Scholar wrote about Pueblo Indian history from insider's perspective

Dr. Joe Sando, who became the first Jemez Pueblo member to chronicle life in the tribe as a historian and writer passed away September 13, 2011 at the age of 88. Dr. Sando’s research and publications often served as foundational texts in the field of Pueblo Indian Studies. He was widely known for his work on Pueblo life, with historians and scholars crediting him for being the first scholar from any of the New Mexico pueblos to tackle that life from an insider's point of view. Among his books were *Pueblo Nations: Eight Centuries of Pueblo Indian History*, *Nee Hemish: A History of Jemez Pueblo*, *Pueblo Profiles* and *Pueblo Recollections: The Life of Paa Peh*.

Dr. Sando was born in 1923 at Jemez and grew up speaking only Towa. Like many Pueblo men in the 1940s, he joined the U.S. Navy during World War II and began his studies into Native American history upon his return, with the help of the GI Bill. After studying at Eastern New Mexico University and Vanderbilt University in Tennessee, he taught Pueblo Indian history at a number of institutions, including The University of New Mexico and the Institute of American Indian Arts in Santa Fe.

Dr. Sando publicly stated many times that *Pueblo Nations* was a response to what he saw as a negative perception of Pueblo people and that a need existed for Indian stories to be written by Indians. The New York Times called it “the first insider's story of the 800-year history of the 19 pueblos in New Mexico.”

In his most recent position, he served as the director of the Institute of Pueblo Study and Research at the Indian Pueblo Cultural Center in Albuquerque. Dr. Sando’s knowledge of Pueblo history and events was extensive and has had a tremendous impact in further developing the field of Pueblo Indian Studies. As our friend, mentor and colleague, Dr. Joe Sando will be greatly missed but his work and spirit will continue to live.
Chef Freddie Bitsoie is Redefining Native Cuisine—As Tasty, Culturally Specific and Healthy

Navajo chef Freddie Bitsoie is on a dedicated mission to cook up tasty American Indian foods—unique edibles that are culturally-specific. “Although it wasn’t intentional, these dishes are not only delicious, they’re also healthy, a beneficial byproduct of this way of cooking,” he says. With obesity at epidemic levels, incidents of heart disease on the rise, and over 366 million people worldwide suffering from diabetes, cutting down on unnecessary sugar, carbs and calories—without cutting out the savory sensations—represents a double bang for the buck. “The stereotype is that healthy cooking frequently results in bland, boring, tasteless dishes,” says the 35-year-old Dine from the Four Corners region. “When you put ‘healthy’ in front of ‘cooking,’ it can be a deterrent because you’ll scare some people away. I made a public appearance once, advertised as a Healthy Cooking Demonstration, and very few attended. When I got invited back, my sponsors dropped ‘healthy’ from the title and the place was packed.”

Bitsoie, a crusader for redefining American Indian Cuisine, says the concept is catching on. “Native foods are delicious foods and when you add the unintended health benefits, selling the concept gets even easier.” Take, for example, a recent appearance at the American Indian Alaska Native Tourism Association’s (AIANTA) 13th Annual American Indian Tourism Conference in Scottsdale, Arizona attended by tribal delegates from all over the country. After being welcomed with prayers, music and hoop dancers, Chef Freddie was ready and his preparations did not disappoint. Doctors at MedicineNet.com support the chef’s contentions. “We don’t eat enough of most of the traditional foods any more,” notes dietitian David Grotto, who adds: “Our cupboard used to be our medicine cabinet. A solution to a lot of what ails us may be getting back to traditional foods.” Originally trained in anthropology, once Bitsoie discovered the concept of ethnocentrism (having race as a central interest) in relation to food, he headed off to culinary school to learn more about foods of ancient Puebloan societies.

“Calling it Native American fare is not fair,” he says. “Food is a product of culture and all Native American cultures are different in preferences and preparation. I strive to prepare dishes that have substance to where elders can taste them and know these are versions of dishes they have had most of their lives.” As an example of a menu customized to specific cultures of a region and using indigenous ingredients, Bitsoie recalls a favorite colorful and tasty Four Corners meal that includes hominy salad, green chili relleno with New Mexico sweet red chile sauce, Ute style breaded venison with sage sauce, Navajo herb-rubbed roasted lamb; braised bison short ribs with butternut squash, blue corn cakes, and pumpkin bread pudding with pine nuts and ice cream for desert. He will again demonstrate his kitchen confidence at the annual Harvest Fest at the Heard Museum in Phoenix, describing the Thanksgiving gathering as an Edible Gallery of Modern Native Culinary Exploration. Should you be passing through this part of the country when hunger strikes, the menu includes Southern Ute style stewed rabbit; apple/bacon-wrapped bison medallions; woodland seared venison with wild berry sauce; Kwakiutl crab cakes, and flavors of the Northwest like cedar berry and herb-crusted roasted turkey; cattail bread stuffing with mushrooms; clam soup; smoked salmon quiche…and if you’ve saved room for desert…corn pudding, pumpkin pie, and mesquite cake with prickly pear frosting. A hearty, and healthy, repast, but do we really have to wait until Thanksgiving?

SPRING 2012 PUEBLO INDIAN STUDIES COURSES

PIS 200 Intro to Pueblo Indian Studies, Dr. Matthew Martinez, M 1-3:45pm

PIS 258 Indian Gaming, Entrepreneurship, Sovereignty and Casinos (cross listed with BUS 258), Dr. Matthew Martinez, W 1-3:45

PIS 381 Spirit of Place, Porter Swentzell, M 6-8:45pm (Cross listed with HUM 381)

PIS 458 Advanced Research Methods, Dr. Matthew Martinez, TBD

PIS 488 Pueblo Indian Studies Senior Seminar, Dr. Matthew Martinez, TBD
Traditional Agriculture & Sustainable Living Conference

Four Bridges Traveling Permaculture Institute, Institute of Natural & Traditional Knowledge, the Pueblo of Tesuque, Sostenga, TNAFA, and others are hosting the 6th annual Traditional Agriculture & Sustainable Living Conference October 28 & 29, 2011. This years event will be held at Northern New Mexico College, in Española, NM. The conference will include internationally renowned speakers as well as local and regional experts in the areas of food security and sustainable ecology, a heritage seed exchange, workshops, and panels on youth issues in the 21st century, food and nutrition, water issues, traditional farming, land restoration and medicinal herbs.

An important theme will be pro-active community response in support of sustainable communities, ecologies, health and indigenous spiritual practices. There is a vendors market featuring natural earth friendly products, information and services. These events, we hope, will contribute tremendously toward the goal of making the entire nation aware of the need for sustainable lifestyles and the role of traditional agriculture.

Conference Registration Pre-registration is so important this year, to ascertain how much conference materials and food to have in supply. Also, due to the failing economy the advanced operating capital will help defray the costs of our presenters travel expenses. To download registration form, go to fourbridges@live.com. After completing the form, mail the form, with appropriate payment to Four Bridges, P.O. Box 787, Santa Cruz, NM 87567.

INSPIRATIONAL QUOTES

“Striving for success without hard work is like trying to harvest where you haven't planted.” - David Bly

“The future belongs to those who believe in the beauty of their dreams.” - Eleanor Roosevelt

“Take the attitude of a student, never be too big to ask a question, never know too much to learn something.” - Og Mandino

“To me, every hour of the day and night is an unspeakable perfect miracle.” - Walt Witman

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle
10 Steps to Managing Time Successfully in College

When asked to name in a survey, “5 things you wish you knew before you entered college,” college students throughout the country answered, “how to manage time successfully.” Although most are happy to be free from parental demands when they begin their college careers, many also realize the acute loss of daily parental reminders or as one student termed it, “Mom as personal assistant.” For most students, successfully managing time, handling competing priorities, and avoiding procrastination on a college campus are extremely difficult feats to achieve. And, with tuition costs continuing to rise and the economy still in recovery, many students and parents are making incredible sacrifices to achieve the goal of attending college. As a result, managing time successfully to make the most of a college education is now more important than ever.

To help successfully manage time in college, students should follow these tips:

1) Start each day, week, and month with a task list. Cross off tasks as you complete them.
2) Carry an electronic organizer with an audible and/or visible reminder feature for important tasks.
3) Post a wall calendar prominently in your room with days clearly marked in red for the completion of assignments and tasks, particularly those that are extremely important.
4) Break complex assignments or projects into smaller bite size segments that are easier to handle. For example, if you have a major research project due in one month, small tasks leading up to the actual project could be discussing the assignment with your professor or teaching assistant, visiting the library and obtaining books on the subject area, or researching relevant web sites.
5) Reward yourself for staying on task. If you complete all or the most important tasks on your list for the day or the week, hang out with friends or go to the next party as your reward.
6) Dedicate blocks of your time. For example, you may decide to devote two hours on Wednesday evening to Principles of Accounting II and one hour afterwards to Physics I.
7) Step when you get tired of studying or working on assignment. Schedule a time to return to the assignment later. When you return, you may have renewed energy and a fresh perspective to help propel you into finishing the assignment.
8) Immediately speak to your professor if you have any upcoming activity, event, or a last minute change in schedule that could hinder you completing an assignment. He or she may be willing to give you additional time.
9) Don’t procrastinate. Dive into an assignment as soon as possible. It is much better to start early and complete a dreaded assignment over a period of time which allows you ample opportunity to get help than to avoid an assignment for weeks, throw it together, have limited or no time to get assistance, or worse don’t get the assignment done at all.
10) Prioritize! Some assignments may be more important than others. How do you decide? Look at your course syllabus and your class schedule. Assignments that have the greatest impact on your grades should have a higher priority.

Native American Youth tackle Issues Facing Indian Country

The 2011 National Intertribal Youth Summit gave about 175 youth from about 50 tribes the opportunity to address some serious issues facing Native American communities.

Many issues were discussed including youth suicide, bullying, domestic violence, drugs and alcohol, college preparation, and cultural preservation, which is important to Helena Erthal, 16, of the Mooretown Rancheria Maidu Indians of California.

Erthal’s application essay to attend the event was quoted online at ChicoER.com and pointed out how important Native American culture is “because the older and older we get, new generation don’t know as much anymore. We’re losing our culture, our language, dancing, crafts…”

For 17-year-old Evan Eustace, suicide is “a paramount concern,” says SantaFeNewMexi- can.com. For his senior project at Santa Fe Indian School he studied suicide numbers in his own Zuni Pueblo. According to his research, there were 15 suicides since 2010 just in his pueblo. He presented his project at the summit.

The issue of fetal alcohol spectrum disorders touches 19-year-old Tlingit student Morgan Fawcett personally. When he was 15 he discovered he was born with fetal alcohol syndrome, which explained why he was never able to keep up with his peers academically.

“We need to begin to address it, not just on the individual level, not just on the community level, but on the national level,” he told the Santa Fe New Mexican.

Students had a chance to voice their concerns to a number of officials including representatives from the departments of Justice, Interior, Health and Human Services and Education, as well as 10 U.S. attorneys including New Mexico’s Kenneth Gonzales.

The students had a town hall style session with Perrelli during the summit. They also had regional talking circles where they got to know things about tribes in their areas.

“Every tribe was different in some way,” Erthal told ChicoER.com. Whether those differences were in the issues each tribes faces, or in customs, ceremonies and cultural beliefs. “I learned a lot more about not only our own Native American culture, but other cultures around the United States.”

The summit was held in Santa Fe, New Mexico, July 24 to 28, the first anniversary of the signing of the Tribal Law and Order Act, which strengthened tribal justice systems and ways to fight domestic violence.

“The TLOA brought long overdue reforms that will over time further empower tribal governments, and strengthen their ability to keep neighborhoods safe and hold criminals accountable,” wrote Associate Attorney General Tom Perrelli in a column for Indian Country Today Media Network.
LANL, Environment Department Discuss Waste

Staff from the New Mexico Environment Department met Monday with officials from the U.S. Department of Energy and Los Alamos National Laboratory to discuss the next steps in cleaning up lab waste. Environment Department Secretary David Martin said speeding up the removal of above-ground transuranic waste and protecting groundwater is the priority. Transuranic waste is glassware, lab coats and other materials contaminated with radioactive waste that is stored in barrels on lab property. The three entities agreed to form a steering committee that will identify the highest risk areas at the lab and remediate them.

Tell Us Who Made An Impact

Each year The New Mexican recognizes 10 people in Northern New Mexico by writing about them in a special section, 10 Who Made a Difference. Those chosen must be living in Northern New Mexico and involved in one or more volunteer activities that made a difference in their communities. To nominate an individual, please write a letter or email describing the person and their accomplishments and tell us how to contact you as well as the nominee. Letters must received by The New Mexican by 5 p.m. Oct. 15.

Send nominations to: 10 Who Made a Difference, The New Mexican City Desk, P.O. 2048, Santa Fe, NM 87504. Or e-mail nominations to brucek@sfnewmexican.com. The letters must be received by 5 p.m. Wednesday, Oct. 5. Please send nominations to: 10 Who Made a Difference, The New Mexican City Desk, P.O. 2048, Santa Fe, N.M. 87504 or submit them to jgrimm@sfnewmexican.com. Profiles of those honored will be published Thanksgiving Day.

Santa Fe Woman Turns Homemade Salsa Into Business

There are plenty of people in Santa Fe — not to mention greater Northern New Mexico, the entire state and probably the vast American Southwest — who make their own salsa. A significant percentage, too, have most likely fantasized about packaging and selling that salsa. One Santa Fe resident, however, will tell you it’s not a project to be taken lightly.

"I do it all. Deliveries, demonstrations, everything. I drive myself crazy. This is my life. This is it," said Terry Rodriguez, owner and sole employee of A La Vé! Salsa.

Rodriguez has worn many hats before starting her salsa business. Raised in Nambé, she has been a journeyman house painter for some 30 years, she was a special-education teacher at El Dorado Community School and is 12 credits shy of completing the four-year, exercise-science program at Santa Fe Community College. Through it all, her homemade salsa was in constant demand, especially with her friends and co-workers.

Rodriguez first sold her salsa at the then-fledgling Eldorado Farmers Market in La Tienda. At that time, she was one of only a handful of vendors who sold products at the market. "One day, a customer who was always buying my salsa told me she worked for New Mexico’s Own and [said] I was a perfect candidate for them.”

New Mexico’s Own, which started in 1992 as a government agency to support local products, is a nonprofit organization that provides comprehensive marketing advice to local, small businesses by increasing their access to trade shows and retail outlets, and teaching owners how prepare their products for market.

Executive Director Teresa Richlee-Sachs called Rodriguez a "poster child" for New Mexico’s Own because of her determination. "We got her set up with strategic planning and market-ready workshops," Richlee-Sachs said. "She already had some experience, but there were a lot of loose ends to attend to — bar codes, proper labeling, that kind of thing. She's one of the 20 percent who succeed, and that's due to her tenacity."

In fact, Rodriguez was already a local favorite when she put her business — as well as her job and education — on hold last November to serve as a full-time caregiver for her mother, Angie Rodriguez, who passed away in March at age 69 after a brief bout with cancer. "I stopped every single thing," Rodriguez said of her decision to take care of her mother. Still misty-eyed over her loss, Rodriguez said she promised her mother that she’d get the business back on track. "This is all dedicated to her. I could have just stopped this, gotten another job, gone back to school, but this pulled me. I felt this has to live. And I hustle every single day."

Rodriguez’s salsa is available at La Montanita Co-op, where she has already doubled her shelf space, as well as at Kaune's Neighborhood Market, which also carries her queso. Rodriguez, who is still a fixture at the Friday afternoon farmers market in Eldorado, said her products are packaged and sold fresh but can be frozen for longer storage, and she relies on local suppliers for her ingredients.

"The salsa is all natural, and that's damn good queso." she said with a laugh.
### October 2011

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*Happy Halloween*

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