



Red Rocks Reporter

SEPTEMBER 2008

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PUEBLO INDEPENDENCE DAY RUN

About 50 runners, walkers and supporters traveled from the Jemez Plaza to the Jemez State Monument to commemorate the anniversary of the Pueblo Revolt in 1680. After gathering at the Jemez Valley Credit Union, the group joined for the final leg of the journey.

After a gathering in the kiva, First Lt. Governor Joshua Madalena spoke to the participants, reminding them about the historical events that led to the successful revolt. He also spoke about the San José de los Jeméz Church, which was built with five years of slave labor by women and children. The structure was then abandoned after a few years.

“Even today, engineers can’t figure out how the church was built,” the First Lt. said. “Our ancestors were really smart, they were geniuses. They built compounds up to five stories high, and experts still don’t know how they did it. With 62 villages, we built ourselves an empire. Be proud. We share that DNA; we have the same abilities our ancestors had.”

Madalena also gave a brief history of the migration of the Jemez and Pecos people from the Four Corners area.

Ernesto Ortega, Director of the New Mexico State Monuments, also spoke to the group.

The day’s events also included Native music, an arts and crafts fair, and dance demonstrations.





TRIBAL COUNCIL

Candido Armijo
 Joe Cajero
 Paul S. Chinana
 Raymond Gachupin
 Frank Loretto
 J. Leonard Loretto
 Raymond Loretto, DVM
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Paul S. Chinana
 Governor
 Joshua Madalena
 First Lt. Governor
 Delbert Tafoya
 Second Lt. Governor

TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

September 2008 Edition

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

Published by Pueblo of Jemez, NM 87024.

LAW ENFORCEMENT

Keeping the Peace

Road Rules Enforcement

Over the Labor Day weekend and through September, the Jemez Police Department (JPD) will increase enforcement activity on driving while intoxicated (DWI), speeding and seat belt violations. The increased enforcement is supported through a Safer New Mexico over-time grant and BIA Highway Safety funding.

Overdue Fines

There are still over 100 outstanding Tribal Court warrants for tribal members who have not paid their overdue fines. Law Enforcement will continue to serve those warrants and may have one or two warrant round-up activities. We encourage people to go to Tribal Court and make arrangements for payment so they will not have to be arrested and spend time in jail.

Swearing In

(*Top photo*) Gerald Toledo is sworn in as a JPD officer after serving as a Sandoval County deputy sheriff for two years. He is state-certified and working under the COPS grant (a US Department of Justice grant with a one-year minimum tribal match requirement). When that grant ends in approximately eight months, he will continue to work as an officer under the Department's BIA 638 grant.

(*Bottom photo*) On July 3, First Lt. Governor Joshua Madalena swore in Chief of Police Karl Wiese (*left*) and Officer Joseph Tsosie (*right*) as Tribal Officers in compliance with BIA Office of Criminal Justice Services guidelines.



Photos courtesy of Vincent Toya, Sr.

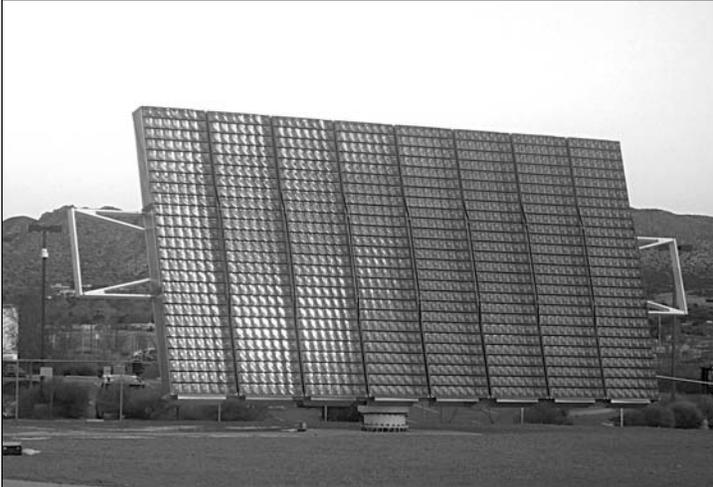


A FRIENDLY REMINDER FROM TRIBAL COURT

For all clients who have delinquent accounts at Tribal Court:
 Please report to complete your community service work at the rate of \$7 per hour.
 Bench Warrants will be issued for those who do not comply.

RESOURCE PROTECTION

SOLAR POWER PROJECT HEATS UP



A series of solar collecting panels like this one will convert sunlight into electricity (and revenue!)

With support from federal and state funds, the Pueblo of Jemez is working on a multi-million dollar project to build a solar-powered facility that would create electricity for decades to come. The facility will be the largest in New Mexico and the nation's first solar power generating plant on tribal lands. Once fully operational, the facility will generate 3 mega-watts of power, or enough to supply about 1,200 homes.

"This is an exciting opportunity to create an ongoing revenue stream for the Pueblo," says Department of Resource Protection environmental scientist Greg Kaufman, who is heading up the project. "The Pueblo will sell the generated electricity to a power company. In addition, the tribe will get income from leasing the land."

The project will be built at the south end of the Pueblo, just east of the southernmost baseball field. "The Tribal Council set that area aside by Resolution and the hunting societies and traditional leaders have determined that the project will not interfere with any traditional or cultural activities," Greg explains.

Once all partners are on board and all legal issues have been worked out,

construction is scheduled to begin as early as the first quarter of 2009. "With a project of this size and complexity, there are a lot of players and a lot of details to resolve," Greg says.

The Emcore Corporation in Albuquerque will provide the generating equipment. With internation-

al demand for solar power booming, the company is a global leader in solar technology with 30 years in the industry. Their cutting edge technology is significantly more efficient than other solar energy generating systems.

The Emcore photovoltaic collectors are like magnifying lenses that focus sunlight onto individual cells that convert the energy into direct current. The stain-

less steel panels rotate both vertically and horizontally to follow the sun's path from dawn to dusk, flattening at noon when the sun is directly overhead. Because of the modular construction, the panels will be easy to maintain. The electric current will be transmitted through Jemez Mountains Electric Power lines to another utility that will purchase the electricity.

Although cloudy days will reduce the amount of solar energy collected, they will still produce some energy. "We've done a lot of computer modeling to determine the average power, given the total number of hours of daylight in a year as well as snow, cloud and other weather scenarios," Greg says. "We're confident that this is a firm, sustainable investment in our economic and energy future."

Once this initial project is up and running, Pueblo leaders are considering a second, much larger facility to be built in a remote corner of the Holy Ghost Grant.

For more information, contact Greg Kaufman at the Department of Resource Protection at (575) 834-7696.

"Crash" Comes to Jemez

The Jemez Red Rocks play a feature role in the upcoming Starz Entertainment drama "Crash," based on the Academy Award Best Motion Picture of 2006. The 13-part drama's cast is led by film icon Dennis Hopper. Although the series is set near Los Angeles, the Red Rocks are the background for a main character's home.

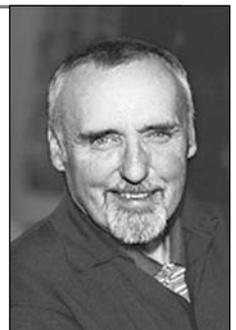
Location manager Alan Swain is familiar with the Jemez landscape and has worked with the Pueblo of Jemez on several previous film and television ventures. "We have a good relationship with tribal administration and the Tribal Council," he says. "We are always very careful to stay away from any areas that are of traditional or cultural significance."

Tim Armijo serves as liaison between the tribe and the production team. He is responsible for scouting new areas and recruiting tribal members for various jobs with the company. "He makes it easy for us to adapt to working with the tribe," says Dennis Muscari, assistant location manager. "He's always there for anything we need."

Jemez lands have played supporting roles in numerous film and television productions, creating significant income for the tribe.

Alan emphasizes that the crew is always vigilant about cleaning up any areas they use. "We always make sure it's perfect before we leave," he says. "The point is to shoot the film and leave nothing behind except money."

"Crash" debuts on Starz on Friday, Oct. 17. Check local TV listings for the time.



Dennis Hopper

Help With Home Heating

NM Energy\$mart

NM Energy\$mart is accepting applications for home weatherization projects. This federally-funded program provides limited assistance to improve your home's energy-efficiency and reduce utility costs.

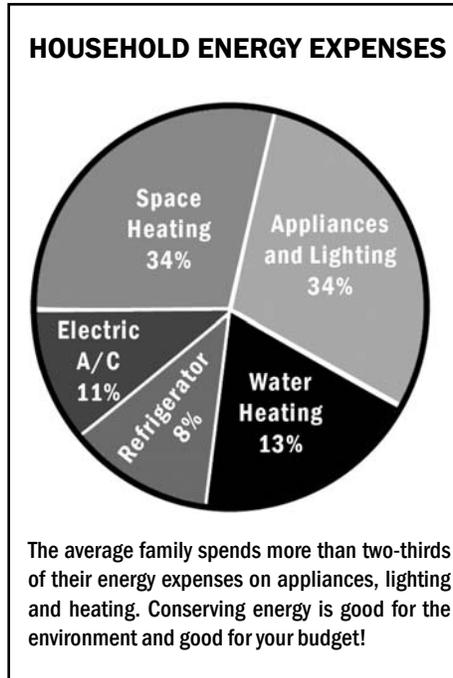
If someone in your household receives Social Security Insurance (SSI) or Temporary Assistance for Needy Families (TANF), you are automatically eligible. You are also eligible if your income falls within the guidelines below:

HOUSEHOLD SIZE	MAXIMUM INCOME
1	\$15,600
2	\$21,000
3	\$26,400
4	\$31,800
5	\$37,200
6	\$42,600
7	\$48,000
8	\$53,400

Whether you own or rent, live in a single-family or mobile home, you can apply for assistance. Preference is given to people 60 years of age and older, people with disabilities, and families with children.

The Energy\$mart Program offers a variety of services including:

- Install weather stripping and caulking around doors and windows.
- Replace broken glass.
- Insulate as needed to stop air leaks
- Tune up or repair furnaces or heating units if there are extreme health and safety conditions.
- Install carbon monoxide detectors.
- Replace incandescent bulbs with compact fluorescent lights (CFLs) that use 75% less electricity.
- Provide insulation blankets to reduce heat loss for water heaters that are



more than five years old, or located in an unheated portion of the home.

- Focus on energy-related health and safety issues.
- Provide instructions on taking care of weatherization materials.
- Simple low or no-cost tips on saving even more energy and money after weatherization is installed.
- Possibly replace older, high energy-consuming refrigerators with energy-efficient ones.

Applications are available at the Senior Center Energy Program Office. Please submit the application to:

Central NM Housing Corporation
703 Osuna Road NE, Suite 2
Albuquerque, NM 87113

With your application, you will need to include proof of ownership or a certificate of occupancy, proof of income (18 years old and over), and a copy of the highest bill for your primary source of heat.

Residential Energy Assistance Challenge Program (REACH)

The Residential Energy Assistance Challenge (REACH) Program promotes energy-related health and safety activities for low income, elderly and home bound, disabled tribal community members, as well as families with children. The federal program's primary goals are to minimize the health and safety risks that result from high energy burdens on low-income households and to target energy assistance to individuals who are most in need.

The program is currently working on two demonstration projects as well as helping tribal members obtain weatherization assistance.

The demonstration projects will compare two model heating and cooling systems. One house will be outfitted with a pellet fuel appliance (stove) and an evaporative air conditioning unit. The second home will have a geothermal heat pump system installed for year-round climate control. The Energy Program and the Pueblo of Jemez Housing Department are working together to determine how to choose the demonstration homes so they are similar in size and occupied by individuals in need.

Practice Saving Energy

At the Housing Conference in June, attendees completed questionnaires about energy-saving practices. Based on the responses, the Energy Program will host classes about energy and weatherization for the community. Look for more information about future events in the October issue.

For more information or assistance in weatherizing your home, contact Gloria Fragua at the Energy Program Office at (575) 834-3102 or stop by the Senior Center.

KEEP COZY THIS WINTER

Energy Saving Tips Save Money Too

Heating can account for a big chunk of your family's winter energy bill. Here are some tips that will help your family stay warm this winter while saving energy (and money!)

- Keep appliances and heating systems properly maintained according to the owners' manuals schedules.
- Check the insulation in your attic, exterior walls, ceilings, floors and crawl spaces and add more if needed.
- Repair holes or cracks in walls, ceilings, windows, doors, light and plumbing fixtures, switches and electrical outlets that let cold air in and warm air out of your home.
- Caulk and put weather-stripping around any doors and windows that leak.
- Close fireplace dampers once the fire is safely out.
- Set your thermostat as low as is comfortable and make it a habit to wear sweaters and warm slippers at home.
- Replace or clean furnace filters once a month or as needed.
- Clean warm-air registers, baseboard heaters and radiators regularly; make sure they're not blocked by furniture, carpeting or drapes.
- Place heat-resistant radiator reflectors between exterior walls and radiators.
- Turn off kitchen, bath and other fans within 20 minutes after you finish cooking or bathing to retain warm air.
- Keep draperies and shades on south-facing windows open during the day to let sunlight into your home, and closed at night to reduce the chill from cold windows and keep heat from escaping.
- Install a programmable thermostat that adjusts the temperature according to your schedule. Changing the temperature from 72° to 65° for eight hours a day (for instance, while no one is home or when everyone is tucked into bed) can cut your heating bill.
- Insulate your hot water heater and hot water pipes to prevent heat loss.
- Insulate heating ducts in unheated areas, such as attics and crawlspaces, and keep them in good repair to prevent heat loss from the registers.
- When you're ready to replace your heating system, as well as appliances, lighting, windows and home electronics, choose **EnergyStar**® products that can cut your energy bills by up to 30 percent.

PUBLIC LIBRARY

Tribal Libraries Fund-raiser

Saturday, October 25 6 – 10 p.m.

Isleta Casino and Resort

The Jemez Pueblo Community Library invites you to a Tribal Libraries Fundraising Event at Isleta Casino and Resort. Money from the event will be distributed between participating tribal libraries, including our library. "These funds are needed to cover operational costs that most grants do not cover," explains librarian Maureen Wacondo.

Isleta Casino and Resorts' Class A chefs will cater the event. Diners will enjoy flute accompaniment by Leonard Shendo during the meal. Black Eagle Drum Group, 2004 Grammy Winner for Best Native American Music Album, will also perform. Conroy Chino will be the keynote speaker and other well-known native leaders and performers will be part of the event. A presentation and live and silent auctions complete the evening.

The fundraising committee needs native artists to donate work for the live and silent auctions. If you are interested in donating your art work to this worthy cause, your contributions will be recognized in the event program and possibly in an international magazine.

Tickets are \$75 each, or \$500 for a table of eight. Please consider attending this wonderful event to raise money for our tribal libraries. For more information or to purchase tickets, phone the library at (575) 834-9171.

Thank You!

A big "thank you" to everyone who donated items for Clothes Helping Kids, Inc., an organization that helps children and families in New Mexico. "We are still accepting donations of gently used clothing," Maureen says.

The library also wants to recognize and thank their summer workers. "We enjoyed having you and want to thank you for choosing the library, helping meet the community's needs and assisting with library programs," adds librarian Tamara Sandia.

Summer Program

The eight-week Summer Program was a success. The children read books and created arts and crafts related to stories they read. They also participated in the Explore! Mars Program. The final celebration included literacy games, food, fun and prizes.

The library has year-round reading clubs for all ages. Children read three levels and receive incentives for each level. The youth and adult groups read five books and receive incentives.

For more information, contact the Pueblo of Jemez Community Library at (575) 834-9171.

Library Hours: Monday-Friday, 8 a.m. - noon and 1 p.m. to 5 p.m.

Library services include:

✓ Books

✓ Videos/DVDs

✓ Magazines and periodicals

✓ Computers and Internet access during library hours

✓ Special request and interlibrary loans

✓ Photocopies and faxes for a minimal fee

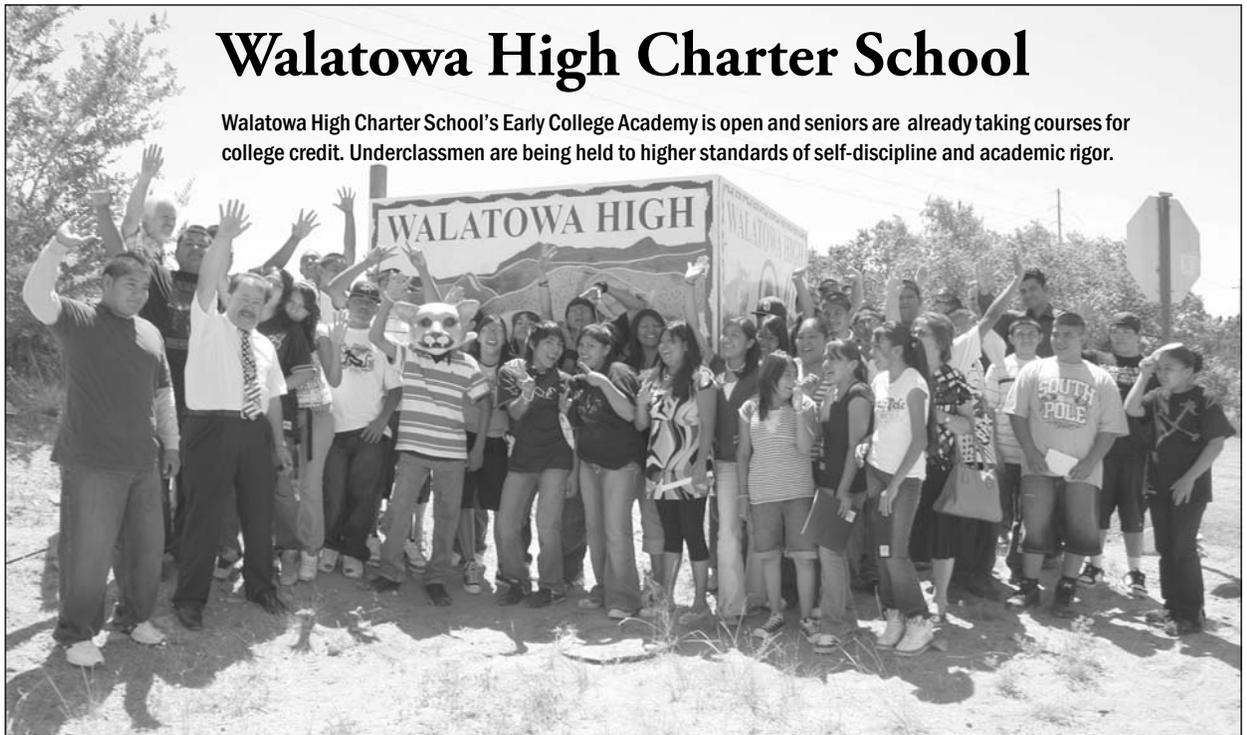
An adult must accompany children under five years old.

READ! LEARN! PLAY!

EDUCATION

Walatowa High Charter School

Walatowa High Charter School's Early College Academy is open and seniors are already taking courses for college credit. Underclassmen are being held to higher standards of self-discipline and academic rigor.



A Healthy Start at Head Start

Walatowa Head Start launched the school year with health screenings, which are mandatory for all students. Staff from Jemez Health & Human Services checked vision, height, weight and immunization records while parents got information about insurance, Medicaid, nutrition and other issues.

"We had a very successful two days, with 65 of the 75 students reporting for their dental screening," says Jemez Dental Clinic dentist James Stroschein, DDS (photo below, left). "All of the children received topical fluoride applications. Most (70%) showed no observable signs of dental decay – that's a number we can all be proud of!"

(Top left) Antwon Shendo waits for big brother DeVonte's turn for a vision screening.

(Below left) Laicee Loretto-Yepa gets a clean bill of dental health from dentist James Stroschein, DDS.

(Below center) Tommy Cajero helps grandson Jonte with his eye test.

(Below right) Sydnee Tosa gets her vision checked by Optometry Technician Cheryl Padilla .



HEALTH & HUMAN SERVICES

Ovarian Cancer: What Women Need to Know

Ovarian cancer is rare in women under age 40, but as we age, the risk goes up. Most cases occur in women over 70 years old. This cancer has a low survival rate because it is hard to diagnose.

The symptoms of ovarian cancer are vague and can be attributed to many other mild and benign health conditions. Symptoms can include bloating, abdominal or pelvic pain or pressure, changes in menstrual periods, changes in urination or bowel habits, or decreased appetite. As the disease progresses, physicians may see abdominal masses or bowel obstruction, or symptoms related to other organs where the cancer has spread.

What You Can Do

Your best defense is to have a yearly well-woman evaluation that includes a pap smear to test for cervical cancer, and a clinical examination of the ovaries. But these tiny organs can be difficult to feel, especially after menopause or if a woman is overweight.

Your health care provider may order a pelvic ultrasound if there is a need to look closer for this cancer. A blood test may be used for patients who have certain symptoms, an abnormal ultrasound or other risk factors. However, the test is not yet reliable for routine screenings because many factors can give false positive results.

Reduced Risk for Ovarian Cancer

- ★ Breast-feeding.
- ★ Multiple pregnancies or births.
- ★ Taking birth control pills.
- ★ Maintaining a healthy weight.
- ★ Eating a healthy diet that includes a lot of fruits, vegetables, antioxidants like green tea, and supplements if needed.

Increased Risk for Ovarian Cancer

- ★ Family member with ovarian or breast cancer. Women who have more than two family members (mother, grandmother, aunt, sister) with breast or ovarian cancer, should make an appointment with a specialist to determine if you have any genetic risk factors and discuss options available to you.

Make time to get your yearly well-woman exam – it may save your life! Call the Jemez Health Clinic at (575) 834-7314 to make an appointment today.

From The Doc's Desk

By Gregory L. Darrow, MD

Jemez Clinic Medical Director

The health and well-being of children is critically important to the staff of the Jemez Health Clinic. And while we already have a superb record of providing immunizations, we are always seeking ways of being even more efficient. Recently, a new vaccine was developed called Pentacel. It incorporates several vaccines into one injection (diphtheria/tetanus/acellular pertussis [DTap], polio [IPV] and pneumonia [Hib]).

However, we have learned that Pentacel **is not** more effective in American Indian populations and could even be associated with more cases of pneumonia and respiratory infections. Therefore, the Jemez Health Clinic will continue to immunize our children with the most effective vaccines available and will not be using this new vaccine.

If you have any questions, please contact the Jemez Health Clinic at (575) 834-7413.

WELCOME MAT



Bruce Shije is the new Resource & Patient Management System (RPMS) & Network Associate for Jemez Health & Human Services. Working from the office of Information Management & Technology (IM & T), Bruce's six years of IT experience will be utilized to maintain the RPMS. RPMS is the medical database application for JHHS. He will also be involved in the IM & T office's daily operations. You can contact Bruce at (575) 834-7413.

Kari Fragua is now with the Social Services Program as the new Prevention Coordinator, where she will offer Parenting Classes (see page 9), lead a children's support group and provide other services. A JHHS Scholarship recipient, Kari completed her bachelors' degree at the University of New Mexico in university studies with emphasis on community health education and



Native American studies.



Kristyn Yepa, RN, joins the Public Health Program as the Community Health Nurse. She will assess the needs of the community and provide quality home care services. She returns to Jemez after two years at Isleta as a community health nurse and health educator. "I'm very happy to be here and hope to make a positive difference in my community," she says.

September is National Cholesterol Education Month

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if you need to.

High blood cholesterol affects over 65 million Americans. This serious condition increases the risk for heart disease — the higher your cholesterol levels, the greater the risk.

You can have high cholesterol and not know it. Some people inherit a tendency to have high cholesterol levels. Even thin, active people should have their cholesterol levels checked to make sure they are in the normal range.

What is Cholesterol?

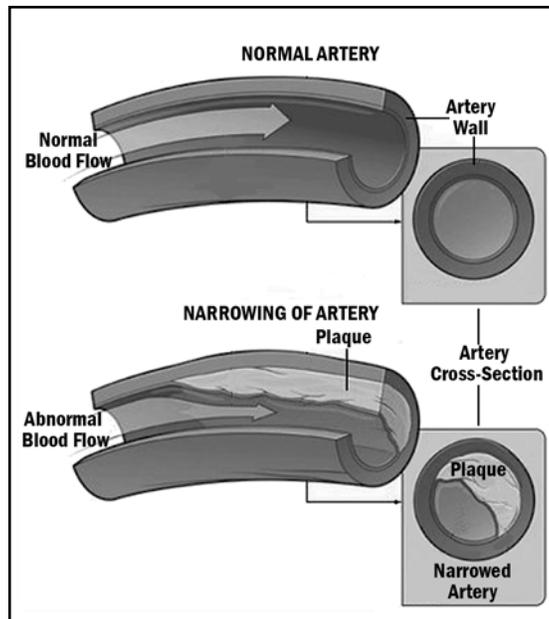
Cholesterol is a hard, waxy substance found in animal tissues as well as in various foods. The body creates cholesterol in the liver, but every cell of the body has the ability to produce cholesterol as well. The substance is an important component of cell membranes as well as essential hormones such as estrogen, progesterone and testosterone. A steroid that regulates water balance through the kidneys is made from cholesterol, as is bile that helps the digestive system absorb fats, oils and fat-soluble vitamins. The skin secretes cholesterol to heal, protect against foreign organisms, and prevent dehydration.

There are two types of cholesterol: high density lipoprotein (HDL) and low density lipoprotein (LDL). HDL (sometimes called the “good” cholesterol) helps remove LDL (sometimes called the “bad” cholesterol) from the blood. It is the LDL cholesterol that can form plaque in your artery walls.

The liver produces about 100-300 mg. of cholesterol per day. A diet high in foods from animal products can add as much as 1,000 mg. a day, usually the LDL type.

What’s The Problem?

The more cholesterol you eat, in the form of animal protein and fat, the more cholesterol accumulates in the cells and bloodstream. This excess cholesterol forms plaque, a sticky substance that attaches to blood vessel walls. Plaque hardens the



arteries (atherosclerosis) and makes them less flexible, and this raises blood pressure. High blood pressure puts extra stress on the heart and cardiovascular system.

In addition, plaque can rupture and lead to a clot that can block blood flow through the body. When the rupture occurs in an artery in the heart, the result is a heart attack. If it happens in a blood vessel in the brain, it's called a stroke. Both are very serious medical emergencies. In addition, small pieces of plaque or even the blood clot can break off (known as emboli) and block smaller arteries. So excess cholesterol puts you at unnecessary risk — extra risk you can avoid by making healthy lifestyle changes.

What Should I Do?

First, you should have a simple blood test so you know whether or not your cholesterol levels are normal. The JHHS Public Health Program offers free cholesterol screenings at events throughout the year.

You probably know by now that diet and exercise are your best defenses against high cholesterol, high blood pressure and cardiovascular (heart) disease, as well as other health risks. It's not too late to make changes for a healthier lifestyle, and even small changes can make a big difference in your overall health.

Exercise

Regular exercise raises HDL. In addition, your heart, like any muscle, needs regular activity to stay strong. Experts say that the goal for heart-healthy exercise is 30 minutes of moderate exercise four or five times a week. Many people are very good about exercising at first, but eventually find reasons to stop. You will find it easier to stay with an exercise program if you:

- ▶ Do a variety of exercise activities instead of just one.
- ▶ Don't start too suddenly or do too much; an injury will make it harder to start again when it heals.
- ▶ Find exercise you enjoy and have fun!
- ▶ Find ways to be more active in your daily routine.
- ▶ Try to walk as often as possible instead of driving. Walking is a great form of exercise and can be done safely by almost everyone.
- ▶ Use the stairs instead of an elevator or escalator. Walking up stairs helps work the lower body (hips, thighs, and legs) and builds stamina.
- ▶ Vacuuming, gardening and other household chores also increase your activity level.

The Community Wellness Program Fitness Center is open to all tribal members and employees. Their trained staff can help you design a fitness program to fit your needs. Ask your health care provider about an exercise program that's right for you.

Healthy Eating

The average adult eats fat equal to a stick of margarine every day. That kind of diet raises cholesterol and the risk of heart disease and stroke. If you had to remember just one thing about a healthy diet, it would be to avoid fat, especially saturated fat that are solid at room temperature, like fatty meat, butter, cheese and lard. This means eliminating fats as much as possible in your daily diet.

The second most important thing you should do is to increase the amount of fruits, vegetables and whole grains in your diet. These plant foods provide essential

Continued on page 9

Your Rights as a Jemez Health Clinic Patient

Jemez Health & Human Services (JHHS) is committed to our patients' well-being. In the US, all patients have certain rights that are protected by law. A brochure describing these rights, as well as patients' responsibilities, is available in the waiting area at the Jemez Comprehensive Health Clinic. If you have any questions, please speak with your health care provider or call the Clinic at (575) 834-7314.

PATIENTS' RIGHTS

1. The patient has the right to courteous and respectful care.
2. The patient has the right to privacy.
3. The patient or legal guardian has the right to know the name and professional status of the individuals who are providing care and/or service.
4. The patient or legal guardian has the right to change health care providers to ensure access to appropriate high quality health care.
5. The patient or legal guardian has the right to obtain complete information about the patient's care.
6. The patient or legal guardian has the right to refuse treatment to the extent permitted by law.
7. The patient or legal guardian has the right to receive the information necessary to give consent prior to treatment, except in emergencies.
8. The patient or legal guardian has the right to be informed about available alternate health services, and to consent if referral to another facility is recommended, or to seek other health care services at his or her own expense.
9. The patient has the right to reasonable continuity of care.
10. The patient or legal guardian has the right to know the clinic rules that apply to the patient.
11. The patient or legal guardian has the right to review and receive copies of the patient's medical record when needed.
12. The patient or legal guardian has the right to review and resolve questions and concerns.
13. The patient or legal guardian has the right to formulate advance directives about future health care.

SOCIAL SERVICES

Parent Education Classes

August 25 - Nov. 17

Monday Evenings 6 p.m. - 8 p.m.

Social Services Building (Old Community Center)

(575) 834-7117

- Aug. 25 Introductions & Overview of Parenting Classes. *Kari Fragua, Prevention Coordinator*
- Sept. 8 Time Management. *Kari Fragua*
- Sept. 15 Stress Management. *Kari Fragua*
- Sept. 22 Library/Educational Resources available to community members at the Jemez Community Library. *Eileen Shendo, Program Coordinator, Department of Education, and Maureen Wacondo, Librarian*
- Sept. 29 Resume Workshop/Job Search at Jemez Community Library. *Kari Fragua and Eileen Shendo*
- Oct. 6 Managing Finances. *Kari Fragua and Eileen Shendo*
- Oct. 13 Encouragement: Building Confidence and Self-Esteem. *Kari Fragua*
- Oct. 20 Role Modeling. *Kari Fragua*
- Oct. 27 Literacy Night at Jemez Community Library. *Maureen Wacondo*
- Nov. 3 Healthy Relationships. *New Mexico Marriages First Project*
- Nov. 10 Domestic Violence. *Carol Vigil, Family Advocate*
- Nov. 17 Evaluation and Celebration (for participants who have attended all classes only.)

For more information, please contact Kari Fragua, Prevention Coordinator, at (575) 834-7117

Cholesterol Control

Continued from page 8

which helps bring cholesterol levels down. You should aim for at least five servings of fruit and vegetables every day; eight to ten servings daily is best.

The 'Ancestors' Diet

Our ancestors weren't fat; they didn't die young of heart disease and strokes. A big reason was their diet. When thinking about dietary changes, try choosing foods that your great-great-grandparents would have eaten. Their diet focused on fresh fruits and vegetables, unprocessed grains, and lean meats like venison, rabbit and chicken. They didn't eat processed foods, white flour, sugar, salt or artificial foods.

If you want more information about a healthier eating plan, contact your health care provider at the Jemez Clinic at (575) 834-7314.

HEALTH & HUMAN SERVICES

JHHS News and Notes



JHHS and other tribal staff members said good-bye to *Marjorie Old Horn* at a farewell potluck. As Program Manager for the Public Health Program for six years, Marjorie has been instrumental in developing the Diabetes Management Program at the Jemez Health Clinic. She is returning to her home state of Montana for an opportunity she “just couldn’t pass up.” Cheryl Padilla is the Acting Manager for the program.

Dental extern *Jassen Anthony* was enthusiastic about his experience with the Jemez Dental Clinic. A sUniversity of Alabama at Birmingham student, Jassen spent two weeks in Jemez learning about dental care in a rural Native American setting.

“I gained much knowledge from this experience,” he wrote in his evaluation. “Drs. Stroschein and Wire were great at explaining how the clinic works and the challenges they face in treating the patient population. ... I am most excited about how much I learned about clinical dentistry. The staff at Jemez was very welcoming.”

The Dental Clinic also hosted two other externs over the summer.

Senior Center News

The Meal Schedule at the Jemez Pueblo Senior Citizens Program has changed. They are now serving lunch only, Mondays through Fridays, from 11:30 a.m. to 1 p.m.; breakfast and dinner will not be served.

All Jemez senior citizens 55 years and older are invited. Enjoy a delicious meal, join the fun and sign up for events. There are plenty of planned activities and excursions every month!

SEPTEMBER EVENTS

Ongoing Activities

Walks in Canon

Mondays & Wednesdays 8 a.m.

Sewing

Mondays, Wednesdays & Fridays 9 a.m. - 3 p.m.

Fitness

Tuesdays & Thursdays 11:30 a.m.-12:30 p.m.

Bowling at Santa Ana Star

Fridays (except Sept. 19)

Special Events

Thursday, Sept. 4	Isleta Feast Day
Wednesday, Sept. 10	Walatowa Veterans Association, 7 p.m.
Saturday, Sept. 13	Lobo Football. Pick up at 12 noon
Monday, Sept. 15	Dulce Feast Day
Friday, Sept. 19	Laguna Feast Day
Thursday, Sept. 18	Elder Awareness Conference
Wednesday, Sept. 24	Trip to Carlsbad Caverns

Sign-up for all Senior Citizens Program events is on a first-come, first-served basis. There is a maximum number of participants allowed for each trip, so sign up early to reserve your place.

For more information, call the Senior Center at (575) 834-9168.



Mrs. Persingula Toya had a chance to chat with Senator Pete Domenici when he visited the Senior Center last month. In the letter accompanying the photo, Senator Domenici wrote:

“It was a pleasure to visit with you at the event at the Senior Center and talk with you about my childhood trips to the Jemez Mountains. I remember those outings with fondness. Thank you also for your part in hosting the meeting with the Governor and tribal leaders. It was a wonderful time.

“I wish you all the best and hope to see you again soon.

With best wishes, I am

Your friend,


Pete V. Domenici
United States Senator

NEWS YOU CAN USE



Getting Ready for the Digital TV Transition

February 17, 2009

rescue communications. The change will also allow broadcasters to offer better picture and sound quality and more programming choices, and allow advanced wireless services for consumers.

What Do I Do?

If your TV is already connected to cable or satellite service, you don't need to do anything at all; the cable or satellite will convert the signal for you.

Consumers who have analog TVs and **do not have cable or satellite** connections have three choices to get ready for the change.

① Get a digital-to-analog converter.

You can buy one in electronics stores; they cost between \$40 and \$70. To help pay for the boxes, the US government is offering two \$40 coupons per household (one coupon per television only.)

If you get good reception on analog channels 2-51 with your existing

antenna, you should not need a new antenna. **OR**

② **Buy a digital television** (a TV with a built-in digital tuner.) You do not need a high definition TV (HDTV) to watch digital broadcast television. You only need a digital TV, or an analog TV connected to a digital to analog converter box. You should not need a new antenna if you now get good reception on analog channels 2-51 with your existing antenna. **OR**

③ Subscribe to a paid TV service.

If your TV receives local stations through cable or satellite, your set is ready for the transition. Cable companies are not required to transition or switch any of their channels to digital. If you have an analog TV that **does not** receive local broadcast stations through your paid provider, you will need a digital-to-analog converter box to watch digital broadcasts on that TV.

Currently, many television stations broadcast in both analog and digital formats. After Feb. 17, 2009, full-power TV stations will broadcast only in digital (DTV). The DTV transition will affect those who watch free television using a rooftop antenna or "rabbit ears" antennas attached to or on top of the TV. People who watch analog TVs must take action before the transition on Feb. 17, 2009.

Why the Change?

Federal law requires the switch to free up airwaves for police, fire and emergency

FOR MORE INFORMATION ABOUT THE DIGITAL TRANSITION

Call 1-888-CALL-FCC (1-888-225-5322) [voice] or 1-888-TELL-FCC (1-888-835-5322) [TTY] or go to www.dtv.gov

FOR INFORMATION ABOUT CONVERTERS AND COUPONS

Call 1-888-388-2009 [voice] or 1-877-530-2634 [TTY] or go to www.dtv2009.gov

INJURY PREVENTION

APPLAUSE



Congratulations to Program Manager Maria Benton and the staff at the Injury Prevention Program, which has received continued funding from the federal government.

DO YOU OWN A DOG?

If your dog is having puppies twice a year and you don't know what to do with them, call Marlon at 834-1001 to arrange to have your dog spayed at the Loretto Veterinary Clinic. Male dogs also should be neutered, which will keep them at home and not roaming around.

When approached by an unfriendly dog, stand still and try to put something between you and the dog.

"Flea season" lasts until hard frost. The Injury Prevention Program still has flea medication that can be used throughout the year to prevent fleas from hatching.



Visit the Injury Prevention Program or phone them at (575) 834-1001 for more information about why you should spay or neuter your pets, and how to be a responsible pet owner.

Save the Date! **Connecting Native Circles**

Thursday, Sept. 4. Isleta Feast Day

Saturday, Sept. 6. Jemez Farmers Market, 8 a.m. to noon, and every Saturday through October.

Wednesday, Sept. 10. Walatowa Veterans Association meeting, 7 p.m. at the CRC

Monday, Sept. 15. Dulce Feast Day

Thursday, Sept. 18 and Friday, Sept. 19. Connecting Native Circles Conference. Indian Pueblo Cultural Center. Presented by AIM Seminars. See Sidebar.

Friday, Sept. 19. Laguna Feast Day

Tuesday, Sept. 30. Extended Early Bird registration for Jemez Open Air Market. Special fees: \$60 for single artists, \$80 for shared space. Call the Walatowa Visitor Center at (575) 834-7235.



AIM (Attitude, Insight, Motivation) Seminars is hosting a two-day conference at the Indian Pueblo Cultural Center in Albuquerque on Sept. 18 and 19. With the theme of Connecting Native Circles, the conference features keynote speaker Howard Rainer (Taos Pueblo) as well as 11 other experienced workshop leaders. Over the two days, 17 interactive workshops will explore topics in personal wellness and spirituality, family and relationships, workplace professionalism and leadership, and cultural appreciation. "Participants will have the opportunity to embody ancient wisdom and to learn new skills and concepts for their personal and professional lives," the sponsors say.

Rainer says the "Connecting Native Circles" Conference is "... more than just a conference. It's where we'll be getting participants to believe that they are the solution. The answer lies within the Indian people. They are the solution. One Indian can make the difference."

There is a discounted rate for early registration (before Sept. 7), groups of six or more, and seniors. For more information and to register, contact AIM Seminars at (480) 730-0165 or go to www.aimseminars.com.

AREA CODE ALERT! The Area Code for phone numbers starting with 834- and 829- changes to 575 on October 1!



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