



Red Rocks Reporter

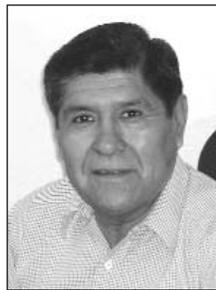
FEBRUARY 2008

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FROM THE GOVERNORS

Tax Fact\$



Paul S. Chinana



Joshua Madalena



Delbert Tafoya

If you've bought a can of soda and some chips at the C-store lately, you know that the cost is a little more than last year. As of January 1, 2008, as approved by the Governors and Tribal Council, the Pueblo of Jemez implemented a four (4) percent Gross Receipts Tax (GRT) on goods and services at the Walatowa Convenience Store and Walatowa Visitor Center. What you may not know is that the 4% GRT is mandated by the Pueblo of Jemez Tax Ordinance that was originally adopted by Tribal Council Resolution 95-47 in December of 1995. The tax applies to all goods and services sold within the Pueblo, with the exception of fuel, tobacco, lottery and home-based arts and crafts businesses. Construction projects, such as housing and wastewater projects, are also subject to the GRT.

"The tax has been in place since 1995, but over the last few years the Pueblo has initiated multiple economic development initiatives that made the tax more worthwhile to collect," explains Tribal Administrator Vince Toya, Sr.

As a sovereign nation, the Pueblo of Jemez has the right to impose taxes. The GRT is one of three taxes collected by the tribe. A 17 cent per gallon fuel tax is part of the cost of fuel at the C-store; Windstream and other utility service providers also pay an *ad valorem* tax for rights of way through the Pueblo.

All tax funds collected go to cover administration costs as well as various tribal programs and projects.

"The GRT is one way to expand our economic base," Vince says. "Our GRT is still less than the six percent sales tax the State of New Mexico collects. If you buy anything outside of our lands, none of that money comes back to us. All the funds from taxes stay here in the Pueblo to benefit our community."

Continued on page 2



PUEBLO of JEMEZ

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Vincent Toya

Red Rocks Reporter February 2008 Edition

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Red Rocks Reporter is distributed to Box Holders in the 87024 Zip Code. If you want to receive this newsletter and do not have an 87024 P.O. box, please contact the editorial office at (575) 834-3174; fax: (575) 834-7517; or e-mail to erica.kane@jemezpueblo.us.

Published by Pueblo of Jemez, NM 87024.

Tax Facts

Continued from page 1

LOCAL GROSS RECEIPTS TAX RATES	
Locality	Tax Rate
Pueblo of Jemez	4 %
Jemez Springs	6.6875%
Los Alamos	7.0625%
Rio Rancho	6.6875%
Bernalillo	6.8125%
Albuquerque	6.8125%
Santa Fe	7.9375%

The Pueblo of Jemez Gross Receipts Tax of four percent is much lower than the GRT charged by other local governments.

Did You Know?

The cost of gas at the C-store includes a fuel tax of 17 cents per gallon that goes to the Pueblo of Jemez. All off-reservation gas stations in the state impose the same tax as part of the cost of gas. But when you buy your gas at our C-store, that tax money stays here in the Pueblo. Those funds go to support tribal programs and create jobs here in the community.

“You might save two cents a gallon buying gas down the road, so on 20 gallons you save about 40 cents. But the Pueblo actually **loses \$3.40** on that fill-up, because we don’t get that tax revenue,” says Governor Paul S. Chinana.

Keep your money here in the community! Buy what you need at the C-store!

Jemez Community Development Corporation Grows

As of Jan. 1, the Walatowa Convenience Store and Walatowa Visitor Center Enterprises are operated and managed by Jemez Community Development Corporation (JCDC), a Section 17 Federally Chartered Corporation owned by the Pueblo of Jemez.

A Board of Directors manages the corporation. Board members include Chairperson Charlotte Garcia Romero, Vice Chair Kai Gachupin, Secretary/Treasurer Jeri Loretto, and members Noel Behne, Ron Fernandez, Ted Pedro and George Toya.

The corporation will streamline operations and improve services at the two enterprises. They have already received a grant to install indoor restrooms at the C-store. Look for special events and sales as the new enterprise goes forward.

Got a Great Idea?

Look for a new suggestion box at the tribal office. Bring your comments, suggestions and problems. The Governors and Tribal Administration will read your message and respond.

Please include contact information to help get your issue resolved.

NEWS YOU CAN USE

WELCOME MAT

FREE TAX HELP



New Mexico Legal Aid, Inc. Native American Program is offering free tax help to Jemez Pueblo tribal members again this year. They will provide free tax preparation and free electronic filing for households that earn less than \$50,000 per year, including married couples filing jointly.

People can expect to receive their tax refunds within three weeks if a check is mailed to their homes, or in 10 to 14 days

if the refund is deposited directly to a savings or checking account.

The tax clinics will continue through the tax season on Wednesdays from 1 to 4 p.m. and Saturdays from 9 a.m. to 2 p.m. For more information or to make an appointment, call NM Legal Aid in Bernalillo at 505-867-3391 or (toll-free) 866-505-2371.

American Indian Day at the State Legislature

Healthcare: Maintaining Life, Tradition and Culture
Wednesday Feb. 13 8:30 a.m.-noon
New Mexico State Capitol Rotunda

Gov. Bill Richardson, Lt. Gov. Diane Denish, AIPC Chairman Joe Garcia, NM Indian Affairs Department Secretary Designate Alvin H. Warren, NM Human Service Department Secretary Pamela Hyde and other dignitaries are expected to address the forum. A group from the Jemez Senior Center plans to attend.

Cuts Proposed to BIA Budget

In his administration's last budget, President Bush plans to cut nearly \$100 million to the Bureau of Indian Affairs. The 2009 budget seeks \$2.2 billion for the BIA, a 4.4 percent decrease from current funding and a 5.1 percent decrease from 2007 funding. The proposed budget includes \$26.6 million to fight methamphetamine use and \$25.5 million to improve student achievement. The budget also seeks \$8.2 million, a \$2 million increase, for the BIA guaranteed loan program, which helps tribes and Indian businesses.

Most of the agency will see cuts, including a \$27.6 million cut to school construction, \$22 million cut to welfare aid, \$12.5 million cut to roads maintenance, \$10.6 million cut for self-governance compacts, \$5.9 million cut to scholarships and adult education, and a \$2.3 million cut for tribal courts. The proposed budget also eliminates \$21.4 million in Johnson O'Malley education grants, \$13.6 million for the Housing Improvement Program and \$9.8 million for Indian land consolidation.

The proposed budget now goes to Congress, where changes could be made to the overall bill.

Penny Ott Joins JHHS

Penny Ott, MPA, MS, brings 16 years of experience in health-care quality management and administration to her new position as Executive Director for Clinical Operations at the Jemez Health Clinic. Her responsibilities with the Clinic will include all aspects day to day functioning, quality of patient care, patient satisfaction and regulatory compliance.

Prior to coming to Jemez Pueblo, Penny worked in some of the country's best hospitals, including The Cleveland Clinic, Lovelace/Sandia Health System, University of New Mexico Hospitals, and most recently at The Methodist Hospital in Houston. Penny also had operational responsibility for UNMH's Carrie Tingley Hospital for a short period of time.

"I am happy to be here in Jemez. The Clinic here has a reputation for providing good care, but as humans we need to continuously improve. My job is to help us measure our improvements in patient care and satisfaction so we can keep getting better and better as we grow," Penny says.



Penny Ott



Ashley Chinana

Welcome Mat

Ashley Chinana is now greeting visitors and answering phones at the reception desk in the Tribal Administration Office. A graduate of Santa Fe Indian School, Ashley has completed her Associate's Degree in Office Management from Central New Mexico Community College.

JEMEZ HELPING HANDS

Does someone in your family need "new" winter clothes? Jemez Helping Hands Clothes Closet is open Wednesdays from 11 a.m. to 1 p.m. The Clothes Closet is on Hwy. 4 between the Community Center and the Baptist Church. Look for two small green buildings; one faces the highway and has the JHH logo on it.

Sizes for adults and kids and everything is free!

HEALTH & HUMAN SERVICES

February is American Heart Month

Did You Know?

Medical research has revealed enough about the causes and prevention of heart attacks that they could be nearly eliminated. Yet nearly 16 million Americans are living with coronary heart disease, and nearly half a million die from it each year.

The mortality rate for cardiovascular disease (CVD) — which includes heart disease, stroke and chronic obstructive pulmonary disease — is greater than the combined rates for all other leading causes of death, including cancer, accidental injuries, pneumonia, influenza, diabetes, suicide, kidney disease, chronic liver disease and cirrhosis.

CVD is the number one cause of death for American Indians. The incidence of heart disease twice as high for Native Americans as in non-Indians and is on the rise for American Indian women.

CVD is the leading cause of death for women, killing more women than breast cancer, ovarian cancer and lung cancer combined. In 2003, CVD claimed the lives of 483,842 females; all cancers combined killed 267,902.

If you smoke, have high blood pressure, high cholesterol, diabetes or are overweight, your risk of a heart attack increases.

Heart Attack Warning Signs

Some heart attacks are sudden and intense like the chest-clutching “movie” heart attack. But most heart attacks start slowly, with mild pain or discomfort. Often people aren’t sure what’s wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- ♥ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ♥ Discomfort in other areas of the upper body, including pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ♥ Shortness of breath with or without chest discomfort.
- ♥ Breaking out in a cold sweat, nausea or lightheadedness

Not all these signs occur in every heart attack. Sometimes they go away and return. Even people who have already had a heart attack may not recognize the symptoms, because the symptoms of their next heart attack can have entirely different symptoms from the previous one.

Women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea or vomiting, and back or jaw pain.

Minutes Matter

Most people having a heart attack wait too long to seek medical help—and that can be a fatal mistake. Patient delay—rather than transport or hospital delay—is the biggest cause of not getting rapid care for heart attacks. Heart attacks and strokes are life-and-death emergencies—every second counts. Fast action saves lives—maybe your own. If you see or have any of the listed symptoms, don’t wait! **Call 9-1-1 and get help fast!**

People often take a “wait-and-see” approach because they:

- ♥ Don’t understand the symptoms of a heart attack and think that what they are feeling is due to something else.
- ♥ Are afraid or unwilling to admit that their symptoms could be serious.
- ♥ Are embarrassed about “causing a scene,” or going to the hospital and finding out it is a false alarm.
- ♥ Don’t understand the importance of going to a hospital right away.

Some patients are more likely than others to delay. For instance, women, senior citizens and minorities are more likely to delay getting help. Most heart attack victims wait two hours or more after their symptoms begin before they seek medical help. **This delay can result in death or permanent heart damage;** this damage can greatly reduce the ability to do everyday activities and will affect the rest of your life.

Call 9-1-1

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone goes to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

If you can’t access EMS, get someone else to drive you to the hospital right away. Don’t drive yourself, unless you have absolutely no other option.

Today, there are new medications and treatments available that benefit heart attack patients. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. **So don’t delay — get help right away!**

Lifestyle Changes DO Make a Difference!

Eat Your Way to a Healthy Heart

It's not complicated to plan heart-healthy meals!

- ♥ Choose fish, poultry and lean cuts of meat, and remove the fat and skin before eating. Eat no more than about 6 ounces per day.
- ♥ Broil, bake, roast or poach foods instead of frying.
- ♥ Cut down on high-fat processed meats like sausage, bacon, salami and bologna.
- ♥ Limit organ meats such as liver, kidney or brains.
- ♥ Use skim or low-fat milk and cheeses, and low or nonfat yogurt.
- ♥ Use all fats and oils sparingly.
- ♥ Eat plenty of fruits and vegetables; five to seven servings every day is best.
- ♥ Choose cereals, breads, rice and pasta made from enriched or whole grains (for example, rye bread or whole wheat spaghetti).
- ♥ Make it a habit to read food labels. Choose products that are low-est in fat, saturated fat and cholesterol content.

Exercise, Exercise, Exercise!!

- ♥ Your heart, just like all your muscles, needs regular exercise to stay strong and healthy. Even low-to moderate-intensity activity, if done daily, can provide benefits – like pleasure walking, gardening, yard work, moderate-to-heavy house-work, dancing and home exercise.
- ♥ The Fitness Center is open seven days a week; their trained staff can help you design an exercise program that's right for you. The Community Wellness Program also offers dance, yoga, stretch and other classes (see page 12.)
- ♥ Seniors 55 years old and over can get fit at the Senior Center (see page 7.)
- ♥ Regular exercise can reduce stress.
- ♥ According to the National Institutes of Health, people who are physically inactive are almost twice as likely to develop heart disease than those who are more active.
- ♥ Physical activity may protect against developing CVD and can help control high blood cholesterol, high blood pressure, diabetes and obesity. Studies show that exercise training programs significantly reduce overall mortality as well as death caused by heart attacks.
- ♥ Be sure to build your activity level gradually over a period of time and check with your health care provider before you start an exercise program.

A Healthy Valentine's Treat

You don't have to stop celebrating just because your family is eating healthy. Choose your treats with nutrition in mind. This chocolate brownie cake uses yogurt and egg whites to reduce calories and fat, but still tastes like a special holiday treat.

CHOCOLATE-RASPBERRY AVALANCHE CAKE

Serve this chocolate brownie cake with chocolate sauce and raspberry cream. Yum!

Prep. Time: 15 min.; Start to Finish: 1 hr. 15 min.
Makes 12 servings

- 1 ²/₃ C. whole wheat flour
- 1 C. sugar, divided
- ¹/₂ C. unsweetened cocoa powder, divided
- 1 t. baking powder
- ¹/₂ t. baking soda
- ¹/₄ t. salt
- 1 ¹/₂ C. low-fat plain yogurt
- 2 T. canola oil
- 1 t. vanilla extract
- 3 large egg whites, at room temperature
- 1 ¹/₄ C. raspberries
- 2 T. honey
- 2 T. hot tap water
- ¹/₄ C. raspberry all-fruit preserves, melted

Preheat oven to 350° F. Coat a 9" x 9" baking dish with cooking spray. In a large bowl, mix the flour, ¹/₂ cup of sugar, ¹/₄ cup of cocoa, baking powder, baking soda, and salt. Mix 1 cup of yogurt, oil and vanilla in a separate bowl. Place egg whites in a medium bowl. Use an electric mixer on high speed to beat until soft peaks form. Slowly beat in remaining ¹/₂ cup sugar until stiff, glossy peaks form. Stir the yogurt mixture into flour mixture just until moistened. Fold in the egg whites until no streaks of white remain. Pour into the prepared baking dish. Sprinkle evenly with 1 cup of the raspberries. Bake for 40 minutes, or until a wooden pick inserted in the center comes out clean. Cool on a rack for 10 minutes. Remove from the pan and place on the rack to cool completely. Cut the cake into squares and top with a dollop of yogurt and a drizzle of chocolate sauce. Garnish with the remaining ¹/₄ cup raspberries.

Chocolate Sauce: Mix the honey, water and the remaining ¹/₄ cup cocoa.

Raspberry Sauce: Mix the melted preserves and the remaining ¹/₂ cup yogurt.

Nutrition Information, per serving: calories 240 (calories from fat 30); cholesterol 0 mg.; sodium 180 mg.; total carbohydrate 46 g.; dietary fiber 2 g., sugars 25 g.; protein 5 g. *From Prevention Healthy Cooking.*

Live a long and healthy life! Control your weight, cholesterol, blood sugar and blood pressure. Stop smoking. Exercise, exercise, exercise!

DENTAL CLINIC

Clinic Celebrates Child Dental Health Month

In honor of Child Dental Health Month in February, the Jemez Dental Clinic has a series of events planned for children.

Dental Hygienist Anna DeFelice will give oral health presentations at the Jemez schools throughout the month. She will visit Jemez Valley High School on Feb. 7 and 14 and San Diego Riverside Charter School on Feb. 21 and 28. She will also give a presentation to Jemez Head Start parents on Wednesday, Feb. 13 in the evening. She will distribute oral hygiene products at the presentations.

All Head Start classes will visit the dental clinic on Wednesday morning, Feb. 27 to get an orientation to the rooms and equipment, see displays, hear a talk on oral care and healthy foods, and get Duraflor (fluoride varnish) applications.

Children should have their first dental appointment at about one year of age or about six months after the first tooth comes in.

If it's been more than six months since your family's last dental check-ups, please call the Clinic at 834-7288 to make an appointment.

Start Early to Protect Kids' Teeth

The best way to ensure that your child does not get cavities or periodontal disease is to teach proper mouth health habits early. Good oral hygiene routines should be established as early as infancy and continued throughout life.

- ❑ Oral health care starts even before the first tooth comes in. Wipe your baby's gums with a damp washcloth or gauze pad after each feeding to remove any food.
- ❑ As soon as the baby teeth come in, clean them daily with a soft cloth or baby toothbrush and a pea-sized amount of fluoridated toothpaste.
- ❑ Don't put your child to sleep with a bottle, unless it's filled only with water. When babies fall asleep with milk, formula, juice or other sweet liquid in their mouths, sugars in these liquids stay on the teeth. Mouth bacteria use these sugars as food and produce acids that attack teeth, causing decay. Decay can also develop when babies fall asleep while breast-feeding.

Children • are
precious...

...so are their teeth.

Make an appointment at your dental clinic today!
February is Children's Dental Health Month.

Jemez Dental Clinic 834-3130

Albuquerque Area
Dental Support Center
A program of



VOCATIONAL REHABILITATION

Disabilities Awareness Conference Coming March 18

The Jemez Vocational Rehabilitation Program will host its 10th Annual Disabilities Awareness Conference at the Walatowa Youth Center on Tuesday, March 18, 2008. The conference will run from 9 a.m to 2 p.m. with a Fun Run/Walk starting at 7:30 a.m. A hot lunch will be provided for registered participants, and door prizes will also be given out throughout the conference. The Disability Awareness Conference brings the community together to learn about disabilities and program services, and offers an opportunity to hear about how the program has impacted the lives of people who have benefited from JVR services.

“The conference will offer several new features this year, which should make it more interesting, informative and entertaining than ever before!” says Program Manager Sarah Michaud. JVR program staff, with the assistance of other tribal programs, Health and Human Services and outside disability-related programs, have already started planning for the conference.

This year, the Disabilities Awareness Conference will again host representatives from many state and local service agencies, including the Social Security Administration, Sandoval County Human Services Department and many others. Service providers from these agencies will be available to answer questions, provide information, and help attendees sign up for services. In addition, several local artisans will have tables set up to sell locally made artwork, pottery and jewelry.

The conference will feature motivational speakers who will talk about living their lives with disabilities, and about how they have faced life challenges when the odds seemed stacked against them. A panel of JVR consumers will speak about their experiences dealing with disability and share their inspirational success stories.

If you are interested in attending the 10th Annual Disabilities Awareness Conference, registration forms will soon be available at the JVR office. You are also welcome to join the conference planning committee.

For more information about the upcoming conference or to join a planning committee, please call the JVR office at (575) 834-0012 or email Sarah at smichaud@jemezpuablo.us.

Congratulations!

Congratulations to Cynthia Justice who is the new Vocational Rehabilitation Coordinator. She will work mainly with the communities at Santa Ana and Zia, but will work from the Jemez office as well. Previously, Cynthia had a temporary position with JVR.

SENIOR CITIZENS

New Schedules at The Senior Center

The meal schedule at the Senior Citizens Center changed at the beginning of February. “The change gives senior citizens who are unable to come during lunch the chance to join us for one of our meals,” says Rose Shendo.

Meals are available for seniors 55 years old and over. All meals meet USDA nutrition standards. Menus are posted at the Senior Center. “Seniors, don’t miss it!” say the kitchen staff. “We are hoping to see you soon!”

MEAL SCHEDULE

Mondays & Wednesdays	Breakfast	8:30 to 9:30 a.m.
Tuesdays & Thursdays	Lunch	noon to 1 p.m.
Fridays	Dinner	5 to 6 p.m.

PHYSICAL ACTIVITIES

Mons. & Thurs.	11 - 11:45 a.m.	Exercise & Line Dancing	Senior Center
Tues. & Weds.	10-11:30 a.m.	Walking & Practice Events (Frisbee, Basketball, etc.)	Youth Center
Fridays		Bowling	Santa Ana Star Bowling Lanes

Jemez Pueblo senior citizens 50 years old and over can participate in All Indian Game Days (March 27 and 28) and the Senior Olympics. Registration forms are available at the Senior Center. Contact Rose Shendo or Karen Madalena for more information at (575) 834-9168, or come visit the center and join the fun.

JEMEZ VETERANS ASSOCIATION

The Walatowa Veterans Association is pleased to announce that the association has recently finalized the by-laws by which the association will be governed and has also decided on an official logo to represent the group.

“Establishing these by-laws and official logo has been a long process,” says Larry Pecos. “It’s a very exciting beginning of the New Year!”

The Walatowa Veterans Association invites and encourages all Jemez veterans and his or her dependents or family members to join the association and attend monthly meetings.

Monthly meetings are currently being held at the Jemez Senior Citizens Center. Flyers with meeting dates and times are posted at public buildings.

“It’s a noble tribute to all veterans to take part in such a commendable venture!” Larry says.



VISITORS CENTER

GIFT SHOP LAUNCHES ARTISTS' DATABASE PROJECT

About 40 artists and craftspeople shared dinner at a meeting at the Walatowa Visitors Center and learned about the Jemez Artists' Database Project and other services for artists. After introducing Visitors Center staff members Tanya Trujillo-Salazar, Administrative Assistant, Juanita K. Gachupin, Information Specialist, and Nancy Toledo, Information Specialist, Manager Monique Sando explained how the database will help individual artists market and sell their work. The database will include names, contact information, biographies and images that will help purchasers and collectors who want more information about an artist's work. Visitors Center staff are conducting the interviews, which include questions such as how the artists learned their techniques, who taught them, and what inspires their work.

"We get inquiries all the time, from all over the world," Monique says. "People ask about artists they met 20 years ago, or send photos wanting to know if we can identify

who made a piece."

Although the database will include contact information, no information will be given to the public without the artists' permission. Usually, the Visitors Center will contact the artist and let him or her know about the inquiry; then the artist can decide how to respond to each individual.

The database project is funded by a grant from the New Mexico Department of Indian Affairs.

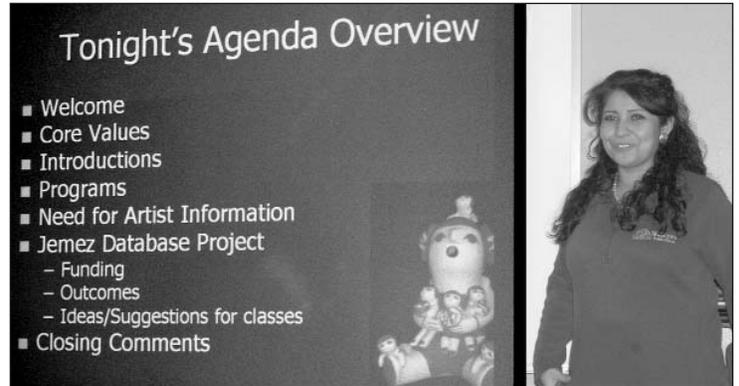
The grant also includes funds for classes and workshops that will help artists market and sell their work. Artists offered a number of suggestions about topics they would like to see addressed including: how to write resumes, public speaking, art promotion, pricing for wholesale and retail

markets, and customer service.

Monique also explained the Gift Shop's policies for accepting art work. She stressed that they want to include a full range of work, including innovative and nontraditional items.

"We just want to help our artists get their work out in the world," she says.

Artists who want to participate in this project can contact the Walatowa Visitor Center at 834-7235 or tourism@jemezpuablo.com for more information.



Monique Sando explains a new project at the Visitors Center that will benefit local artists.

A Special Thank You From Our Family To Yours...



Sandra, John, Jerry and Jonathan Romero.

From the Romeros: Johnny, Sandra, Yolanda, Miranda and David; the Madalenas: Joshua, Gail, Alexandra and Daniel; the Sandos: Steve and Margaret; the Blueeyes: Antonio, Savannah and Gwendolyn; the Pecos: Lupe and Maureen; the Wacondos: Alfred and Wena; the Reynolds: Michael and Kathy; the Martinez: Lloyd, Ann, Matthew, Arny and Samantha; the Romeros: Wayne, Sheena and Andres and the Medinas: Lawrence, Andrea, Hanna, Lauren and Andrew.

We extend our great appreciation to Governor Paul Chinana and all the Tribal Officials and to each and every one in our community for your support, good thoughts and special wishes during the Christmas Celebration of Christ.

It was a wonderful experience for our family and we will cherish every moment of our memorial celebration.

We wish each of you Peace, Happiness and Good Health.

Thank you

HOUSING

The Roof Over Your Head: Surviving Severe Cold Weather

Severe, sustained cold weather, with snowfall interspersed with periods of melting and freezing, can inflict considerable damage to homes. Here are some steps you can take to protect your home during extended severe weather.

- ◆ Clear snow and ice from sidewalks and entrances to your home .
- ◆ Keep gutters free of leaves and debris so melting snow and ice can flow freely. Watch for ice dams near gutter downspouts. Ice dams can cause water to build up and seep into your house.
- ◆ Keep the house heated to at least 65°. The temperature inside the walls, where pipes are located, is substantially colder than the walls themselves. Temperature below 65° will not keep the inside walls from freezing.
- ◆ If ice forms on trees, watch for dead, damaged or dangerous branches that can break, fall and damage your house or car, or injure someone near your property.

To Keep Water In Pipes From Freezing, Take The Following Steps:

- ◆ Fit exposed pipes with insulation sleeves or wrapping to slow the heat transfer. The more insulation the better.
- ◆ Use caulking to seal cracks and holes in outside walls and foundations near water pipes.
- ◆ Keep kitchen and bathroom cabinet doors open during cold spells to allow warm air to circulate around pipes.
- ◆ Keep a slow trickle of water flowing through faucets that are connected to pipes that run through an unheated or unprotected space. Or drain the water system, especially if your house will be vacant during cold periods.
- ◆ If your pipes burst, first turn off the water and then mop up spills. You don't want the water to do more damage than it already has.
- ◆ Disconnect all hoses from outside spigots.
- ◆ Make temporary repairs and take other steps to protect your property from additional damage.
- ◆ Remove any carpet or furniture than can be further damaged from seepage.

Source: Amerind Risk Management Corporation

BEHAVIORAL HEALTH

Sobriety Conference Stresses Hope

The JHHS Behavioral Health Program sponsored a day-long conference to support recovery from alcohol and drug addiction at the Community Resource Center on Friday, Feb. 1. More than 80 participants included tribal members, program staff, guest speakers, sobriety specialists and other visitors.

Black Eagles Drum Group opened the conference with the Flag Song to honor national and state flags, a memorial song for loved ones who have gone to the Spirit World due to alcohol or drugs, and a victory song for current recoveries.

Behavioral Health Counselor Joseph (Bill) Fragua hosted the day's events, which included an invocation by Frank Fragua, BH Substance Abuse Counselor, and opening remarks by First Lt. Governor Joshua Madalena.

Dr. Raymond Loretto, CEO of Jemez Health and Human Services, assured the conference that the services offered by the Behavioral Health Program would continue to support tribal members suffering from addiction.

Chippewa artist Sam English was the first keynote speaker. With humor and candor, he recounted the challenges of urban Indian life. A founding member of the first Alcoholics Anonymous group for Indians in Albuquerque, English is passionate about educating Indian youth. Ultimately, his message was one of hope for the future. "In my art, I don't draw Indians looking down," he says. "We don't have to look down at the ground anymore. We can be happy, joyous and free, walking down the Red Road."

Helen Medina from Zia also addressed the conference. After sharing stories of her life, she advised listeners that "AA works only if you want it to work for you."

The afternoon's activities included a panel discussion with people in recovery and an open mic opportunity to share stories. The day's activities also included lunch and door prizes.

Debra Benalli, Clinical Supervisor for Bernalillo County's Department of Substance Abuse Programs, hosted an information table to raise awareness about Meth Emergency Team Help (METH). The outreach program provides comprehensive support to families affected by methamphetamine addiction.

ValueOptions New Mexico's Prevention, Education and Outreach Coordinator Al Benalli praised the Jemez leadership for hosting such a conference. "Every community in Indian Country should be doing something like this," he said. Benalli also offered encouragement, saying that alcoholics can and do recover: "[Our people] don't have to die from this dreadful disease anymore."

Alcoholics Anonymous meets at the CRC every Wednesday and Friday at 7 p.m. Meetings are held at Zia Pueblo and in Jemez Springs as well. Contact Behavioral Health for more information at (575) 834-7258. **All calls are strictly confidential.**

PUBLIC HEALTH

Classes for Expectant Moms

Having a baby? Free Prenatal Childbirth Education Classes for pregnant women will start Thursday, Feb. 7, and will meet for five sessions. All classes meet in the Towa Board Room at the Health Center at 6 p.m.

Thursday, Feb. 7.	Physical and Emotional Changes During Pregnancy
Wednesday, Feb. 13.	Labor and Delivery
Thursday Feb. 21.	Breastfeeding
Thursday Feb. 28.	Car Seat and Newborn Safety
Thursday March 6.	Immunizations and Newborn Care

Participants will learn about pregnancy and their unborn child with handouts and videos pertaining to the class topics. Classes will be taught by Mildred Toya, Community Health Representative/Maternal Child Health; sometimes some guest speakers join the group.

Fathers are encouraged to attend. Classes include refreshments and games, with prizes for the new baby.

If you have any questions, please phone Mildred Toya, CHR/MCH at (575) 834-3164 or send an e-mail to mbaca@jemezpuablo.us.

New Year's Fun Run/Walk

About 30 runners and walkers bundled up to get a start on their New Year's Resolutions at a Fun Run/Walk sponsored by the JHHS Public Health Diabetes Program. After warm-ups, participants of all ages completed the three-mile event that started at the Pueblo Church.



SOCIAL SERVICES

Bond Your Marriage!

Make your marriage even better in 2008!

The New Mexico Marriages First Project (NMMFP) will host a free event for married couples on Saturday, March 1, from 9 a.m. to 5 p.m. Rebecca and Michael Holland from NMMFP will provide training on communication skills, conflict resolution and other issues that can help your marriage stay strong. Childcare and lunch will be provided. The day will be informative and entertaining and is a great opportunity to invest in your marriage at no cost at all.

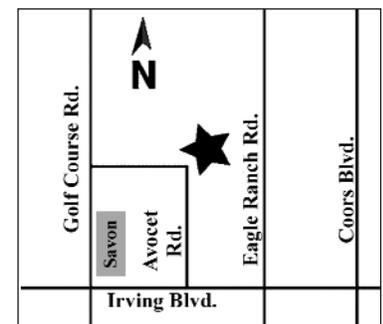
The event will be held at Church Alive! 4601 Avocet NE, Albuquerque, NM.

For more information or to register, contact the New Mexico Marriages First Project at (505) 891-1846.

Don't miss this great opportunity to bond your marriage.

Directions to Church Alive!

Take Coors Blvd. south to Irving (first major intersection north of Paseo del Norte.) Turn right (west) on Irving approximately 2 ½ miles to Avocet Rd. (just before Golf Course Rd.) Turn right (north) on Avocet.



Before You Say "I Do!"

Do you know a couple planning to get married or thinking about getting married?

Do you know a couple who should get married?

Now is their chance to learn some things about marriage before they actually say "I Do!" Jemez Social Services has joined with the New Mexico Marriages First Project (NMMFP) to bring a fun, interactive and interesting series of classes on marriage issues to Jemez. The classes are free and include child care if needed.

The series of four classes begins on Thursday, Feb. 7, 2008 and will continue on the next three Thursdays, Feb. 14, 21 and 28. The classes will be held from 7 to 9 p.m. at the Senior Citizen's Center.

Couples who complete all four pre-marital classes, will have their marriage licenses paid for by the New Mexico Marriages First Project and will also receive a special gift.

To register for the premarital education classes, contact Social Services at 834 - 7117 or Rebecca or Michael Holland at NMMFP at (505) 891-184 or (505) 401-5734.

Don't miss this great opportunity to learn about marriage!

NEWS YOU CAN USE

FROM THE RANGER'S DESK...

By Linda Riddle, *Jemez District Ranger*

Over the past months, many Jemez Mountains residents and visitors have expressed interest and concern about pumice mining in the area. This is for good reason; proposals for new mines and the closure of an existing mine mean much is changing.

The pumice mining issue can be confusing: several mines operate in different locations; there are different operators; and different authorities administer the mines. The Forest Service has three mineral management categories – leasable, locatable and salable. Several different laws, some dating from 1872, govern the management of these mineral categories.

Leasable minerals are oil, gas, coal, phosphate and geothermal steam. **Locatable** minerals are the minerals for which mining claims are 'staked,' including gold, silver, copper, uranium and other forms of minerals with unique properties. **Salable** minerals are everything else, such as sand, gravel, stone and fill dirt.

Pumice is unusual in that it can be either a locatable mineral, if it goes to the stonewash laundry industry, or a salable mineral, if used as aggregate, landscape rock or for concrete products.

Until 2006, three pumice mines operated on the Jemez Ranger District. The El Cajete Mine, off Hwy. 4, was operated by Copar Pumice Co. and produced locatable pumice for the stonewash laundry industry. Copar also operated the South Pit Mine, off Forest Rd. 10, to produce salable pumice. The 5.6-acre Cerro del Pino Mine, also off FR 10, is operated by Utility Block to mine salable pumice for their block products; material is hauled to Albuquerque through Ponderosa.

The South Pit mine completed active mining at the end of 2006. The El Cajete mine closed to further mining on Nov. 19, 2007. Thus, there should be no more pumice hauling on Hwy. 4 through Los Alamos.

In the past year, the Forest Service received proposals for two new salable pumice mines, a 100-acre area adjacent to the South Pit Mine, and the 36-acre Boone-Duran Mine adjacent to Cerro del Pino. The South Pit expansion proposal was decreased to 48 acres because the original size was too large to mine in a 10-year period, which is the viable term of a plan of operations.

When the Forest Service accepts a mining proposal, it is required to review it according to the National Environmental Policy Act (NEPA). NEPA is a process to disclose potential environmental effects to the public and make a decision based on the analysis. The Jemez Ranger District is currently completing NEPA analyses for these mine proposals. The Jemez Thunder has had notices about this process.

NEPA can be a very expensive process that takes months, if not years, to complete. For both mine proposals, the Forest Service decided to complete Environmental Assessments, which include comprehensive analyses of the effects of the proposed action and potential alternatives. The alternatives for both proposed mines focus on traffic impact because local citizens identified road safety and noise as primary concerns. The Forest Service is also analyzing proposals and alternatives for effects on wildlife, water quality, ground water, air quality (dust), cultural resources, recreation and other resources.



The Cerro del Pino Mine off Forest Road 10 in Ponderosa is operated by Utility Block to mine salable pumice.

When the analysis process is complete, the Forest Supervisor will make a decision based on the Environmental Assessment (EA). This decision may be to authorize the mine according to a specific alternative or to not allow mining. A third option is that the Forest Supervisor can decide to complete an Environmental Impact Statement (EIS) if there is substantial uncertainty about the proposal's environmental and human impact. The two analyses are very similar. The difference is that an EA must conclude with a Finding of No Significant Impact and an EIS may conclude and disclose potential significant impact and uncertainties in the analysis. Although an EIS may find significant impact associated with a project, a decision to proceed may still be made.

The District has received valuable input from interested citizens, which is being reviewed for the EA. When the final EA is published, it will list all comments with responses to each comment. Citizens or organizations that provided comments during the designated comment period have the right to appeal the decision.

Under mineral materials regulations, if the Forest Supervisor decides to authorize one or both mines, the Forest Service must offer the pumice for sale by competitive bid and accept bids from all qualified bidders, regardless of who originally proposed the sale. Qualified bidders must post the required bond, have the financial capacity to mine the area, not have outstanding debts to the US government, or not been convicted of trespassing on National Forest lands.

The management of our National Forests is no simple matter. Often, Many laws, regulations and policies govern conflicting uses, making it challenging to find solutions that meet everyone's interests. Forest Service staff will continue to evaluate the mining proposals, the environmental impacts, and consider community input based on the laws and regulations established for the agency.

"We value your input and continued participation in the NEPA process," says Linda Riddle, Jemez District Ranger. Please feel free to contact her or the planning staff officer, Mike Dechter, at the Jemez Ranger District for more information at 575-829-3535.

Save the Date!

Tuesday Feb. 5. San Diego Riverside Charter School Governing Board Meeting, 6 p.m.

Thursday Feb. 7. Walatowa Head Start Policy Council Meeting, 6 p.m.

Thursday, Feb. 7. "Before You Say I Do!" Premarital education for couples. Series of four classes. 7 p.m. at the Senior Center. Free. See page 10 for registration information.

Friday, Feb. 8. United Blood Services Blood Drive at Jemez Valley Credit Union. Call 829-3366 for an appointment to donate.

Wednesday Feb. 13. American Indian Day at the Legislature. Healthcare: Maintaining Life, Tradition and Culture. 8:30 a.m.-noon

Wednesday Feb. 13. Walatowa Head Start Parent Center Committee Meeting. 6 p.m.

Tuesday Feb. 19. Jemez Valley Public Schools Board of Education Meeting. 5:30 p.m.

Wednesday Feb. 20. Walatowa High Charter School Governing Board Meeting. 6 p.m.

Saturday, March. 1. Bond Your Marriage, 9 a.m. – 5 p.m. Free; childcare and lunch provided. At Church Alive! in Albuquerque. See page 10 for registration information.

Tuesday, March 18. Tenth Annual Disabilities Awareness Conference. At the Youth Center. Fun Run/Walk at 7:30 a.m.; conference starts at 9 a.m.

Wednesday, April 23. Job/College Fair, 9 a.m. – 2 p.m. at the Youth Center. Co-sponsored by the Department of Education and Jemez Vocational Rehabilitation Program.

ONGOING EVENTS

The Fitness Center is now open 6 a.m. to noon, Saturday and Sunday. Mondays & Thursdays. Stretch & Strength low impact, high intensity workout; noon at the Youth Center.

Mondays & Wednesdays. Circuit Training. 12:30 p.m. Fitness Center.

Tuesdays & Thursdays. Circuit Training. 4:30 p.m. Fitness Center.

Wednesdays. Plyometric Strength Training. 6 p.m. Youth Center.

Thursdays. Walatowa Basketball League. 5:45 p.m. Youth Center

Fridays. Yoga & Pilates with Michelle Hernandez; noon at the Youth Center.

Alcoholics Anonymous meets Wednesdays and Fridays at 7 p.m. at the CRC. Open to the public.



PUEBLO of JEMEZ

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