Lubricates joints, inside the eyes, and spinal cord.
- \* Carries nutrients and waste products through the body.
- \* Aids in metabolic reactions.
- \* Adequate water intake is very important during pregnancy to allow lubrication of the amniotic sac surrounding the fetus in the womb.

## 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 regularly. Pick up a box of produce and other items for only \$20! You'll get 10 different organic fruits and vegetables from local and regional farmers. Plus MoGro offers 50% off when you pay with SNAP so you can double your food bucks!

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

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## PUBLIC HEALTH

# Insect Vector Awareness

Submitted by Robert Morgan, RN, Public Health Nurse

The recent news about the Zika virus has brought insect vectors into focus for all communities in the US. However, we must be aware that mosquitoes are not the only disease-causing insect out there. The Pueblo of Jemez has a large tick problem. Many dogs in the pueblo have ticks. Many do not get treated monthly with anti-flea and tick medications, partly because of the expense and lack of education about appropriate care of pets. Stray dogs get whatever food and water they can from the kindness of people living in the community. Because these animals do not receive frequent care and nutrition, they are reservoirs for infectious diseases. Some of these diseases are passed on to healthy animals and humans alike.

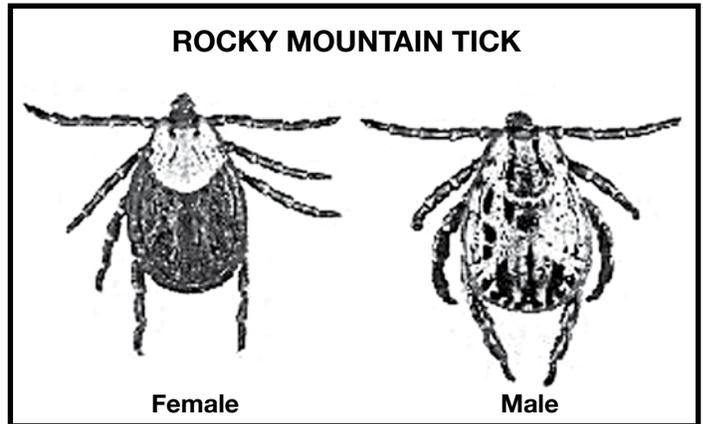
Tick-borne infections are caused by a variety of pathogens, bacteria of different types, viruses and protozoa. Because individual ticks can harbor multiple pathogens, a person can be infected with more than one pathogen, making diagnosis and treatment very difficult.

There are 16 different known infectious diseases transmitted by ticks. Diseases that can be transmitted by ticks in New Mexico include:

- Lyme Disease
- Human Anaplasmosis
- Babesiosis
- Rocky Mountain Spotted Fever
- Ehrlichiosis
- Colorado Tick Fever
- Tularemia
- Tick Bite Paralysis
- Tick-Borne Relapsing Fever

## Avoid Exposure

- Wear light colored clothes (to make it easier to see the ticks) and long sleeves and pants to create barriers to skin contact.
- Spray your clothes with 20 to 30% DEET.
- Tuck your pants legs into your socks when cutting or walking in high grass or in the woods.
- Shower and check yourself after being in a high exposure area.
- Check your clothing after being in a high exposure area. Tumble dry your clothes on high heat for 60 minutes or 90 minutes on low heat.
- Check your dog daily; dogs can bring ticks into your home. Remove ticks immediately, treat your dog for fleas



and ticks monthly.

- If you are bitten and develop a rash, high fever, muscle pain, weakness, numbness or headaches, see your health care provider and tell him or her about the bite.

## Tick Removal

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.

### How to remove a tick:

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Dispose of a live tick by submersing it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet. Never crush a tick with your fingers.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible – not waiting for it to detach.

Resources: [www.Health.state.mn.us/tickborne\\_diseases](http://www.Health.state.mn.us/tickborne_diseases); [Wikipedia.org](http://Wikipedia.org); [www.Mayoclinic.org/tularemia](http://www.Mayoclinic.org/tularemia); [www.CDC.gov/ticks](http://www.CDC.gov/ticks).

## EDUCATION

# Walatowa Head Start Language Immersion Program (WHSLIP)

Now Recruiting Children for the 2016-17 school year.

Apply Now!

Ages: 3 to 5 Year-olds Open Enrollment

Please bring the following documents to enroll your child:

- ❖ Birth Certificate
- ❖ Certificate of Indian Blood (CIB),
- ❖ Income statements (check stub, W2, 2015 tax return), public assistance award letters (TANF, SSI, unemployment)
- ❖ Updated immunization records.

### CHILDREN'S SERVICES

Health Screenings  
Dental Screenings  
Nutritious Meals  
Engaging Activities

### PARENTS' ACTIVITIES

Parent Education  
Fatherhood Activities  
Community Resources  
Parent Center Committee

Call the WHSLIP office at (575) 834-7366 to learn more about the program and enrollment.

# Community Forum

Hosted by

Walatowa Head Start Language Immersion Program (WHSLIP)

Friday July 8 8 a.m.- 2 p.m.  
Walatowa Youth Center

Returning WHSLIP families and prospective families are encouraged to attend to learn more about the program. Breakfast and lunch will be provided to participants.

If you have any questions, please call WHSLIP at (575) 834-7366.

## SENIOR CENTER

# SENIOR CITIZENS PROGRAM NEWS

Submitted by Joseph Fragua

Jemez senior citizens are gearing up for the New Mexico Senior Olympics Summer Games in Roswell with 26 senior athletes qualifying for the games; 20 qualified for sponsorship through the Jemez Senior Citizens Program. These seniors completed a four-stage fitness program and met the program's minimum participation requirements.

The Senior Olympics Preparation Fitness Program was made possible through a collaboration between the Jemez Senior Citizens, Community Wellness and Public Health Programs. Thank you to John Tabor, personal trainer, who developed and implemented the program and Felipita Loretto, Karen Toya, Dave Gachupin and Monica Toya for their hard work in implementing it.

The Jemez Senior Citizens Program will sponsor:

Alvin Toya	Leonora L. Lucero
Adelaida Toya	Mabel Fragua
Maureen Fragua	Phillip Fragua
Martin Gachupin	Clara Gachupin
Erna Wilson	Miguelita Pecos
Eva Panama	Pauline Romero
Felipita R. Loretto	Joseph Loretto
Robert Shendo	Roberta Toledo
Wilma Toledo	Tony Romero
Marie Toya	Virginia Toya

Jemez Senior Olympians who will represent Jemez Pueblo without program sponsorship are Juanita Yepa, Michael Vigil, Andrea Fragua, Joe Cajero, Cena Fragua and Albert Sando.

Good luck – bring home the gold!

### Intergenerational Dinner

The Intergenerational Dinner was held on June 13. The themes were traditional values and the value of corn. The event was filled with valuable information regarding the uses of corn in our Jemez Pueblo culture. The Towa Language Team was invited to help facilitate the activity. Leonard Shendo, a member of the Towa Language Team, provided information. He urged everyone to continue to seek knowledge of our traditions, and opened his home for anyone who is willing to learn.

Joseph Fragua Sr. (Bill) taught the value of corn. The event was educational, informative and inspirational to all.

Jemez Senior Citizens Program works with other tribal programs and outside agencies for our Jemez elders. All community elders age 55 and over are welcome to join the program. Look for the monthly activity calendar for information on daily activities. The calendar is available at the Senior Center office, (575) 834-9168. You can also receive a copy by e-mail. The office is open Monday through Friday from 8 a.m. to 5 p.m.



## NEWS YOU CAN USE

# Jemez Pueblo Animal Rescue Pet Pointers

Submitted by Samuel Adams

### JPAR Project

JPAR's first project will focus on the Buffalo Hill/Antelope Hill Road neighborhood in Jemez Pueblo. This project will provide owned pets with collars, shelter, vaccinations, flea and tick treatment/preventive, and spay and neuter services. Stray, unclaimed animals will be relinquished to JPAR to provide better living conditions. While lowering the animal population humanely, we will also be educating pet owners.

The project will start by collecting data about the animal and it's needs. The data will be released to a mass audience for donations. Supplies, including collars, shelter and flea and tick preventive, will be distributed as necessary. A small-scale vaccination clinic will be provided. Spay and neuter services will be provided by the Injury Prevention Program and Coronado Pet Hospital. If you have an item to donate, please take it to JPAR's donation box at the CWW Feed Store.

### Keep Your Pet Safe and Hydrated

As temperatures soar, it's important to keep your pet safe from hot, potentially dangerous weather conditions. Outdoor pets must have access to shade and unlimited fresh, clean, cold water. Dogs sweat through their paw pads and pant to cool down. High temperatures can cause heatstroke. Symptoms of heatstroke include lethargy, rapid heartbeat, difficulty breathing, heavy panting, excessive salivation, lack of coordination, or unconsciousness. If your pet is having a heatstroke, apply **cool** compresses to the head, neck and chest and take it to a veterinarian. Cold or icy water could constrict blood vessels, creating other health issues. It's important to gradually lower the animal's body temperature.

### Resources for You and Your Pet

JPAR wants to help Jemez Pueblo pet owners with free collars and pet ID tags. Prevent your pooch from being lost or mistaken as a stray. If you want to go a step further, JPAR can also provide a microchip for your pet at a nominal cost. The microchip, about a size of grain of rice, is implanted between the animal's shoulder blades and serves as permanent identification. For more information, please contact JPAR.

### Information for You

Jemez Pueblo pet owners should understand that JPAR is not here to enforce the animal ordinances. But we do encourage pet owners to follow them. If an animal is found within the boundaries of Jemez Pueblo without identification, the law considers it considered a stray. If your pet does not have identification, such as a collar, tag or microchip, JPAR has permission from the Jemez Pueblo Police Department to pick up the animal. After the pickup, the animal will be medically treated and put up for adoption. If the owner wants the animal back, they must call (888) 828-5822, ext.4, show proof of ownership (pictures or vet records) and pay a reimbursement fee to cover rescue and veterinary care costs.

### JPAR's Information

Jemez Pueblo Animal Rescue is a 501c(3) non-profit organization. JPAR's goal is to rescue, rehabilitate and re-home domestic stray animals in Jemez Pueblo, and educate the community about animal welfare. With support from the Jemez Pueblo Police Department and Jemez Valley Animal Amigos, JPAR oversees the welfare of animals in Jemez Pueblo. JPAR is an all-volunteer organization. Donations are tax deductible; donors will receive receipts. Mail cash and checks to PO Box 71, San Ysidro, NM 87053; online donations can be made at [www.gofundme.com/jemezpuabloanimals](http://www.gofundme.com/jemezpuabloanimals). For more information, contact Samuel Adams at (888) 828-5822, ext.4 or [jpanimalrescue@gmail.com](mailto:jpanimalrescue@gmail.com)

**Emergency Information:** JPAR does *not* have an emergency transport service for injured animals. Please take injured animals to the closest emergency veterinary facility; if a person is injured, call 911.



### Celebrating Our 50<sup>TH</sup> Anniversary

JVCU One Question Survey: July 1 - 31. Complete a survey for a chance to win one of two prize packages: Dinner and a movie: Range Café \$100 gift card and United Artist Cottonwood 16 \$50 gift certificates; or Cliff's Amusement Park: Four-pack all-day ride passes and a \$50 gift card. Drawing will be held Monday, August 1, 2016. Members and non-members are eligible.

### Fourth Annual Calendar Contest

"*Jemez Valley Then and Now*," is dedicated to the history of our local communities. Break out that old family album for any older pictures of the valley or find some historical sites and photograph them. The contest continues through Aug. 31, 2016. Submissions will be displayed in the lobby through October when we will vote on the winners. For information on how to submit photos, please contact Henrietta at (575) 829-3366 or [henrietta@jvcu.org](mailto:henrietta@jvcu.org)

### Free Financial Counseling

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



**PUEBLO of JEMEZ**

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Permit No. 1741

**Boxholder  
Jemez Pueblo, NM 87024**

## TRIBAL COUNCIL

# Tribal Council Report

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

### June 27, 2016

- TC. 33.** Approved settlement of the Pueblo of Jemez' Fiscal Years 2009 and 2010 contract support cost claims with the Indian Health Service.
- TC. 34.** Authorized the Jemez Community Development Corporation (JCDC) to apply for a grant from the Bureau of Indian Affairs Division of Energy and Mineral Development for a feasibility study of a biomass pellet mill at Walatowa Timber Industries.
- TC. 35.** Authorized JCDC to apply for a grant from the Bureau of Indian Affairs Native American Business Development Institute for a feasibility study of a biomass pellet business at Walatowa Timber Industries.
- TC. 36.** Authorized JCDC to apply for a grant from the Bureau of Indian Affairs Division of Energy and Mineral Development for a feasibility study of a solar array at the Walatowa Convenience Store and tribal residences.
- TC 37.** Authorized JCDC to apply for a grant from the Bureau of Indian Affairs Tribal Energy Development Capacity to further explore the development of a Tribal Utility Authority.
- TC. 38.** Accepted participation of a tribal member in the US Department of Housing and Urban Development Section 184 Program for home construction.