



Red Rocks Reporter

MAY 2008

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FROM THE GOVERNORS

TRIBAL COUNCIL RESOLUTION NO. 2008 - 05

RE-ESTABLISHMENT OF TWO DAY POSADA DURING PUEBLO OF JEMEZ CHRISTMAS HOLIDAYS

WHEREAS, the Pueblo of Jemez is a duly recognized sovereign tribal government with a Governor and Tribal Council empowered to act on behalf of the Pueblo of Jemez and its people; and

WHEREAS, the Pueblo of Jemez has a long history and its people have overcome many challenges to preserve our culture over hundreds of years; and

WHEREAS, after Spanish attempts to Christianize the people of Jemez Pueblo by force in the 1500's have today accepted the Catholic religion into our culture; and

WHEREAS, Christians observe the Posada, a tradition that symbolizes the trials which Mary and Joseph endured before finding a place to stay and where the infant Jesus was to be born; and

WHEREAS, the Pueblo of Jemez has observed the Posada as early as the 1940's with a family hosting the Nativity scene for two days, which eventually changed to two weeks; and

WHEREAS, the two weeks Nativity scene has brought stress upon our community: finding a family willing to host, financial burden on host families, fatalities from alcohol and substance abuse, unobserved curfew by youth, added responsibilities for tribal officials and law enforcement.

NOW THEREFORE BE IT RESOLVED that the Tribal Council of Jemez Pueblo acknowledges these added responsibilities and concerns of our community and re-establishes a two day Posada commencing on Christmas Eve December 24, continuing Christmas Day December 25 with activities to conclude on December 26.

BE IT FURTHER RESOLVED, that the Posada will no longer be observed after the conclusion of activities on December 26, which includes January 1, January 6 and January 7.

BE IT FURTHERMORE RESOLVED that the Fiscale and Assistant Fiscale who are appointed annually will have the responsibility to oversee the Posada activities.

CERTIFICATION

I, the undersigned, as the Governor of the Pueblo of Jemez do hereby certify that the Jemez Tribal Council at a duly called meeting, convened on the 12th of February, 2008, at the Pueblo of Jemez approved the foregoing resolution.


Governor Paul S. Chinana



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 A. Toya, Sr.

Red Rocks Reporter
May 2008 Edition

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NEWS YOU CAN USE

Register and VOTE!

Exercise your rights. Let your voice be heard. Vote – it counts!

DATES TO REMEMBER

- Tuesday, May 6.** Voter registration closes at 5 p.m.
Tuesday, May 6 Absentee voting begins. This is the first day that a voter may cast an absentee ballot or vote in person at an early center in the County Clerk's office during regular business hours.
Saturday, May 17 Early in-person voting begins at voting locations established by the County Clerk. Early voting may be done from noon to 8 p.m., Tuesday through Friday, and 10 a.m. to 6 p.m. Saturdays, through the Saturday immediately prior to the June 3 election. (May 31.)
Friday, May 30. Last Day County Clerk may send absentee ballots; no absentee ballots will be sent after this date.
May 31 Early in-person voting ends.
Tuesday, June 3. Primary election.
Monday, June 9. Voter registration resumes after primary election.

2008 PRESIDENTIAL PRIMARY

Tuesday, June 3 7 a.m. to 7 p.m.
Jemez Civic Center

Only voters who are registered as either Democrats or Republicans can vote in the primary election. Candidates will also be chosen for the US Senate and House of Representatives

WHY VOTE?

Support our elders, children and community! When we have a voice, we can speak up for more federal and state funding for essential programs and improvements:

- ✓ Education and schools
- ✓ Libraries
- ✓ Social programs
- ✓ Transportation
- ✓ Highway bypass
- ✓ Health programs
- ✓ ...and more

For information, contact the Native American Election Information Program at (800) 477-3632 or (505) 934-8826, or go to www.sos.state.nm.us, or the Sandoval County Clerk's office at (505) 867-7577 or (800) 898-2124. You can also register to vote at the Jemez Valley Credit Union in Jemez Springs.

"I'm running with Benny Shendo Jr. because he's running for all of us!"

Benny Shendo, Jr. and a contingent of more than 100 supporters ran, walked and biked their way across New Mexico to support his campaign to represent the Third District in the US Congress.

"The people of northern New Mexico deserve a strong voice in Washington that speaks for all of us, not just the well-connected few," Benny says. "Our leadership needs to be experienced enough to guide our nation through finding real solutions to these challenges and forward-thinking and progressive enough to be able to embrace new and innovative ways of solving our common problems, healing our wounded nation and bringing our divided people back together."

Get involved! Contact the campaign office at (505) 867-9150. And vote!

COMMUNITY PROFILE

Meet Jeremy Chosa: "Just Keep on Living"

Jeremy Chosa is a young man who has learned the art of patience and perseverance. Now 31 years old, Jeremy has spent the past three years rebuilding his life after a tractor accident paralyzed him from the neck down. Today he is looking forward to his first art exhibit that will showcase the work he has found to sustain his spirit.

"People always say 'everything happens for a reason,'" he says. "Now I'm beginning to believe it might be true. I discovered a gift I might not have known I had."

After two months at University of New Mexico Health Sciences Center, Jeremy transferred to Albuquerque Rehabilitation Center for therapy, where he relearned how to eat, swallow and speak. At the rehab center, he was involved in daily activities despite his inability to move his limbs. There he experimented with drawing, holding a pencil in his teeth. After a therapist saw a drawing and liked it, a nurse set up a cardboard easel, brushes and medicine cups at Jeremy's bedside. An artist was born.

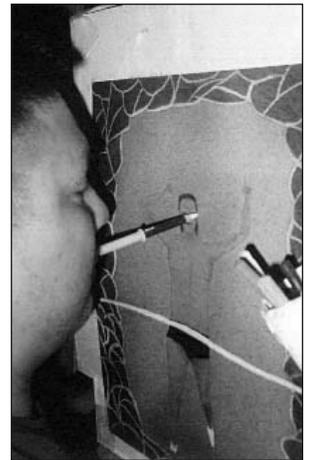
After spending a year and a half in a long-term care facility, Jeremy is now living independently with help from his parents Erna



and Will Wilson, sister Lynette Wilson, aunt Zona Colateta, friend Laura Fragua and others. He is currently a student at Central New Mexico Community College, where he is studying liberal arts before choosing a career path. A new voice-activated laptop computer helps him write papers, take exams and keep up with paperwork.

"Even if bad things happen, don't give up," Jeremy advises. "Just keep on living. I think maybe everything does happen for a reason."

The Walatowa Visitor Center will exhibit Jeremy's art work from May 23 through August, with an opening reception Saturday, May 24, from 10 a.m. to 2 p.m. A fundraiser dinner will be held at the Visitor Center on Sunday, May 25, from noon to 5 p.m. The proceeds will go to help build an accessible studio for the artist near his parents' home.



New Mexico State Monuments

MOTHER'S DAY ARTS & CRAFTS FAIR

Jémez State Monument May 10- 11, 2008

Celebrate New Mexico's Heritage Preservation Month at Jémez State Monument with Native arts and crafts Saturday and Sunday. Ranger Marlon Magdalena will display some of his flutes and talk about how they are made on Saturday. Sunday events include Native dances and Native food vendors.

Free Vending For Arts & Crafts and Food Booths
Free Admission for NM residents with ID on Sunday

SUMMER YOUTH CONSERVATION CORPS (YCC)

Jémez State Monument June 2 - August 29

YCC workers must be between 14 and 25 years old, able to work outdoors in heat and sun, able to carry at least 40 lbs., able to work effectively in a group, and New Mexico residents. Workers will stabilize the walls of the San José de los Jémez Mission and the walls around the Visitor Center parking lot. Corps members will erect scaffolding, mix adobe/stucco mortar, and learn preservation techniques.

The application deadline is May 23, 2008.

Please contact Monument staff at (575) 829-3530 for more information.

Ruins of San José de los Jémez Mission Church, ca.1621

SENIOR CITIZENS CENTER

All Indian Game Day Senior Olympics

Athletes from the Jemez Senior Center competed in the All Indian Game Day Senior Olympics at Isleta Pueblo on March 27 and 28. Participants included Clara Chosa, Jose Chosa, Isadora Dustin, Clara Gachupin, Irene Gachupin, Stuart Gachupin, Josephine Henderson, Felipita Loretto, Priscilla Loretto, Frances Lucero, Lenora Lucero, James Madalena, Sr., Carmelita Magdalena, Eva Panana, Mary Pecos, Tony Romero, Albert Sando, Roberta Sando, Robert Shendo, Mary Lou Silvas, Mary Toledo, Adelaida Toya, Carlota Toya, George Toya, Tonita Toya and David Yepa Sr.

The athletes competed in 400 and 800 K runs, 400K and 800K power walks, and other events. At press time, event winners had not yet been announced.

“On behalf of the

Senior Program and participants of the All Indian Game Day Senior Olympics, we would like to express our heartfelt appreciation to all the volunteers who assisted at the games: Narcisso Toledo, Stuart Gachupin, Mary Cathy Sabado, Charles Sandia, Karen Toya, Estevan Sando, Mary P. Loretto, Rebecca Coonsis, Roberta Sando, Monica Pecos, and T. Larry Pecos,” say Karen J. Madalena and Rose Shendo, Jemez Senior Program staff members who served as coordinators for the event. “Also a heartfelt thank you for supporting our efforts to Mrs. Margaret Garcia, Director of Jemez Senior Program, and Dr. Raymond Loretto, CEO of Jemez Health & Human Services.”

Congratulations to our Jemez senior athletes -- you are inspiring!



Jemez Senior Olympians include (clockwise from top) Ada Toya, Frances Lucero, Roger Madalena, Josephine Henderson and Margaret Toledo.

VETERANS ASSOCIATION

State Tax Rebates May Be Available for Veterans

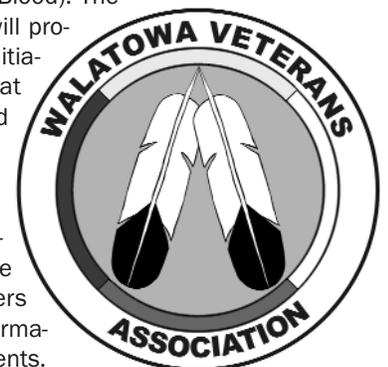
Attention: All Jemez Pueblo Veterans who served in the Armed Forces between 1942 to 1978! The Walatowa Veterans Association would like to share some vital information regarding state taxes that may have been taken out of your paychecks while you were in the service of our country.

The Association has learned that, because of our birthright as members of ethnic groups considered to be sovereign nations and therefore tax exempt, the state taxes taken from your pay will be returned to all the New Mexico Native American veterans who served during that period of time (1942-1978). All the Native American Veterans groups in New Mexico are in the process of collecting information from qualified veterans or survivors. This information must be submitted to the state in order to receive the tax refund.

Veterans who served within that period of time will need to pro-

vide a copy of your DD 214 or Military Discharge Papers and a copy of your CIB (Certificate of Indian Blood). The Walatowa Veterans Association will provide information about this new initiative and supply Intake Forms that must be completed by all qualified veterans and/or survivors.

The Walatowa Veterans Association has regular monthly meetings. All Jemez Veterans are encouraged to attend. Check flyers posted at public buildings for information about meetings and other events.



COMMUNITY WELLNESS



At the 2008 Women's Wellness conference, 191 women heard the wisdom of Cecilia Fire Thunder as well as Jemez tribal elders speak about women's health and well-being; 57 people participated in the Fun Run/Walk before the event.

As the first woman President of the 45,000-member Oglala Sioux Tribe of South Dakota, Ms. Fire Thunder oversaw an \$80 million budget.

Ms. Fire Thunder has dedicated much of her life to defending the Indian family and the struggle against abuse of Indian women and children. A practical nurse, Fire Thunder established Sacred Circle, an organization that addresses domestic violence. "Her career stands as testimony of the effort to help rebuild the self-esteem of women in her community and nationally," reported *Indian Country Today*.

Cecelia started her remarks by emphasizing the importance of keeping Native languages alive. "Language defines who you are. It connects you to the land and everything around you, connects you to the past and to the ancestors. Language is identity," she says. She added that Native American languages are "value-based, meaning everything you need to know about how to be a good person is in your language."

Cecelia believes that now is the time for Indian women to take positions where decisions are made. Today's young women have tremendous opportunities that their mothers and grandmothers did not have. She urged the audience to encourage and

Women's Wellness Conference

Honoring Walatowa Women With Love and Respect

support young women to seek education and careers. "We need female doctors, lawyers, politicians," she said.

"You'll need to be bicultural," she advised. "Learn how to live in both worlds. If you really know who you are, you never forget. You can do everything you want. The first person to get in your way is YOU."

Violence and Healing

Violence against women is a serious problem in Native American communities. "Violence exists," Fire Thunder said, citing a recent Amnesty International report about rape and domestic abuse of Indian women (see *Red Rocks Reporter*, May 2007.) "We must stop denying it. And violence against women is not OK, not ever, in any tribe, anywhere."

No matter how long ago the assault occurred, healing is necessary. "Whether the rape was last night or 60 years ago, until healing happens, a woman still carries pain that affects her health and spirit," Cecelia explained. She created a healing process that cares for the woman's spirit, heart and mind, using a Western model plus Native ways and ceremonies. "The American Psychological Association still has no treatment model for rape victims," she said.

"Ask for help to take care of the pain from the past," she added. "Therapy, counseling, scream in the woods—whatever it takes to get rid of the pain and heal. Don't carry toxic memories; they make you sick."

Helping the Children

Cecelia believes there is little research devoted to children's needs. "Children get depressed, too. We need to be able to see that, so we can help."

"If we can reach our children's pain, they will grow up to be good human beings," she said about the early trauma that affects many children and haunts their lives into adulthood. "Domestic violence and substance abuse in the home does damage spiritually, emotionally and physically....We need therapists for children under five years old. Go to school and do it! You're never too old to go back to school."

Taking Care of Ourselves

Quoting an IHS study, Fire Thunder described the five major health problems facing Indian women: diabetes, cancer, heart disease, mental health problems, and substance abuse. She noted that diseases are different in women than in men, and that treatments must be different as well.

"Everyone is born with a perfect body," she claimed. "If you truly love yourself, you can make some minor adjustments to change your body, like walking every day. Diabetes is preventable. It's about what you put in your body, and you can choose that."

Cecelia described the work of Dr. Masaru Emoto, a Japanese researcher who has explored how words, thoughts and prayers affect water molecules. "Water is life," Fire Thunder said. "The body is 80% water. If prayer can purify water, prayer can purify our own inner waters. We can't forget to pray for ourselves. You have it in your power to heal yourself."

"My message to you is to love yourself first and foremost to make better decisions about taking care of your body. We have to take ownership, take ourselves back, take control of our future," she said. She suggested that getting rid of clutter can also clear a cluttered mind. "Those of us who grew up with nothing now have too much."

A Time of Opportunity

"As women, we have to know we have our own power. We can make change. Women can do more for ourselves and our communities," Cecelia said. "We must value, validate, support, encourage, and be kind to each other. We must take the risk, take the lead to change what needs to be changed."

"Every woman before you is still inside. We come from strong, courageous, artistic, creative foremothers... Today's lazy ways embarrass our ancestors," she said. She encouraged women to take risks: "Do something you always wanted to do and didn't. Now's the time! You can do it all!" She cautioned younger women about complaining about working too hard. "You can rest when you're dead!"

Honoring Walatowa Women With Love and Respect

Continued from page 4



Respected elders Amelita (top left), Persingula Romero (top right), Eva Panana (lower left) and Carlotta Toya (lower right) shared wisdom and advice with the Women's Wellness Conference.



Ms. Fire Thunder ended the evening advising women to "Read more. Pay attention to politics. Someone somewhere is making decisions that affect your life. Get involved. Register to vote. Support Indian candidates running for office. Be the decision makers."

Finally, she suggested that women tell their stories to their children and grandchildren and write them for future generations.

The program concluded with an honoring of the tribal elders who attended the conference. Persingula Romero, who is 88 years old, and Amelita Toledo, who is 91½ years old were introduced as the two eldest attendees. Carlota Toya and Eva Panana also spoke to the group. The elders all gave strong messages about tradition as well as some advice. "Don't be in such a hurry to be mothers," 'Grandma Eva' advised. (See related story below.)

Women's Wellness Coordinator Karen C. Toya organized the conference and thanks the planning committee for their hard work that made the conference so successful: Matilda Shendo, Alberta Sando, Carol Vigil, Anita Toya, Nichelle Sando, Cathy Sabado, Jolene Tosa and Valerie Pecos.

"And also thank you to the managers for allowing your staff to be part of the committee," Karen says. "It takes teamwork to make a successful event."

State Honors "Grandma Eva"

Nomination Essay by Audrey Gachupin

United States Congresswoman Heather Wilson presented the "Women's Art, Women's Vision" award to Eva Chamon Panana at a ceremony at the state capitol in March. The award ensures that "Grandma Eva's" accomplishments are never forgotten. Mrs. Panana's grand-daughter Audrey Gachupin submitted the following nomination essay.

"Grandma Eva began her career as a Head Start Teacher for Jemez Head Start back in 1966. She retired in 1994; however she is still active with the Head Start program. Grandma Eva is known throughout our Pueblo by that name.

She has educated the majority of tribal members who are now in their 50s and continues to educate those who are three years old today as a Foster Grandparent at Walatowa Head Start.

Grandma Eva celebrated her 80th birthday in December. I believe that her daily contact with children makes her a stronger individual because she is one who can still walk from one end of the village to the other to get to work or to wherever she needs to go. She brings joy, laughter and love with her always. In summary, she has touched the lives of many through education and by just being Grandma Eva.

It would be an honor for her to be recognized as an Out-

standing Woman for past generations and then some. We love you, Grandma Eva."

In a letter, Representative Wilson thanked Mrs. Panana for her service and for serving as an example for others "It was my pleasure to honor you for your outstanding achievements in your community." Grandma Eva's name was also entered into the Congressional Record.

Widowed with three young children, Grandma Eva knew hard times. After her children were grown, she pursued her commitment to her own education. She holds Associate's, Bachelor's and Master's degrees in elementary education and early childhood education from the University of New Mexico. Her family includes her children Gerald, Angelita and Pete, as well as ten grandchildren, 23 great grandchildren, and four great-great grandchildren. (See "Community Profile," *Red Rocks Reporter*, October 2007.)



COMMUNITY WELLNESS

GUY'S NIGHT OUT

The Jemez Health & Human Services (JHHS) Men's Committee held Guy's Night Out V on Tuesday, April 15. The turnout was great, with more than 70 men in attendance. The event was created by the JHHS Community Wellness, Youth Services, Social Services and Behavioral Health Programs.

The night started with Personal Trainer Marcus Wall leading the group in a pulse-raising chair exercise circuit training. After the 20-minute session, the guys were pumped and ready for a night of self-reflection and education.

Charles Sandia, Community Wellness Program Manager, welcomed the group. Bob Newcombe, JHHS Deputy Executive Director, told the audience that JHHS providers were available to help men improve their health and well-being. Cacique Stuart Gachupin, also of the Behavioral Health Program, offered the invocation for the event. Dinner was catered by Rudy's Barbeque of Albuquerque.

Youth Services Coordinator Estevan Sando introduced the evening's speakers. Acting as the Master of Ceremonies, DJ Vanas



DJ Vanas

spoke briefly of the sense of self and being a true warrior. Then he introduced Daniel Kegler, a former All-American football player from the University of New Mexico. Mr. Kegler spoke of his trials and challenges when trying to make the National Football League. He shared his story with great honesty about the bad decisions he made that led to failing to be chosen by an NFL club. Daniel stressed being true to yourself, getting rid of negative influences, and making good decisions.

Mr. Vanas provided an "ice-breaker" exercise and had all the men laughing and sharing. Then he talked about being a true warrior for your family and your community. DJ spoke about being a positive role model to your family, your kids and your fellow man. His primary message to the men of our community is that there is strength in wellness. "Strength in Wellness is being a true warrior by caring for your family and doing right for your community," he says. He also stressed the importance of lifestyle, nutrition and physical fitness as necessary to being a true warrior.



Daniel Kegler

HELP WANTED!

Jemez Health & Human Services has several open positions. Please pass the word along if you or someone you know are interested.

- Medical Director
- Nurse Practitioner
- Optometry Specialist
- Community Health Nurse
- Therapist (Behavioral Health)
- Driver, Transportation Program
- Activities Coordinator for Seniors and the CRC

For more information and an application, please contact the Jemez Human Resources Department at (575) 834-7359.

HOUSING

REPAIR, RENTAL AND HOME OWNERSHIP PROJECTS

The Pueblo of Jemez Housing Department (POJHD) is presently updating applications for the current participants who are on the waiting list for repair, rental, and homeownership projects. To be selected, applicants must renew their applications annually to remain active on the waiting list. Those who do not update their applications will be considered inactive and will not be eligible for any housing project. If you do not have an application on file with the Housing office, you are welcome to submit one at any time.

The POJHD is governed by policies and procedures for placement in all programs. These documents are available to review at the Tribal Administration building and at the Housing Department office during regular office business hours, 8 a.m. to 5 p.m., Monday through Friday.

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

PHARMACY

Making Changes to Help Patients

Extended Hours for Refills

The Jemez Clinic Pharmacy is now accepting refill requests until 5 p.m.; the previous cut-off time was 4:30 p.m. Refills requested before 5 p.m. will be filled by 6 p.m. Refills requested after 5 p.m. will be filled the next business day.

“Extending the cut off time will make the pharmacy more accessible and help the entire community, especially people who work away from the Pueblo,” says Pharmacy Manager Konnie Frey, RPh. “We are confident that we can complete refill requests and take care of patients seen in the Clinic before 6 p.m. each day. Our goal is for patients to be able to leave the Clinic with the medications they need.”

The change is effective immediately.

Medication Availability

The Pharmacy is in the process of developing a formulary of medications that will be stocked at the Clinic. “We cannot stock every single pharmaceutical item available; it just isn’t practical or cost-effective,” Konnie explains. “Medications are expensive.”

The pharmacy will provide any medication prescribed by a JHHS provider. “Usually, we have the item in stock. If we don’t have it, we’ll order it, or the patient can take the prescription to another pharmacy if they prefer,” Konnie says.

The pharmacy will also fill any prescription from a specialist or outside provider **if the patient has been referred there by a JHHS provider.**

If patients choose to see providers outside the Jemez Health Clinic (that is, by choice and not by referral), the pharmacy will fill their prescriptions **if they stock the medications.** If the pharmacy does not carry that item, patients can take the prescriptions to any pharmacy they choose. **The Jemez Pharmacy will not be able to special order items prescribed by outside providers.**

About Insurance

With the rising cost of healthcare, it’s more important than ever that patients apply for and obtain any insurance coverage available to them, including private insurance offered by employers, as well as Medicaid and Medicare.

“When the Jemez Pharmacy can bill insurance companies for medications, the whole community benefits because the Pueblo of Jemez doesn’t have to pay for those items,” Konnie says. “This could save the Pueblo thousands of dollars every year, and won’t cost patients anything extra.”

Meet Konnie Frey

Konnie Frey, RPh, is the new Pharmacy Manager at the Jemez Health Clinic. She has more than 17 years of pharmacy experience and comes to us from Hematology Oncology Associates. “This is a good opportunity to affect change and improve healthcare in a different environment,” Konnie says. “I feel like this is a place where I can make a positive impact.”

She encourages patients to ask questions if they need more information about a medication. “The Pharmacy should be a friendly place where people don’t hesitate to ask.”

You can call the Jemez Pharmacy directly at (575) 834-0130.



VOCATIONAL REHABILITATION EDUCATION

Bill Clifton, Distribution Manager, and Sherry Pedersen, Employee Relations Manager, answer questions about employment at Coca Cola.



Santa Fe Community College Outreach Specialist Carlos Balladares chats about class options.

National Guard Staff Sergeants Dawn Archuleta and Gregory Doss chat with prospective recruits.



Jemez Vocational Rehabilitation Program and the Education Department cosponsored a Job/Education Fair at the Youth Center. Representatives from ten colleges and universities and more than 20 businesses and government agencies offered information to about 227 attendees throughout the day.

A big ‘thank you’ to Coca Cola Bottling Company of Albuquerque who donated the banners and soft drinks for the event.

HEALTH & HUMAN SERVICES

MAY IS NATIONAL STROKE AWARENESS MONTH

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot (*ischemic*) or bursts (*hemorrhagic*.) When the brain can't get oxygen and nutrients, it starts to die. A stroke is also known as a cerebrovascular accident (CVA.)

About 750,000 Americans have strokes each year; 160,000 die. Stroke is the leading cause of long-term disability and the third-leading cause of death after heart disease and cancer.

A stroke is a medical emergency because brain cells start dying quickly. The longer blood flow is cut off and the longer treatment is delayed, the more likely that there will be permanent damage.

The effects of a stroke depend on which area of the brain is affected and how extensive the damage is. One side of the brain controls the opposite side of the body; a blood clot on the right side of the brain limits function on the left side of the body and *vice versa*. Only 10 percent of stroke survivors recover almost completely; 25 percent recover with minor impairments, 40 percent experience moderate-to-severe damage that requires special care, 10 percent need care in a nursing home or long-term care facility, and 15 percent die shortly after the stroke.*

Only one drug is FDA-approved to treat sudden ischemic strokes. The drug dissolves blood clots that block blood flow to the brain, improving the chance for recovery. But to be effective, the drug must be given within three hours after symptoms begin.

Know the warning signs of stroke and get help immediately! If you see even one of the symptoms described at right, even if it goes away, don't wait – call 9-1-1!

Reducing Risk

Everyone has some stroke risk. A few stroke risk factors are beyond your control: being over age 55, being male, having diabetes, and having a family history of stroke. If you have one of these risk factors, it's even more important to make medical and lifestyle changes that can help prevent a stroke.

Medical risk factors include previous stroke, previous transient ischemic attack or "TIA," high cholesterol, high blood pressure, heart disease, atrial fibrillation and carotid artery disease. These medical risk factors can be controlled. Talk with your doctor about what will work best for you.

Lifestyle risk factors include smoking, being overweight and drinking too much alcohol. You can control these risk factors: quit smoking, exercise regularly, watch what and how much you eat, and limit alcohol consumption.

*National Stroke Association

GIVE ME 5!

Know the warning signs of a stroke. Ask to "Give Me 5!" then observe and test:

WALK, SPEAK, REACH, SEE, FEEL

If you see even one of these symptoms, get help immediately! If it's a stroke, every minute counts. Experts Say "Time is Brain!" Call 9-1-1!

WALK

- Does the person appear to be off balance?
- Is he/she standing straight or slumping to one side?
- Does one side of the body appear weak?
- Is the person leaning to one side when trying to walk, veering off to one side, or dragging a foot?
- Does one side feel numb, tingly or "odd"?

SPEAK

- Is the person's speech slurred?
- Does the speech sound normal?
- Does the person seem to be confused or disoriented?
- Is he/she having problems speaking or getting words out or making sense?
- Does one side of the mouth or face droop?

REACH

- Is one side weak or numb?
- Can the person raise both arms together?
- Does one arm start to fall?
- Can the person squeeze your fingers with both hands; is one hand weaker than the other?
- Can the person hold something, like a pen, without difficulty?
- Can the person feel you touch his/her arm? Lightly touch the skin of both arms, and ask if the feeling is the same on each.

SEE

- Ask about his/her vision. Is vision partly or completely lost?
- Are there any changes? Is vision clear? Is it blurry?
- Is any part of the visual field missing?
- Does the person see double?

FEEL

- Ask about a headache. Is it severe?
- Is this headache different from a usual headache?
- Is the person sensitive to light or noise?
- Does the person feel numb or tingly anywhere?

PUBLIC HEALTH

CONTROLLING MOSQUITOES, CONTROLLING DISEASE

WEST NILE VIRUS: WHAT YOU SHOULD KNOW

About Mosquitoes

Mosquitoes are more than just annoying pests. They can spread diseases that can cause ongoing, serious health problems and even death for humans as well as domestic and farm animals. These diseases include West Nile virus (WNV), plague, dengue fever and equine encephalitis.

There are two types of mosquitoes, those that breed in standing water and those that breed in damp soil. All mosquitoes need water to hatch and develop into adults.

The most effective way to control mosquitoes is to target eggs, larvae and pupae before they become adults. The best strategy is to apply larvicide to puddles and standing water to prevent mosquitoes from reaching adulthood.

The Pueblo of Jemez will spray to kill mosquitoes on public lands again this year. The schedule will be posted at various locations in the village.

Stay away from sprayed areas for a few hours until the substance has settled. Spraying will occur on calm, non-windy days. In most cases, fogging will be scheduled after 10 p.m. and before 6 p.m. to minimize the impact on residents.

What You Can Do

- ▶ Get rid of standing water in yards and fields. Water can collect in puddles, flower-pots, bird-baths, toys, trash cans, tires, kiddie pools and other receptacles. One mosquito can lay hundreds of eggs, even in small amounts of water; don't give her a place for her eggs.
- ▶ Notify Jemez Health & Human Services (JHHS) at 834-7413 if you see standing water near the village.
- ▶ If you have a mosquito hatch near your home or fields, notify JHHS.

Protect Yourself and Your Family

- ▶ Wear white or light-colored long-sleeved shirts and a hat when you are outside and mosquitoes are present. Mosquitoes seem to be attracted to dark colors.
- ▶ Mosquitoes are most active around sunrise and sunset, so be especially careful at these times and stay indoors if you can.
- ▶ When working in your fields when mosquitoes are active, take the above precautions and wear an insect repellent like DEET to keep mosquitoes from landing on exposed skin and clothes.
- ▶ Keep children away from water, including the river and irrigation ditches, if mosquitoes are in the area.
- ▶ Check and repair screens on doors and windows to keep mosquitoes out of your home.
- ▶ Report dead birds to authorities. Dead birds may be a sign that West Nile virus (WNV) is circulating between birds and mosquitoes. WNV has infected over 130 species of birds, though not all infected birds die. (Birds die from many other causes besides WNV.)

If you find a dead bird, don't handle it with your bare hands. Contact the Department of Resource Protection at 834-7696 to report the bird and get instructions on how to dispose of it safely.

The best way to deal with West Nile Virus (WNV), as well as other diseases mosquitoes can carry, is to avoid getting bitten.

Introduced in New York in 2001, WNV has spread to 39 states. In 2007, there were 60 known or suspected cases of WNV in New Mexico, with three deaths. Across the U.S., there were almost 3,600 cases, with 121 deaths in 2007.

Although no cases of WNV were reported last year in Jemez Pueblo, in prior years tribal members have contracted the disease and experienced continuing serious health problems.

What Are the Symptoms?

Serious symptoms in a few people. About one in 150 people infected with WNV develop severe illness. Severe symptoms include high fever, headache, stiff neck, stupor, disorientation, coma, tremors, convulsions, weakness, vision loss, numbness and paralysis. Symptoms can last several weeks; nerve damage may be permanent.

Milder symptoms in some people. Up to 20 percent of those who become infected have fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a rash. Even healthy people may be sick for several weeks.

No symptoms in most people. About 80 percent of people infected with WNV will not show any symptoms at all.

People typically develop symptoms between three and 14 days after the infectious bite. The risk of severe illness and death is highest for people over 50 years old, but anyone can become ill.

How Is WNV Treated?

There is no specific treatment for WNV infection. In milder cases, symptoms pass on their own. In more severe cases, people usually must be hospitalized for supportive treatment, including intravenous fluids, help with breathing, and nursing care.

What Else Should I Know?

WNV and your pets. Most pet owners probably won't notice any symptoms in cats or dogs that become infected with WNV.

WNV in horses. Most horses with WNV recover, but some die. After a horse is bitten by an infected mosquito, the virus multiplies in the blood and infects the brain. The virus interferes with normal nervous system functioning and causes brain inflammation.

If you have problems with mosquitoes or know the location of any standing water, contact JHHS at (575) 834-7413.

IF YOU DEVELOP SYMPTOMS OF SEVERE WNV ILLNESS, GET MEDICAL HELP IMMEDIATELY!

RESOURCE PROTECTION

DRP News

Agricultural Work

John D. Romero will be available to prepare fields for spring planting through the end of May. Please contact John at 834-3208 for a list of services and prices for field work, or see the April issue of the *Red Rocks Reporter*.

The Department of Resource Protection (DRP) will also distribute headgates to Jemez farmers who didn't get one last year. Contact John or Tom Lucero about getting a headgate for your field.

Summer Internships

The DRP will again hire four interns to help with various projects this summer. They need young men and women for manual labor at the orchard and greenhouse as well as other projects at the Walatowa Visitors' Center and Red Rocks. Workers will earn \$10 per hour for a 40-hour work week starting June 2 and ending Aug. 1. Contact Alberta Vigil at the DRP for a job application.

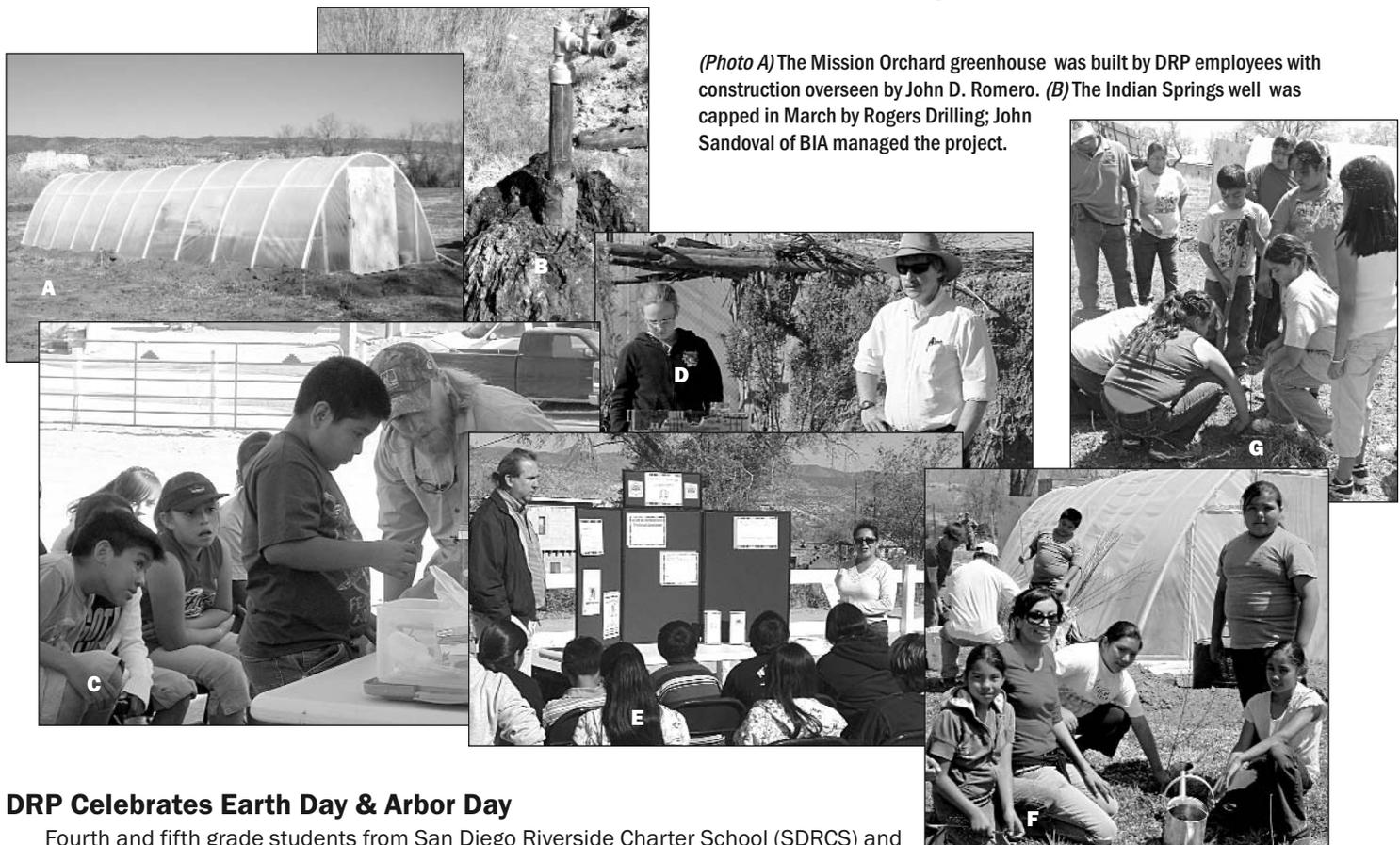
Greenhouse News

The DRP is selling starter plants through the end of May. Jemez chile and melons, Hungarian "yellow hot" peppers, jalapeños, basil, cilantro and tomatoes will be available from \$0.50 to \$1.50 per container. Contact John D. Romero or Tom Lucero at 834-7696 for information.

Pecos Pathways

The Pecos Pathways Program will begin Monday, June 2 and continue through June 22. The four students accepted to the program have been notified.

Jemez families are needed to host students from Phillips Academy and Pecos High School for the week the students spend at Jemez Pueblo. Hosts will receive stipends to cover expenses for the guest students. Please contact Alberta Vigil at 834-7696 if you are interested in hosting one or more students.



(Photo A) The Mission Orchard greenhouse was built by DRP employees with construction overseen by John D. Romero. (B) The Indian Springs well was capped in March by Rogers Drilling; John Sandoval of BIA managed the project.

DRP Celebrates Earth Day & Arbor Day

Fourth and fifth grade students from San Diego Riverside Charter School (SDRCS) and Jemez BIA Day School celebrated Earth Day at a Water Fair at the DRP offices. The students learned about water pollution, recycling, the water cycle and other issues before sharing a picnic lunch. (Photo C) Andrew Sweetman from the New Mexico Rural Water Association and Kalen Vigil perform an experiment. (D) Boyd Nystedt and Margaret Chavez of the Eight Northern Indian Pueblos Council Office of Environmental Technical Assistance offer information. (E) Dennis McClennan from New Mexico Environmental Department and his daughter Shannon demonstrate what happens when toxic substances leak from damaged pipes. (F & G) Fourth and fifth grade students plant trees at the DRP orchard to celebrate Arbor Day. The DRP also distributed 400 shade and fruit trees to community members.

SOCIAL SERVICES

CHILD ABUSE PREVENTION CONFERENCE

The Jemez Social Services Program sponsored the Child Abuse Prevention Conference of May 18. The event opened with welcoming from Second Lt. Governor Delbert Tafoya and Dr. Raymond Loretto, DVM, CEO of Jemez Health and Human Services.

Reporting and Interviewing Protocols in Child Abuse Cases

Laura Richards, from New Mexico Child, Youth and Families Division, spoke to the audience about reporting procedures for suspected child abuse, as well as protocols and forensic interviewing techniques.

The Elders Speak

A panel of respected community elders shared advice and stories about the challenges of child rearing today compared to how they grew up. They made the distinction between discipline and abuse, and told about their own childhood experiences. They cautioned parents to talk and listen more to their children, and suggested that today's busy lifestyle may sacrifice important family time.

Child Sexual Abuse

The numbers are horrifying: one in three girls, and one in six boys. That's how many children suffer sexual abuse in New Mexico, according to Tanya Moreno, Director of Community Education and Outreach at the Community Against Violence in Taos. "Sexual assault is a manifestation of oppression. It is always about power, control and violence," she says. "Over 30% of child victims are five years old or younger. It has nothing at all to do with what she wears, how she walks, what she looks like. It's violence."

Tanya described the continuum of sexual violence from the "wolf whistle" to

rape, adding that Native Americans bear the historical legacies of violence and generational trauma. Historically entrenched violence against Indians has created a mindset of viewing women and children as property. "It's easier to be violent against them if you don't see them as equal human beings ... This mindset is not truly traditional, but has evolved since colonization," she says. She added that popular culture has made violence entertaining and even acceptable on television and in the movies.

Tanya spoke about some myths about child abuse: Offenders are strangers (myth); children often lie (myth); incest perpetrators only molest family members (myth.) She also described the stages of victimization that children often experience, starting with the slow buying of secrecy and loyalty with gifts and promises, through the child's sense of helplessness, entrapment and accommodation, eventual disclosure, and frequently retractions when the child becomes too afraid or anxious to continue.

Ms. Moreno then offered seven steps for protection children:

1. **Learn the facts and understand the risks.**
2. **Minimize opportunities and environmental influences.**
3. **Talk about it with your children.**
4. **Stay alert.**
5. **Make a plan so your child knows what to do if he or she feels threatened or uncomfortable.**
6. **Act on your suspicions.**
7. **Get involved.**

She also commended Jemez Pueblo for having one of the best and most cohesive systems for responding to domestic, child and sexual violence.

Echoing the advice from Cecelia Fire Thunder, Moreno urged victims to speak about their abuse so they can heal "The sooner a victim speaks up, the better the chances for a healthy and successful life. Violence affects the spirit; the person must become whole again," Ms. Moreno says.

If you know or suspect that a child is being hurt, take action! Call Jemez Social Services at (575) 834-7117 and get help. All calls are strictly confidential.



At the Child Abuse Prevention Conference, J. Roger Madalena, Sr., Leonard Shendo, Juanita Yepa, Clara Gachupin, Ada Toya, Clara Chosa, Josephine Henderson and Irene Gachupin shared stories and spoke about tradition, discipline and raising respectful, well-behaved children.

The Family Circle Project

"The Hemish of Walatowa: Family Circle Project" evolved from the Listening to Each Other Grant awarded in 2005. The project builds on the *Jemez Voices Report* that identified key concerns about family communication, reinforcing Hemish traditions, and incorporating the knowledge and wisdom of community elders into children's lives. (Copies are in the Tribal Administration office.) Nina Wallerstein, PhD, of the University of New Mexico (UNM), led the project with help from a team from the UNM Masters in Public Health Program and community members.

To address some of the issues raised in the report, an advisory council of Jemez community members and UNM researchers designed a curriculum with guidance and approval from the Jemez Health Board, tribal leadership and Tribal Council. State education standards, drug/alcohol prevention messages and other health promotions are embedded in the curriculum. The Family Circle Project (FCP) pilot program was launched in December 2007 to test the curriculum. (See *Red Rocks Reporter*, Jan. 2008.)

Pilot Program

All families with fourth and fifth grade children were invited to participate, and 11 families volunteered for the first 14-week session. Anita Toya and Eleanor Tafoya were the primary facilitators, with Towana Yepa, Carol Gachupin, Rose Shendo, Leah Stevenson, Melissa Yepa, and Mary Margaret Shendo assisting.

Each evening session included a traditional dinner and prayer, exchange of traditional Hemish greetings, practice using Towa names, and time to share reflections. Themes included Walatowa history, the Hemish way of life, community challenges, improving communication within families, seeking help from elders, recognizing anger and anger management, and making healthy choices.

Participant Feedback:

"The response to the program was very positive," says Dr. Wallerstein. Adults say they appreciate learning more about Jemez



CHILD FIND: FREE DEVELOPMENTAL SCREENING

For Children From Birth to 6 Years Old

Monday, May 12

9 a.m. - noon Jemez Springs Village Office
2 - 5 p.m. Pueblo of Jemez Health & Human Services

If you have concerns about your child's development, Child Find screens children in the following areas:

- ◇ Vision and hearing
- ◇ Speech, language and learning
- ◇ Fine and gross motor skills
- ◇ Physical and social behavior

Appointments encouraged. but walk-ins are welcome.

For more information, call (575) 834-7391, ext. 309 or 311.

Hosted by Jemez Valley Public Schools, San Diego Riverside Charter School, Jemez Day School, Walatowa Head Start and Zia Head Start/FSIP, Inc., ABRAZOS and NAPPR.



Family Circle Project participants shared what they learned and gave appreciation to other participants while playing "the yarn game."

history, teaching children the proper way to greet elders, learning more about what their children think about their communities and themselves, and the emphasis on speaking Towa. The children liked the games, the role reversal exercise, learning their own and their parents' Indian names, practicing Towa and learning more about their history and traditions.

For more information, contact Dr. Wallerstein by email to nwallerstein@salud.unm.edu, Anita Toya at (575) 834-3088 or anita.toya@jemezpueblo.us, or Carol Gachupin at (575) 834-3137 or carol.gachupin@jemezpueblo.us



WALATOWA HEAD START

Enrollment & Eligibility

Was your child born between Sept. 1, 2003 and August 31, 2005? Your child may be eligible for Walatowa Head Start.

The Walatowa Head Start Policy Council has approved enrollment and eligibility guidelines:

1. Age: 3 or 4 years old
2. Income-eligible
3. Children with disabilities
4. Child is an enrolled member of an Indian tribe.

Children whose families do not meet income requirements may be eligible if space is available. Registration applications are now available at the Head Start Center.

The following documents are required for new students. Applications will not be considered until all documents are returned:

- a. Birth certificate
- b. Certificate of Indian Blood (CIB)
- c. Child's Social Security card
- d. Income verification
- e. Current immunization record

Applications will be ranked and scored to determine eligibility according to Walatowa Head Start's eligibility guidelines. When all slots are filled, the remaining applicants will be placed on a waiting list.

For more information please call the Head Start Center at (575) 834-7366.

EDUCATION

Summer Education Opportunities

It's graduation season! It's also the time when students and their families prepare for summer activities. Hundreds of summer enrichment opportunities are available that cover a range of interests, including art, dance, journalism, engineering, archeology, law, clothing design and much more! Remember, the more engagement a student has in programs and activities that further the learning experience, the more potential he or she will have to succeed in college and establish a great career. Participating in enrichment programs will increase your chances of getting into the college of your choice and your eligibility to receive scholarship funds. The Higher Education Center can help you find the best educational opportunities for you, so stop by or call the Educational Services Center at (575) 834-9102 to make an appointment.

The Department of Education may be able to help with partial travel and/or tuition expenses. Please submit 1) written/typed requests, 2) a copy of the program's official acceptance letter, and 3) a detailed outline of program costs and fees for review. **Requests will be accepted until Friday, May 30 at 5 p.m.**

HIGH SCHOOL PROGRAMS

College Horizons: A Pre-College Workshop for Native American Students

June 14-18. Duke University; Durham, NC

June 28 - July 2 Lawrence University; Appleton, WI

Attend a five-day "crash course" in preparing for college. Expert college counselors, teamed up with college admission officers, will help you select suitable colleges, complete winning applications, write memorable essays, learn what turns an applicant into an admitted student, find your way through the financial aid/scholarship jungle and become a test-prep "whiz kid!"

Students must be enrolled tribal members, current high school sophomore and juniors with a minimum GPA of 3.0 in academic courses. Complete program cost is \$200, which includes tuition, room, meals, all materials and transportation to campus. Students are responsible for their own airfare, but funds are available for travel and tuition assistance to students who have need. Space is limited, so apply soon!

Expanding the Circle (ETC): *Respecting The Past & Preparing For The Future*

June 7-21 Institute of American Indian Arts; Santa Fe

This two-week residential summer program is for Native American students who are juniors or seniors in high school and plan to pursue post-secondary degrees. ETC curriculum offers a structured process and culturally relevant activities that will facilitate successful transitions after high school graduation.

Students must submit: 1) One-page essay. 2) Letter of recommendation from a teacher, counselor or member of your community who knows you well and is aware of your future plans. 3) Unofficial high school transcript. Twenty scholarships are available to cover room and board, workshop material and other fees associated with the program. **Application deadline: May 23, 2008.**

UNDERGRADUATE/GRADUATE PROGRAMS

Pueblo of Jemez Summer Internship Program: Summer 2008

Open to all Jemez students currently enrolled in an institution of higher learning. Apply at the Human Resources office in the Tribal Administration building. Employment depends on tribal programs' ability to hire. Including a detailed explanation of your current area of study and reasons to become a Pueblo of Jemez intern will enable the Higher Education staff to offer you the best opportunity to increase your skills and professional development when we review applications for placement.

Graduate Horizons: A Pre-Graduate School Program

July 12-15. University of Arizona; Tucson, AZ

Attend a four-day crash course for Native college students, master's students or alumni to help prepare for graduate school. Faculty, admissions officers and deans representing hundreds of graduate disciplines, graduate and professional schools will help you select programs and careers suitable, complete winning applications, prepare for the GRE, GMAT, LSAT and MCAT tests; explore special issues for Native students, and learn some graduate school survival tips. Participants will be limited to 75 enrolled college students, college graduates and master's students.

The complete program cost is \$150, which includes tuition, room, meals and transportation to campus from the Tucson airport. Students are responsible for their own airfare, but substantial funds are available for airfare and tuition assistance. (In 2007, 72% of students received travel awards.) Space is limited, so apply soon.

NEW DEADLINES FOR PUEBLO OF JEMEZ SCHOLARSHIP PROGRAM

Deadlines to submit applications and all supporting documents:

June 15: Fall Semester

January 15: Spring Semester

Save the Date!

Tuesday, May 6. Voter registration closes. (See page 2.)

Tuesday, May 6. Absentee voting begins. (See page 2.)

Sunday, May 11. Mother's Day.

Monday, May 12. Child Find Free Screenings. 9 a.m. - noon. Jemez Springs Village Office; 2 - 5 p.m. JHHS. For information, call (575) 834-7391, ext. 309 or 311. (See page 14.)

Friday, May 16. Domestic Violence Conference, Youth Center.

Saturday, May 17. Early in-person voting begins. (See page 2.)

Saturday, May 24. Opening reception for Jeremy Chosa art exhibit, 10 a.m. to 2 p.m. at the Visitor Center. (See article on page 4.)

Sunday, May 25. Fundraiser dinner for Jeremy Chosa, noon to 5 p.m. at the Visitor Center. Proceeds will go toward building a handicap-accessible studio space.

Saturday, May 31. Early in-person voting ends. (See page 2.)

Friday, May 30. United Blood Services Blood Drive at Jemez Valley Credit Union; 10 a.m. to 2 p.m. Sign up by phone at 829-3366 or e-mail to susan@jvcu.org.

Tuesday June 3. Primary Election, 7 a.m. to 7 p.m. Jemez Civic Center. (See page 2.)

Thursday- Saturday, July 24 - 26. Summer Youth Conference.



PUEBLO of JEMEZ

Pueblo of Jemez
5517 Highway 4
Box 100
Jemez Pueblo, NM 87024

Get Fit Walatowa!

The Fitness Center has been updated with some new equipment and a special cushioned floor. Shape up for summer at this great resource for tribal members and employees!

**NEW WEEKEND HOURS! 6 A.M. TO 2 P.M.
WEEK DAYS 6 A.M. TO 8 P.M.**

TRANSPORTATION

REMINDER FOR RIDERS

A new transportation request process is now in effect. To ensure that JHHS patients/clients get the transportation they need, all tribal members using Transportation Program services must request their rides through a JHHS program.

JHHS staff members will ask patients if they need transportation to appointments or referrals. If a ride is needed, the JHHS staff person will complete a Transportation Request Form on behalf of the patient and send it to the Transportation Program. The Transportation Program will schedule rides in response to requests they receive from JHHS program staff.

Patients/clients should not call the Transportation Program to request rides. The Transportation Program may refuse direct phone requests. Patients will be referred to the appropriate JHHS programs for a formal Transportation Request Form that a JHHS provider will complete and submit.

Your cooperation with this new policy is appreciated.

Boxholder
Jemez Pueblo, NM 87024