



Red Rocks Reporter

MARCH 2008

In This Issue

Notice of Intent to Repatriate	1
Meet Judge Mendoza.....	2
Summer Youth Employment Opportunities.....	3
Free Tax Help	3
Caterers Needed	3
Pueblo of Jemez Phone Directory	4
Welcome Mat: Roland Cheeku	5
Spring Cleaning for a Healthier Home ..	5
March is National Nutrition Month.....	6
Snack Healthy.....	7
Clinic News & Notes	7
Contract Podiatrist Wins Award	8
Medicare Open Enrollment.....	8
Valentine's Day Screenings	8
Fitness Challenge Winners	9
Disabilities Awareness Conference.....	9
Home Alone?	10
Safety Tips for Children.....	10
Respecting Our Elders	10
Empowerment for Change.....	11
CIRT Volunteers Needed.....	11
Money Matters	12
What is Abuse?	12
Foster Parents Needed.....	12
Growth & Development	13
Why Spay/Neuter Your Pets?	13
Dental Clinic Tours	13
Department of Resource Protection ..	14
Senior Olympics All Indian Games	14
Senior Meals Schedule	14
Alcohol Education Classes	15
Golden Anniversary.....	15
Sandoval Bus Includes Cuba	15
Save the Date!.....	16

FROM THE GOVERNORS

Notice of Intent to Repatriate

The National Museum of Natural History of the Smithsonian Institution plans to repatriate the following to the Pueblo of Jemez.

The skeletal remains of 52 individuals in 47 catalog numbers were collected from the site of Guisewa during a brief archaeological excavation conducted in 1910 by Edgar Hewett of the School of American Archeology and F.W. Hodge of the Bureau of American Ethnology. The remains of 162 individuals in 158 catalog numbers were collected from the site of Amoxiumqua during excavations sponsored by Bureau of American Ethnology and the School of American Archaeology in 1910 and 1911. After a review of the available evidence, the remains from both sites have been found to be culturally affiliated to the Pueblo of Jemez.

The remains of an estimated 214 individuals in 204 catalog entries will be repatriated to the Pueblo of Jemez.

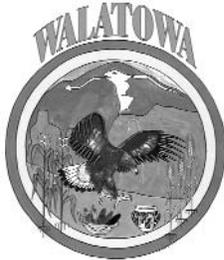
For further information, please contact Risa Arbolino before April 3, 2008 at (202) 633-0890, Repatriation Office Smithsonian Institution, P.O. Box 37012, NMNH MRC 138, Washington, DC 200137012.

With the notice reproduced above, The Smithsonian Institution formally declared that they will repatriate Jemez Pueblo ancestral remains. The agreement was completed on Feb. 28, 2008, culminating a process started in the summer of 2004 when Joshua Madalena, then Second Lt. Governor, *Fiscale* Robert Chinana and spiritual leader Frank Loretto made a formal visit to the museum to initiate the action. Over the past four years, several tribal representatives have traveled to Washington to inspect the collection. As the current First Lt. Governor, Joshua Madalena represented the tribe to complete the negotiations. The new agreement is the very first to return such a large number of Jemez Pueblo ancestors to the tribe; the most recent repatriation in 1999 returned Pecos ancestral remains and artifacts.

"This is a profoundly historic event for our people," says Madalena. "It is extremely important to bring our ancestors back home for reburial."

The process will begin 30 days after public notification is printed in this newsletter and in *Indian Country*. Tribal leaders, elders and spiritual leaders will go to Washington to formally receive the remains and accompany them back to tribal lands.

"This process has become very personal for me," Madalena adds. "Our mission will be complete when all remains, funerary objects and sacred items that are scattered in various places around the country are home again in our people's domain."



PUEBLO of JEMEZ

TRIBAL COUNCIL

Candido Armijo
 Joe Cajero
 Paul S. Chinana
 Raymond Gachupin
 Frank Loretto
 J. Leonard Loretto
 Raymond Loretto, DVM
 Jose E. Madalena
 J. Roger Madalena
 Arthur Sandia
 Jose Pecos
 Jose Toledo
 Michael Toledo, Jr
 Paul Tosa
 Vincent Toya
 Augustine Waquie

2008 TRIBAL GOVERNORS

Paul S. Chinana
Governor
 Joshua Madalena
First Lt. Governor
 Delbert Tafoya
Second Lt. Governor

TRIBAL ADMINISTRATOR

Vincent Toya

Red Rocks Reporter
March 2008 Edition

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TRIBAL COURT

Meet Judge Nicholas Mendoza

Balancing the Scales of Justice

Attorney Nicholas Mendoza is now serving as the Pueblo of Jemez Tribal Court's first legal professional judge. The new position was created by the Tribal Council with the approval of tribal leaders. A member of the Pascua Yaqui tribe of Arizona, Mendoza is excited about bringing his legal experience and expertise to the traditional court system.

"Many tribes across the country are installing legal professionals in their tribal courts," Mendoza explains. "Tribal courts are an essential way to strengthen tribal sovereignty. The last thing you want is to have the federal judicial system come in and challenge the sovereign right to have a tribal court. The more legal professional tribal judges there are, the less likely any such type of infringement shall take place, and therefore the stronger the tribe's sovereignty will be. It has a ripple effect."

Mendoza was raised by a single mother who worked hard to become an attorney. She now works in Washington, DC. "I was totally inspired by her," he says, adding that his grandmother always wanted to be an attorney as well. "That just wasn't possible for her in her day. But she is the family mediator and arbitrator, and a really strong debater. I figured if I could handle grandma, I could handle anyone." His close relationship to his Pascua Yaqui grandparents gave him a deep respect for the power of Native languages. "I really admire how strong the language is here in Jemez," he says. "It's a beautiful thing."

Nicholas says that his family "always pushed education." Growing up in Washington, DC, with part of his teen years in Rocky Boys, Montana, Nicholas first came to New Mexico to study creative writing at the Institute of American Indian Arts in Santa Fe. He "fell in love with New Mexico," and returned after earning his bachelor's degree in English literature at the University of Maryland.

For several years, Mendoza worked as a staff attorney at Morningstar House, a domestic violence shelter for Native women in Albuquerque started by a friend. "I grew up with strong women: my mother, grandmother and sisters. I feel this may have given me a knack for understanding and being able to communicate with my clients," he says. Those needs included vigorous legal assistance. He enrolled in UNM Law School in 1996, and graduated in 1999. He also worked as a senior staff attorney with Legal FACS, a nonprofit corporation that provides free or low-cost legal services and domestic violence victim support to low-income clients before opening his own practice.



Judge Nicholas Mendoza

Continued on page 2

Meet Judge Nicholas Mendoza

Balancing the Scales of Justice

Continued from page 2

“Domestic violence victims are continuously at risk,” Mendoza explains. “Clear, enforceable court orders can be critically important to protect victims. If a woman leaves the area, her protective order must be enforceable wherever she goes.” He adds that “Domestic violence is a cycle that will keep repeating itself unless the people committing it are held accountable.”

Judge Mendoza now lives in Corrales and appreciates being near Albuquerque’s large Indian community. An avid reader, Nicholas especially enjoys Latin American writers in the magical realism tradition of Garcia Marquez, as well as modern Japanese writers. He plays guitar with a blues band and sings “a little.” He also serves as Vice President of the Board of Directors of the Spirit Riders Foundation, a small nonprofit foundation that produces multimedia audio-visual programming “to educate, enlighten, entertain and to create positive understanding, hope and action among people and cultures.” Profits from their productions go to Native American youth education programs.

The Scales of Justice

“We need to balance traditional cultural wisdom with the legal knowledge of the American judicial system,” Mendoza says. “The concept of the ‘scales of justice’ reflects the Native belief that there is a balance to everything. When things get out of balance, the whole community is out of balance.”

“I can be objective. I’m not related to anyone here,” he adds, “People will find that I’m fair and I’m honest. I will listen to all sides. There is always more than one side to a story, sometimes two or three or 20. Everyone will get a chance to give his or her side. Especially in family law issues, it’s not about winning or losing; it’s more complicated than that. People need to feel like they are heard. Even those who don’t ‘win’ their cases, I hope they feel they were at least heard fairly. I will do my best to explain my decisions so everyone understands. Communication is important. Understanding is key.”

“I take this position very seriously,” Nicholas concludes. “I will give each case the attention it deserves, and think through all sides carefully.”

Currently, Judge Mendoza is hearing cases on Wednesdays, but plans to be in tribal court two days a week soon. He also maintains a private law practice in Albuquerque specializing in family law and criminal defense, and has a contract with the public defenders’ office to handle primarily juvenile and misdemeanor issues.

Learn and Earn This Summer

Sandoval County’s popular Summer Youth Employment Program (SYEP) will distribute applications Monday, March 10. The program places Sandoval county youth between the ages of 14 and 17 in summer jobs with businesses, nonprofit organizations and government programs. The eight-week program starts June 2 and concludes July 25. The program is completely funded by the county, which provides participants’ wages. This is a great opportunity to learn and earn this summer.

Applications will be available at the Jemez Valley Community Center on Monday, March 10. The number of applications available for the Jemez area is limited; applications will not be reserved.

“Pueblo of Jemez employers can hire youths through SYEP,” says First. Lt. Gov. Josh Madalena, who also serves as a Sandoval County Commissioner. “This county program can help us here as well as provide opportunities for our youth.”

For more information or questions, please contact Mary Jo Trujillo, SYEP Coordinator, at (505) 867-7558.

FREE TAX ASSISTANCE

New Mexico Legal Aid, Inc. Native American Program is offering free tax help to Jemez Pueblo tribal members. They 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.

Help Wanted!

JHHS is looking for individuals to cater meals for various meetings. Contractors must provide proof of a current Food Handler’s card and will need to sign contracts for services.

Catering meals for JHHS meetings and conferences. Some meetings are scheduled at short notice and require some flexibility.

Catering for monthly meetings at the Health Center.

Meals are needed for approximately 12 to 15 people.

Meals must be delivered and set up 30 minutes before the scheduled meeting time. Caterer will need to provide all utensils and paper products. Meals will include a main dish, side dish, dessert and drinks. Items needed to heat and serve meals must be picked up the morning after the meeting.

If you are interested in providing catering services, please contact Kathy Chinana at the Health Center at 834-7413 for information about submitting bids.



PUEBLO OF JEMEZ PHONE DIRECTORY

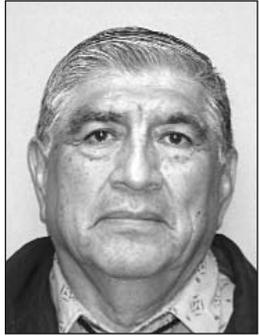
TRIBAL PROGRAM	CONTACT PERSON Directors/Managers	PHONE NUMBERS	FAX NUMBERS
Governor's Office	Governor Paul S. Chinana	834-7359	834-7331
Tribal Administrator	Vincent A. Toya, Sr.	834-7359	834-7331
Behavioral Health	Carol Gachupin, Acting	834-7258	834-9507
Child Care	Shirley Chinana	834-7678	834-0002
Community Wellness	Charles Sandia	834-7059	834-7119
Compliance Officer	Marlene Gachupin	834-7359	834-7331
Comprehensive Health Clinic	Raymond Loretto, DVM	834-7413	834-7517
Contracts & Grants	April Wilkinson	834-7359	834-7331
Convenience Store (JCDC)	Virginia Sandia	834-7530	834-0293
Dental Clinic	Steven Wire, DDS	834-7388	834-7517
Early Childhood (Head Start)	Lana Toya	834-7366	834-0002
Education	Kevin Shendo	834-9102/ 0378	834-7900
Emergency Medical Service (EMS)	David Ryan	834-7628	834-7576
Enrollment/Census	Matilda Shendo	834-0056	834-7517
Finance/Property & Procurement	Paul Gurule/Margie Toledo	834-9141	834-7331
JHHS Injury Prevention and Transportation	Maria Benton/ Martha Vigil	834-1001	834-0017
Housing	Roland Cheeku	834-0305	834-1105
Human Resources	Vacant	834-7359	834-0604
Jemez Vocational Rehabilitation (JVR)	Sarah Michaud	834-0012	834-0812
Law Enforcement Sandoval County Dispatcher	Karl Weise, Chief of Police 1-800-898-2876	834-0468	834-0470
Library	Tamara Sandia	834-9171	834-9173
Pharmacy	Vacant	834-0130	834-7517
Public Health (CHR Program, Diabetes)	Marjorie Old Horn	834-7207	834-7119
Public Works (Custodians) Solid Waste Transfer Station	Leonard Loretto	834-7942 834-0244	834-2882
Records Management/Notary Public	Yvonne Chinana	834-7359	834-7331
Resource Protection (DRP)	Steve Blodgett	834-7696	834-7697
Senior Citizens	Margaret Garcia	834-9168/1004	834-0238
Social Services	Henrietta Gachupin	834-7117	834-7103
Transportation Planning	Hilario Larry Armijo	834-0305	834-1105
Tribal Court	Cynthia Gachupin	834-7369/1881	834-9317
Voting Rights	Peter Madalena	834-7189	None
Walatowa Visitor Center (JCDC)	Monique Sando	834-7235	843-2221
Walatowa Woodlands Initiative	Gail Hopper/Isaac Toya	834-0204	834-0205
Walatowa Youth Center	Estevan Sando	834-0067	834-0061

JDS: 834-7304 **JVES:** 834-7593 **JVHS:** 834-7392 **SDRS:** 834-7419 **SFIS HS:** 989-6330 **SFIS MS:** 989-6393
Smoke Shop: 834-2244/0596 **WHCS:** 834-0443 **Parish:** 834-7300 **Post Office:** 834-7374

Revised: February 08

Approved by the: Assistant Tribal Administrator

HOUSING



Welcome Mat: Housing Director Roland Cheeku

The Pueblo of Jemez recently appointed **Roland M. Cheeku**, a Paiute/Zuni, as Director of the Department of Housing.

Roland brings nearly 40 years of experience to his new position. An enrolled member of the Paiute in Nevada, Roland has been an advocate and catalyst for better housing for Native American tribes and reservations. Throughout his career, he has been dedicated to helping tribes meet the housing needs of their members.

During his years in Washington, DC, he was a Regional Director for the Housing Assistance Council. He was involved in drafting legislation that was passed as the first American Indian Housing Budget, a set-aside for Indian housing. He also helped establish the Native American Indian Housing Council, and was a member of an ad hoc committee for Indian Housing to a number of Secretaries of the US Department of Housing and Urban Development and was instrumental in creating the first HUD-sponsored Indian Housing Conference.

Roland was Housing Director for the San Carlos Housing Authority in Arizona, and worked with the All Mission Indian Housing Authority in Escondido, Calif., as the development officer. Working in the private sector in New Mexico, he was a project manager for Dakota Industries, Chuska/MK, and Arrowhead Consultants, an architectural firm. He is also a managing member of Sunset Redi-Mix.

"I look forward to this opportunity to promote better housing for Pueblo members and increase opportunities for safe living environments," Roland says. "I will work closely with tribal administration and the community on implementing the five-year plan the Housing Department has in place." He adds that he appreciates the supportive staff at the Tribal administration and the Housing Department. "They're a good team."

If you have questions about your housing needs, please contact the Housing Department at (575) 834-0305.

New faces at the Housing Department also include **Michael Toledo, Jr.**, Construction Manager, and **Briana Tosa**, Administrative Assistant.

SPRING CLEANING FOR A HEALTHIER HOME

Go On Mold Patrol

Mold can trigger allergies or respiratory ailments in some people. Check for the discoloration and musty odor that can signal mold, especially where there's moisture, like bathrooms and kitchens or near leaky pipes. If you find mold, fix the moisture source or ventilate the room as soon as possible. Clean mold with household cleaner or diluted bleach. Use rubber gloves and open windows to avoid exposure to toxic chemicals.

The Environmental Protection Agency advises against clean a mold problem larger than a three-foot by three-foot patch. Anything bigger requires a professional.

Get Your Chimney Cleaned

If you use a wood-burning fireplace or stove, have your chimney professionally cleaned at least once a year. Otherwise, soot, debris and creosote, a flammable tar-like substance, can build up and put you at risk of a stove and chimney fire or exposure to dangerous fumes.

Target Dust Mites

You can't see dust mites, microscopic insects that thrive in warm, moist environments, but they're probably at home in your carpets, pillows and furniture. Their excrement can trigger allergies or asthma.

You can't completely eliminate mites, but you can reduce their numbers. If you're allergic to mites, zip mattresses and pillows into mite-proof cases, since much of your exposure to the bugs happens in the bedroom. If your mattress is around 10 years old, consider changing it. Old mattresses are a significant risk factor for high levels of dust mites. It also helps to steam-clean your carpets or remove them.

Wash bedding in hot water (130° F); wash throw rugs and curtains, and use a vacuum with a micro filter system or high-efficiency particulate air (HEPA) filter.

Clear Out Your Medicine Cabinet

Start by tossing old medications and supplements. All medicines and vitamins gradually break down and lose strength

over time. Consultants suggest discarding pills that are more than two years past their expiration dates. But you should throw out drugs or vitamins of any age that show signs of spoilage, such as crumbly tablets, sticky or melted capsules, or a change in color. Check with a pharmacist if you're uncertain if it's safe to use a medication.

New federal guidelines recommend mixing unused or expired medications with an uninviting substance, like used coffee grounds, and putting them in a container before throwing them away. Don't flush medicines down the toilet unless the label says it's safe.

Power Up Your Smoke and Carbon Monoxide Alarms

Replace the batteries in your smoke and carbon monoxide detectors about once a year. Make this task part of your annual spring cleaning. Keep in mind that you should test all smoke and carbon-monoxide alarms at least monthly to ensure that they're operating properly.

MARCH IS NATIONAL NUTRITION MONTH

Eat Healthy to Be Healthy

Healthy eating gives your body the nutrition and fuel it needs to operate properly. Eating well can also help reduce the risk of chronic diseases like cancer, diabetes, obesity and hypertension. This means eating the right **types** of food and the right **amounts** of food, and avoiding foods that provide too many calories and too few nutrients.

The human body needs proteins, carbohydrates, fats and micronutrients (vitamins and minerals) to function properly. Different foods provide different kinds of nutrients:

- ◆ **Proteins** (lean meats, eggs, beans, nuts) help build muscle and a strong immune system.
- ◆ **Carbohydrates** (starches, sugar and whole grains that also provide fiber) give you energy.
- ◆ **Fats** provide essential fatty acids and extra energy.
- ◆ **Vitamins and minerals** (in fruits, vegetables and whole grains) regulate body processes, enhance cell function and growth, and help build a strong immune system.
- ◆ **Water** gives cells shape and acts as a medium in which body processes can occur.

About “Diet” Foods

Be careful with foods labeled “diet” or “low-fat.” Too often, these foods are as loaded with empty calories as their “regular” counterparts. For instance, a regular Oreo cookie has about 50 calories; a “reduced fat” Oreo has about the same. Read labels care-

fully. Just because the marketing department designs an appealing label doesn't mean the food is really good for you.

The best diet is one that is based on the foods our ancestors ate: lean meats, whole grains, fresh vegetables and fruits, with little extra fat, salt or sugar. Our grandparents didn't eat processed foods, artificial chemicals or manufactured foods wrapped in plastic – those tempting “empty calorie” foods like candy, chips and soda.

PRACTICE GOOD NUTRITION EVERY DAY

Eat smaller meals including a vegetable as the center of the plate, with smaller meat and starch servings.

Include at least one serving of fruit and one serving of vegetables with every meal; aim for seven or more servings each day.

Drink more water between meals; adults should drink six to eight 8- oz. glasses every day.

Choose veggies with fat-free dip for a savory snack and fresh fruit when you want something sweet.

Canned, dried and frozen fruits and vegetables are good options. Look for fruit without added sugar or syrup and vegetables without added salt, butter or cream sauces.

Cut down on deep-fried foods and cancer-causing trans fats found in processed foods and baked goods.

Read food labels and reduce the amount of added sugar, corn syrup and salt in the diet. Use fresh herbs and spices to season food instead.

Did You Know?

The obesity rate in American youth has quadrupled over the last 25 years. Statistics show that 30.3% of children (ages 6 to 11) are overweight and 15.3% are obese. For adolescents (ages 12 to 19), 30.4% are overweight and 15.5% are obese.

The rates are often higher in Native American communities.

Obesity is only half of the childhood nutrition paradox. USDA data found that many children are also **undernourished**. On a daily basis, 75 percent of adolescent girls ages 12 - 19 don't get the phosphorous they need; 60 percent lack enough iron; and 47 percent are short on zinc. Teen-age boys ages 12 - 19 perform poorly too: 40 percent lack enough phosphorous; 29 percent do not get the right amount of zinc; and 11 percent lack adequate iron. Why is this important? During these significant developmental years, these and other essential nutrients are critical to ensure the healthy bone, muscle and brain development that will last a lifetime.

Americans average nearly 21 teaspoons of added sugar a day, including the “hidden” sugar in processed and canned foods like soups, ketchup and breads – that equals about 68 pounds of sugar per person per year. Read the labels. Some “healthy” processed foods have surprising amounts of hidden sugar, sometimes listed as fructose, sucrose, maltose, dextrose, monosaccharide, disaccharide or other compounds. Compared to an Oreo cookie with one teaspoon of sugar, a container of low-fat blueberry yogurt has up to 10½ teaspoons, one cup of canned vegetarian baked beans has five teaspoons of sugar as does a low-cal frozen chicken stir-fry dinner, a half cup of spaghetti sauce has 2½ teaspoons, and one cup of low-sodium vegetable soup has two teaspoons of added sweetener.

Snack Healthy!

Dietitians say that people often “pig out” on junk food without being satisfied because their bodies are really craving more nutrients. Choose healthy snacks to give your body the fuel it needs to keep going between meals. Try these sweet treats to keep the “hungries” away until meal time. (These recipes are easy enough for the kids to make by themselves, too!)

Crunchy Baked Bananas

1 T. butter or margarine
1 T. firmly packed brown sugar
¼ t. ground cinnamon
2 large bananas, medium-ripe
¼ C. chopped unsalted peanuts or other nuts

Preheat oven to 350°. In a small bowl, melt butter in the microwave, about 45 seconds. Stir in brown sugar and cinnamon until well blended.

Coat a 9 x 9-inch baking pan with cooking spray. Peel bananas; cut each banana lengthwise in half. Place cut-side down in baking pan. Brush with some brown-sugar mixture; sprinkle with chopped peanuts or walnuts. Bake 20 minutes, or until bananas are lightly browned. Serve warm.

Try this recipe with sliced apples, pears or stone fruits in season, like peaches, plums and nectarines. Baked fruit is juicy and sweet. Makes 2 servings.

Carrot and Raisin Sunshine Salad

This colorful salad provides many important nutrients, including vitamin A. It makes a good snack, side dish or dessert.

1 lb. carrots (5-6) peeled and shredded
½ C. raisins
1 carton (8 oz.) low-fat vanilla yogurt

Mix ingredients in a mixing bowl. Cover with plastic wrap and refrigerate for 15 minutes. Toss again before serving. Serve on lettuce leaves. (Makes 4 to 6 servings.)

Ants on a Log

Spread peanut or almond butter on celery and add raisins.

Veggie Freeze

A bowl of frozen peas or corn makes an icy, sweet treat that's full of nutrition!

Clinic News & Notes

Patient Satisfaction Surveys

Starting in March, the Jemez Comprehensive Health Clinic will distribute Patient Satisfaction Surveys to patients.

“It’s important to get feedback from our patients and clients,” says Penny Ott, Jemez Health Clinic Executive Director for Clinical Operations. “This is our opportunity to learn more about what we’re doing well and where we need to make changes and improvements.”

Clinic providers will give survey forms to patients and ask that they complete them. Patients may leave the completed forms at the reception desk or mail them to the Clinic. Forms will be collected at the end of every day. Results will be shared with staff and the Health Board monthly.

Policies & Procedures

The Clinic is reviewing operational policies and procedures to ensure that they are current. As policies and procedures are revised and approved by the Health Board, implementation training will start for all affected staff members.

“The ultimate goal is to get formal accreditation for the Health Clinic from one of the national professional accrediting organizations,” says Dr. Raymond Loretto, DVM, Chief Executive Officer. “We are taking our operations to the next level.”

Patient Flow

An interdisciplinary staff team is assessing patient flow in the Health Clinic. “We want to make our process as efficient and patient-friendly as possible,” Penny Ott says. “We’ll look at reducing wait times, improving procedures and other issues.”

If you have any suggestions or comments, include them on the Patient Satisfaction Survey forms or call the Clinic to share your ideas. “Our job is to listen to patients and serve their needs,” she adds.

Senate Passes Indian Health Bill

On Tuesday, Feb. 26, the US Senate passed the Indian Health Improvement Act, S.1200, by a vote of 83 to 10. The original law that governs health care for Indian Country approved in 1972 expired in 2000. S.1200 reauthorizes and improves federal programs for health care delivery in Native American communities for the next 10 years and includes provisions that:

- Authorize additional tools for tribal communities to address suicide among Indian youth.
- Address the lack of access to health care services by amending the Social Security Act to permit reimbursement by Medicare and Medicaid for covered services provided by IHS.
- Respond to the backlog in needed health care facilities, such as hospitals and alcohol and substance abuse treatment centers, in tribal communities.
- Makes permanent some federal programs providing long-term health care, diabetes prevention, and other key areas.
- Expands scholarship and loan programs that encourage Native Americans to enter health care professions.

“Nationwide, we have a serious health care crisis,” said New Mexico Senator Jeff Bingaman. “But nowhere is lack of access to health care more obvious and troubling than in Indian Country. This legislation is long overdue.”

“We’ve waited too long for this vital legislation,” NM Governor Bill Richardson agreed. “The federal government must act on their trust obligation to provide health services. We can’t afford to wait anymore as we look to serve the health needs of New Mexico’s citizens.”

S. 1200 now goes to the House of Representatives for consideration.

PUBLIC HEALTH

Contract Podiatrist Honored



Podiatrist Faith Shapiro, DPM was recently honored by the State of New Mexico as the 2007 Podiatrist of the Year. Dr. Shapiro has been on contract with the Jemez Diabetes Program for two and a half years.

“We are very fortunate to have such specialized skill and dedication to the clients here in Jemez,” says Program Manager Marjorie Old Horn. “She takes a comprehensive role in serving our patients.”

“The award is given to podiatrists who have contributed to the podiatric community and the community at large,” Dr. Shapiro explains. In her 25 years of practice, she has served on the New Mexico Podiatric Medical Board and on the State Board of Podiatry. She has also volunteered with Health Care for the Homeless, providing nonsurgical care for anyone who needs it, and is involved with Shoes for the Shoeless as well.

Dr. Shapiro started working in her father’s podiatry practice when she was 15 years old. After completing her training, she shared his practice until he retired and still works in the same Albuquerque office he opened in 1967.

Podiatry care is crucial to diabetes care because foot ulcers and amputations are a major cause of complications for people with diabetes. Half of diabetes foot complications are preventable, so all diabetes patients should have an annual foot exam to prevent foot ulcers and any further complications. “We have specialized contract podiatrists that come just for the diabetes patients,” Marjorie adds. “We urge all patients to keep their appointments.”

Dr. Shapiro sees patients twice a month at the Senior Center. All appointments for diabetes patients are scheduled through Virginia Toya at (575) 834-7207.

In celebration of Valentine’s Day, the JHHS Public Health Diabetes Program offered free health screenings in the Clinic lobby. Fitness/Nutrition Technician Felipita Loretto took a little blood from Dr. Raymond Loretto to check his random blood sugar. Participants also could have their blood pressure tested.

SOCIAL WORK

Medicare Open Enrollment Ends March 31

Americans 65 years old and over are eligible for Medicare, the national health insurance program funded through taxes that almost all workers pay. Anyone who paid this tax while they were employed, or who are or were married to a person who paid this tax, is eligible for Medicare when he or she reaches age 65 or becomes disabled. **But you must enroll to receive benefits.** If you are turning 65 this year, you have between three months before to three months after your 65th birthday to sign up for Medicare.

If you are over age 65 already, you must enroll during the annual open enrollment season which ends March 31. If you do not enroll for benefits during the open enrollment period, you will have to wait until next year and lose one year of benefits. More important, enrollees are penalized for late enrollment: for every year after age 65 that they wait to enroll. If you wait one year, premiums will cost an extra 10 percent, waiting two years means a 20 percent increase, and so on. If the cost of the premium is a concern, state Medicaid programs are available that can pay premiums for low-income individuals.

JHHS Contract Health Services encourages all tribal members who are eligible to enroll in Medicare as soon as possible. When Medicare covers the cost of health care, more funds are available to help others who are without insurance.

If you have questions or need help with the forms, please contact Social Worker Lisa Maves at (575) 834-3059 or Thelma Shendo, Benefits Coordinator, at (575) 834-3040, or stop by their offices at the Health Clinic.



VOCATIONAL REHABILITATION

Disabilities Awareness Conference March 18

The Jemez Vocational Rehabilitation Program will host its 10th Annual Disabilities Awareness Conference at the Walatowa Youth Center on Tuesday, March 18, from 9 a.m. to 2 p.m. with a Fun Run/Walk starting at 7:30 a.m. Registered participants will enjoy a hot lunch and be eligible to win door prizes through the day.

The conference will be interesting, informative and entertaining with several new features this year. Representatives from state and local service agencies, including the New Mexico Marriages First Project, Five Sandoval Food Distribution Program, the New Mexico Working Disabled Individuals Program and many others will be on site. Service providers from these agencies will be available to answer questions, provide information and help participants sign up for services. In addition, several local artisans will sell artwork, clothing, pottery and jewelry.

The conference will feature motivational speakers who will talk about living with their disabilities and how they have faced life challenges when the odds seemed stacked against them.

This year's keynote speaker is Dr. Erich Longie. Dr. Longie is an enrolled member of the Spirit Lake Dakota. He is the President of Spirit Lake Consulting, a firm that develops educational programs for communities to help them learn about the needs of people with disabilities and resources available for them.

A certified elementary school teacher, Dr. Longie holds a masters' degree in education, and has passed his exams to qualify for his doctorate in educational leadership. Dr. Longie is a vocational rehabilitation "success story." The first member of the Spirit Lake tribe to earn a doctorate, he is also a former college president and co-founder of a technical services company headquartered on the Spirit Lake Nation. His primary research focus has been on Native American education from elementary school through tribal colleges. He will talk about his experiences with vocational rehabilitation and how he found within himself the ability to achieve his successes.

A panel of JVR consumers will also discuss their experiences dealing with disabilities and share their inspirational success stories.

If you are interested in attending the 10th Annual Disabilities Awareness Conference, registration forms are now available at the JVR office.

For more information or to register for the conference, please call the JVR office at (575) 834-0012 or send an e-mail to JVR Program Manager Sarah Michaud at smichaud@jemezpuablo.us.

COMMUNITY WELLNESS

Fitness Challenge Winners



"The Community Wellness Program thanks all 16 teams who participated in the 10 Week Fitness Challenge," says Women's Wellness Coordinator Karen C. Toya.

Teams earned points for participating in a variety of exercise activities including circuit training, strength & stretch, yoga and more. Team leaders reported points earned by their team members weekly to Community Wellness staff members Karen Toya or Marcus Wall. The team that earned the most points won the challenge. Of course, in addition to winning points and prizes, all participants got healthier, too. Congratulations to all!

Look for the next Fitness Challenge in late April or early May and continuing through the summer.

- FIRST PLACE: SPORTY CHICKS** **1,390 points**
 Team Leader: April Wilkinson
 Team Members: Tamara Sandia, Melesia Toya, Marlene Gachupin, Benita Toya
- SECOND PLACE: SPECIAL SHAPES** **880 points**
 Team Leader: Nichelle Sando
 Team Members: Alyssa Yeppa, Mary Sando, Elaine Pecos, Melissa Romero
- THIRD PLACE: PINK PILLOW** **825 points**
 Team Leader: Cheryl Padilla
 Team Members: Nora Padilla, Virginia Lucero, Antoinette Toya, Mia Toya
- Other teams included:
- Girls Just Wanna Have Fun:** Alberta Sando, Matilda Shendo, Corrie Madalena, Jolene Tosa, Virginia Toya
- Team Extream:** Kathleen, Adrian, Dory and Benedict Sandia, Myra Toya
- Teddy Grams:** Ashley and Dorina Chinana, Clint Sando, Tracy and Marie Toya
- SDMS Mustangs:** Jacqueline and Devin Mora, Casimiro Casiquito, Lupe Romero, Marissa Loretto
- Just About Fitness:** Monica Toya, Donovan Wanya, Alexandra and Karleen Gachupin
- Suns:** Kathy, Lydia and Annette Chinana, Mindy and Alysha Toya
- Ahh Girls:** Verna and Love Romero, Imelda Waqui, Rolanda Casiquito, Alva Gachupin
- The Transformers:** Lenore and Lazar Vidal, Danielle Sando, Greta and Matt Armijo
- The Northsiders:** Nadine Velasquez, Gabrielle Hardy; Jacob, Bernadine and Tenika Toya
- The Unknown:** Charles Gachupin, Malorie Toya; Shevonne, Pauline and Patricia Romero
- Challengers:** Francesca and Kathleen Cajero; Amanda, Melva and Kerwin Tsosie
- No Team Name :** Winfred Chinana; Joseph Jr., Kateri and Mary Tsosie; Vanessa Henderson
- No Team Name:** Margie, David and Zachary Toledo; Miranda and Kristin King

SOCIAL SERVICES



Home Alone?

For working parents, after-school care for their children can be a challenge. Many parents, child welfare advocates and law enforcement officials are concerned about “latchkey children” who are regularly at home by themselves. Latchkey children are about three times more likely than those supervised by adults to be involved in accidents, engage in delinquent behavior, or be victimized. Generally, kids end up in latchkey situations for three reasons: financial difficulties cause a previously non-working parent to take a job; death or incapacity of a grandparent or other caregiver who had watched the child after school; or divorce. The cost of baby-sitters or after-school enrichment programs may be prohibitive, forcing children to be unsupervised until mom or dad comes home.

When is it okay to leave a child alone? There is no magic number to determine how old children should be before they can be left on their own. State law doesn't set an age. However, minors

must not be placed in situations where they are likely to suffer bodily harm, and their basic needs can not be neglected.

Experts say parents must consider several factors, including the child's maturity level, time of day he is alone and whether he has to watch other children. Some kids left at home may enjoy the independence, while others may feel neglected.

SAFETY TIPS FOR KIDS

- ✓ Always walk home with a friend on a safe, well-traveled route. If possible, walk against traffic so you can see a car stopped nearby.
- ✓ Never accept rides from strangers.
- ✓ Use an answering machine to screen phone calls. If you don't have an answering machine, say the parent is unavailable and offer to take a message. Don't say you're alone or give out any information.
- ✓ Keep all doors and windows locked.
- ✓ Do not open the door to anyone, unless pre-approved by a parent. If someone is delivering a package, it can be left outside.
- ✓ Go to a neighbor's house if a door is open or the house is in unusual disarray when you arrive home.
- ✓ Don't let people know you will be home alone or display your house key on a chain.
- ✓ Don't watch or read scary stories that might trigger your imagination and make you feel frightened.
- ✓ Call a parent or trusted neighbor if you have questions or are concerned about anything.

SUGGESTIONS FOR PARENTS

- ✓ Teach children when and how call 911. Explain that they must dial 9-1-1; some children may get confused and look for an 11 on the phone. Have them practice with the phone disconnected.
- ✓ Don't put your child's name on clothing or backpacks; an abductor may gain a child's trust by using his or her name.
- ✓ Adopt a family code word and change it occasionally. Teach children to refuse to go with anyone unless that person knows the code word.
- ✓ Keep emergency numbers by the phone.
- ✓ Have a first-aid kit and money in the house for emergencies.
- ✓ Leave a loving note for your kids to see when they get home.
- ✓ Have a plan in place if your child becomes sick or injured.

Respecting Our Elders

By Christine Waquie

Our Jemez elders should be cherished and treated with respect. When we were children, it was a duty to respect our elders and give a helping hand when they needed one.

Our elders have lived lives worthy of admiration. They are very resourceful and have a wealth of information to teach us our traditions, culture and correct language. They are willing to answer questions and share their stories of growing up in hardship times.

Elders today are enjoying life because they have worked for so many years to provide food and shelter to their families. Now they are finished raising their own children and have retired. They can be proud of their grandchildren, great grandchildren and great-great grandchildren.

Jemez Social Services has received reports about elders who are baby-sitting. Often, this task is not appropriate. Elders can be fragile and youngsters need lots of attention, care and discipline.

When Jemez Social Services receives a referral about an elderly person taking care of children after school or for long periods of time during the day, a home visit is usually made to the children's parents to make them aware of the report. Sometimes, we learn that grandparents ask their grandchildren to visit to get to know them better; of course this is acceptable. But when elders are in fragile health, it's just not safe for them to take care of children. It's not safe for the child and it's not safe for the elder.

Every parent can determine if and when a child can be left in the care of an elder. Please respect your elders and think twice before making grandparents baby-sit for your children.

EMPOWERMENT FOR CHANGE

Stopping family violence hinges on the answer to this question: *Can you empower yourself to change?* If the answer is **no**, family violence will continue. But if the answer is **yes**, family violence can be stopped – and we can grow to be stronger than we were!

It takes a major commitment and a lot of effort to practice new ways of being and stop old habits and internal conversations. We need a new awareness that we are the designers of our thoughts, words and actions. ***We choose our attitudes about life. They do not happen to us; we happen to them.***

To be empowered, you must be willing to talk the language of becoming an “encourager.” Put courage into your thoughts and words. If you feel discouraged, that’s where your work begins. You will need to change the limits of your thinking. Go outside those former limits.

Stop Using Words That Hurt! Start Using Words That Help!

Forgive yourself and your parents and choose an attitude of encouragement so you can get on with your life. It’s important to understand that forgiveness does not condone the crime committed or imply acceptance of the circumstances. Forgiveness is an act of releasing the self from destructive anger, revenge and hatred.

“I encourage you to make a new beginning,” says Family Advocate Carol Vigil. “Family violence can and must be stopped.”

You can take a stand in stopping family violence using these basic principles:

◆ **Abuse and violence are not acceptable in the home or anywhere in society.** People are not for hitting; not now, not then, not ever. There is no moral or legal justification for violence.

The home must be a safe environment.

- ◆ **Families are the foundation of our society.** How the family goes, so goes society and our community. The home is a miniature environment of democracy, freedom and peace. If it’s autocratic, punitive and violent, society will become autocratic, punitive and violent. Our culture shifts and changes as our children move out of the home and into the management of the world. The state of the nation, therefore, is a mirror of how our families are doing.
- ◆ **A commitment to stopping family violence is centered on education and raising individual and public consciousness.** Support parent education workshops and the National Council on Child Abuse and Neglect in the distribution of information and programs for stopping family violence. Be active in parent-teacher organizations and work together on stopping family violence and corporal punishment in the school system.
- ◆ **Individual, marriage, family and group therapy, in cooperation with social services, are priority services for abuse victims.** Community support of shelters for battered spouses, children and the elderly should be a top priority when you vote. Family therapists, communities of faith, and departments of family and children services provide holistic, team approaches to healing and changing attitudes about family violence.
- ◆ **When perpetrators refuse to seek help, outside intervention must stop the abuse.** Court-ordered therapy can be just as effective as voluntary therapy. The priority is to stop the abuse, with or without the consent of the perpetra-

tors. Perpetrators often are relieved to be “found out” and respond well to therapeutic intervention. The home is a private place as long as it is healthy and safe. When it becomes unhealthy and dangerous, it loses its freedom to be autonomous. There are no boundaries once family violence occurs.

- ◆ **Stopping family violence in this decade is a priority.** Family violence must become the priority of Congress, states and counties, municipalities and communities, families and individuals. Our government is of the people, by the people, and for the people. Family violence can be stopped if we, the people, decide to do so.

We can’t stop family violence alone. We must do this together, we must believe it is possible, and we must believe in each other.

Help is out there. But you have to make the call.

From Breaking Free from Domestic Violence by Jerry L. Brinegar, PhD

The Social Services’ Women’s Support Group meets every other Thursday at the Social Services conference room from 6 to 8 p.m. The next meetings will be March 6 and 20, 2008. “I encourage the ladies to join us,” Carol says. If you have questions, call her at 834-7117.

COMMUNITY INTERVENTION RESPONSE TEAM (CIRT) VOLUNTEERS NEEDED

CIRT volunteers work with Tribal Officials and Law Enforcement officers responding to domestic violence crisis situations. Men and women are needed. For more information about becoming a CIRT volunteer, call Carol Vigil at 834-7117 or visit the Social Services office.

SOCIAL SERVICES



MONEY MATTER\$

Tax season is almost here, so it's a good time to put your finances in order. Take control of your money by creating personal and household budgets – and sticking to them. You may not get your budget right the first time, but keep at it. Here are some tips:

Pay yourself first. Make your savings account a regular “bill” that you pay first. Plan to meet your other expenses with what's left.

Make budgeting a family affair. Making your budget work may take the help of everyone in your family. Explain what you're doing and how each household member can help.

Plan for big expenses. For example, set aside a small amount each month for holiday gift-giving. That way, you'll avoid overspending – or overcharging – when holidays arrive.

Be flexible. Be prepared to change your budget when needed. For example, plan what to do if you have to pay for a sudden car repair, etc.

Use unexpected money wisely. Use raises, bonuses, extra money, etc., to get ahead on your financial plan or invest in a necessary purchase. For example, put the extra income from a raise into savings – you've lived without it before.

Don't forget to budget “fun” money. You don't have to deny yourself every pleasure to manage your money well. Just be sure the spending is part of your plan.

Consider using direct deposit and payments. If your employer offers direct deposit, you can have your paycheck electronically deposited into different bank accounts. This encourages you put money directly into a savings account before you are tempted to spend it.

Some businesses, such as electric utilities, allow you to make electronic payments from your bank account so you don't have to write a check.

You can set up automatic payments for regular bills, such as satellite TV service. Just be sure to remember to write down these recurring charges so you keep accurate records.

Resource: Channing Bete Company

What is Abuse?

By Dominic Gachupin, Family Advocate

Domestic violence and emotional abuse are behaviors used by one person in a relationship to control the other. The partners may be married or not married; heterosexual, gay or lesbian; living together, separated or dating.

Examples of abuse include:

- ▶ name-calling, insults or put-downs.
- ▶ keeping a partner from contacting family or friends.
- ▶ withholding money.
- ▶ stopping a partner from getting or keeping a job.
- ▶ actual or threatened physical harm.
- ▶ sexual assault.
- ▶ stalking.
- ▶ intimidation.

Violence can be criminal and includes physical assault (hitting, pushing, shoving, etc.), sexual abuse (unwanted or forced sexual activity), and stalking. Although emotional, psychological and financial abuse are not criminal behaviors, they are forms of abuse and can lead to criminal violence. The violence can take many forms and can happen frequently or once in a while. Even when a relationship is not yet violent, these behaviors are warning signs that the situation could escalate and become dangerous. An important step to help yourself or someone you know prevent or stop relationship violence is to recognize the warning signs.

Anyone Can Be A Victim. Victims can be of any age, sex, race, culture, religion, education, employment or marital status. Although both men and women can be abused, most victims are women. Children in homes where there is domestic violence are more likely to be abused and/or neglected. Most children in these homes know about the violence. Even if a child is not physically harmed, he or she may have emotional and behavior problems.

If you are being abused, REMEMBER

You are not alone.

It is not your fault.

Help is available.

For more information visit www.domesticviolence.org. If you need help, or if you know someone who does, contact the Jemez Domestic Violence Program at 834-7117. **All calls are strictly confidential.**

Do you have what it takes to be a foster parent?

Are you willing to open your home to a child who needs a warm loving family? If you are interested, please contact Cheryl Padilla, Prevention Coordinator, at the Jemez Social Services office at 834-7117.

GROWTH & DEVELOPMENT

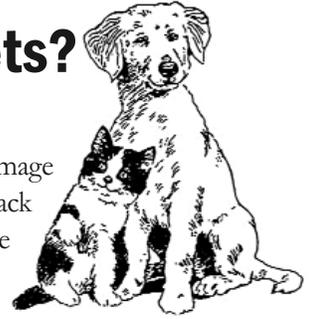
Children are constantly growing and changing. Every day, they develop new skills and can do more and more. Sometimes you may even feel like you can't keep up! A parent's job is to nurture your children, guide and shape their development, and provide what they need to be happy and healthy – and these tasks can be difficult at times. But you should treasure these moments while you can – before you know it, they will be all grown up. One of the greatest joys of being a parent is to realize that your children have become individuals with their own personalities and special traits, some of which come from you, and some of which are uniquely their own.

All parents need and deserve support, skills and information to be the best parents they can be. After all, no one gave any of us a parenting guide to help us care for and raise our children.

The Massachusetts Children's Trust Fund at www.onetoughjob.org has online tips and support. Jemez Social Services Parent Support Group meets regularly. Call 834-7117 for information.

Why SPAY or NEUTER Your Pets?

By Karen Menczer, Jemez Animal Amigos



There are many benefits to spaying or neutering your dog or cat. Your pet will be healthier and easier to care for, and you'll be doing your part to control animal problems in the community.

When you spay or neuter:

... your pet will be healthier: Spayed or neutered dogs and cats have fewer health problems and may live longer. Spaying permanently eliminates the great physical stress female animals go through having one pregnancy after another. Mammary tumors are less likely to occur in female dogs that are spayed before their first heat and uterine infections and tumors of the ovaries and uterus don't occur in spayed dogs. In male dogs, prostate enlargement, prostate tumors and infections, and perineal hernias are less likely in neutered animals.

... taking care of your pet will be easier. Spayed female pets don't go into heat, so you won't have noisy male suitors howling at your gate. During heat, both dogs and cats are more irritable and nervous than usual, and may even become ag-

gressive and damage furniture or attack passersby. Female cats howl and rub excessively. You won't have to provide extra food for your dog or cat during pregnancy and nursing. Your neutered male pet will be less likely to roam in search of a female, and therefore, will be less likely to be hit by a car. Your male dog will stay closer to the home he's supposed to protect.

... you'll help control the pet overpopulation problem. More than 15 million pets are euthanized in the U.S. every year because there are not enough homes for all of them. If your pet can not reproduce, you won't have to find homes for another litter of puppies or kittens or dispose of the unwanted offspring at a shelter.

The Injury Prevention Program contracts with Loretto Veterinary Clinic to spay and neuter animals at no cost to residents of Jemez Pueblo. Contact Maria Benton at (575) 834-3072 for information or to make an appointment.

DENTAL CLINIC



In celebration of Child Dental Health Month, children from Jemez Head Start and San Diego Riverside Charter School toured the Jemez Dental Clinic on Wednesday, Feb. 27. In small groups, the children rotated to different rooms to see a movie about oral health, displays and demonstrations. Head Start children also received a Duraflo fluoride varnish application to protect their teeth.

DEPARTMENT OF NATURAL RESOURCES

LOOKING TOWARD SPRING

The Department of Resource Protection is gearing up for a busy spring season. Please contact the DRP at 834-7696 to learn more about the following activities.

Spring Planting. John D. Romero will again be available to assist farmers with plowing, disking and leveling of their fields. This year promises to be a good one for agriculture, and, with the snowpack at 150% of normal, we can expect a strong runoff in April and May. Please contact John at 834-3208 for the rates for agricultural work and to schedule work on your field.

New Greenhouse. The DRP will build at least one hoop greenhouse at the orchard to grow starter plants. They hope to have the greenhouse built by mid-March and have starter plants (chiles, melons, tomatoes) available by early May.

Workshops. The DRP is working with the Alcalde Science Research Center of New Mexico State University to present workshops on how to build a hoop greenhouse, soil testing, pest and varmint control, and other topics. Once the dates for these workshops have been confirmed, notices will be posted around the community.

Jemez Water Fair and Arbor Day. Celebrate Earth Day with the DRP at the Jemez Water Fair on Tuesday, April 22. The event will feature educational displays and talks from environmental professionals for local schools.

On Friday, April 25, the DRP will give trees to community members in observance of Arbor Day. "Last year we distributed more than 500 trees to community members and this year we hope to have some fruit trees in addition to trees for landscaping use and wildlife habitat," says DRP Director Steve Blodgett.

Please contact Tammy Belone at 834-3207 for more information about the Jemez Water Fair and Alberta Vigil at 834-3201 for information on Arbor Day activities.

Pecos Pathways Program. In cooperation with Pecos National Historic Park and Phillips Academy, the DRP sponsors the Pecos Pathways Program each year. This 11 year-old cultural exchange program has given students from the Pueblo of Jemez, Pecos, NM, and Phillips Academy the opportunity to spend three weeks learning about other cultures and the archaeology and history of the Four Corners area, Pecos National Historic Park, and parts of New England. Students spend a week at Jemez Pueblo with host families, one week at Pecos National Historic Park (staying at the Santa Fe Indian School), and one week in Boston, which usually includes a Red Sox game and visits to local historical sites.

The DRP is looking for four or five Jemez students who are high school juniors or seniors, have a strong interest in Jemez culture and history, and want to travel and learn about other cultures. **Applications are due to the DRP by Friday, March 14;** students will be selected by Friday, April 4.

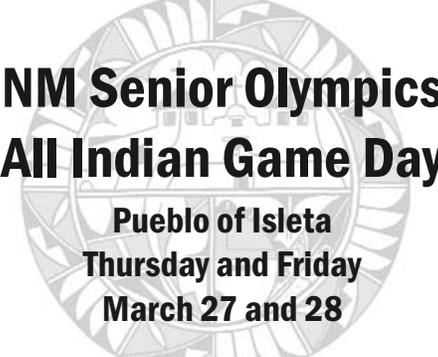
Four families are also needed to host students from Pecos and Phillips Academy. Hosts will be paid expenses and a stipend.

Please contact Alberta Vigil at 834-3201 to obtain an application or to learn more about hosting students.

Radon Testing. Radon is a colorless, odorless gas that is a by-product of the decay of radioactive elements like uranium. The EPA set the "action level" for radon at 4.0 picocuries per liter.

During January and February, Tom Lucero, assisted by Chris Toya, placed radon testing canisters in 100 tribal residences. Most of the results from this sampling have been received. Fortunately, results obtained to date do not show a radon problem at the Pueblo of Jemez. Most residences had radon measurements below 0.5 picocuries per liter. Tom will be contacting homeowners to inform them of the radon levels measured in their homes. You can call him at 834-3205.

SENIOR CITIZENS



NM Senior Olympics All Indian Game Day

**Pueblo of Isleta
Thursday and Friday
March 27 and 28**

Lace up your running shoes and join the fun at the New Mexico Senior Olympics All Indian Game Day. The Jemez Senior Center will pay your \$5 entry fee if you sign up by March 7. Senior citizens 50 years old and over can participate.

After opening ceremonies at 9 a.m. on Thursday, athletes will compete in the 100-meter dash, 400-meter power walk, 800-meter Run/Walk, basketball free-throw, softball distance, soccer accuracy, Frisbee accuracy and other events. Several events are appropriate for wheelchair athletes.

In addition, there will noncompetitive events and clinics just for fun, including washers, water exercise, bowling, shuffleboard, archery, pickle-ball, chair exercises, fun relays as well as health screenings available. The games will conclude with a parade of athletes and award ceremonies.

Competitions are grouped into five-year age divisions for men and women, with ribbons to the first, second and third place winners. Tribal teams with the most points will take home awards.

If you're not a senior athlete but want to be part of the fun, volunteers are needed as well.

For more information and entry forms, see Rose Shendo or Karen Madalena at the Jemez Senior Center or call 834-9168.

Senior Center Meals

The meal schedule at the Senior Citizens Center was printed incorrectly in the February *Red Rocks Reporter*. The corrected schedule is below.

Meals are available for seniors 55 years old and over. All meals meet USDA nutrition standards. Menus are posted at the Senior Center.

MEAL SCHEDULE

Monday & Friday	Breakfast	8:30 to 9:30 a.m.
Tuesday & Thursday	Lunch	noon to 1 p.m.
Wednesday	Dinner	5 to 6 p.m.

BEHAVIORAL HEALTH

NEWS YOU CAN USE

ALCOHOL EDUCATION CLASSES

March 4 - May 20

Jemez Comprehensive Health Center Towa Room

Monday Evenings 7 - 8 p.m.

March 4	Orientation	<i>Jennifer Failla;</i>
	Tribal Court	<i>Patrick Romero</i>
March 11	5 Sandoval Employment	<i>Gwendolyn Fragua</i>
March 18	Oral Health	<i>Anna DeFelice</i>
March 25	What is Aftercare?	<i>Bill Fragua</i>
April 1	Acupuncture	<i>Peter Pecos</i>
April 8	Guest Speaker	<i>Stuart Gachupin</i>
April 15	Sweat Lodge	<i>Frank Fragua's Residence</i>
April 22	Domestic Violence	<i>Carol Vigil</i>
April 29	Sweat Lodge	<i>Frank Fragua's Residence</i>
May 6	Relapse Warning Signs; Post-Acute Withdrawal	<i>Al Benalli</i>
May 13	Safety Tips for Summer Vacation	<i>Christine Waquie</i>
May 20	Open meeting	<i>Behavioral Health Staff</i>

All meetings are open to all community members and you may attend any or all sessions. If you have questions, please call Behavioral Health at (575) 834-7258.

The new logo for the Walatowa Veteran's Association was printed incorrectly in the last issue of the *Red Rocks Reporter*. At left is the correct logo. We apologize for the error.



David and Bessie Yepa (left) helped celebrate Emily and Tony Toledo's Golden Wedding Anniversary as family and friends witnessed the couple renewing their marriage vows after 50 years of marriage.

New Bus Route to Cuba

The Sandoval Easy Express (SEE) has added Route 8 running between Cuba and San Ysidro. Please note that many pick-up times for Route 4 have changed. For more information, call 877-660-1110 or go to www.sandovalcounty.com

ROUTE 4

JEMEZ SPRINGS TO BERNALILLO/RIO RANCHO

Jemez Springs	5:55 a.m.	8:25 a.m.	11:45 a.m.	3:35 p.m.
Jemez Valley Schools	—	—	—	3:55 p.m.
Cañon	6:15 a.m.	8:45 a.m.	12:05 p.m.	4:05 p.m.
Jemez Pueblo	6:25 a.m.	8:55 a.m.	12:15 p.m.	4:10 p.m.
San Ysidro	6:30 a.m.	9:00 a.m.	12:20 p.m.	4:16 p.m.
Village Office				
Zia Pueblo	6:40 a.m.	9:10 a.m.	12:30 p.m.	4:26 p.m.
Home Depot	—	—	12:45 p.m.	4:36 p.m.
Sandoval Rail Runner	7:00 a.m.	—	—	4:46 p.m.
Commerce Center	—	9:25 a.m.	12:50 p.m.	—
NM State Offices	—	9:26 a.m.	12:56 p.m.	—
Health Commons	—	9:36 a.m.	1:06 p.m.	5:15 p.m.
Presbyterian Med. Ctr.	—	—	1:16 p.m.	—
Southern & NM 528	—	—	1:21 p.m.	—
Wal-Mart (Southern/Unser)	—	—	1:26 p.m.	—

BERNALILLO/RIO RANCHO TO JEMEZ SPRINGS

Sandoval Rail Runner	7:00 a.m.	—	—	—
Wal-Mart (Southern/Unser)	—	—	1:35 p.m.	—
Southern & NM 528	—	—	1:40 p.m.	—
Presbyterian Med. Ctr.	—	—	1:45 p.m.	—
Health Commons	—	10:35 a.m.	1:55 p.m.	5:25 p.m.
Commerce Center	—	—	—	5:35 p.m.
NM State Offices	—	—	—	5:40 p.m.
Home Depot	—	—	—	5:45 p.m.
Sandoval Rail Runner	—	—	—	6:00 p.m.
Home Depot	7:15 a.m.	10:45 a.m.	—	6:10 p.m.
Zia Pueblo	7:30 a.m.	11:00 a.m.	2:15 p.m.	6:25 p.m.
San Ysidro	7:40 a.m.	11:10 a.m.	2:25 p.m.	6:35 p.m.
Village Office				
Jemez Pueblo	7:50 a.m.	11:15 a.m.	2:30 p.m.	6:40 p.m.
Cañon	7:55 a.m.	11:25 a.m.	2:40 p.m.	6:50 p.m.
Jemez Valley Schools	8:05 a.m.	—	—	—
Jemez Springs	8:25 a.m.	11:45 a.m.	3:05 p.m.	7:10 p.m.

ROUTE 8:

CUBA TO SAN YSIDRO

SAN YSIDRO TO CUBA

Connection to the NM Rail Runner station via transfer to Route 4 at San Ysidro.

Cuba Municipal Complex	5:45 a.m.	Health Commons	3:40 p.m.
San Ysidro Village Office	6:30 a.m.	NM State Offices	3:50 p.m.
		Sprint	3:55 p.m.
San Ysidro Village Office	6:35 a.m.	Home Depot	3:58 p.m.
Cuba Municipal Complex	7:20 a.m.	Zia Pueblo	4:13 p.m.
		San Ysidro Village Office	4:24 p.m.
Cuba Municipal Complex	8:30 a.m.	Cuba Municipal Complex	5:05 p.m.
Home Depot	9:22 a.m.		
Sprint	9:25 a.m.	Cuba Municipal Complex	5:35 p.m.
NM State Offices	9:35 a.m.	San Ysidro Village Office	6:20 p.m.
Health Commons	9:45 a.m.		
		San Ysidro Village Office	6:35 p.m.
		Cuba Municipal Complex	7:20 p.m.

Save the Date!

Friday, March 7. Applications due for NM Senior Olympics All Indian Game Day at the Senior Center. \$5 entry fee will be paid if you sign up today. See page 14.

Monday, March 10. Sandoval County Summer Youth Employment applications available. See page 3.

Friday, March 14. Applications for the Pecos Pathways Program due to the DRP. See page 14.

Monday, March 17. Housing Department Conveyance Meeting POJ Tribal Administration Building Conference Rm. 5 – 7 p.m.

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. See page 9.

March 19, 24, 25 and 26. Hunter Safety Training. Youth Center, 6:30 - 9:30 p.m. Call the Injury Prevention Program at 834-1001 for more information.

Thursday, March 27 and Friday, March 28. New Mexico Senior Olympics All Indian Games at Isleta Pueblo. See page 14.

Wednesday, April 9. Honoring Walatowa Women with Love and Respect Women's Wellness Event. Dinner at 5:30 p.m.; event starts at 6:30 p.m. at the Youth Center.

Saturday, April 12. Child Abuse Prevention Awareness Fair at the Youth Center.

Friday, April 18, and Saturday, April 19. Black Eagle Pow-Wow.

Santa Ana Star Center in Rio Rancho. Call (505) 321-0402 or (505) 252-2248 for more information.

Fri., April 18. Child Abuse Prevention Conference. Youth Center.

Saturday, April 19. Art Auction to benefit National Native News & Native America Calling. Indian Pueblo Cultural Center, 6 p.m. For information, call 505-294-0795.

Tuesday, April 22. DRP Jemez Water Fair to celebrate Earth Day.

Wednesday, April 23. Job/College Fair, 9 a.m. – 3 p.m. at the Youth Center. Co-sponsored by the Department of Education and Jemez Vocational Rehabilitation Program.

Friday, April 25. Arbor Day. The DRP will distribute trees to community members.

ONGOING EVENTS

The Fitness Center is open 6 a.m. to noon on the weekends, 6 a.m. to 8 p.m. during the week.

Monday & Thursday. Stretch & Strength low impact, high intensity workout; noon at the Youth Center.

Monday & Wednesday. Circuit Training. 12:30 p.m. Fitness Center.

Tuesday & Thursday. Circuit Training. 4:30 p.m. Fitness Center.

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

Friday. Yoga & Pilates. Noon. Youth Center.

ATTENTION TRIBAL MEMBERS! DITCH CLEANING WILL BE FRIDAY, MARCH 14 & SATURDAY, MARCH 15.



PUEBLO of JEMEZ

Pueblo of Jemez
5517 Highway 4
Box 100
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Boxholder
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