



Red Rocks Reporter

OCTOBER 2016

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FROM THE GOVERNORS

White House Tribal Nations Summit

Governor David Yepa and Second Lt. Governor Ward Yeppa travelled to our nation's capital to attend the White House Tribal Nations Summit that President Obama has held for the past eight years. This was the President's last Tribal Nations Summit as President. When Obama was elected in 2008, he pledged to honor the government-to-government relationship with tribal nations. He kept his commitment and established the White House Council on Native American Affairs and also appointed a Senior Policy Advisor for Native American Affairs.

Sunday, Sept. 25, was spent with National Congress of American Indians (NCAI) and other tribal leaders to prepare for the following day's summit. The NCAI president apprised tribal leaders about what NCAI and tribes should focus for in the remaining 117 days of the current administration and advised to work with the Obama administration to leave a legacy that empowers Indian Country's future. The issues include:

- (1) request the Department of Interior to issue a new Memorandum of Opinion on the Scope of Federal Trust Responsibility;
- (2) exempt tribes from the employer mandate of the Affordable Care Act,
- (3) develop and implement a long term strategic plan for the Indian Health Service to address staffing and personnel issues, and improve behavioral and community health in tribal communities;
- (4) begin the Path to Improving Sacred Places Protections by Setting the Path for Improving Section 106 of the National Historic Preservation Act and Tribal Consultation; (5) rescind the Office of Management and Budget (OMB) Memorandum on Indian Water Settlements; this affects the Pueblo of Jemez directly in furthering its water rights negotiations of the Jemez River; [this memo requires OMB's views to be considered in the negotiations and only complicates negotiations of

Continued on page 2



Above: President Barack Obama was cloaked in a traditional blanket and honored with a prayer and song at the NAIC.



Right: Governor Yepa with Congressman Steve Pearce.



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 October 2016 Edition

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TRIBAL ADMINISTRATION

From the Governors, *Continued*

- Indian water rights negotiations];
- (6) lift the Department of Interior's Moratorium on Approving Tribal Water Codes,
 - (7) give guidance to public schools on school climate (concerns use of Indian mascots and racists stereotypes);
 - (8) finalize guidance on tribal arrest authority, and
 - (9) revise the Indian Trader Regulations to address dual taxation. NCAI also presented a draft 2016 Presidential Transition Plan for discussion, which included priorities for Indian Country in the next Administration. Although President Obama has done a lot for Indian Country, there still remains plenty to do.

Prior to President Obama's speech to tribal leaders on Monday, Sept. 26, other federal agency department heads made presentations. Secretary of the Interior Sally Jewell gave an emotional speech that brought tears to her eyes because of how well she was treated by all tribes. She committed to supporting tribes even after she leaves office. Governor Torres from Isleta Pueblo, as Chair of the All Pueblo Council of Governors, also addressed the tribal nations and publicly acknowledged and recognized the Pueblo Governors from New Mexico. The focus of the day was on tribal youth who also had a panel and presented issues to the tribal leaders directly affecting youth.

President Obama was greeted with a standing ovation and cloaked with a blanket while being blessed with a prayer and song. He thanked the tribal leaders for their support and summarized his accomplishments in Indian Country the past eight years. He mentioned some of the laws that were passed, for instance the Tribal Law and Order Act, Violence Against Women Act Reauthorization, Every Student Succeeds Act, the Affordable Care Act, and Indian Health Care Improvement Act. The President commented that a lot of progress has been made and he is optimistic that progress will continue for Indian tribes in the next administration. He also addressed the youth and encouraged them to pursue education in the fields of their choosing and to return to their homes with their education to help their respective tribes.

"Have pride in who you are and control your own destiny," he advised the youth. The youth are the leaders of tomorrow but they are also the leaders of today and will help shape the future of tribes, he told the tribal leaders. The President gave very sound advice to both the youth and tribal leaders.

Seeing the President in person and hearing him speak was the highlight of the week, but we also had other meetings while in DC. Governor Yepa visited with the Solicitor Hilary Tompkins, Chief General Counsel for the Department of the Interior who represents the department in administrative and litigation matters.

On Tuesday, the Governors were involved in Department of Interior Subgroup meetings. Congressman Steve Pearce invited Pueblo Governors to a luncheon meeting at the US Capitol building, where we discussed tribal issues with him and his staff. Governor Yepa expressed concerns regarding the management of the Valles Caldera by the National Park Service. Congressman Pearce is very interested in the Pueblo's concerns and is taking particular interest in the grazing program on the Valles. The Congressman committed to helping the Pueblo. Later in the afternoon, Governor Yepa, 2nd Lt Governor and Zia Governor Jerome Lucero, his Lt. Governor and their legal counsel met with US Department of Justice attorney Jim Cooney regarding the Pueblos' water rights claims currently in litigation and the two pueblos' desire to resume negotiations.

On Wednesday, Governor Yepa and 2nd Lt. Governor attended an Environmental Protection Agency (EPA) Tribal Listening Session where tribes expressed their environ-

Continued on page 3

TRIBAL ADMINISTRATION

From the Governors, *Continued*

mental concerns to Gina McCarthy, Administrator for the EPA. Tribes from the Northwest expressed concerns regarding water quality and fisheries. Governor Yepa talked with Ms. McCarthy on concerns about solid waste disposal, and the lack of improvement and support for more funding from or through the EPA. After the EPA Listening Session, we met with Harris Walker, Director of Intergovernmental Affairs, and National Nuclear Security Administration under the US Department of Energy. The discussion pertained to matters related to the LAPP Project the Pueblo has been involved in for several years and how the transition of the LAPP Project to the Environmental Management side of DOE has caused funding delays and possible loss of six months' worth of programmatic funding. We also had follow-up meetings with Office of Justice Services – Law Enforcement and with Jack R. Stevens, Acting Director, Office of Indian Energy and Economic Development regarding proposals the Pueblo submitted for funding. All in all, it was a good trip.

Abandoned and Dangerous Vehicles

During the month of September, tribal officials conducted an informal survey to determine the total number of abandoned vehicles within our residential community and surrounding agricultural fields. The survey was requested by the Governors to get an idea of the magnitude of the health-related problems that are associated with these vehicles. This survey revealed that there are approximately 209 cars, trucks and farm tractors that are determined to be abandoned, inoperable or junked vehicles parked in our yards, roadways or agricultural fields.

The definition of an “abandoned vehicle” for the purpose of this article is any motor vehicle or trailer which meet any two of the following conditions: a) the vehicle is extensively damaged, including fire damage; b) the vehicle is apparently inoperable, including a missing transmission, motor or one or more tires; c) the vehicle is often used to store garbage or other refuse, which may attract pest (rats, vermin, and other pests) and become breeding grounds for disease; and d) the vehicle does not display valid tags or a valid registration sticker.

Abandoned and/or junked cars and trucks present an imminent public health threat to our tribal community. These imminent threats to our community health and well-being include: the danger of physical injury to children who are attracted to these vehicles; negative mental health outcomes through anxiety and stigma; and environmental health problems from the presence of pests and animal infestation.

In addition to public health threats, abandoned vehicles are a visual eye sore which has a negative impact on the pride we have for our neighborhoods. Public health research has identified safe and clean neighborhoods as a major contributor to enhancing public health by creating favorable and enjoyable conditions for walking, jogging, bicycling, outdoor exercise activities and recreation.

The challenges of addressing these important public health issues will need to be addressed. All individual tribal members who are the owners of these vehicles should take responsibility to properly remove and dispose their inoperable vehicles. Tribal sponsored solutions to have these vehicles removed will include various fees to transport to junk yards or metal recycling centers.

HEALTH & HUMAN SERVICES

Treating Opioid Addiction and Overdose

The JHHS Pharmacy and the New Mexico Department of Health's Overdose Prevention Coordinator offered a presentation and training on opioid (pain medication) and naloxone (overdose reversal) for patients, family members, tribal members, medical staff, Emergency Medical Services, police and fire departments, and any other interested parties. The three-hour training was held on September 22 and 24 at the Community Resource Center. The training discussed:

- Prescription overdose epidemic and prevalence.
- Abused medications and their treatments.
- Signs and symptoms of overdose.
- Hands-on demonstration on the use of emergency

overdose treatments.

Pharmacy Manager John Hahn, PharmD, directed his questions toward any actions that are being taken at the presidential level to combat the ever growing over usage of prescription pain medications in the native population.

“Thanks for bringing this presentation to Jemez. The presenter, Breanna Harran, did a very nice job providing information about the opioid problem in New Mexico and teaching us how to use Narcan to help reverse an Opioid overdose,” commented Medical Social Worker Lisa Maves. “It's just staggering that around 60,000 people in New Mexico alone have prescription for daily opioids use!”

Welcome Mat



The Pueblo of Jemez Housing Department has added new staff to help meet tribal members' housing needs.

As a residential services counselor, *LaTanya Yazzie* will help select families for homes who meet federal income requirements, recertify current tenants, and assist with homeownership classes and housing orientation sessions. Prior

to coming to Jemez, she worked with the Navajo Housing Authority as an administrative specialist and grants manager.

Jerrick Shendo brings four years of experience in plumbing and other trades to his position as maintenance technician.



Daryl Lucero has moved from the force account crew to a new job as maintenance technician.



Job Opportunities With the Pueblo of Jemez

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.

Administrative Services

HR Consultant

Education Department

Student Outreach Coordinator

Police Department

Police Officer

Health & Human Services

Customer Service Representative
Manager, Senior Center Program
Practice Manager
Therapist
Transition Specialist, Vocational Rehabilitation Program
Van Driver (*temporary, as needed*)



Walatowa Veterans Benefits Fair

FRIDAY, OCTOBER 21

10 A.M. – 2 P.M.

Walatowa Youth Center

Learn more about:

VA Benefits State Benefits Health Care

For more information contact Gail Romero at the Walatowa Veterans Association, (575) 834-0122.

Visit MOGRO!

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



On Sept. 12, Emergency Services Director David Ryan received the 2016 Jon Tibbetts Leadership Award at the Annual Fire and Emergency Medical Services Expo in Socorro, NM. This honor is awarded to an individual who exemplifies EMS systems excellence, professional EMS management, and quality customer service, policy and training.

SOCIAL SERVICES

BULLYING: What You Need To Know!

Submitted by Vera Loretto, Prevention Coordinator



Everyone has heard the word “bullying,” but do we all know the signs of someone who is affected by bullying?

Bullying is unwanted, aggressive behavior. Bullying can be *verbal* (teasing, name-calling, taunting, and threatening harm), *social* (excluding someone on purpose, telling others not to be friends with someone, spreading rumors and embarrassing someone in public), and *physical* (hitting/kicking/pinching, spitting, tripping/pushing, taking or breaking someone’s things and making mean rude hand gestures).

The first step in taking action against bullying is to recognize the warning signs. Not all children who are bullied exhibit signs and not all children will ask for help. Here are some signs:

- Unexplained injuries.
- Lost or destroyed clothes, books, electronics or jewelry.
- Frequent headaches, stomach aches, feeling sick or faking being sick.
- Difficulty sleeping or nightmares.
- Declining grades, loss of interest in schoolwork or not wanting to go to school.
- Changes in eating habits or coming home from school hungry because they didn’t eat lunch at school.
- Self-destructive behaviors like running away from home, harming themselves or talking about suicide.

What You Can Do

Parents, school staff and other adults play a role in preventing bullying by talking about it and explaining that bullying is not acceptable. Make sure children know how to get help. Encourage kids to talk to a trusted adult if they are being bullied or see others being bullied. A few minutes a day talking will reassure them they can go to their parents or adults if they have a problem.

Jemez Social Services can help if you need assistance addressing bullying in your home or at school. Contact Vera Loretto at (575) 834-7117.

If you know someone in distress or danger, get help right away. Don’t ignore it! Call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255.)

Source: U.S. Department of Health & Human Services, <http://stopbullying.gov>.

Domestic Violence Awareness Month 2016

Is it *Physical Abuse*?

Know the Signs

Hitting, grabbing, choking and pinching.
Throwing or being hit with things.
Anything that causes physical pain.

Sound Familiar?

“It’s my fault. I made him/her mad.”

“I can’t go to any social functions because he/she said I flirt too much.”

“I can’t talk to my friends anymore because he/she gets so jealous”

“She/he won’t stop texting me! He/she always wants to know who I’m with.”

Reporting domestic violence can help someone escape an abusive relationship – or even save a life. To report domestic violence call 911, Jemez Social Services: (575) 834-7117 or the National Domestic Violence Hotline: 1-800-799- SAFE (7233.)



Domestic Violence Prevention Conference

Wednesday, Oct. 12

Walatowa Youth Center

5 p.m. Dinner

6 p.m. Conference

For adults and teens age 14 and over.

HOUSING

HOUSING UPDATES

Submitted by Denny James, Director

The Housing Department completed the 2013 Indian Community Development Block Grant (ICDBG) requirements to rehabilitate 21 homes in the Pueblo with all project objectives, budget and deadlines met. The ICDBG Program provides eligible grantees with direct grants to develop viable Indian and Alaska Native communities, including decent housing, suitable living environments, and economic opportunities. The funds are primarily for low and moderate income people.

For this grant, 21 homes were selected for repairs and renovation. One applicant's new home was completed on Sept. 9, 2016 with an addition that includes a kitchen/dining area, a living room and a bathroom.

Housing completed the 2014 ICDBG Mold Remediation grant requirements to rehabilitate 17 homes in seven months.

Housing also was awarded two homes under the Bureau of Indian Affairs (BIA) Housing Improvement Program (HIP). This program is designed for home repair, renovation and new housing development. To be eligible for HIP assistance, you must live in an approved service area; have an income that does not exceed 150% of the US Department of Health and Human Services Poverty Guidelines; have present housing that is substandard as defined by the regulations, and have no other resource for housing assistance.

The Sarracino family moved into their new home after losing their home four years ago in a tragic fire. Construc-

tion of their new home was completed by JT Construction, a tribally-owned company. The construction started in May and was completed by September.

The FEMA project consisted of 43 homes severely affected by the rains of September 2013. The project is in progress with 12 homes remaining to be addressed by the force account crew, mainly for approved interior items.

Pueblo Place

Housing is heavily involved with the Pueblo Place Infrastructure Project, with 27 lots completed in the first phase in August 2016. The project is pending electric line relocation and line pull, and erosion control measures.

Housing is also involved with planning the proposed Realty Department adjacent to their offices. This project is in the preliminary design stage.

The families affected by the structure fire of August 2016 were situated in temporary Housing rental units, as insurance proceedings were initiated for home replacement with Amerind Risk. **Housing requires all homeowners included in their projects to maintain homeowner's insurance. All community homeowners are encouraged to get homeowners' insurance; rates are reasonably affordable with good customer service.** For more information, you can contact Housing or Amerind Risk toll free at 800-352-3496.

All Housing projects were coordinated efforts by the following:

Housing: Michael Toledo, Ben Romero, Daryl Lucero, Marlene Gachupin, Karleen Gachupin, Briana Tosa, Joe Toledo, Charmaine Chinana, Arnold Toya, Will Tosa, Ryan Gachupin, Melinda Mora, Jesirae Lucero, LaTanya Yazzie

JT Construction: Locally-owned company

Native Sun Plumbing: Locally-owned company

Spear Electric: Indian-owned company

Loretto Cabinets: Locally-owned company

Jose Chosa: Local welder

NAHC: Indian-owned company

Pueblo of Jemez Public Works, Natural Resources, Human Resources, Realty and Finance Departments

Individual homeowners

Housing completed and performed the final projects without use of a consultant, managing projects, time, budget, regulatory compliance and scopes of work. Tribal member employment was encouraged as well as tribally-owned contracting for trades. The key to completion was communication among all participants and stern adherence to initial



HOUSING

Housing Updates, Continued

plans and budgets. In all, an estimated 115 families' homes were impacted within the past two years.

With the Pueblo Place subdivision housing on the horizon, similar coordinated efforts will be required as we promote homeownership for all tribal members.

Steps to Homeownership

The following are the summary steps to attaining homeownership:

- 🏠 Qualify for financing, including homebuyers' education and pre-qualification for loan amount
- 🏠 Land assignment, lease, survey.
- 🏠 Land assignment to BIA for approval.
- 🏠 Bank obtains approved land assignment.
- 🏠 Retain architect for stamped plans and specifications.
- 🏠 Hire contractor, enter into contract.
- 🏠 Obtain geotechnical analysis, bank construction loan closing.
- 🏠 New home construction, contractor draws.
- 🏠 Quality control inspection of work; bank disperses funds for inspected work.
- 🏠 Certificate of Occupancy, homeowner's insurance.
- 🏠 Close permanent loan.

The Housing Department has limited financial resources that are devoted to priority low income community members. However, they can assist with:

- 🏠 Project planning.
- 🏠 Project coordination with other departments, agencies.
- 🏠 Homeownership counseling.
- 🏠 Home specifications/plans, scope of work and requirements review, and construction bids.
- 🏠 Referrals to construction vendors and financial institutions.
- 🏠 Computation of estimated monthly payments, financial education.

For more information, contact the Housing Department at (575) 834-0305.

HEALTH & HUMAN SERVICES

Purchased Referred Care

Submitted by Dr. Gail Diné-Chacon, Interim Director, Jemez Health and Human Services

Purchased Referred Care (PRC), formerly known as Contract Health Services (CHS,) is a benefit for enrolled members of the Pueblo of Jemez who reside within Sandoval County. PRC provides funding for referred medical services, emergency and specialty care that are not provided or available at the Jemez Health and Human Services (JHHS) Center. The current practice of providing PRC benefits to eligible tribal members residing in Bernalillo County is **on hold** pending further review.

Who Is Eligible For PRC?

- **Enrolled tribal members of the Pueblo of Jemez who live within the boundaries of Sandoval County**, known as the Contract Health Services Delivery Area (CHSDA). **The JHHS CHSDA is Sandoval County only.**
- Patients must have a PRC referral from their JHHS provider in order for PRC to cover any charges that may incur and are not covered by any insurance.
- Non-Native women pregnant with an eligible tribal member's child up to six weeks post-partum.
- Patients who are natural or adopted children, step-children, foster children, legal wards or orphans of eligible tribal members are eligible for PRC services up to age 18.
- Spouses enrolled in other federally recognized tribes and are legally married spouses of eligible tribal members are eligible for services if authorized and live within the CHSDA.
- Students attending colleges, vocational, technical or other academic educational institutions; they must have a PRC student form completed by the school's registrar.
- Patients must provide emergency room visit notification within 72 hours.

HOMEBUYER'S EDUCATION CLASS

Wednesday October 19 8 a.m.
CRC Building.

Please RSVP with the Housing Department at
(575) 834-0305.

MEDICAL SOCIAL WORK

Medicare Open Enrollment Starts Now

Submitted by Lisa Maves, Medical Social Worker

It's time to look at any changes that may be coming to your Medicare or Medicare Advantage Plan for next year, and whether or not you need to consider making any changes to your Medicare coverage.

In September and October, Medicare enrollees receive a lot of mail. It can be tempting to think it's junk mail and ignore it or toss it out. However, please distinguish between advertisements from companies trying to entice you to sign up for their coverage and **notices from your current coverage providers**, which can contain important information about changes to your coverage in the coming year. If you have trouble distinguishing between the two, ask a trusted family member or friend to review the information or bring it to the Jemez Clinic and one of the Medical Social Work team will be happy to review it with you.

If you have original Medicare and are considering enrolling with a Medicare Advantage plan, please make sure you understand what you are gaining and what you may be giving up in return. For instance, make sure any doctors or hospitals you want to visit are contracted with the plan you are choosing. Usually, these plans offer some extra benefits not covered under original Medicare, but require that you see only medical providers within their contracted network.

About Part D

The Part D "donut hole" generally does not affect people who are eligible for prescriptions through an Indian Health Service (IHS) pharmacy because Native Americans do not pay for medications received at these pharmacies. If you are a Jemez tribal member with Medicare and are not yet covered by a prescription drug (Part D) plan, please contact either Lisa Maves or Thelma Shendo about enrolling in a plan for 2017. If you don't qualify financially for state or federal government payment of the monthly premiums, Jemez Health and Human Services can help pay your drug plan premiums.

As always, if you have any questions about enrolling in Medicare or changing your existing Medicare coverage, contact the Medical Social Work staff: Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.

Medicare Open Enrollment for 2017

By Louise Norris, Medicareresources.org contributor

For 2017 Medicare coverage, open enrollment is from Oct. 15 to Dec. 7. During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

You can switch from Original Medicare to Medicare Advantage, or vice versa.

You can also switch from one Medicare Advantage plan to another or from one Medicare Part D (prescription drug) plan to another.

If you did not enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although **a late enrollment penalty may apply.**

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria:

- You must be enrolled in Medicare Part A and B.
- You must live in the plan's service area.
- You cannot have end-stage renal disease (some exceptions apply).

Is auto-renewal available?

If you're already enrolled in a Medicare Part D prescription plan or a Medicare Advantage Plan and you **don't want to make changes** to your coverage for 2017, you don't need to do anything during open enrollment, assuming your current plan will still be available in 2017. If your plan is being discontinued and isn't eligible for renewal, you will receive a non-renewal notice from your carrier prior to open enrollment. If you don't, it means you can keep your plan without doing anything during open enrollment.

But be aware that your benefits and premium could be changing for 2017. Even if you want to keep your current coverage, make sure you understand any changes, and that you've confirmed that your current plan is still the best available option. The available plans and what they cover changes from year to year, so even if the plan you have now was the best option last year, you must verify that again before you lock yourself in for another year.

Changing Medicare Advantage coverage after the AEP

Between Jan. 1 and Feb. 14, 2017, if you are enrolled in a Medicare Advantage plan, you can leave your plan and return to original Medicare. You cannot switch to another Advantage plan unless you have a circumstance that gives you a Special Enrollment Period. After you leave your plan, you will have until February 14 to enroll in a Part D plan that will begin the first day of the following month that you enroll.

Enrolling in Original Medicare

If you didn't sign up for Medicare A and B when you were first eligible, you can enroll from **January 1 to March 31**, with coverage effective July 1. You may be subject to a late enrollment penalty.

2017 Medicare Coverage Changes

Medicare recipients reaching the donut hole will benefit from better prescription drug discounts. The gap in prescription drug coverage (the donut hole) starts when someone reaches the initial coverage limit (\$3,700 in 2017,) and ends when they have spent \$4,950. The Medicare Part D deductible will be \$400 in 2017.

Medicare Part B premiums will increase for those who

SENIOR CENTER

SENIOR CITIZENS PROGRAM NEWS

Submitted by Joseph Fragua

September was another busy month for the Senior Citizens Program.

Cultural Field Trips

Jemez Seniors traveled to Acoma Pueblo on Sept. 2 and Laguna Pueblo on Sept. 19 for their Feast Days. The days were filled food, fun, looking at arts and crafts, and meeting old and new friends. One elder said he had not gone to Acoma Feast day before, and was happy to leave the house for a day. The Cultural Field Trips are a great way for elders to avoid isolation in their homes and encourage socialization and healthy lifestyles. Family caregivers are also encouraged to attend trips with their care recipient.

New Mexico State Fair

Elders spend a day at the NM State Fair to experience the Exhibit Halls, cultural dances, and food. Massages at one of the exhibit demonstrations allowed elders to release tension and stress. Jemez Seasonal Dancers were performing the day of the visit and our elders enjoyed watching the dance. One favorite place was the Native American exhibit hall showing Native American artwork from all over New Mexico.

Caregiver Support Services

Senior Citizens Program offers support services for caregivers. A caregiver is anyone who is caring for a loved one whether or not he/she is being paid for services. The Caregiver

Support Group meets once a month on the third Thursday of every month.

Savvy Caregiver Classes will be offered for seven weeks on Wednesday evenings beginning Oct. 26 from 3 to 5 p.m. at the Jemez Senior Citizens Center. This free educational program is intended for families and caregivers of people with Alzheimer's disease or other related dementias. Classes will be conducted by Chris McCaffery of the New Mexico Alzheimer's Association. Stop by the Senior Center or call Joseph Fragua, Jr. for more information at (575) 834-9168.

The Senior Center invites all Jemez Pueblo seniors over 55 years of age to participate in their program services. The monthly activity calendar is available at the Senior Center or can be e-mailed to you on request. Contact Joseph Fragua, Jr. for more information at (575) 834-9168 or e-mail to joseph.fragua@jemezpuablo.us.

Save the Date!

6th Annual Family Caregiver Conference
Thursday Nov.17 5 p.m. – 8 p.m.
Walatowa Youth Center

The conference theme is "Enhanced Caregiver's Wellness." The conference is open to anyone who is interested in learning ways to improve their wellness. Contact the Senior Center for more information.

Medicare Open Enrollment for 2017, Continued

didn't see an increase in 2016. In 2015, most Medicare Part B enrollees paid \$104.90/month for their Part B premium, although enrollees with income above \$85,000 had higher premiums. For 2017, there's expected to be a COLA for Social Security, so the \$121.80/month Medicare Part B is expected to apply to all enrollees, with higher premiums for high income enrollees.

Medicare Advantage plans continue to see changes. Thirty percent of Medicare recipients were enrolled in a Medicare Advantage plan in 2015. Most people will continue to have dozens of Medicare Advantage plans as well as Part D plans available. However, these providers can change the coverage options they offer from year to year so it's important to stay up-to-date.

Most Medicare beneficiaries should receive their Annual Notice of Change and Evidence of Coverage from their existing Medicare Advantage and Medicare Part D plan providers by Sept. 30. The information is available to the public on Medicare.gov. The Medicare website is also an excellent asset for individuals with questions about Medicare rules, timelines, Medicare Part D, etc.

It's important to carefully review the information sent to you by your plan provider, since this will cover any possible changes, such as increasing co-pays, changes to drug formularies or changes to treatment coverage. Once open enrollment gets underway, you can make changes that reflect your current health coverage needs.

If you have questions or need assistance, contact the Medical Social Work staff: Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.

PUBLIC HEALTH

October is Breast Cancer Awareness Month

Submitted by Mildred Baca

"The Best Protection Is Early Detection"

Every October, major breast cancer charities organize an international health campaign to increase awareness of breast cancer and to raise funds for research to improve the treatment and prevention of breast cancer.

What is breast cancer?

In a woman many changes will occur in the breasts during her lifetime. Throughout puberty, pregnancy, and menopause, the look, structure, and function of the breast will change. Some women may develop breast cancer in their lifetime. Breast cancer occurs when cells in the breast divide and begin to grow out of control. These cells usually form a tumor that can often be seen in an X-ray or felt as a lump. The tumors in the breast tend to grow slowly. By the time a lump is large enough to feel, it may have been growing for as long as 10 years (some tumors are aggressive and grow much faster). About 50–70 percent of breast cancer begins in the milk ducts, about 10-15 percent begin in the lobules and a few begin in other breast tissues. Breast cancer occurs almost entirely in women, but men can get it too. After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States.

Symptoms

Symptoms of breast cancer vary from person to person. Some common breast cancer signs and symptoms include:

- ✦ Skin changes, such as swelling or redness
- ✦ An increase in size or change in shape or texture of the breast
- ✦ Changes in the appearance of one or both nipples
- ✦ Nipple discharge other than breast milk
- ✦ General pain in or on any part of the breast
- ✦ Lumps or nodes felt on or inside of the breast

Treatment

Treatment depends on the stage of cancer. Most women today do not need a mastectomy and can be treated just as effectively with a lumpectomy. Lumpectomy is a surgical operation in which a lump (breast tumor) is removed from the breast, typically when cancer is present, but has not spread. Support for breast cancer awareness and research finding has helped improve the screening and diagnosis and advances in the treatment of breast cancer. Breast cancer survival rates have increased and the number of deaths steadily has been declining, which is largely due to a number of factors such as early

detection, a new personalized approach to treatment and a better understanding of the disease. Over 2.8 million breast cancer survivors are alive in the United States today. The earlier breast cancer is found, the better.

Screening

If you are 40 and over, get a mammogram and a clinical breast exam every year and report any breast changes to your doctor right away. A mammogram is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

To schedule a mammogram at the Pueblo of Jemez Comprehensive Health Center, contact Kathleen Sandia at (575) 834-7413, ext. 145. The Assured Imaging Mobile Unit comes to Jemez Comprehensive Health Center four times a year, in January, April, August, and October. Oct. 20, 2016 will be the last visit for the year.

Prevention

You can help reduce your breast cancer risk by maintaining a healthy weight throughout life, being physically active on a regular basis and limiting alcohol intake. Women age 20s and 30s need a clinical breast exam about every three years. Also starting in the 20s, choose whether or how often to do breast self-exams. Consult with your provider at the time of your clinical breast exam. Learn about breast cancer and take control of your breast health by following the American Cancer Society's breast cancer screening guidelines:

Age 40 and over: Mammogram and clinical breast exam yearly.
 Age 20s and 30s: Clinical breast exam about every three years.
 Starting in 20s: Choose whether or how often to do breast self-exams.

If you think you are at a higher risk for breast cancer, talk with your provider about your history and what options are right for you.

For more information on breast self-exam contact Mildred Baca, Community Health Representative, at (575) 834-7207.

Sources: American Cancer Society
 Susan G. Komen
 Cancer Treatment Centers of America

PUBLIC HEALTH

Flu Season Is Coming Fast

Submitted by Robert Morgan, RN, Public Health Nurse



So far this year, flu rates have been lower, scattered and localized. The season has not yet started. Centers for Disease Control (CDC) statistics indicate that outbreaks can begin in October, and

usually peak in January or February.

Those most at risk for severe illness due to flu are the very young and those age 65 and older. Everyone age 6 months and older should get vaccinated to reduce illness.

Vaccines Work!

Vaccines have a history of reducing and or eradicating deadly viruses. The number of people who experiences the devastating effects of preventable diseases like measles, diphtheria and whooping cough is at an all time low.

When patients get sick after a vaccination, there can be several reasons:

1. They were exposed to a virus before getting the vaccine and get sick before their bodies have a chance to build up antibodies to the vaccine they received.

2. The patient has a weak immune system
 3. The person contracts another virus other than the one for which the vaccine was developed.
 4. The vaccine does not match the current flu virus.
- Is the flu shot safe?

Most people have no reactions to the flu shot, if they do; it is usually some minor body aches or headaches. In my 30 years in health care I have only seen one severe reaction.

What else can I do to slow the spread of flu?

- ✓ Avoid people who are sick.
- ✓ Wash hands often.
- ✓ Keep hands away from your face.
- ✓ Cover coughs and sneezes.
- ✓ **STAY HOME IF YOU ARE SICK.**

If you have questions about the flu vaccine, contact the Public Health Programs at (575) 834-7207. Free flu shots will be available at the Jemez Health Clinic and at community events.

Source: www.cdc.gov

Why Are Health and Fitness Important?

Submitted by Alva Gachupin, Health Advocate

What comes to mind when you hear 'health and fitness'? When I hear the phrase, I think of keeping our bodies happy and functional. People who keep up with their health and fitness are capable of living life to its fullest extent. When it comes to staying healthy, both physical and mental fitness play important roles in our lives. Individuals who take care of themselves are less prone to medical conditions.

How can a person become physically fit?

Becoming physically fit may sound like work, and it is. It takes dedication, time and self-discipline to be healthy and fit. Becoming physically fit requires a change in lifestyle. Being physically active does not require you to go on a three-mile run or a three-mile bike ride. Staying active can include playing games with your children, going for short walks throughout the day, taking breaks from work for 15-minute fast walks. It is recommended that individuals be active at least 30 minutes a day, but you can break up that 30 minutes to make it work for your schedule.

The Public Health FITT Program can help. You can even join the Fitness Challenges to give you the help and guidance you may need. The Public Health Program current quarterly Fitness Challenge is coming to an end, but be on the lookout for the next challenge that should start at end of October or early November.

What are the advantages of staying active and joining fitness challenges?

You will increase your body's fitness levels, feel better inside and out, avoid health problems such as diabetes and high blood pressure, and other chronic diseases. If you have joint problems, exercise will usually help your joints feel better and stronger.

Take the next step and join a fitness class. Fitness classes are offered weekly by the Public Health Program fitness trainers. Free classes include Group FITT, Cycling, Mixxedfit, Zumba, SandBell Slam, and Group Circuit. For more information, contact the Pubic Health Programs at (575) 834-7207.

PUBLIC HEALTH

Grocery Tours!

Submitted by Anita Toya, Community Health Representative

Since February, community members have joined nutritionist Debra Tousey and Public Health Programs staff on tours of local grocery stores including Wal-mart, Smith's, Trader Joe's, Sprouts and Albertson's. The goal is to encourage families to make good food choices and eat a variety of foods from the different food groups including grains, fruits, vegetables, dairy and proteins. During the tour, the participants learn how to read labels, understand ingredients in products, and be smart shoppers. Taste tests and scavenger hunts are part of the adventure.

More events are planned:

Oct. 19: Albertson's

Nov. 16: Wal-Mart

Dec. 7: Wal-Mart

Transportation space is limited. To reserve your spot, call the Public Health Programs at (575) 834-3088.

Participants' Comments From the Recent Smith's Tour

What part of the tour did you enjoy the most? Why?

"Learning how to read the labels."

"Learning about different foods."

"Actually looking at labels."

"Being in a small group so we can all get a chance to ask questions."

"Looking around the store for the different food groups and comparing label info. This was very helpful in understanding what to look for."

"I liked the grocery tour scramble. Not only did I have to look for the products, I also saw the different varieties of food and the comparison in the product contents."

In what ways has the grocery tour been helpful in making better food choices?

"Exposure to more food alternatives makes me want to try more different foods."

"Reading the ingredients is helpful."

"Reading the labels and how many grams of sugar are in products."

"First I didn't know all about what to try. But now I know what to buy."

"Learning the nutrition facts, and good healthy eating."

Can you share one thing you learned during the grocery tour?

"Reading labels, it's always good to look at the labels on the boxes."

"It's cheaper to buy fresh items than packaged products."

"Making better food choices."

"Knowing different vegetables to eat and to checking on sugar grams per serving."

"What to watch for like saturated fats, hydrogenated oils, fiber and sugar."



PUBLIC HEALTH

Staying Healthy on Game Days

Submitted by Sheila Toya

When you have diabetes, it is very important that you watch what you eat. *Hyperglycemia* is when your blood sugar is too high. “Hyper” means “high” and “glycemia” means “sugar.” Hyperglycemia can happen when you:

- Eat too much food.
- Do not exercise.
- Forget to take your medicine.
- Take the wrong amount of medicine.
- Are under stress.
- Are sick.

Hyperglycemia can make you feel tired or thirsty, and can cause blurry vision, hunger, and headaches. If your sugar is too high for a long time, you may have to urinate more frequently than usual. Cuts or sores may take longer to heal.

If your blood sugar is high, you need to think about what you ate, if you ate more than usual, if you took your medicine or the right amount of medicine, or if there was some change in your exercise. If your sugar is high, then your medicine might need to be changed. If your blood sugar is more than 400, you need to see a healthcare provider right away.

Have a Game Day Game Plan

Football get-togethers often include tempting—and unhealthy—snacks and treats. Use these strategies to make healthy choices to maintain your blood sugar levels and enjoy the party.

Don't Play on an Empty Stomach.

- Eat a small, balanced meal or snack before you leave home for the game. If you're hungry, you're more likely to overindulge.

Examine the Playing Field.

- Take a look at all the offerings and think about what you're going to eat before you take a plate.
- If you have something you don't enjoy, leave it on the plate and don't finish it!

Focus on Fundamentals.

- Choose raw vegetables first. Broccoli, carrots, cauliflower and tomatoes are usually on a buffet table and will help fill you up. Take only a small spoonful of dip or skip it entirely.
- Choose lean proteins that are not breaded or fried. Choose chicken, veggie or turkey burgers, lean cold cuts or baked beans.
- Take only a small portion of cheese.
- Eat chips and crackers in moderation. Never eat straight from the bag; put a small portion on a plate and stop when they're finished. Skip the high-fat mayonnaise or sour cream dips.
- If you're going to eat a high-fat or high-calorie treat, like pizza or nachos, take a small portion and put it on your plate last, after you've filled it with healthier options.

- Remember to regularly check your blood sugar on game day.
- Don't hang out near the food and avoid grazing.

Stay Hydrated

- Stick to calorie-free drinks so you eat your calories instead of drinking them.
- Limit alcohol, which is a form of sugar; maximum two drinks for men, one for women.

Go for the Extra Point

- Before the game, play your own game of football or participate in some other physical exercise. Regular exercise is key to managing your diabetes.
- If you ate more than you planned, shake it off. Don't replay the error and get back on track.





Jemez Valley Public Schools

Submitted by Joline Cruz-Madalena, Programs Coordinator for Indian Education

District Calendar Reminders

- October 14: End of first nine-week grading period
- October 20 & 21: Parent Teacher Conferences
- October 20: No school for elementary students; early dismissal for high school and middle school students.
- October 21: No school.

Middle School and High School Tutoring Services

Jemez Valley Middle and High Schools provide an after school tutoring program through the GEAR UP Program. GEAR UP targets student in seventh through twelfth grades. Tutoring is offered twice a week on Tuesdays and Thursdays from 3 to 5 p.m. Transportation is available. ***The student's parent/guardian must give permission for student to attend. Contact the school office for Afterschool Tutoring Permission Slip.***

After-School Program Opportunities

Exciting new after-school programs are now available for JVPS students. These programs are community-driven, academic, provide arts and cultural enrichment, and expand learning opportunities that support cognitive, social, physical and emotional development. After-school program opportunities to include:

- 📖 Battle of the Books
- 📖 Chess
- 📖 Chorus
- 📖 Book Club
- 📖 Makerspace
- 📖 Open Shop

These opportunities are scheduled to begin at the end of October. More details will be available at the schools.

Mobile Food Pantry (MFP)

October's distribution date is Friday, October 21 from 10 to 11:30 a.m. while supplies last. To participate in the MFP, parents/guardians must have students who attend Jemez Valley Elementary, Middle, or High School, and must complete the MFP Registration Form. For more information, contact Sharon Palma (ext. 314) or Barry Levine (ext. 512) at (575) 834-7393 or (505) 373-0054.

Child Find

The Central Regional Educational Cooperative and Jemez Valley Public Schools present Child Find on Thursday, October 13 from 1:30 to 3:30 p.m. at JVPS Middle School Gym. Child Find is a FREE Developmental Screening for children newborn to five years of age. Screenings will include speech, hearing, vision, growth, movement, behavior, social skills and

personal skills. Each child screened will be registered to win a tricycle. The parent or legal guardian must sign permission forms for screening. For more information, call Diana Lucero at (575) 834-7391.

College & Career Readiness

On Sept. 26, 26 middle school students and 23 high school students participated in the NASA Glenn Tribal STEM Day held at Southwestern Indian Polytechnic Institute (SIPI) and two college campus tours. This opportunity was available to all middle and high school students. The NASA event was geared to inspire students to become interested in fields of science, technology, engineering and mathematics (STEM) by participating in a panel discussion, hand-on activities, and engineering design challenge. Middle school students visited Southwest University of Visual Arts and Central New Mexico Community College (CNM.) High school students visited CNM and the University of New Mexico. The college campus tours were opportunities for students to be exposed to colleges within New Mexico and to become familiar with the college process. JVPS thanks the parents/guardians for allowing their students to participate in this educational opportunity. JVPS also thanks SIPI, SUVA, CNM and UNM for welcoming our students on their campuses and providing educational opportunities and valuable experiences.

Jemez Valley Elementary & Middle Schools

Submitted by Dana Pino, JVES/MS Principal

Jemez Valley Elementary and Middle Schools thank all parents, guardians, community members, and students for their continued support and involvement. The Back to School Dance held on Sept. 23, 2016 was a great success despite the weather. A special "thank you" to DJ Jules for keeping the event festive and to Pam Esperza for her hard work in getting door prizes for the event. We look forward to planning the Winter Melt Down dance in Spring 2016.

The school fundraisers for JVES (World's Finest Chocolate) and for JVMS (The Ultimate/Holiday Collection) ended on Oct. 7. Parents/guardians please ensure that your student returns the money raised and any unsold candy bars.

Parent-Teacher Conferences are scheduled for October 20 and 21. Conferences will take place as follows:

October 20 and 21: Jemez Valley Elementary School. Teachers will contact the student's parent/guardian to schedule a date and time.

EDUCATION

Jemez Valley Public Schools, Continued

October 21 (only): Jemez Valley Middle School will have a new rotation schedule which allows parents/guardians to meet with each teacher if needed. Conferences will be held in the cafeteria beginning at 7:45 a.m. and will be scheduled by the student's last name.

Picture Day for both JVES and JVMS is Wednesday, Oct. 26. More details to come as the date approaches.

“Trunk-or-Treat”: The annual “Trunk-or-Treat” for Jemez Valley Elementary School students will be Monday, Oct. 31 from 12:30 to 1:30 p.m. “Trunk-or-Treat” brings Halloween to the school parking lot; kids go from car to car and get candy. For our students' safety, all visitors who plan on distributing goodies must sign in at the school office to receive a “Trunk-or-Treat” pass, which must be displayed on your vehicle. Be ready to distribute goodies by 12:15 p.m.

We appreciate your cooperation in ensuring the safety of our students and schools. Please continue to sign in and out at the Elementary School Office.

Jemez Valley High School

Submitted by Scott Meihack, JVHS Principal

Jemez Valley High School students have been assigned their advisors for the 2016-2017 academic year. Advisors will meet with their students on a regular basis during “advisory periods.” Advisory is scheduled as follows:

| Date | Period | Agenda |
|-------------|------------------------|---|
| 09/28/16 | 1 st period | Four-year plan and multiple intelligence tests |
| Oct. 19 | 2 nd period | Preparation for Parent Teacher Conferences |
| Nov. 30 | 3 rd period | Review four-year plan, grades, and tutoring |
| Dec. 14 | 4 th period | Preparation first semester finals, second semester schedules |
| 2017 | | |
| Jan. 18 | 5 th period | Review first semester grades, credits earned, and check second semester courses |
| Feb. 15 | 6 th period | Preparation for second semester parent teacher conferences |
| March 29 | 7 th period | Review four-year plan, grades and tutoring |
| April 26 | 1 st period | Start the process of scheduling for Fall '17 courses |
| May 24 | 2 nd period | Credits earned, GPAs, summer schedule and courses |

Save the Date

October 20 and 21: Parent Teacher Conferences. All students are to attend the conference with their parent/guardian and present two pieces of graded work. Parents/guardians will be contacted regarding the date and time of their student's conference.

November 2: FAFSA (*Free Application for Federal Student Aid*) Night from 6 to 7:30 p.m.

SDRCS Mustang News

Submitted by Karen Mayhew, Principal

Mustangs have great news: All renovations are completed and we are enjoying new carpet, new paint and new attitude! On Monday, Sept, 19, Ray's Carpet began installing the new carpet and work was complete within a week, allowing us to move back in by the end of September. Getting situated was a challenge but exciting. We want to thank Fr. Larry for letting us use his classrooms and Kevin Shendo for sharing office space at Tribal Education Department. We sincerely appreciate their patience and generosity.

The first quarter is now complete. During the quarter, middle school students ventured out to the Valles Caldera for a bird banding field trip. A week later, they journeyed to SIPI for the NASA STEM Field Trip. Great experiences for all.

On Friday, Sept. 23 staff attended the joint collaboration Tribal Education Professional Development Day. We thank Kevin Shendo and the Education Department for putting on a great workshop day.

At the beginning of October, Parent/Teacher Conferences were held for grades kindergarten through fifth. Grades six through eight held their student-led conferences on Oct. 13 and 14. On Monday, Oct. 10 students were in school half a day to celebrate Indigenous Day; the students participated in Butterfly and Bird Dances and the families enjoyed lunch together.

At the end of the October, we will celebrate a fall festival on Friday, Oct. 28 in lieu of a Halloween celebration. Parents, please note that **we will not be dressing up on Monday, October 31 but instead on Friday, October 28.** School will be in regular session on Monday, Oct. 31. Mustang families please also note that school will be closed on Tuesday, November 1.



EDUCATION

NASA STEM Day in Jemez

Jemez Pueblo teamed up with The National Aeronautics and Space Administration (NASA) Glenn Research Center in Cleveland, Ohio and Southwestern Indian Polytechnic Institute (SIPI) to bring a "NASA STEM Day" for tribal communities. The NASA STEM Day event was geared to inspire students to become interested in the science, technology, engineering and mathematics (STEM) fields by participating in:

- ★ A panel discussion with engineers/scientists/non-STEM professionals.
- ★ Hands-on activities.
- ★ Engineering design challenge.
- ★ Exhibits such as a photo booth, I-C MARS, etc.
- ★ Other grade-level appropriate activities and exhibits.

A Community/Family Day was held on Sunday, Sept. 25 at the Walatowa Youth Center. Participants explored hands-on activities, demonstrations, photo booth, exhibits and more.





NEWS YOU CAN USE

JEMEZ PUEBLO ANIMAL RESCUE: PET POINTERS

Submitted by Samuel Adams

It's Getting Cold Outside. As the season changes, temperatures are starting to decline. Although dogs have coats to protect them from cold weather, pet owners must provide extra warmth, especially for small breeds, elderly and sick dogs. If your dog spends its time mostly outdoors this winter, please follow these steps to keep your dog warm and protect it from frostbite, hypothermia, ice and snow hazards.

Shelter: Your dog will need a warm, dry, and an appropriate sized doghouse. Stay away from towels and blankets as a source of warmth because they are not good heat insulators and a nuisance to maintain. Instead, use straw which is an excellent heat insulator.

Water Bowls: Dogs cannot rely on frozen water as a source of water intake. To prevent frozen water bowls, it's important to constantly check the water and replace it with fresh, lukewarm, clean water as needed. A heated dog bowl can help, especially if you're away from home all day.

Clothing: In small, elderly, sick and short-haired dogs, jackets and sweaters can provide warmth. Before purchasing any type of clothing for your dog, be sure it fits properly. It's important to make sure the clothing is dry and clean. Using booties to protect your dog's paw pads is also important because snow is cold and the salt can be irritating.

Free Straw for Your Pet's Housing. To keep animals warm this winter; JPAR is giving away free bales of straw for your pet's housing. Please contact us if you're interested.

JPAR Pet Food Bank. We are proud to announce that the new pet food bank program will start soon. To help families feed their pets properly, the pet food bank will be hosted monthly in the Pueblo of Jemez. The pet food bank will be available to all families in need and they will be able to choose a diet that best fits their pet. Once a location is found and dates are scheduled, we will share that information.

Resources for You and Your Pet. JPAR wants to help Jemez Pueblo pet owners by providing free collars and pet identification tags. These accessories can 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 \$12. The microchip, about a size of grain of rice, is implanted between the animal's shoulder blades. Although your pet might feel a pinch, the microchip serves as permanent identification. For more information, contact JPAR.

Information for You. JPAR does not enforce the Pueblo's animal ordinances, but we do encourage pet owners to follow them. Animals found within the boundaries of Jemez Pueblo without identification are considered strays by law. If your pet does not have identification, such as a collar, tag or microchip, Jemez Police Department permits JPAR to pick up the animal. After the pickup, the animal will be medically treated and put up for adoption. If owners wants their animals back, they must call 1(888) 828-5822, ext.4, show proof of ownership

(pictures or veterinary 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. The goal is to rescue, rehabilitate and re-home domestic stray animals in Jemez Pueblo, while educating community members on animal welfare. With the 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 and 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.

Donations made to JPAR are tax deductible and the donor will receive a receipt. You can mail cash and checks to JPAR at PO Box 71, San Ysidro, NM 87053.

For more information, contact is Samuel Adams at 1(888) 828-5822, ext.4, or jparanimalrescue.com.



DIG PINK VOLLEYBALL GAME

Friday, Oct. 14 at 5 p.m.

Cheer on the Jemez Valley Warriors as they play the Cottonwood Coyotes

Wear PINK and support breast cancer awareness.

FREE FAMILY MOVIE NIGHT

Saturday October 15

Jemez Valley High School Auditorium.

Doors open at 6 p.m.; movie starts at 6:30 p.m.

New release: Disney *The Jungle Book*

Door prizes to be given out at end of movie.

INTERNATIONAL CREDIT UNION DAY

Thursday Oct. 20. Food served from 11 a.m. to 1 p.m.

Vote for your favorite photos for our 2017 calendar.

Giveaways.

FREE FINANCIAL COUNSELING

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

NEWS YOU CAN USE

OFFICIAL GENERAL ELECTION BALLOT / BOLETA OFICIAL DE ELECCION GENERAL

November 8, 2016 - 8 de noviembre, 2016 SANDOVAL COUNTY - CONDADO DE SANDOVAL

INSTRUCTIONS TO VOTERS: To vote, completely fill in the oval to the LEFT of your choice, like this (●).

IND_PCT01

| | | |
|--|---|---|
| <p>PRESIDENT AND VICE PRESIDENT OF THE UNITED STATES PRESIDENTE Y VICE PRESIDENTE DE LOS ESTADOS UNIDOS VOTE FOR ONE / VOTE POR UNO</p> | <p>STATE REPRESENTATIVE REPRESENTANTE DE ESTADO DISTRICT 65 / DISTRITO 65 VOTE FOR ONE / VOTE POR UNO</p> | <p>COUNTY CLERK ESCRIBANO DEL CONDADO VOTE FOR ONE / VOTE POR UNO</p> |
| <p><input type="radio"/> DONALD J TRUMP MICHAEL R PENCE REPUBLICAN PARTY / PARTIDO REPUBLICANO</p> <p><input type="radio"/> HILLARY RODHAM CLINTON TIMOTHY MICHAEL KAINE DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p><input type="radio"/> DERRICK J LENTE DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p><input type="radio"/> DONALD B LEMM REPUBLICAN PARTY / PARTIDO REPUBLICANO</p> <p><input type="radio"/> EILEEN (MORENO) GARBAGNI DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> |
| <p><input type="radio"/> GLORIA LA RIVA DENNIS BANKS PARTY FOR SOCIALISM AND LIBERATION / PARTIDO POR EL SOCIALISMO Y LA LIBERACION</p> <p><input type="radio"/> GARY JOHNSON BILL WELD LIBERTARIAN PARTY / PARTIDO LIBERTARIO</p> | <p>PUBLIC EDUCATION COMMISSIONER COMISIONADO DE EDUCACION PUBLICA DISTRICT 4 / DISTRITO 4 VOTE FOR ONE / VOTE POR UNO</p> | <p>COUNTY TREASURER TESORERO DEL CONDADO VOTE FOR ONE / VOTE POR UNO</p> |
| <p><input type="radio"/> DARRELL CASTLE SCOTT BRADLEY CONSTITUTION PARTY / PARTIDO CONSTITUCIONALISTA</p> <p><input type="radio"/> JILL STEIN AJAMU BARAKA GREEN PARTY / PARTIDO VERDE</p> | <p><input type="radio"/> KARYL ANN ARMBRUSTER DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p><input type="radio"/> LEROY JOSEPH LOVATO REPUBLICAN PARTY / PARTIDO REPUBLICANO</p> <p><input type="radio"/> LAURA M MONTOYA DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> |
| <p><input type="radio"/> "ROCKY" ROQUE DE LA FUENTE MICHAEL STEINBERG AMERICAN DELTA PARTY / PARTIDO DELTA AMERICANA</p> <p><input type="radio"/> EVAN MCMULLIN NATHAN JOHNSON BETTER FOR AMERICA PARTY / PARTIDO MEJOR PARA AMERICA</p> | <p>DISTRICT ATTORNEY FISCALES DE DISTRITO 13TH JUDICIAL DISTRICT / 13° DISTRITO JUDICIAL VOTE FOR ONE / VOTE POR UNO</p> | <p>COUNTY CONDADO</p> |
| <p>UNITED STATES REPRESENTATIVE REPRESENTANTE DE LOS ESTADOS UNIDOS DISTRICT 3 / DISTRITO 3 VOTE FOR ONE / VOTE POR UNO</p> | <p><input type="radio"/> LEMUEL L MARTINEZ DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p>HOSPITAL TAX QUESTION PREGUNTA DEL IMPUESTO DEL HOSPITAL VOTE FOR OR AGAINST / VOTE EN FAVOR O EN CONTRA</p> |
| <p><input type="radio"/> MICHAEL H ROMERO REPUBLICAN PARTY / PARTIDO REPUBLICANO</p> <p><input type="radio"/> BEN R LUJAN DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p>JUSTICE OF THE SUPREME COURT JUEZ DE LA CORTE SUPREMA VOTE FOR ONE / VOTE POR UNO</p> | <p>HOSPITAL TAX QUESTION For the purpose of supporting hospitals in Sandoval County, New Mexico impose a tax levy of four and twenty-five hundredths (4.25) mills each year for eight (8) years, on each dollar of net taxable value of property in Sandoval County, to pay to contracting hospitals in accordance with health care facilities contracts? PREGUNTA DEL IMPUESTO DEL HOSPITAL Con el propósito de apoyar a los hospitales del Condado de Sandoval, ¿Deberá el condado de Sandoval de Nuevo México imponer un impuesto de cuatro con veinticinco centésimas (4.25) milésimas partes cada año por ocho (8) años, por cada dólar de valor neto sujeto a impuestos de propiedad en el condado de Sandoval, para pagarles a los hospitales contratados de acuerdo con los contratos de las instalaciones sanitarias?</p> <p><input type="radio"/> FOR EN FAVOR <input type="radio"/> AGAINST EN CONTRA</p> |
| <p>SECRETARY OF STATE SECRETARIO DE ESTADO VOTE FOR ONE / VOTE POR UNO</p> | <p><input type="radio"/> JUDITH K NAKAMURA REPUBLICAN PARTY / PARTIDO REPUBLICANO</p> <p><input type="radio"/> MICHAEL E VIGIL DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p>JUDICIAL RETENTION RETENCION JUDICIAL</p> |
| <p><input type="radio"/> NORA ESPINOZA REPUBLICAN PARTY / PARTIDO REPUBLICANO</p> <p><input type="radio"/> MAGGIE TOULOUSE OLIVER DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p>JUDGE OF THE COURT OF APPEALS JUEZ DE LA CORTE DE APELACIONES VOTE FOR ONE / VOTE POR UNO</p> | <p>Shall BARBARA J VIGIL be retained as Justice of the Supreme Court? ¿Retendremos a BARBARA J VIGIL como Juez de la Corte Suprema?</p> <p><input type="radio"/> YES SI <input type="radio"/> NO NO</p> |
| <p>STATE SENATOR SENADOR DE ESTADO DISTRICT 22 / DISTRITO 22 VOTE FOR ONE / VOTE POR UNO</p> | <p><input type="radio"/> STEPHEN G FRENCH REPUBLICAN PARTY / PARTIDO REPUBLICANO</p> <p><input type="radio"/> JULIE J VARGAS DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p>Shall JONATHAN B SUTIN be retained as Judge of the Court of Appeals? ¿Retendremos a JONATHAN B SUTIN como Juez de la Corte de Apelaciones?</p> <p><input type="radio"/> YES SI <input type="radio"/> NO NO</p> |
| <p><input type="radio"/> BENNY SHENDO, JR DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | <p>DISTRICT COURT JUDGE JUEZ DEL DISTRITO 13TH JUDICIAL DISTRICT / 13° DISTRITO JUDICIAL DIVISION 4 / DIVISION 4 VOTE FOR ONE / VOTE POR UNO</p> | |
| | <p><input type="radio"/> PEDRO G RAEI DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | |
| | <p>COUNTY COMMISSIONER COMISIONADO DEL CONDADO DISTRICT 5 / DISTRITO 5 VOTE FOR ONE / VOTE POR UNO</p> | |
| | <p><input type="radio"/> F KENNETH EICHWALD DEMOCRATIC PARTY / PARTIDO DEMOCRATA</p> | |

NEWS YOU CAN USE

| <p>JUDICIAL RETENTION RETENCIÓN JUDICIAL</p> | <p>STATE ESTATAL</p> | <p>STATE ESTATAL</p> |
|---|--|--|
| <p>Shall TIM L GARCIA be retained as Judge of the Court of Appeals? ¿Retendremos a TIM L GARCIA como Juez de la Corte de Apelaciones?</p> <p><input type="radio"/> YES SI <input type="radio"/> NO NO</p> | <p>BOND QUESTION B</p> <p>The 2016 Capital Projects General Obligation Bond Act authorizes the issuance and sale of library acquisition bonds. Shall the state be authorized to issue general obligation bonds in an amount not to exceed ten million one hundred sixty-seven thousand dollars (\$10,167,000) to make capital expenditures for academic, public school, tribal and public library resource acquisitions and provide for a general property tax imposition and levy for the payment of principal of, interest on and expenses incurred in connection with the issuance of the bonds and the collection of the tax as permitted by law?</p> | <p>BOND QUESTION D</p> <p>The 2016 Capital Projects General Obligation Bond Act authorizes the issuance and sale of public safety capital improvement and acquisition bonds. Shall the state be authorized to issue general obligation bonds in an amount not to exceed eighteen million one hundred ninety-six thousand dollars (\$18,196,000) to make capital expenditures for capital improvements and acquisitions for state police, public safety communications and national guard facilities statewide and provide for a general property tax imposition and levy for the payment of principal of, interest on and expenses incurred in connection with the issuance of the bonds and the collection of the tax as permitted by law?</p> |
| <p>Shall M MONICA ZAMORA be retained as Judge of the Court of Appeals? ¿Retendremos a M MONICA ZAMORA como Juez de la Corte de Apelaciones?</p> <p><input type="radio"/> YES SI <input type="radio"/> NO NO</p> | <p>PROPUESTA DEL BONO B</p> <p>El Acta del Proyecto Capital de Bonos de Obligación General 2016 autoriza la emisión y venta de bonos para la adquisición y construcción de bibliotecas. ¿Deberá autorizarse al Estado que emita bonos de obligación general en una cantidad que no exceda diez millones ciento sesenta y siete mil dólares (\$10,167,000) para hacer gastos de capital para invertir en la adquisición y construcción de bibliotecas académicas, de escuelas públicas, de tribales y públicas y disponer un impuesto general sobre la propiedad impuesto y recaudar para el pago del principal de, el interés en y los costos incurridos en conexión con la emisión de los bonos y la recaudación del impuesto según lo permite la ley?</p> <p><input type="radio"/> FOR EN FAVOR <input type="radio"/> AGAINST EN CONTRA</p> | <p>PROPUESTA DEL BONO D</p> <p>El Acta del Proyecto Capital de Bonos de Obligación General 2016 autoriza la emisión y venta de bonos para las mejoras y la adquisición de capital para seguridad pública. ¿Deberá autorizarse al Estado que emita bonos de obligación general en una cantidad que no exceda dieciocho millones ciento noventa y seis mil dólares (\$18,196,000) para hacer gastos de capital para la policía estatal, seguridad pública, comunicaciones e instalaciones de la guardia nacional estatal, mejoras y adquisiciones y disponer un impuesto general sobre la propiedad impuesto y recaudar para el pago del principal de, el interés en y los costos incurridos en conexión con la emisión de los bonos y la recaudación del impuesto según lo permite la ley?</p> |
| <p>STATE ESTATAL</p> | <p>BOND QUESTION C</p> <p>The 2016 Capital Projects General Obligation Bond Act authorizes the issuance and sale of higher education, special schools and tribal schools capital improvement and acquisition bonds. Shall the state be authorized to issue general obligation bonds in an amount not to exceed one hundred forty-two million three hundred fifty-six thousand dollars (\$142,356,000) to make capital expenditures for certain higher education, special schools and tribal schools capital improvements and acquisitions and provide for a general property tax imposition and levy for the payment of principal of, interest on and expenses incurred in connection with the issuance of the bonds and the collection of the tax as permitted by law?</p> | <p><input type="radio"/> FOR EN FAVOR <input type="radio"/> AGAINST EN CONTRA</p> |
| <p>CONSTITUTIONAL AMENDMENT 1</p> <p>Proposing an amendment to article 2, section 13 of the Constitution of New Mexico to protect community safety by granting courts new authority to deny release on bail pending trial for dangerous defendants in felony cases while retaining the right to pretrial release for non-dangerous defendants who do not pose a flight risk.</p> <p>ENMIENDA CONSTITUCIONAL 1</p> <p>Proponiendo una enmienda al Artículo 2, Sección 13 de la Constitución de Nuevo México para proteger la seguridad de la comunidad mediante la concesión de tribunales nueva autoridad para negar la libertad bajo fianza en espera de juicio para los acusados peligrosos en caso de delitos graves, conservando el derecho a la liberación preventiva para los acusados no peligrosos que no representan un riesgo de vuelo.</p> <p><input type="radio"/> FOR EN FAVOR <input type="radio"/> AGAINST EN CONTRA</p> | <p>PROPUESTA DEL BONO C</p> <p>El Acta del Proyecto Capital de Bonos de Obligación General 2016 autoriza la emisión y venta de bonos para las mejoras y la adquisición de capital para escuelas de educación superior, escuelas especiales y escuelas tribales. ¿Deberá autorizarse al Estado que emita bonos de obligación general en una cantidad que no exceda ciento cuarenta y dos millones trescientos cincuenta y seis mil dólares (\$142,356,000) para hacer desembolsos para ciertas escuelas de educación superior, escuelas especiales y escuelas tribales, mejoras y adquisiciones y disponer un impuesto general sobre la propiedad impuesto y recaudar para el pago del principal de, el interés en y los costos incurridos en conexión con la emisión de los bonos y la recaudación del impuesto según lo permite la ley?</p> <p><input type="radio"/> FOR EN FAVOR <input type="radio"/> AGAINST EN CONTRA</p> | |
| <p>BOND QUESTION A</p> <p>The 2016 Capital Projects General Obligation Bond Act authorizes the issuance and sale of senior citizen facility improvement, construction and equipment acquisition bonds. Shall the state be authorized to issue general obligation bonds in an amount not to exceed fifteen million four hundred forty thousand dollars (\$15,440,000) to make capital expenditures for certain senior citizen facility improvement, construction and equipment acquisition projects and provide for a general property tax imposition and levy for the payment of principal of, interest on and expenses incurred in connection with the issuance of the bonds and the collection of the tax as permitted by law?</p> <p>PROPUESTA DEL BONO A</p> <p>El Acta del Proyecto Capital de Bonos de Obligación General 2016 autoriza la emisión y venta de bonos para las mejoras, construcción y adquisición de equipo para los establecimientos para personas de la tercera edad. ¿Deberá autorizarse al Estado que emita bonos de obligación general en una cantidad que no exceda quince millones, cuatrocientos cuarenta mil dólares (\$15,440,000) para hacer gastos de capital para invertir en mejorar, construir y adquirir equipo para proyectos en los los establecimientos para personas de la tercera edad y disponer un impuesto y recaudar para el pago del principal de, el interés en y los costos incurridos en conexión con la emisión de los bonos y la recaudación del impuesto según lo permite la ley?</p> <p><input type="radio"/> FOR EN FAVOR <input type="radio"/> AGAINST EN CONTRA</p> | | |

**Native American
Voting Rights Program**

**2016 PRESIDENTIAL GENERAL ELECTION
TUESDAY, NOVEMBER 8, 2016
7 A.M. TO 7 P.M.**

**EARLY IN PERSON VOTING
Jemez Civic Center
October 24 and October 25
10 a.m. to 7 p.m.**

**GENERAL ELECTION VOTING SITES
Precinct 15: Walatowa Youth Center
7 a.m. to 7 p.m.
Precinct 77: Community Resource Center
7 a.m. to 7 p.m.**

If you have questions, contact Peter Madalena,
Senior Voting Rights Coordinator, at
(505) 934-8826 or the County Clerk's office at
(505) 867-7577



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TRIBAL COUNCIL

Tribal Council Report

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

September 16, 2016

TC 51. Approved the extension of Dr. Gayle D. Chacon's contract for one year to September 30, 2017.

September 30, 2016

TC 52. Amended the Pueblo of Jemez Title V Self Governance Compact to accept limitations on charges for health care professional services and non-hospital based care pursuant to 42 CFR Part 136, Subpart I.

TC 53. Authorized participation in the University of North Dakota National Resource Center on Native American Aging "Identify Our Needs: A Survey of Elders" project. Permission is granted to use all collected needs assessment information in aggregate format for the purpose of disseminating state, regional and national results; the data can only be used for the purpose of this grant. Specific information collected within the boundaries of the Pueblo of Jemez belongs to the Pueblo of Jemez and may not be released in any form to individuals, agencies or organizations outside of Administration on Aging, Department of Health and Human Services, without additional tribal authorization.

TC 54. Authorized the Pueblo of Jemez to become a member of the National Congress of American Indians.

TC 55. Confirmed and adopted the decisions the Hunt Societies and War Captains made on Sept. 23, 2016, and hereby directs the Governors and Tribal administration to issue hunting permits consistent with those decisions in the interest of conservation, to sustain the religious and cultural practices of the Hunt Societies both on and off tribal lands and to maintain positive government-to-government relations with the state. This resolution is binding on all future Governors and tribal administrations in the issuance of tribal hunt permits in accordance with this resolution.