



Red Rocks Reporter

OCTOBER 2008

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TRIBAL RESOLUTION

TO ENACT THE PUEBLO OF JEMEZ TRIBAL ENROLLMENT MEMBERSHIP ORDINANCE

RESOLUTION 08-31

The Pueblo of Jemez is a Federally recognized tribe with sovereign powers and responsibilities for more than 3,500 tribal members. The Tribal Council is authorized as the responsible entity to develop policies that support the Tribal Governors and benefit Pueblo of Jemez tribal members.

WHEREAS, The Pueblo of Jemez is proud to retain our traditional and cultural values through the community-wide preservation and protection of our traditional and cultural values; and

WHEREAS, The Pueblo of Jemez maintains a traditional form of government to assure and support the health, welfare and general well-being of tribal members; and

WHEREAS, The Pueblo of Jemez adopted a secular form of government to facilitate a government-to-government relationship with the non-Pueblo world; and

WHEREAS, The Pueblo of Jemez Supreme Council and Religious Leadership maintain sole responsibility for the appointment of the secular governmental leaders; and

WHEREAS, The Tribal Governors and Tribal Council have the responsibility to enforce the traditional values and customary laws of the Pueblo of Jemez; and

WHEREAS, The Tribal Council has the authority to direct and oversee Tribal Enrollment, one of the Tribal Programs, in the daily activities of this office; and

WHEREAS, effective as of the date of Tribal Council approval and adoption, the Membership Ordinance will be in place and be utilized to determine tribal membership.

WHEREAS, The 1975 Base Roll recreated by the Tribal Enrollment Manager will be utilized as the legal document to determine membership.

WHEREAS, Those born up to December 31, 1975, will automatically be considered tribal members. Those born after January 1, 1976 must re-enroll, and

Continued on page 2.



TRIBAL COUNCIL

Candido Armijo
 Joe V. Cajero
 Paul S. Chinana
 Raymond Gachupin
 Frank Loretto
 J. Leonard Loretto
 Raymond Loretto, DVM
 Jose E. Madalena
 J. Roger Madalena
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2008 TRIBAL GOVERNORS

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Governor
 Joshua Madalena
First Lt. Governor
 Delbert Tafoya
Second Lt. Governor

TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

October 2008 Edition

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Tribal Resolution 08-31

Continued from page 1

WHEREAS, Those re-enrolling must provide proof and must be one-quarter Jemez blood to be considered for membership;

WHEREAS, Those who were omitted from the Base Roll will be granted an appeal process.

NOW, THEREFORE BE IT RESOLVED, that the Pueblo of Jemez Tribal Council respectfully mandates that Tribal Members of the Pueblo of Jemez fully support this Membership Ordinance to preserve and maintain our traditional customs and laws.

CERTIFICATION

I, the undersigned, as Governor of the Pueblo of Jemez hereby certify that at a duly called meeting of the Jemez Tribal Council with a quorum held on the **22nd day of August, 2008**, the foregoing Resolution was presented and passed with a vote of **13** for and **0** opposed and **0** abstained.


 Governor

NEWS YOU CAN USE

New Mexico Tax Rebate

Governor Richardson recently signed the State Tax Rebate for New Mexico residents. All New Mexico residents in households earning less than \$70,000 per year are eligible for the rebate. People who have filed 2007 state income tax returns will automatically receive checks, starting around Oct. 21 and continuing through November. **You must file a 2007 income tax return to receive your check.**

Some people are not required to file income tax returns. **But to receive a rebate, those individuals must file a 2007 return.** People who are not required to file tax returns include:

- § Native Americans who live and work on tribal land.
- § Veterans who receive combat disability pay.
- § Senior citizens living on Social Security payments under a designated amount.
- § Active duty military personnel.
- § National Guard members who are on active duty service.
- § Lower income residents with income less than federal thresholds.

Since these groups are among the neediest state residents, special efforts are being made to contact these people and help them file their NM income tax returns so they can receive their rebates.

Wednesday, Oct. 8 will be New Mexico Tax Rebate Day. On this day, the state will have tax preparers at more than 100 locations across the state to help people file their 2007 tax returns. A mobile office is planned to visit some rural communities. Other agencies are also assisting. The New Mexico Tax and Revenue Department will continue to help people file their returns for one month starting on Tax Rebate Day.

If you have questions or need help, please contact Margie King-Toledo, Assistant Controller/Tax Administrator at (575) 834-9141. Her office is in the tribal administration building.

NEW MEXICO TAX REBATE DAY

WEDNESDAY, OCT. 8

TRIBAL ENROLLMENT

Understanding the New Tribal Enrollment Process

Dear Tribal Members:

On August 22, 2008, the Tribal Council adopted and passed a new Membership Ordinance that determines how Jemez tribal membership is decided (Tribal Resolution 08-31; see page 1.) The public can read the entire ordinance at the Tribal Enrollment office at the Health Center.

The adoption of the Membership Ordinance will prompt many changes in the next couple of years. All Pueblos adhere to the same process, some since 1959. After many meetings with Tribal Council, the tribal attorney, the Enrollment Committee, and two Society members' meetings, the new Membership Ordinance has been adopted and will be utilized permanently.

Understanding the New Policy

Born on or before December 31, 1975. If you were born on or before Dec. 31, 1975, the Base Roll of 1975 will be used to determine automatic tribal membership. *Automatic members will get a new enrollment number.* The new number is based on a new system that distinguishes the Jemez system from the one used by the BIA during the years they assisted us. The Tribal Enrollment office will mail new Certificates of Indian Blood (CIBs) with the new enrollment number to those who are automatically enrolled using the Base Roll of 1975.

Born on or after January 1, 1976. If you were born on or after Jan. 1, 1976, *you must reapply for tribal membership.* Your application will be presented to Tribal Council for approval before you can be considered a tribal member.

People who must reapply can contact the Enrollment Office to get an application packet. The applications will be numbered and will include a family tree.

To apply for tribal membership, you will need to submit the original applica-

tion (*no copies please*), along with the family tree document, a certified copy of your birth certificate and your Social Security number. If your parents were not married when you were born, you must also submit paternity papers. If you have other tribal affiliations, you will also need to submit a release form authorizing the Tribal Enrollment office to access any external records.

Less than One-Quarter Jemez.

People who are less than one-quarter Jemez will need to apply for membership. Your application will be presented to Tribal Council. If accepted, you will be given a census number that allows you

to be recognized as a Jemez descendent, but not be an enrolled Jemez tribal member. This recognition allows you to utilize Jemez Health Services. Access to other services will be subject to approval.

As a sovereign nation, the Tribal Council has determined that the Pueblo of Jemez will not require a constitution to implement the changes described above.

The Tribal Enrollment Office asks for your patience and understanding as they implement the changes necessary to comply with the Membership Ordinance.

If you have questions, please contact Matilda Shendo, at (575) 834-3151 or Alberta Sando at (575) 834-3173.



Miss Indian World Nicole Alek'aq Colbert, a 23-year-old Yup'ik from Napakiak, Alaska, visited with seniors at the Senior Center on Sept. 3 and joined them for lunch. Nicole won the Miss Indian World title at the Gathering of Nations Pow Wow at the University of New Mexico in April. Along with the crown, Colbert captured the awards for best traditional presentation and best essay and was named Miss Congeniality. Last year, Colbert won the Miss World Eskimo-Indian Olympics Pageant. Nicole is studying cross cultural ministries through correspondence courses at a bible college in Ohio while working with the Alaska Native Corporation and pursuing a degree in business logistics from the University of Anchorage.

FROM THE GOVERNORS

Road Safety Alert

To: Jemez Tribal Members

The heavy rains of August 31, 2008 resulted in widespread flooding within our community and caused damage to our tribal roads and infrastructure. During periodic and routine road maintenance, there will be heavy equipment working to repair this damage and maintain the roadways which will require your attention to the following safety issues.

Local traffic and pedestrians must be respectful of machinery in and around construction areas. Please be aware that equipment operators must concentrate on operating their machinery. Often they do not have a complete view of the road behind them. Please do your part to protect our community and our workers by paying attention to these safety rules:

1. All drivers must yield to heavy equipment (graders, loaders, backhoes, dump trucks, water trucks, etc.). Drive slowly and stop at a safe distance and establish eye contact with the

equipment operator. **Do not proceed** until given a signal to proceed by the equipment operator.

2. **Do not drive** directly behind the heavy equipment while it is working on the roads. **Do not pass** heavy equipment unless given a signal to pass by the operator.
3. All pedestrians must stay away from all equipment while in operation. Protect your children and **do not allow** them near an area where heavy equipment is working.

These safety precautions should be followed any time there is heavy equipment working on our roads. Please help keep our community safe.

Thank you for your cooperation,


Governor

TRIBAL ADMINISTRATION

Labor Day Weekend Floods

Jemez experienced a heavy, sustained downpour of rain on Sunday, August 31, for approximately three hours. According to Tammy Belone, the DRP weather station recorded an average of 1.37 inches of rain per hour between 2 and 3 p.m. (Her instruments went down, so a total rainfall measurement was not available.) The rains created flash floods in Walatowa.

Governor Paul S. Chinana, Assistant Tribal Administrator Anthony Armijo and Transportation Manager Larry Armijo held a telephone conference Sunday evening to discuss the storm's impact on the community. They convened at 8 a.m. on Labor Day to plan emergency measures to repair the community roads. Lt. Governor Delbert Tafoya, Leonard Loretto, Director of Public Works, and Carla Gachupin, equipment operator joined the group.

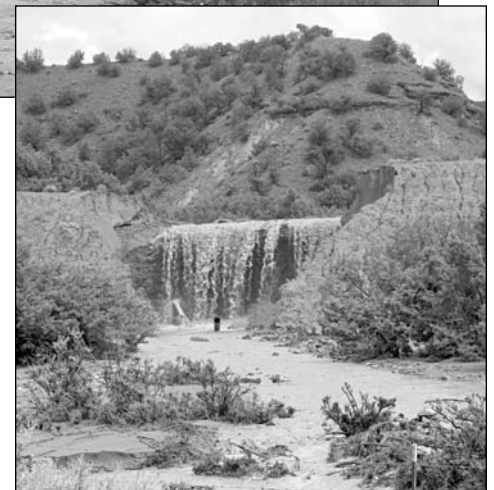
With the soils still saturated, they decided that the immediate repairs would concentrate on major community roadways. Materials were needed to fill and repair holes in the roads. Carla Gachupin was joined by truck driver Ben Fragua and certified operator Manuel Louis, who was hired on an emergency basis. The Public Works Department also committed personnel and machinery, and a request was made to Sandoval County for personnel to help with road repair. This crew worked throughout the week to get our road system back in shape.

Irrigation canals also sustained significant damage. Although the maneuvers were somewhat risky because of the heavy water flow, Governor Chinana was able to shut gates at the Canon diversion during the storm. The East Ditch remained open until mid-day Monday, but sustained a major break just south of the Red Rocks and was taken off-line. Many points along the whole ditch system were filled with sediment, and the Public Works Department spent many hours using heavy equipment to remove the debris and



repair the damage.

Tribal administration extends sincere gratitude to the tribal departments that responded so quickly to help the community. 'Thank you' to the Public Works Department for their help with the irrigation ditches that were broken by the flash



flood. They got water back into the canals and the work was done in a professional manner. And 'thank you' to the Transportation Department for road maintenance. They refilled trenches and took care of the roads swiftly and efficiently.

"Our goal is to take care of emergency situations with a team effort," Gov. Chinana says. "The crew worked throughout the Labor Day holiday and long hours into the week. We are very pleased with their excellent work."

ELECTION NEWS

Tribal members: Your vote is important! If you are not yet registered, YOU MUST REGISTER BY OCTOBER 7. Everyone 18 years old and over is eligible to vote in this critical upcoming election that will determine our nation's direction for the next four years.

Contact Peter Madalena at the Native American Election Information Program (NAEIP) satellite election office at (505) 934-8826 if you need a voter registration form or if you want an absentee ballot application.

LET YOUR VOICE BE HEARD! VOTE!

Voter Registration

You must register by Tuesday, Oct. 7 to vote in the 2008 national election. Contact Peter Madalena at (505) 934-8826 for his office hours at the Pueblo of Jemez Civic Center. You can also register at the Jemez Springs Public Library, 10 a.m. to 5 p.m. Tuesday through Saturday; or with voter registration outreach personnel at various sites across the county.

Absentee Ballots

Any registered voter can vote using an absentee ballot. You do not have to give a reason for the request.

You may request an absentee ballot from any county clerk's office by mail, telephone or in person. However, the information on the form may not be altered or rearranged. You must complete the application on your own.

The county clerk must receive **applications** for both the New Mexico absentee ballot and the federal absentee ballot by 5 p.m. on Friday, Oct. 31. The county clerk must either mail the ballot or notify you with the reason why the application was not accepted within 24 hours of receiving your application.

You can also contact Peter Madalena at (505) 934-8826. He and his staff will make home visits within the Pueblo to deliver absentee ballots and collect them. They will also translate ballot information into Towa for those who request it.

If you apply for an absentee ballot and receive it, you must vote that ballot. You will not be issued another ballot if the original ballot is destroyed, lost or delivered to the polls unvoted.

If you apply for, but do not receive an absentee ballot, you may go to the county clerk's office until Monday, Nov. 3, to apply for a replacement ballot. You may also go to your polling place and vote on a paper ballot, instead of an absentee ballot on Election Day. You will be required to sign a sworn statement, under penalty of perjury, that you did not receive your ballot.

You can mail your absentee ballot to your County Clerk's office. A member of

your immediate family or your caregiver may hand-deliver your absentee ballot with proper identification. An unrelated person may not deliver another voter's absentee ballot. **Ballots must be returned to the county clerk or voter's precinct before 7 p.m. on Election Day, Tuesday Nov. 4, to be counted.**

Overseas citizens and U.S. military personnel can register to vote and request an absentee ballot at the web site www.overseasvotefoundation.org.

Early Voting

You may vote early in person instead of voting by mail. Early voting at alternate sites begins Saturday, Oct. 18. Alternate sites for early voting are open from noon until 8 p.m., Tuesday through Friday, and 10 a.m. until 6 p.m. on Saturday. These sites are closed on Sunday and Monday. Early voting ends the Saturday, Nov. 1. An early voting site will be open at the San Ysidro Municipal Building on Highway 4 in San Ysidro. Call your county clerk for other locations.

If you become ill after the period for absentee balloting closes and cannot go to the polls, you may request a ballot in writing. Your request must be signed by your health care provider. Your ballot will be given to the person who brings the request to the county clerk; it must be returned by the same person.

If You Have Questions

For more information, contact Peter Madalena at (505) 934-8826 or the Sandoval County Clerk at (505) 867-7572; toll-free (800) 898-2124; fax (505) 771-8610; e-mail Clerk@sandovalcountynm.gov. Or go to the NAEIP satellite office at the Jemez Civic Center.

The County Clerk's office is at the Sandoval County offices, 711 Camino Del Pueblo in Bernalillo. The mailing address is P.O. Box 40, Bernalillo, NM 87004. Normal office hours are 8 a.m. to 5 p.m., Monday through Friday.

IMPORTANT DATES TO REMEMBER

Tuesday, Oct. 7	Last day to register to vote
Tuesday, Oct. 7	First day to submit absentee ballots
Saturday, Oct. 18	Early voting begins
Friday, Oct. 31	Last day to request an absentee ballot
Friday, Oct. 31	Last day to submit an absentee ballot

TUESDAY, NOVEMBER 4 ELECTION DAY

INJURY PREVENTION

Pueblo Of Jemez Dog and Cat Control Ordinance

Declaration Of Policy

An ordinance regulating the animal control and population within the boundaries of the Pueblo of Jemez. In order to assure and preserve the community public health, safety and welfare by prevention of nuisances and hazards resulting from dogs and cats, the following standards shall be implemented and administered to control animals through registration, vaccination, spay/neuter, impoundment, quarantine and euthanization of stray and feral animals.

Section 1: Control & Registration

- a. Control, vaccination and registration of dogs and cats shall be the responsibility of homeowners.
- b. All dogs and cats over the age of four (4) months, owned, kept or maintained within the boundaries of the Jemez tribal lands, will be registered by the homeowner. The Injury Prevention program personnel and/or a designated Tribal Official through the contracted veterinary services are available upon request and scheduling to assist in the registration process. The Injury Prevention Program will maintain registration records at a centralized location.
- c. It is the duty of the owner maintaining a dog or cat to have the animal vaccinated annually against rabies, and to be able, upon request, to provide proof that the vaccination has been administered.
- d. The vaccination tag shall serve as evidence of registration and shall be worn by the dog or cat on a collar.
- e. All dogs and cats shall be spayed/neutered by the age of 4 months, as a requirement for registration.
- f. Rabies vaccination clinics will be held at various locations during the summer months. All dogs and cats will be vaccinated for rabies by Injury Prevention personnel (vaccine provided by IHS.)

Section 2: Stray And Unregistered Animals

Any dog or cat found within the boundaries of the Jemez tribal lands, but physically outside of human control or household premises, and not wearing a rabies vaccination tag will be considered a stray, and as such may be picked up by any tribal official, Injury Prevention personnel and/or Law Enforcement for euthanization.

Section 3: Vicious Animals

- a. It shall be unlawful for any person to own a vicious dog or cat.
- b. It is unlawful to own and locally possess the following breeds: pit bull, Doberman, Rottweiler, chows and/or all cross mixes of these breeds. These particular breeds are known to have vicious behavior and therefore, by order of the Governor and Tribal Council, through a Tribal Order in 2004, are banned from this community.
- c. Any dog or cat that attacks or bites any person shall be presumed to be vicious. Upon notification that a dog or cat has bitten or attacked a human, the owner will be notified, and

the animal will be removed by Injury Prevention personnel or Tribal officials. The animal will be taken to a veterinary clinic to be euthanized and a head specimen sent to the diagnostic laboratories for rabies analysis. **The Pet Owner will be responsible for all costs.**

Section 4: Ownership

- a. Ownership shall be restricted to one dog and one cat per household, including households in rural areas, farm houses, corrals or other buildings on Jemez tribal lands.
- b. All dogs must be penned or tied up during religious activities under all circumstances. No exceptions will be considered.

Section 5: Violations

Any tribal member who fails to comply with this ordinance will be in violation and subject to a citation by Jemez Tribal Officials or Jemez Law Enforcement Officers. Upon citation, the person shall be ordered to appear at a hearing in the Jemez Tribal Court.

Section 6: Penalties

Any tribal member found to be in violation of this ordinance at a hearing of the Jemez Tribal Court may be subject to penalties as stated in the following sub-sections of Section H of the Jemez Tribal Code:

3-2-46	Restriction of Dogs and Cats
3-2-47	Vicious Dogs
3-2-48	Stray and Unlicensed Dogs and Cats
3-2-49	Destruction; Vicious Dog
3-2-50	Vaccination and Registration of Animals
3-2-51	Cruelty to Animals

If you have any questions about this ordinance, contact the Injury Prevention Program at (575) 834-1001.

More On Animal Control

Your female dog will go into heat two to four times a year, and will have eight to 10 puppies each time. Puppies are cute, but they grow up. If half of them are female, in six months you will have 50 more puppies. ***Is that why we have a large number of stray dogs?***

Everyone who owns a dog should have it spayed or neutered to decrease the dog population. Each household is allowed to have only one dog, regardless of how many families live in the home. Please follow the Dog and Cat Ordinance to have a healthy pet. Any dog not wearing a collar with the rabies tag will be considered a stray and will be picked up.

Contact the Injury Prevention Program to make arrangements for your pet or stop by for pamphlets on "Why Spay or Neuter Your Pet" and "Be a Responsible Pet Owner." They are located at the Health Administration 1 Building (across from the Civic Center), or phone them at (575) 834-1001.

DENTAL CLINIC

“SILVER” FILLINGS FOUND SAFE FOR CHILDREN

Dentists have used silver-colored amalgam to fill dental cavities for more than 150 years. Informally known as “silver fillings,” amalgam contains mercury and an alloy powder of silver, copper, zinc and other metals. The mercury comprises about half the total weight of a filling.

For decades, scientists believed that direct exposure to the mercury in amalgam was brief, occurring only while the dentist packed the filling into the tooth. But starting in the late 1970s, more sensitive laboratory tools showed that dental amalgam continuously releases a mercury vapor into the mouth, which the body inhales and absorbs.

The discovery raised concerns about the possible toxicity of chronic low-level exposure to mercury. The toxicity of mercury at higher levels, such as from industrial exposure, is well established. Symptoms of mercury poisoning may include irritability, memory loss, tremors, poor physical coordination, insomnia, kidney failure and anorexia. But nearly all available safety data on mercury exposure involved adults, typically those who had relatively high exposure in work environments such as dental offices.

With millions of children receiving amalgam fillings each year, scientists wanted to know if the fillings posed a health risk.

Now two independent clinical trials have determined that amalgam fillings cause no negative health affects in children. The studies measured intelligence, memory, coordination, concentration, nerve conduction, and kidney function over five to seven years. Researchers also looked for signs of damage to the brain and kidneys because studies with adults showed these organs might be especially sensitive to mercury.

The studies each enrolled over 500 children who had untreated decay in permanent back teeth but no dental amal-

gam fillings. Each child was randomly assigned to receive either amalgam or composite resin (tooth-colored) fillings. All were evaluated for several years to determine if any health changes occurred. The study in New England emphasized intelligence changes; the study in Portugal measured memory, concentration, coordination, and nerve conduction.

After five years, the New England study found no significant differences in the well-being of the 267 participants who received amalgam and their 267 counterparts who received composite fillings.

“We designed tests sensitive enough to detect as little as a three-point drop in intelligence scores,” said Dr. Sonja McKinlay, a scientist at New England Research Institutes in Watertown, Mass. “We found that amalgam fillings had no negative effects on IQ, or on a range of other neuropsychological measures and

kidney function.”

The Portuguese study also found no differences between the 253 participants who received amalgam fillings and the 254 volunteers who were treated with composites. They used yearly standardized tests of memory, attention, physical coordination, and nerve conduction as well as test scores.

Although children who received amalgam fillings had slightly higher levels of mercury in their urine, these numbers fell within the “background” levels typical for an average person who are not exposed to industrial or other sources of mercury.

“Given the rigorous nature of the study designs and that both clinical trials confirmed the other’s results, I think these findings should be reassuring for parents, children and dental professionals,” said McKinlay.

Resource: The National Institute of Dental and Craniofacial Research (www.nidcr.nih.gov).



HEALTHY KIDS TRADING STORE

Stop Cavities! Promote Healthier Choices!

**Trade Your Sticky Sweets For:
Games! Prizes! Yummy Snacks! Sports Toys!**

Less than 1 pound = Healthy snacks + small toy + dental prize

1-2 pounds = Healthy snacks + small toy or game + dental prize

2-4 pounds = Healthy snacks + small sports toy or game + dental prize

**More than 4 pounds = Healthy snacks + larger sports toy or game +
dental prize**

JEMEZ DENTAL CLINIC

Monday, November 3, and Tuesday, November 4, 2 to 6 p.m.

Contact Eileen at 834-7388.

Last year, more than 60 Jemez trick-or-treaters turned in over 250 pounds of sweets that were shipped to military men and women serving overseas.

HEALTH & HUMAN SERVICES

October is Breast Cancer Awareness Month

Your Well-Woman Exam

Questions and Answers About Breast Cancer

By Gregory L. Darrow, MD, Jemez Health Clinic Medical Director

Q. What is the best way to detect breast cancer as early as possible?

A. The best way to detect breast cancer early is to have a clinical breast examination from a health care provider regularly and to get a high-quality mammogram on the schedule your provider suggests.

Q. What is a screening mammogram?

A. A screening mammogram is an X-ray that can detect breast changes in women who have no signs or symptoms of breast cancer. Mammograms, in conjunction with a complete breast examination done by a physician or health care provider, make it possible to detect tumors early.

Q. What are the benefits of a screening mammogram?

A. Several studies show that having a physical exam along with a mammogram reduces the number of deaths from breast cancer, especially in women between 40 and 69 years old.

Q. When should women have screening mammograms?

A. Women age 40 and older should have mammograms every one to two years. Women who are at higher risk (including women who have family members who had breast cancer at an early age) should discuss how often to have a mammogram with their physician or provider.

Q. What increases a woman's risk for breast cancer?

A. Women who have had breast cancer are more likely to develop a second breast cancer. Women who have a mother, sister or daughter who developed breast cancer before age 50 are also at higher risk. Women who are significantly overweight and those who are physically inactive may also have an increased risk. Women who consume an excessive amount of alcohol are also in jeopardy.

Q. What are the chances that a woman might get breast cancer?

A. Most breast cancers occur in women over age 50, with the rate increasing for women over age 60.

Ages 30-39:	1 in 229 (0.44%)
Ages 40-49:	1 in 68 (1.46%)
Ages 50-59:	1 in 37 (2.73%)
Ages 60-69:	1 in 26 (3.82%)

Throughout October, the Jemez Health Clinic is offering incentives to encourage women to come in for their well-woman exams.

Any woman who has had her mammogram, pap test and comprehensive blood exam (CBE) in the past twelve months can also come in to get a free gift.

The Clinic will offer well-woman exams on a walk-in basis, with referrals for mammograms, on the following dates:

WEDNESDAYS Oct 8, 15, 22 & 29 1 - 4:30 p.m.
THURSDAYS Oct. 9 and 23 7:30 a.m. – noon

“We will also try to accommodate walk-in patients who need well-woman exams on other days as well, but urgent medical matters will have to come first,” explains Physician Assistant Dawn Dozhier.

You can also make an appointment for your annual well-woman exam by phoning the clinic at (575) 834-7314.

From The Doc's Desk

By Gregory L. Darrow, MD

Jemez Health Clinic Medical Director

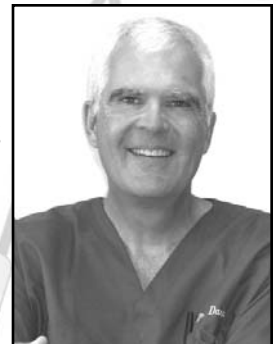
Managing your cholesterol is extremely important. Sometimes, it can be confusing to know when you need help.

Consider two people who have the same total cholesterol numbers of 210. While this is slightly elevated (the upper limit is 200), these two people could still have very different risks for developing heart attacks and strokes.

It's necessary to find out how much of the total cholesterol is “good” (HDL) and how much is “bad” (LDL). Only by doing these additional tests can the doctor decide who may need medicine and who may need only recommendations about diet or exercise.

The providers at the Jemez Clinic can answer any questions you may have about your cholesterol management. We want to make sure that everyone with a cholesterol problem receives the very best care.

*Gregory L. Darrow, M.D.
Medical Director*



NOTICE TO PATIENTS

Please note that the Jemez Health Clinic will be closed from noon to 1:30 p.m. the first and third Wednesday of every month for staff meetings. We will not schedule patients at those times. Walk-ins will be seen as soon as possible. For the best care, please make an appointment by calling (575) 834-7413,

BEHAVIORAL HEALTH



Say BOO to the FLU!

Flu season is here! The best way to protect yourself and your family against the flu is to get vaccinated every year. Say **Boo to the Flu** and let's all help keep our community healthy.

What? The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

There are two types of vaccines available:

1. The "flu shot" is an inactivated vaccine (meaning there are dead viruses in the vaccine) that is given with a needle usually in an arm muscle. The flu shot is approved to be used in people older than six months, including healthy people with chronic medical conditions, such as diabetes.
2. The nasal-spray flu vaccine or Flu-Mist is a vaccine made with live, weakened flu viruses that do not cause the flu. This vaccine is approved to be used in healthy people two to 49 years of age who are not pregnant.

Who? In general, anyone who wants to protect themselves from the flu can get the flu shot. However, health care providers recommend that certain people get vaccinated every year. **People who should get vaccinated every year include:**

- Children six months to five years old.
- People over 50 years old.
- Women who will be pregnant during the influenza season.
- People who have chronic conditions such as asthma, diabetes, heart disease and/or kidney disease.
- People with fragile immune systems (immunodeficiency.)
- People with any conditions such as cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders that can affect how you breathe (respiratory function.)
- People who live in nursing homes or other long-term care facilities such as rehabilitation hospitals.
- People who work in a health care setting.
- People who have contact with or take care of children younger than five years old or adults over 50 years old, especially those who live or have contact with children less than six months old.
- People who have contact with or take care of others with medical conditions that put them at risk for severe complications from flu.

When & Where?

Mark your calendars to get your flu shot!

Wednesday, Oct. 8	Senior Center	11:30 a.m. - 1 p.m.
Wednesday, Oct. 22	Senior Center	11:30 a.m. - 1 p.m.
Tuesday, Oct. 28	Jemez Health Clinic	10 a.m. - 2 p.m.
Friday, Oct. 31	Jemez Health Clinic	10 a.m. - 2 p.m.

If you are home-bound, please contact Community Health Nurse Kristyn Yepa, RN, BSN, to schedule a home visit to get your shot.

If you have questions or concerns, please call Kristyn at (575) 834-7207, ext. 280.

When You Need Some Help

The Behavioral Health Program offers comprehensive outpatient treatment for Jemez tribal members who are experiencing behavioral health and substance abuse issues. As the Jemez Behavioral Health Program restructures, new Program Manager Elba True, MA, LPCC, LADAC, would like to clarify the referral process, which is the first step for clients seeking treatment.

There are two types of referrals. The first type of referral, called "self-referrals," are clients, usually adults, who are seeking treatment on their own. In New Mexico, children under the age of 14 must have parental permission before they can refer themselves for treatment. Children 15 and over can refer themselves for treatment without parental permission or notification.

The second type of referral is a client who is referred by another service agency, such as Tribal Court, Jemez Valley School District, or another Jemez Health and Human Services (JHHS) program. The referring agency must have signed consent from the client to make a referral. For children under age 18, parental permission is needed for an agency referral.

When a self-referred client comes into the program, the program manager meets with him or her for a preliminary screening. Then the client is assigned to a counselor with the skills and experience appropriate to the client's needs. The assigned counselor will meet with the client for an intake and assessment interview. Together, the client and counselor will design a treatment plan to address the identified issues.

Written referrals from other service agencies follow the same procedure. The program manager first screens the written referral and assigns the client to a staff member for intake and assessment. The client or parent must sign a consent form before the written referral can be processed. This is one of the reasons why all referrals are first screened by the program manager.

The Behavioral Health Program welcomes new referrals, including walk-ins and ask for your support while they continue to plan, develop and restructure the program to better serve our clients and the community.

Farewell to Frank Fragua

The Behavioral Health Program and other tribal staff members said goodbye to Frank Fragua at a farewell retirement party on Sept. 26 at the Walatowa Visitor Center. Frank has retired after 16 years of dedicated service to the community as a substance abuse counselor.

"Frank always has a smile and a kind word for staff members and clients," says Program Manager Elba True. "He brought his expertise with Jemez culture, traditional healing methods and professional skill to provide the community with the best care. We will really miss him, and wish him the very best as he enjoys the next phase of his journey."



SOCIAL WORK

ABOUT YOUR BENEFITS

Coordinated Long-Term Services (CLTS)

The new CLTS program is in full swing. If you have been contacted by Amerigroup or Evercare, please bring any information you receive to the Jemez Comprehensive Health Clinic and meet with Benefits Coordinator Thelma Shendo or Social Worker Lisa Maves. If you have received cards in the mail from Amerigroup or Evercare, please bring the cards to Patient Registration so your records can be updated. They need to determine who has been assigned to which of the two providers, and whether you have been contacted for a new assessment.

The CLTS program does change your Medicaid benefits; you are no longer considered "exempt" and you will have to receive services through your assigned Managed Care Organization's (MCO's) contracted providers.

"In the first 60 days of the program, when patients were supposed to be able to continue with 'business as usual,' the new system did not always work properly," Lisa Maves says. "It may take some time for everyone, including doctors and other providers, to get used to the new system."

Please make an appointment to talk with Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040 to make sure you are receiving the services and benefits you need.

Enrolling for Medicare Part D

People who are eligible for Medicare coverage are also eligible for prescription drug coverage, called Medicare Part D. The "open season" for enrollment is November 15 through December 31. This means that any eligible person who has not yet joined the program can enroll; anyone who already has a prescription plan and wants to switch to another one can also make changes at this time. If you did not enroll when you were first eligible, please come to the Clinic to see Thelma Shendo or Lisa Maves to get the documents you need to enroll. **Remember, you MUST enroll at this time to obtain coverage for 2009.**

Medicare Part D allows the Jemez Pharmacy and other IHS pharmacies to be reimbursed for prescriptions that patients can get at no cost. The program also allows tribal members to get medications for a very low co-pay amount at other pharmacies when the Jemez Pharmacy is closed. In other words, Medicare Part D offers choices beyond IHS pharmacies, and may even include medications the Jemez Pharmacy doesn't carry.

Many people are eligible for extra help with premiums from the Social Security Administration (SSA.) People in this program pay either very low or no monthly premiums and co-pays, especially if they have Medicaid as well.

If you already have a Medicare Part D coverage plan, watch for letters in the next month from your Part D providers (such

as Blue Cross/Blue Shield, Wellcare, Humana, Silverscript, and others). These letters may

describe changes in your coverage for next year, and these changes might prompt you to want to switch providers. For example, last year a few providers increased their premiums to just above what SSA covers so subsidized members ended up paying premiums when they had previously had to pay nothing.

Remember: this is the time to make changes, or you will have to stay with your current plan for the next whole year. Any changes you make will take effect on Jan. 1, 2009.



PUBLIC HEALTH

PRENATAL/CHILDBIRTH CLASSES

THURSDAYS, OCTOBER 2 - 30, 6 P.M.

TOWA BOARD ROOM, JEMEZ HEALTH CENTER **FREE!**

For more information, call Mildred Toya at
(575) 834-7207

Thursday, Oct. 2	Physical and Emotional Changes
Thursday, Oct. 9	Labor and Delivery
Thursday, Oct. 16	Breastfeeding
Thursday, Oct. 23	Car Seats and Newborn Safety
Thursday, Oct. 30	Immunizations and Newborn Care

WELCOME MAT

Dawn Hyder has joined the staff at the Jemez Senior Center as an administrative assistant. She's a familiar face, having worked at the Loretto Veterinary Clinic for 15 years. Welcome aboard Dawn!



SOCIAL SERVICES

Strengthen Your Relationships!

Do you feel happy, fulfilled and secure in your relationships? Are your relationships a source of joy in your life? Or do they sometimes bring you down and cause frustration or stress? Are you successfully keeping the love and passion alive?

You can learn new skills that can strengthen your relationships and help you keep “that loving feeling” strong! Research shows that relationship skills can be learned. These skills can improve communication between marriage partners, help avoid conflict, and reduce domestic violence, child abuse, divorce and its impact.

Jemez Social Services has joined the New Mexico Marriages First Project to bring a fun, interesting series of classes on relationship issues to Jemez. Separate sessions are offered for men and women to learn how to effectively communicate with spouses and children, understand the differences between men and women, know where and when marital issues arise, and how to overcome potential disasters. The classes are free and include childcare if needed. Those who complete the classes also receive a gift.

Strengthen Your Relationships: Women Only! will be held Thursdays, Oct. 23 and Nov. 6, 6-9 p.m., at the Youth Center.

Strengthen Your Relationships: Men Only! will be held Fridays, Nov. 14 and 21, at the Youth Center.

Another series of classes for those wanting to learn more relationship skills will be held in February or March 2009. A “Date Night” is planned for April 2009.

To register, contact Social Services at (575) 834-7117 or the New Mexico Marriages First Project at (505) 401-5734. For information about other classes and events, go to www.themarriagelifeline.com or call the New Mexico Marriages First Project at (505) 891-1846.

Don't miss this great opportunity to strengthen your relationships and learn some skills that will improve your communication and help you resolve conflict!

BACK TO SCHOOL

By Christine Waquie

Our children are back in class, either walking to school or waiting at designated bus stops. Please drive carefully and be extra cautious. Don't let anyone get hurt!

Children under 14 years old may stay home alone after school, but not for more than three hours. For their own safety (and your peace of mind), children need supervision when home alone.

Children who attend Walatowa Head Start must have an authorized adult waiting for them at the designated bus stop to sign them out.

Each school has different policies and procedures. Please make sure to speak with the appropriate staff person at your child's school so you know their policies.

The Importance of Your Child's Education

Your child's education is an important part in life. Parents should stress that homework must be completed before children go out to play or watch television. It is the parent's responsibility to make sure homework is done at home; this also gives parents an opportunity to know what your children are learning in school.

Parents also must ensure that children go to bed early enough to get the sleep they need. Every child needs rest to prepare for the next school day, as well as stay healthy and grow properly. Make sure your child is not watching TV, playing electronic games, going online or “texting” friends after 8 p.m. on school nights. A good night's sleep can make a child more alert at school.

Attending Parent Teacher Organization (PTO) Meetings

Each school in Walatowa has PTO meetings every month. These meetings inform parents about upcoming activities and events. Fund-raisers are discussed and parents learn how the money is spent and why donations from parents are needed. These meetings are also good times to ask about school functions, procedures and plans. Participating in the PTO also makes your children proud that their parents take an interest in their school.

If you have questions, please contact your child's school.

It's not too late to change how they remember you.

Violence against women is not part of our traditions and hurts everyone, including, kids. Children don't forget the violence they see or hear, but they can create new, different memories of you in the future.

How they remember you is up to you.

Your kids make memories every day.

Family Violence Prevention Fund
www.endabuse.org. Supported by a grant from the Office on Violence Against Women, U.S. Department of Justice and the U.S. Department of Health and Human Services, Administration for Children and Families, Administration on Children, Youth and Families.

Mending the Sacred Hoop
 Technical Assistance Project

SOCIAL SERVICES

REPORTING CHILD ABUSE AND NEGLECT

Annette Chinana, Child Advocate, Jemez Social Services Program

All states require certain professionals and institutions to report suspected child abuse. Health care providers and health facilities of all types, mental health care providers, teachers and other school personnel, social workers, day care providers and law enforcement personnel **must** report suspected child abuse.

Anyone can report suspected child abuse or neglect. **Reporting abuse or neglect can protect a child and get help for a family – you may even save a child's life.**

If you suspect a child is being abused or neglected, or if **you** are being abused, contact Jemez Social Services or Jemez Law Enforcement so professionals can assess and investigate the situation.

Failure to report suspected child abuse can result in criminal liability.

Anyone who reports suspected child abuse in good faith will be immune from civil or criminal liability. **You can choose to stay anonymous, but please, take action to protect a child in danger.**

Definitions

Child abuse: negligent treatment or mistreatment of a child.

Child Neglect: the *reckless failure to provide* for the child's care, custody and control; or the proper support, education, nutrition, medical or other care needed for the child's well-being; or proper food, clothing or shelter.

Emotional abuse: Recurring verbal or nonverbal behavior that threatens, intimidates, ignores or belittles.

Resources: Child Protective Handbook

CIRT VOLUNTEERS NEEDED

Social Services is recruiting for Community Intervention Response Team (CIRT) volunteers. Volunteers will be trained to respond to domestic violence crises. If you are interested, please contact Carol Vigil at (575) 834-7117.

Is a Child Being Abused? Signs to Look For

Physical Indicators

Injuries, and the child "cannot remember" or gives differing reasons for how the injuries occurred.

The child is seriously dirty or has an odor.

Animal or human bites.

Burns.

Patches of hair loss.

Injuries that stay untreated.

The child does not receive care for physical or medical problems brought to the parent's attention.

Behavioral Indicators

A sudden, extreme change in the child's behavior or school performance, such as being too neat or messy.

If you need assistance, or if you know a child who needs help, please call Jemez Social Services at (575) 834-7117.

Domestic Violence: How to Help

Carol Vigil, Family Advocate

If You Know Someone Who Is Being Battered

Believe her.

Keep what she tells you confidential.

Let her know she's not to blame for the abuse; she's not responsible for it and doesn't deserve it.

Take time to talk with her privately and ask about suspicious bruises or fights that you know about. She needs to tell her story in her own time and at her own pace.

Help her make safety plans for herself and her children. It could save their lives.

Listen to her feelings without judgement.

If You Know Someone Who Is Battering

If you are violent, stop the violence immediately, and get help.

Interrupt verbal harassment, and if it's safe to do so, acts of violence you see happening.

Call the police, if it's unsafe for you to intervene. It may save a life.

Let batterers know domestic violence is a crime; they could be prosecuted and sent to jail.

Don't let perpetrators get away with victim-

Learning problems or unable to concentrate.

Child is always watchful, as though waiting for something bad to happen.

Child has problems sleeping or develops eating disorders.

Indications of substance abuse, depression, poor self esteem, truancy, dropping out of school, running away.

Child lacks adult supervision, goes to school early, stays late and does not want to go home.

Domestic violence is generally considered a behavior used to control a spouse or partner through fear and intimidation. It may involve physical battering, sexual abuse or psychological abuse. **Violence between parents impacts children and could be considered to be child abuse.**

blaming, minimizing or trivializing their violence. Point out that the perpetrator is the only one who is responsible for violent acts.

If you are offended by jokes about women or men or about battering, let the person telling the joke know and explain why.

Tell perpetrators that you know about the violence they are inflicting without disclosing any information given by a victim.

Let perpetrators know violence is not acceptable and that they can choose to stop it.

Support strong law enforcement intervention in domestic violence cases.

Don't defend the batterer to police, prosecutors or judges.

Act as a witness to a crime.

If you are an employer, help police, sheriff or other law enforcement officers serve orders of protection, subpoenas or other documents.

Don't ostracize the victim or "side with" the perpetrator.

Advocate for full accountability by perpetrators and for full restitution for victims.

EDUCATION

Cougar Football: Making Sports History

By Kathleen Phelan, Walatowa High Charter School



The Walatowa High Charter School Cougars are taking on the challenge of creating a football team. *Left to right, back row:* Head Coach Marcus Wall, Raymond Chinana, Jeremy Sandia, Marcelino Bacca, Artlan Romero, Mason Waquie, Marty Fragua, Shawn Yepa, Assistant Coach Leonard Shendo, Jr. *Front row:* Davin Sandia, Keenan Sandia, Dillon Toya, Scott Toledo, Byron Fragua, Byron Bacca. The team also includes Bryson Fragua, and Assistant Coaches North Bear Fragua and Al Bennaly. *Photo by Kathleen Phelan.*

Boys don't grow up playing much football on the Jemez Pueblo. But for those who are avid fans, joining the valley's historic first football team is the fulfillment of a dream.

It hasn't been a walk in the park. Team members have tackled and tossed the pigskin many sweltering afternoons on a leveled patch of dirt in front of Walatowa High Charter School. It's a football field with an inspiring view of San Diego Mesa and a mean colony of fire ants. It takes grit to hit hardpan instead of turf.

"It's been pretty challenging," says head coach Marcus Wall. "Although the team has an idea of how to play, they don't have the fundamentals. And that's more important than brute strength."

The new Cougar football squad belongs to the state's NMAA Six-

man League, playing rural schools that draw teams from student populations of less than 250 kids. Coach Wall has great hopes for his team's future in the fast-moving, six-man game.

"We do have talented athletes," Marcus says. "They have good muscle-memory from years of running, and great hand-eye coordination from playing basketball. They bring these skills to football."

Playing Six-man means lots of travel. The Cougars have already traveled up to eight hours, round-trip, to play small schools in rural southern New Mexico. In games near the Texas border they play ranch kids raised on football.

"Our boys can hang with the other teams, athletically, but our competition has been brought up through established football programs that start in junior high," Wall explains.

Even though the Cougars have yet to score a point, Wall says his team has improved 'by leaps and bounds.' The Cougars faced the Lake Arthur state champs "with great enthusiasm," says their coach. "Communication between our boys has increased and the camaraderie is great."

For now, winning is not important. Building a team is everything. And the final payoff? "The players' attitudes toward school are changing," the coach says. "They realize that football also means taking care of your school and improving your self-esteem."

GED Classes

**Every Tuesday and Thursday 3-5 p.m.
Jemez Pueblo Higher Education Center**

"It's not unusual for some students to dislike or even fear tests. During these classes, we'll practice test-taking so students become familiar and comfortable with exams,"

Richard Wasilewski, GED professor.

Free General Educational Development (GED) preparation classes are currently being held at the Jemez Pueblo Higher Education Center on Tuesdays and Thursdays from 3-5 p.m. The course is divided into five parts: Language Arts (writing and reading), Social Studies, Science and Mathematics. The classes will help prepare students for their GED exams and take the next step toward college or a new career.

If you are interested in attending, please contact Odessa Waquiu at the Higher Education Center, (575) 834-9102, or stop by the center (in the Civic Center), and join one of the ongoing class sessions.

Good-Bye Eileen!

Eileen Shendo has left her position as Higher Education Coordinator and moved on to work with youth at Santa Ana Pueblo. She will continue to work with the Walatowa High Charter School on a contract basis. Good luck Eileen!



HOUSING

Get Your Home Ready for Winter

*The best time to start winterizing your home is before winter.
Fall is here, so now is the perfect time.*

Prepare Outdoor Water Faucets For Winter

Regardless of whether your outdoor water faucets are frost-free or the hose bib type found on older homes, external faucets should be bled before freezing temperatures cause problems.

Install Insulating Tubes On Interior Water Pipes

The quickest, easiest way to insulate exposed interior water pipes is to use insulating tubes made for that purpose. The tubes will help prevent frozen pipe problems caused by prolonged freezing temperatures. Use insulating tube on exposed pipes under the sink, against outer walls, and in the basement.





One great reason to use insulating tubes is that you do not need to remove them after winter. Leaving the insulating tubes on pipes year-round makes your home more energy-efficient. The tubes also reduce energy used by the water heater to heat cold water and muffle noisy pipe sounds.

Interior pipe insulating tubes come in a variety of lengths, diameters and materials. Make sure to measure length and diameter of pipes before purchasing tubes. Standard-sized residential pipes are ½-inch and ¾-inch.

Insulating tubes are pre-slit down the center; place the tube around the pipe, peel off the tape on both edges, and stick the edges together as you work down the length of the tube.

Use a utility knife to cut the tube to fit the pipes, and duct tape to cover seams of connecting tubes. Caulk and/or weather strip around pipe entry points that go through exterior walls.

Other Ways to Winterize Your Home

-  Replace the furnace filter monthly.
-  Vacuum heating vents and other heating components.
-  Consider replacing old-fashioned furnace thermostats with a programmable LED model. These allow you to lower the temperature when no one is at home, or while everyone is in bed for the night. Set temperatures warmer for first thing in the morning, or when people are home.
-  If you use wood or pellets to help heat your home, be sure you have a good supply on hand.

The Pueblo of Jemez Housing Department is always taking applications for Housing/Rental Units and for the rehabilitation and roofing program. Qualified applicants are put on a waiting list in the housing database. It is important that all applications are kept current. The applications must be renewed annually to remain active on the waiting list. This is a HUD regulation and requirement.

Stop by the Housing office any time to pick up an application or set up an appointment with a Resident Service Counselor (RSCs). They can help you complete an application or answer any questions you may have about housing.

Please note that the mailing address for the Housing Department has changed:

Pueblo of Jemez Housing Dept.
P.O. Box 100
Jemez Pueblo, NM 87024
They are still located at 4495 Highway 4, Jemez Pueblo, just north of the tribal administration building.

LIBRARY

Tribal Libraries Fund-raiser

Saturday, October 25

6 – 10 p.m.

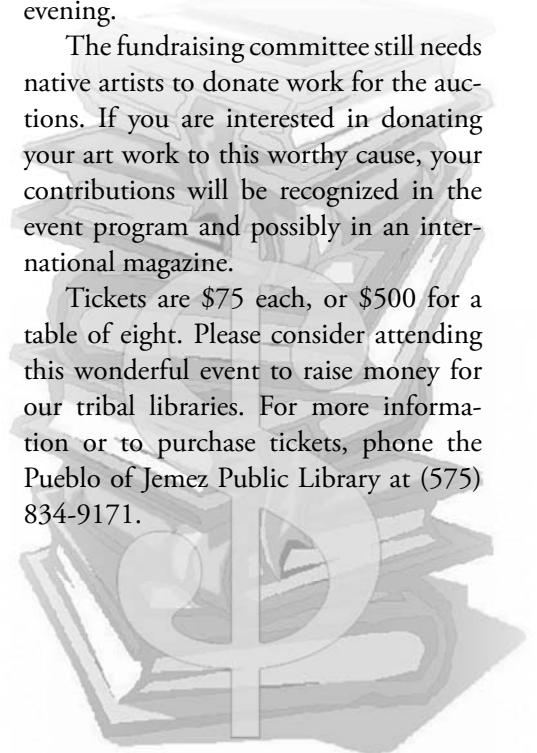
Isleta Casino and Resort

Do more to support your local library! The Jemez Pueblo Community Library invites you to a Tribal Libraries Fundraising Event at Isleta Casino and Resort. Money raised will be distributed between participating tribal libraries, including ours. The funds will go to pay operational costs that most grants do not cover.

Diners will enjoy a gourmet dinner catered by Isleta Casino and Resorts' Class A chefs, with flute accompaniment by Leonard Shendo. Black Eagle Drum Group, 2004 Grammy Winner for Best Native American Music Album, will perform and Conroy Chino 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 still needs native artists to donate work for the 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 Pueblo of Jemez Public Library at (575) 834-9171.



TRIBAL ADMINISTRATION

Finance Department Evolves to Improve Services

The Pueblo of Jemez Finance Department is responsible for accepting funds, monitoring disbursements, managing accounts and property, and ensuring that all tribal programs and services comply with the rules, regulations and requirements of the various funding agencies involved in tribal activities. To provide more efficient and effective service, the department has restructured and added a new staff member.

Winfred Loretto has joined the department as the new Procurement and Properties Specialist, taking Rolanda Casiquito's former position. Rolanda is now handling payroll since Mario Romero's promotion to Accounting Supervisor Disbursement. Lucinda Shije was promoted to Accounting Supervisor Treasury.

"We are now fully staffed," says Finance Manager Paul Gurule. "Our needs are expanding as the Pueblo takes on more development and infrastructure projects. Every project includes a rigorous, formal process of requesting proposals, accepting and comparing bids, and managing the final contracts."

Paul adds that the department must meet all the requirements of each of the funding agencies involved. "For instance, the Head Start road project is now ready for bids," he explains. "We need to



Welcome to Winfred Loretto (*center*), who joins Mario Romero, Rolanda Casiquito, Lucinda Shije, Margie King-Toledo and the rest of the Finance staff (*not pictured*) to help improve service at the Pueblo of Jemez Finance Department.

publish legal notices, solicit Native American-owned businesses, and meet other requirements. Everything we do is scrutinized to ensure we are complying with every law, rule and regulation."

Appreciation Picnic for JCDC Staff



Virginia Sandia (*above*) and Mary E. Pecos (*right*) hard at work.

The Jemez Community Development Corporation (JCDC) held a staff appreciation picnic on Sept. 21. "Our thanks to all employees for their hard work through the year," says Monique Sando, Operations Manager. The staff includes Monique Sando, Operations Manager; Tanya Trujillo-Salazar, JCDC Assistant; Virginia Sandia, Morning Shift Lead; Mary E. Pecos, Associate; Kevin Gachupin, Associate; Charmaine Chinana, Associate; Nancy Toledo, Associate; Sheena Romero, Associate; Juanita Gachupin, Afternoon Shift Lead; Tony Sando, Associate; Tomasita Tosa, Associate; Sheryl Ortiz, Associate; Cindy Gonzales, Associate; Maverick Romero, Associate; Anthony Madalena, Associate; and Melanie Fragua, Information Specialist.



Thank You To Patrick J. Romero

A big thank you to Patrick Romero, who retired from Jemez Tribal Court on Aug. 1 as the Adult Probation Officer. He fulfilled his job for 15 years and now looks forward to enjoying life while and being in good health. "He did a marvelous job and left his coworkers with good advice," says Joyce Gachupin. "He is greatly missed."

"Thank you very much for all you've done at Tribal Court. We were very fortunate to have worked with you. You are very welcome to visit us at the office," add the Tribal Court staff.



NEED A SPECIAL GIFT?

Jemez Vocational Rehabilitation Program reminds you that they have arts, crafts, woodworking, hand-made clothing and other items for sale, Monday - Friday, 8 a.m. - 5 p.m. Find a unique gift and support a local businessperson with disabilities!



Save the Date!

Saturdays, 8 a.m. – noon. Jemez Farmers' Market at the Red Rocks, through October.

Free Flu Shots

Wednesday, Oct. 8, at the Senior Center: 11:30 a.m. – 1 p.m.

Wednesday, Oct. 22, at the Senior Center: 11:30 a.m. – 1 p.m.

Tuesday, Oct. 28, at Jemez Clinic: 10 a.m. – 2 p.m.

Friday, Oct. 31, at Jemez Clinic: 10 a.m. – 2 p.m.

Thursday, Oct. 2. Domestic Violence Walk. Starting at 5:30 from Pueblo Church.

Sunday, Oct. 5. Mass at the Pueblo Church for victims of domestic violence, families and children.

Wednesday, Oct. 8. NM Tax Rebate Day. (See page 3.)

Safe Walk to School Day. Elementary School Children. Meet at Pueblo Church at 7:30 a.m. Call Injury Prevention Program (575) 834-3072 for information.

Movie Night. 6 – 8 p.m. Site to be announced. Call (575) 834-7117 for more information.

Thursday, Oct. 16. Domestic Violence Conference. 5:30 p.m. Youth Center. Dinner will be served.

Thursdays, Oct. 2, 16 & 30. Women's Support Group. Social Services Bldg., 6 – 8 p.m. Call (575) 834-7117 for information.

Saturday & Sunday, Oct. 11 & 12. Red Rocks Arts & Crafts Show.

Tuesday, Oct. 14. Alcohol Education Classes. Series of 11 classes continue through Dec. 30; 7 – 8 p.m. Jemez Health Center Towa Board Room. Call the Behavioral Health Program at (575) 834-7258 for more information.

Sunday, Oct. 19. Duke City Marathon.

Saturday, Oct. 25. Tribal Libraries Fund-raiser. Isleta Casino Resort. 6 – 10 p.m. Dinner, entertainment, silent auction. For tickets, call the PoJ Public Library at (575) 834-9171. (See page 14.)

Saturday, Oct. 25. Marriage Mentor Training, 9 a.m. – 5 p.m. Call NM Marriages First Project at (505) 891-1846.

Tuesdays, Nov. 4, 11, 18 and 24. Pump Up Your Passion! A course for men on love and passion. 7 – 9 p.m., Rio Rancho Inn, 1465 Rio Rancho Drive NE, Rio Rancho. NM Marriages First Project at (505) 891-1846.

Friday, Nov. 7. Date and Dessert Night with Kenn Kingston. 6.30– 9.30 p.m. Mountainside Church of Christ, 12300 Indian School Rd. NE, Albuquerque. Call NM Marriages First Project at (505) 891-1846.

Strengthen Your Relationships. Women Only: Thursdays, Oct. 23 and Nov. 6. 6-9 p.m. **Men Only:** Fridays, Nov. 14 and 21, 6-9 p.m. at the Youth Center. (See page 11.)

ENERGY/WEATHERIZATION SEMINAR

Wednesday, Oct. 29 5:30 - 9 p.m.

Walatowa Youth Center

Learn more about staying warm and saving energy. Presentations from Home Depot, New Mexico EnergySmart, Sacred Power and more. Dinner and doorprizes. For more information, contact Gloria Fragua, Energy Coordinator, at (575) 834-3102.



Pueblo of Jemez
4417 Highway 4
Box 100
Jemez Pueblo, NM 87024

Boxholder
Jemez Pueblo, NM 87024