



Red Rocks Reporter

NOVEMBER 2008

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TRIBAL ENROLLMENT

The New Tribal Enrollment Policy

To understand the new tribal enrollment policy (see the *Red Rocks Reporter*, October 2008 edition), it's helpful to know the history behind the new Ordinance approved by Tribal Council on August 22, 2008.

Before the ordinance was adopted, the Pueblo of Jemez had been operating on census numbers given by the BIA since 1974. The new ordinance had been in draft version since 1997. The process of making the ordinance into a legal document included many meetings of the Enrollment Committee, working group and Society Leaders as well as assistance from the tribal attorney.

This new tribal membership process will identify all Jemez people based on their blood quantum.

"This is actually a big change for our tribe," says Matilda Shendo, Tribal Enrollment Manager.

The complete ordinance is available for review at the tribal Enrollment Office at the Jemez Comprehensive Health Center. Please call (575) 834-0056 to make an appointment to read these documents.

What You Should Do

If you were born on or before Dec. 31, 1975, and your name is on the Base Roll of 1975, you will automatically be enrolled as a tribal member. You will get a new enrollment

number that is different from the one issued by the BIA. The Tribal Enrollment Office will mail new Certificates of Indian Blood (CIBs) with the new enrollment number to you. For automatic members, CIBs will be issued alphabetically, so please be patient while the department processes the paperwork for all automatic tribal members.

If you need to see the Base Roll, two copies are on display for your review. One copy is at the Tribal Administration office and one copy is in the lobby of the Jemez Comprehensive Health Clinic. The books will be on display for 120 days (until Feb. 14, 2009.) Books cannot be removed from these areas.

If your name is missing from the Base Roll and you were born before Dec. 31, 1975, contact the Enrollment Office for information about the appeal process.

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.

To apply for tribal membership, contact the Enrollment Office to get an application packet. **Each application is numbered, so you must contact the tribal Enrollment Office so they can sign out each**

Continued on page 2



VOTE TUESDAY, NOV. 4! YOUR VOICE COUNTS!



TRIBAL COUNCIL

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

TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter

November 2008 Edition

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The New Tribal Enrollment Policy

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application by name. No copies will be accepted so handle the documents carefully.

Submit the original application (*no copies*) with a certified copy of your birth certificate and a copy of your Social Security card.

If your parents were not married when you were born, you must submit paternity papers.

If you have other tribal affiliations, you must submit a release form authorizing the Enrollment Office to access any external records.

Once the application is returned to the Enrollment Office, the Enrollment

Committee will review it, then forward it to Tribal Council for approval. The estimated time frame for processing applications is two to three months.

Less than one-quarter Jemez blood. Applicants will be granted tribal membership if they are one-quarter Jemez blood. If you are less than one-quarter Jemez, you may be considered naturalized, but not a tribal member. You will get a census number to allow you to access health, dental and other federal services.

If you have any questions, please contact the tribal Enrollment Office at (575) 834-0056.

TRIBAL COURT

Understanding Court Procedure:

Arraignment, Trial and Sentencing

By Judge Nicholas Mendoza

Arraignment

An *arraignment* is a court proceeding in which a person (the *defendant*) is formally read or informed of the charge or charges against him or her. The arraignment usually occurs after an arrest, but it may also occur when a person has been summoned to appear in court because a criminal complaint has been filed against him or her.

During the arraignment, the court also informs the defendant of the right to have a trial. After the court has informed the person of the charges and the right to a trial, the court will ask how the person wants to plea. The plea choices are either "guilty" or "not guilty." If the person pleads not guilty, then the court will schedule a date for a *trial*. If the person pleads guilty, then the court will schedule a date for a *sentencing hearing*.

The Jemez Tribal Code says a person will be arraigned within 48 hours of being arrested, except weekends and holidays.

Trial

At a *trial*, defendants have the right to appear and defend themselves against the charges. They also have the right to cross-examine and confront witnesses against

them and to have the court subpoena witnesses on their behalf and for their defense; the right to a speedy trial; and the right against double jeopardy, which means they cannot be tried for the same charge(s) more than once.

If the defendant is found guilty, a sentencing hearing will be set shortly afterwards when the judge will order the sentence. If, after trial, the defendant is found not guilty, charges will be dismissed and the person will be released. However, in either case, the defendant must still pay a \$20 court fee.

Sentencing Hearing

If the defendant enters a plea of guilty or is found guilty after a trial, the court will set the matter for a *sentencing hearing*. During the sentencing hearing, the court will consider "mitigating factors," that is, factors that may reduce the punishment or make it less than the maximum penalty for the charges. The court will also look at any "aggravating factors," which can increase the punishment toward the maximum penalty for the charges.

If you have any questions or concerns, please contact Jemez Tribal Court at (575) 834-7369.

PUBLIC WORKS

Public Service From Public Works

The Public Works Department (PWD) has been in operation since January 1998, when they started work on a Utility Ordinance and establishing a utility board. In July 1999, a tribal resolution created the Jemez Utility Board. The Tribal Council established the department in June 2000 to handle water, wastewater and solid waste operations and maintenance management for the community. Public Works also is responsible for managing facilities and custodial maintenance services for most tribal buildings.

Public Works Needs Your Help

Please help the community by paying your monthly \$30 utility bills on time! The PWD depends on these revenues to pay their own expenses, which include an electric bill of \$2,500, chlorine to treat your water at \$300, and hauling trash to the land fill at \$3,000. These expenses total \$5,800 per month. Over the year, that equals \$69,600 the department pays out to serve the community.

The department's operation and maintenance costs are \$131,400 per year. Combined with the above expenses, the

department's total yearly expenses are \$201,000. If every household would pay their allocated \$30 a month for water, the department would be ahead.

"However, only about 60% of our customers pay every month," says Olivia Toya, Public Works Coordinator. "Our total unpaid amount is now at \$367,000. If you don't pay your utility bill, we can't pay our bills and keep the department running. We need your help! When you pay your monthly utility bill, we can pay our bills."

Current Projects

The Phase I sewer line, funded through IHS with \$1.4 million, is about 85% completed. The contractor, J & D Construction Co., has brought in the excavating contractor to finalize the grade at the south end of the sewer lagoon floor; this will be done by Oct. 27. Then the contractor will come in to complete the liner by Nov. 10.

Phase II Green Acre Sewer Line is a \$1 million USDA-funded project that is about 95% complete. Once the sewer lagoon is finished, Marcon Construction will connect homes in the Green Acres area to the new gravity-flow sewer line going to the new lagoon. They also will install new sewer lines in three locations in the village. These projects should be complete by mid-December.

Phase III Pueblo Place Sewer Line is being designed by Indian Health Service in Santa Fe. Plans will be completed by mid-December and put out to bid by January with construction by May 2009. This line will come from the center baseball field.

Utility Board

The Public Works Department needs three tribal members to serve on the five-member Pueblo of Jemez Utility Board. The Utility Board oversees and directs utility services in the Pueblo of Jemez. The board meets the third Wednesday of each month, usually in the evening. These meetings are open to the public.

If you want to serve on the board, please call Olivia Toya at (575) 834-7942 or J. Leonard Loretto at (505) 252-0485, or stop by the PWD office at the Civic Center for more information.

WALATOWA VISITOR CENTER

Attention Artists!

Check out the new Walatowa Visitor Center web site at www.jemezpuablo.com. The site features a gallery of local artists' work, as well as contact information and online purchasing capabilities. There are also sections describing the Jemez community, history and culture.

"We invite all artists who want to be featured on the web site to submit biographies and photos," says Monique Sando, Visitor Center manager. "It's not just pottery; we have jewelry, clothing, leather work, paintings and other media. It's a great way to promote and sell your work, and it's free!"

For more information, contact Monique at the Visitor Center at (575) 834-7235.



Felicia Fragua was among 45 artists and craftspeople to participate in the Sixth Annual October Red Rocks Arts & Crafts Show showcasing the work of 45 artists and craftspeople. "We had the maximum number of people showing this year," says Monique Sando. "It was a very successful fair. Our thanks to everyone who participated."

PUBLIC WORKS DEPARTMENT STAFF

Name	Title	Certification
J. Leonard Loretto	Public Works Director	Water I & Wastewater I
Olivia Toya	Public Works Coordinator	Water Meter Software I
Michael Loretto	Utilities Technician	Water Level I
Jordan Shendo	Utilities Technician	Water Level I
Frank Armijo	Transfer Station Operator	T.S. Management
Emiliano Sando	Transfer Station Operator	T.S. Management
Joe Steve Fragua	Maintenance Worker	Facility Maintenance
L. Albert Vigil, Jr.	Maintenance Worker	Facility Maintenance
Dennis Magdalena	Maintenance Worker	Facility Maintenance
Diane Sando	Custodian	Custodial Services
Maggie Pecos	Custodian	Custodial Services
Mary Nancy Sando	Custodian	Custodial Services

SOCIAL WORK

ABOUT YOUR BENEFITS

Social Security Payments Rise

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 55 million Americans will increase 5.8 percent in 2009. The increase is the largest since 1982.

These benefits increase automatically each year based on the Bureau of Labor Statistics' Consumer Price Index for Urban Wage Earners and Clerical Workers. The 5.8 percent cost-of-living adjustment (COLA) reflects the increase in this index in the third quarter of 2008.

Starting in December, beneficiaries will receive letters that state what their new benefit amount will be. **Please keep these letters.** You will need these letters as proof of income if you want to apply for programs such as LIHEAP (Low Income Heating and Energy Assistance Program), food stamps and Medicaid.

Medicare Changes

Part B Premiums

Good news! The premium you pay for Medicare Part B will stay the same in 2009. Regular Medicare Part B premiums will remain at \$96.40 per month.

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.** Any eligible person who has not yet joined the program can enroll during this time. If you already have a prescription plan and want to switch to another plan, this is the only time you can make this change.

If you already have a Medicare Part D coverage plan, watch for letters 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 some providers increased their premiums so subsidized members had to pay premiums when they had previously had to pay nothing. **Remember: this is the time to make changes, or you must stay with your current plan for the next whole year.**

Any changes you make now will take effect on Jan. 1, 2009.

Turning 65?

People who are approaching their 65th birthday can apply for Medicare for three months before and three months after they turn 65. You may apply for Medicare Part A (hospital), Part B (medical) and Part D (prescriptions.) **Remember: if you do not apply for Medicare Part B during the year you turn 65, you will be penalized and will pay higher premiums for coverage in the future.**

SCI Enrollment Frozen

New Mexico State Coverage Insurance (SCI) has reached

its maximum enrollment and is currently not accepting new applications. The program is designed for people age 19 to 64 who are not eligible for Medicare or Medicaid but do not have health insurance coverage.

The state is still processing applications received before Sept. 12, 2008. If you applied for SCI before this date, it is possible that you may still get coverage.

You may apply to be put on a wait list. You must sign the application before submitting it. Contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040 at the Jemez Comprehensive Health Center.

For more information or help with your applications, please contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.



HEALTH & HUMAN SERVICES

FLU SHOTS FOR KIDS

For the first time, federal health officials are recommending that all school-age children get flu shots. Previously, the recommendation included only children six months to five years old. Officials believe the current influenza vaccine will protect children from the types of flu expected this season. The vaccine must be changed each year to match different strains of the disease.

About one-third of US school age children get the flu every year. Although complications are rare, 86 deaths among children were reported in the 2007-2008 flu season in the US.

In an average year, about 20% of Americans get the flu, causing about 200,000 hospitalizations and 36,000 deaths.

The Jemez Health Clinic has free flu vaccines available for children and adults. Stop in or watch for flyers about clinics in the community.

WALK-INS WELCOME!

Good news! Starting Nov. 1, most patients will no longer need to make appointments at the Jemez Health Clinic. We want to make it easier and faster for you to see a health care provider.

Some exceptions:

You will need to make an appointment for children to see pediatrician Dr. Green.

You will need an appointment for some specialty services (audiology, optometry, podiatry, blood work, etc.)

If you have any questions, please call the Jemez Comprehensive Health Clinic at (575) 834-3022.

PHARMACY

FDA Says NO! to Cold Medicines for Young Kids

With the sniffing, sneezing, coughing season upon us, we all want to make sure we're prepared to help our children recover faster. But the US Food and Drug Administration (FDA) now says that children under four years old should not be given common over-the-counter (OTC) and prescription remedies for coughs and colds. After a lengthy period of questions and debate, the government is stating **that these remedies are not safe and do not work for very young children.**

The latest FDA warnings say these medications can have "serious and potentially life-threatening side effects" in children under age four. Many of these medications were pulled from shelves last year, but some families may still have some in their medicine cabinets. And although the label may say the medicine is for infants and toddlers, they were never tested on very young children.

Problems with OTC cough and cold medicines send about 7,000 children to hospital emergency rooms each year, and several infants have died. Two- and three year-olds are at highest risk because they are more likely to help themselves to medication when parents aren't looking.

The FDA has not confirmed if these medications are safe or even effective for older children (up to age 11.) Research continues, but studies could take years to determine the risks and benefits for older children. So far, little evidence supports using cold medicines for children at all.

What You Should Do

Although medicine might seem like a quick fix when your little one's fighting a cold or flu, riding it out is really all you can do. The viruses that usually cause the sneezes, sniffles and coughs can't be treated with antibiotics. Most of the time, kids just need some time, extra rest, lots of fluids (juices and water, not soda), and plenty of hugs. Some ways you can help ease cold discomfort include:

- ◆ **relieve nasal congestion** with saltwater drops in the nostrils; you can get these (also called saline nose drops) at any pharmacy.
- ◆ **increase air moisture** for easier breathing with a cool-mist humidifier.
- ◆ **soothe raw skin** under the nose with petroleum jelly. (Be careful not to get any petroleum jelly inside the nose; inhaling petroleum jelly can cause a serious reaction.)
- ◆ **relieve a sore throat** with hard candy or cough drops (for kids older than three years only.)
- ◆ **soothe aches and pains** with a warm bath or heating pad.
- ◆ **help your child breathe more easily** with steam from a hot shower.

Before you give medication of any kind to a child at any age, always make sure to:

- ◆ **Read the labels carefully.**
- ◆ Use medicines **only as directed.**
- ◆ **Call the doctor** if a dosage isn't listed or you're not sure about how much to give.
- ◆ Keep medicines safely **out of sight and out of reach.**
- ◆ Use **only** the measuring device (dropper, cup or spoon) that comes with the medication or that you get at the pharmacy with the exact measurements on the medication's label
- ◆ **Never give medicine in household spoons** or other kitchen utensils.
- ◆ **Never give adult medications to children.**
- ◆ **Never give any medications** unless you first talk with a health care provider.

If you think your child's sickness isn't getting better or is getting worse, call the Jemez Clinic at (575) 834-7314.

FDA Alert!

These medications were taken off the market in the fall of 2007. If you still have any in your home, throw them away today!

- Dimetapp® Decongestant Plus Cough Infant Drops
- Dimetapp® Decongestant Infant Drops
- Little Colds® Decongestant Plus Cough
- Little Colds® Multi-Symptom Cold Formula
- PEDIACARE® Infant Drops Decongestant (containing pseudoephedrine)
- PEDIACARE® Infant Drops Decongestant & Cough (containing pseudoephedrine)
- PEDIACARE® Infant Dropper Decongestant (containing phenylephrine)
- PEDIACARE® Infant Dropper Long-Acting Cough
- PEDIACARE® Infant Dropper Decongestant & Cough (containing phenylephrine)
- Robitussin® Infant Cough DM Drops
- Triaminic® Infant & Toddler Thin Strips® Decongestant
- Triaminic® Infant & Toddler Thin Strips® Decongestant Plus Cough
- TYLENOL® Concentrated Infants' Drops Plus Cold
- TYLENOL® Concentrated Infants' Drops Plus Cold & Cough

HEALTH & HUMAN SERVICES

Patients See Good Changes at Jemez Clinic

From Sept. 15 through Sept. 23, 2008, Jemez Health Clinic providers gave patients a satisfaction survey to complete after their visits. During the duration of the survey, 102 surveys were completed (31% of patients responded.) This figure is up 9% from the survey done in March 2008.

The survey questions addressed access to care, continuity of care (ability to see the same provider), customer service (wait times, patient's comfort, courtesy and friendliness), quality of care (providers listen to patients and answer questions, quality of examination, explanations of procedures and test results, prevention advice and reminders, providers' concern for patient's mental/emotional health, educational materials and pain control), nursing and pharmacy services, and overall quality of care and service. Patients were also asked if they would choose to go elsewhere for care if they had the opportunity. A section for patient comments was also included. The results were compared with those of a similar survey taken in March 2008.

Penny Ott, Executive Director Clinical Programs, compared this survey to the one in March and summarized the results:

1. In many cases, the results show a shift from fair to good, as in Overall Quality of Care (*Chart I*) and Perceived Quality of Examination, or good to excellent, as in Explanation About Prescribed Medications.
2. Access to routine care has improved, and patients wait fewer days. Access to urgent care remains good, with almost half the patients being seen in less than 30 minutes from the time they arrive. Phone access to providers also has improved.
3. Access to medical care (hospital and referral) remains good, and access to mental health care is greatly improved.
4. Continuity of care (patients seeing the same provider whenever they come to the clinic) is not as good as it could be. This should improve with Medical Director Dr. Gregory Darrow now on staff.
5. Perceived wait times could still be better (*Chart II*) and there is still room for improvement for staff in communicating wait times to patients. Wait times

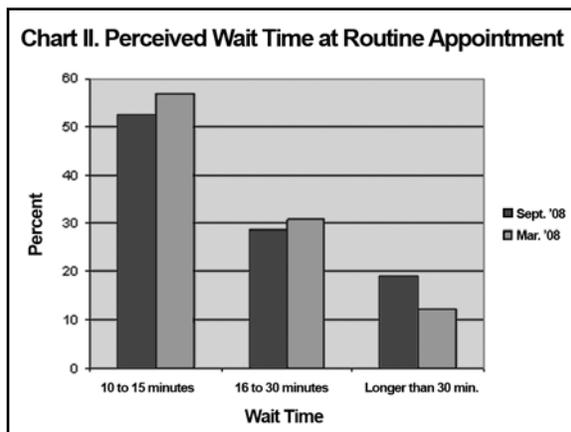
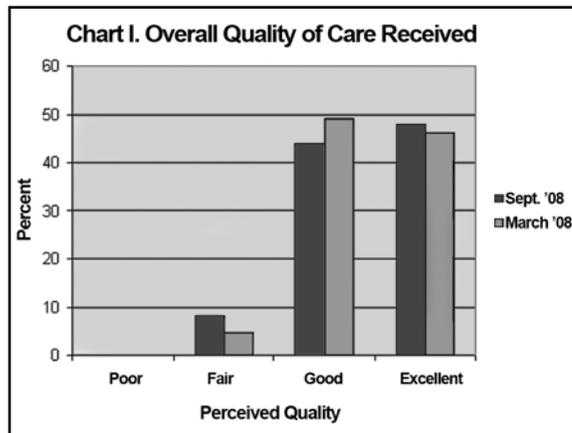
should improve with new visit procedures starting in November (See article on page 4.)

6. Patients are happy with the friendliness and courtesy of the staff and with the quality of the care provided.
7. Explanations of care and test results are much improved.
8. Patients are much more satisfied with pharmacy services, both

in getting prescriptions filled easily and in explanations about their medications. (*Chart III*)

9. Patients continue to give high ratings to the overall quality of care and services. The number of patients who want to stay at the Jemez Clinic remains high, even if they had the opportunity to go to another clinic.

Favorable comments increased from 15 in March to 24 in September. Patients made observations such as "the doctor was very friendly; he answered all my concerns."; "Vonda, Dr. Darrow and Chessie were excellent and



very helpful."; JHHS has changed from the past. It's now a nice friendly environment to come to"; "Since Dr. Loretto became CEO, services at the clinic improved. He is listening to the concerns of his community."

There were five unfavorable or neutral comments. Patients cited wait times, the friendliness of staff and confidentiality concerns.

Ott also described the actions the clinic will take after sharing these results with the staff, Health Board, Tribal Council and community.

"We want to reward areas with substantial improvement," she says. "We will also be developing action plans to improve weak areas. In six months, the survey will be repeated so we

can track our improvements and note any new issues that may come up."

Survey Results

The Jemez Health Clinic Patient Satisfaction Survey included questions about access to care, quality of care, customer services and other areas. Some of the questions and responses are included below.

Areas of Notable Improvement

ACCESS TO CARE

Urgent Care

No wait at all	29% (up 18%)
Seen in less than 30 minutes	46% (up 6%)
Wait 30 - 60 minutes	20% (unchanged)
Wait one to two hours	5% (up 3%)

Ease of Getting Referral to Medical Specialist

Excellent or good	87% (up 13%)
Poor	9% (up 5%)

Ease of Getting Referral to Mental Health Care

Excellent or good	91% (up 39%)
Poor	4% (up 7%)

QUALITY OF MEDICAL CARE

Explanations of Medical Procedures and Test

Results

Excellent or good	92% (up 21%)
Fair	6% (unchanged)
Poor	2%

PHARMACY SERVICES

Ease of Getting Prescriptions Filled

Excellent or good	82% (up 23%)
Fair	13%
Poor	5% (down 3%)

Areas Needing Attention

CONTINUITY OF CARE

Patient sees the same provider

Always	14% (unchanged)
Most of the time	45% (down 5%)
About half the time	31% (up 4%)
Rarely or never	9% (unchanged)

CUSTOMER SERVICE

Staff Informs Patients About Delays

Most of the time	20% (up 1%)
About half the time	9% (unchanged)
Sometimes	20% (down 5%)
Rarely or never	29% (up 7%)

If you have any comments or questions about the survey, please contact Penny Ott at (575) 834-3197.

From The Doc's Desk

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

Your Child's Healthy Weight

Q. How do I know if my child is at a healthy weight?

A. A formula called the body mass index (BMI) can help answer this question. It shows the relationship between the child's height and weight.

Q. What are some of the risks if my child is overweight?

A. Being overweight puts children at risk for diabetes, high cholesterol, high blood pressure, acid reflux and sleep disorders. Being overweight can also lead to depression and low self-esteem.

Q. How can I help my child reach or stay at a healthy weight?

A. First, determine if your child is overweight by discussing this with your health provider. Then, identify any unhealthy habits your child may have. Even children who are slim may have habits that could lead to future weight problems. There are five major bad habits to avoid:

1. **Drinking sugary drinks like soft drinks, fruit juices, sports drinks, sweetened iced tea, energy drinks and flavored (chocolate) milk.** Children should have no more than one 12-ounce serving of these drinks per day.

2. **Eating fast food, including burgers, fries and chicken nuggets.** Children should have no more than one fast food meal per week.

3. **Watching television and playing video games.** When children spend too much time sitting and watching TV or playing video games or computer games, they don't exercise enough. Children should spend no more than two hours a day in these activities.

4. **Not being active.** It's not healthy for children to avoid activities like walking, riding bikes, or playing sports. Children should be active for at least 30 minutes a day, and 60 minutes would be even better.

5. **Not eating dinner with an adult.** Children should have their evening meals with adults as often as they can. Children who eat with at least one parent or grandparent most nights tend to eat healthier and weigh less.

Skipping breakfast can also lead to overeating later in the day, which can be a problem. Try to involve everyone in the family with a healthy eating lifestyle.

PUBLIC HEALTH

NOVEMBER IS AMERICAN DIABETES MONTH

Diabetes is an epidemic in Native American communities. Type 2 diabetes occurs more than twice as often among American Indians than in non-Hispanic whites. For Native Americans, the death rate from diabetes and its complications is three times higher than the rest of the population.

Before people develop type 2 diabetes, they almost always have "pre-diabetes" – blood glucose levels higher than normal but not yet high enough to be diabetes. The IHS says that up to 30% of Native Americans may already have pre-diabetes and youth and young adults and youth are showing signs of pre-diabetes at an alarming rate. Why? The primary reasons are poor nutrition and poor exercise habits.

What You Can Do

People with a family history of diabetes are at greater risk for the disease. But environmental factors are also to blame. You can make changes that can delay or even prevent type 2 diabetes, and perhaps even reverse the disease. For most people, losing just 10 pounds can make a difference.

DIABETES PROGRAM EVENTS

Friday, Nov. 7

Blood Sugar Screenings

Jemez Clinic lobby 9 a.m. to 3 p.m.

Tuesday, Nov. 18

Presentation: Diabetes & Your Eyes

Senior Center 2 to 4 p.m.

Wednesday, Nov. 19

What is Diabetes? Diabetes 101

Senior Center 6 to 8 p.m.

Wednesday, Nov. 26

Turkey Trot Fun Run/Walk

Jemez Plaza

3 p.m. Registration; 3:15 p.m. Warm-Up; 3:30 p.m. Run/walk starts

Wednesday, Nov. 26

Blood Sugar Screenings

Jemez Clinic Lobby 9 a.m. to 2 p.m.

Make Healthy Food Choices

- **Eat more vegetables and fruits**, especially green vegetables like lettuce, spinach, broccoli and green beans. Limit starchy veggies like potatoes, corn, peas.
- **Choose whole grains** over processed grain products.
- **Choose lean meats.** Remove the skin from chicken and turkey.
- **Choose nonfat dairy products:** skim milk, and nonfat yogurt and cheese.
- **Drink water and unsweetened tea** instead of soda, fruit juice and sugary drinks.
- **Cut down on fats.** You can usually use half as much fat or oil in cooking and not notice a difference.
- **Cut back on snack foods and desserts.**
- **Watch your portion sizes.**

Get Moving!

Just 30 minutes a day, five days a week, of moderate physical activity, plus a 5-10% reduction in body weight, produced a 58% reduction in diabetes. Take the kids for a bike ride, go to the Fitness Center, join a sports team. Make exercise a fun part of your day.

Take the Great American Smoke-Out Challenge!

Thursday Nov. 20

Quitting smoking isn't easy, but you can do it. Join the Great American Smoke-Out! Promise yourself to give up cigarettes for one day.

And then, maybe the next day. If you need help, contact the Jemez Health Clinic for support materials and advice.

Prescription medication can help some patients quit.

When Smokers Quit

People who quit smoking live longer than those who continue to smoke.

20 minutes after quitting: Your heart rate and blood pressure drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5-15 years after quitting: Your stroke risk is reduced to that of a nonsmoker.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas also decrease.



Got Specs?

The Jemez Optometry Program is now accepting unused eyeglass frames.

If you have frames you are not using anymore, bring them to the Jemez Clinic and ask for Cheryl Padilla or Valerie Sando.

Your old frames can help another person see better!

DENTAL CLINIC

WATCH YOUR MOUTH!

Gums and Teeth Give Clues About What's Going On Inside Your Body

Evidence is mounting that healthy gums and teeth are strongly linked to overall health. At the same time, gum disease may be a kind of early warning system for health problems. Poor oral health is linked to diabetes, kidney disease, pre-term labor, atherosclerosis, osteoporosis, Alzheimer's disease and even certain types of cancer.

It's logical to think that your mouth – your body's key opening to the outside – would be a signal of bodily health. Yet many people, even medical professionals, often overlook the connection.

Patients tend to minimize oral health, treating mouth issues as “merely dental,” primarily for whitening or straightening teeth. Seeing the dentist may be postponed until mouth pain signals an emergency. Professionals frequently think the same way.

The Body-Mouth Connection

The mouth is an early warning system for a variety of problems. Mouth sores or fungus, for example, are often the very first indications of infection by HIV, the virus that causes AIDS, or of cancer. Osteoporosis, a disease of the bones, could show up in a routine dental X-ray before you notice its impact on your hips or spine.

In gum disease (called gingivitis in the early stages, before it develops into full-blown periodontal disease), the tissue that surrounds the bones supporting the teeth becomes inflamed or infected. Often this is caused by bacteria in the plaque under the tissue holding the teeth. The bacteria release toxins and other chemicals that begin to destroy the bone. Scientists believe the toxins

circulate and cause damage elsewhere in the body, although they still don't know exactly how this happens.

The president of the American Academy of Periodontology Vincent J. Iacono said “It's like setting up a garbage dump on the edge of a river. You wouldn't be surprised if the lake downstream got polluted by garbage from the dump.”

*The healthier your gums and teeth are,
the stronger and healthier
your heart may be.
If you don't floss or brush,
you could invite not just gum disease,
but also heart disease.
But if you catch gum disease early,
you can reverse it.*

Your Mouth and Your Health

Diabetes. In diabetes the connection is clear: diabetics who have uncontrolled gum disease have a much harder time controlling their blood sugar levels. The reverse is also true: People with uncontrolled diabetes have three to four times greater risk of developing periodontal disease. The cycle is very hard to break.

Blood Vessels and Your Heart. Atherosclerosis (hardening or thickening of the arteries) is a condition underlying much heart disease. The worse a person's gum disease, the narrower that person's arteries are due to a buildup of plaque. This is true even for young, healthy adults who have no other symptoms of heart disease. One study showed that patients who had an intensive, six-month

treatment program for gum disease not only had healthier gums, but also showed improvements in their blood vessels' lining.

Pre-term labor. Nearly 13 percent of births in the U. S. are considered pre-term (before 37 weeks). Studies show rates of pre-term birth are higher for women with severe gum disease than those with milder or no disease. The journal *American Family Physician* reviewed 24 studies of nearly 15,000 women that showed a relationship between periodontitis and pre-term birth, low birth weight or both.

Cancer. Gum disease may also be implicated in a small but significant increase in men's overall cancer risk. Recent research linked gum disease to a higher chance of lung, kidney, pancreatic and blood cancers.

What You Can Do

- ✓ See your dentist regularly. You can make an appointment at the Jemez Dental Clinic by calling (575) 834-7388.
- ✓ Don't minimize problems such as blood on your toothbrush. See the dentist!
- ✓ Get past thinking of the dentist primarily as a cosmetic practitioner – a whitener and straightener of teeth – or a “fireman” to be called only when there's extreme tooth pain.
- ✓ Use the power of prevention, which means brushing and flossing daily, and having regular professional cleaning. And be sure to teach your children to brush and floss properly as well.

Information from an article by Ranit Mishori, MD,
in *The Washington Post*

SOCIAL SERVICES

Domestic Violence Conference

Fostering Safety for Victims, Survivors and Witnesses

Our community learned more about domestic violence at the Annual Domestic Violence conference on Thursday, Oct. 16. The 162 participants included 25 JHHS staff members.

After opening prayers by Sister Karen and Stuart Gachupin, Dr. Raymond Loretto, DVM, CEO of JHHS, welcomed the group. "Domestic violence is not easy to talk about," he said. "The number of people here shows how much we care as a community."

As a former Tribal Sheriff and as Governor where he served as Tribal Judge, Dr. Loretto has had first hand experience with domestic violence cases.

"We turn to the Social Services Domestic Violence Program to guide our decisions," he said. "These cases are very hard; the victims are elderly, children, and women. It's not just a problem in one or two households, it's a community problem. We all need to speak up and speak out, get help for victims. Working together, we can make a good place to live even better."

Program Manager Henrietta Gachupin introduced her staff that includes Dominic Gachupin, Carol Vigil, Keri Fragua, Christine Waquie, Carla Sandia

and Annette Chinana. Karen C. Toya and Audrey Madalena currently serve as members of the Community Intervention Response Team (CIRT.)

Understanding the Patterns

In his presentation, NM State Police Capt. Quintin Mcshan explained that perpetrators control their partners with physical or emotional abuse. "Emotional abuse can be worse," he said. "Physical injuries heal faster. Emotional scars can last a lifetime." He noted that violence is a learned behavior that can be unlearned.

Capt. Mcshan talked about how victims inadvertently reinforce the abuse by changing their behavior and forgiving their attackers. "The abusers get what they want," he said. He explained how perpetrators feel entitled to abuse, and are very skilled at manipulating their victims and shifting the blame. He also spoke about the challenges law enforcement officers face in domestic situations where they have to make acute judgments about who is telling the truth and how dangerous the situation may become.

Mcshan also talked about the victim, who is usually, but not always, female. "Battered men may be too embarrassed

to report the crime," he noted. The victim may be unwilling to prosecute the abuser, and societal pressures often keep the victim from leaving the home.

Children who witness violence at home are also victims. Often they are abused themselves, but they are also psychologically damaged, with a greater risk of violent behavior as they grow up.

Real Fear, Real Crime

Advocate Dominic Gachupin gave a presentation on stalking. "Whether you know it or not, it happens here, in our own community," he said, noting that there is a significantly higher incidence of stalking in Native American communities than in other ethnic groups in the US. He described the reasons that people stalk, adding that 81% of victims are also physically or sexually assaulted.

The evening included a National Center for Victims of Crime television clip about an Albuquerque woman who was stalked and killed by an ex-boyfriend.

"We are grateful for the strong community support for our program," said Advocate Carol Vigil. "The more we know, the more we can do to help make our community safer for everyone."

INJURY PREVENTION

Safe Walk & Roll to School Day

A total of 75 students from Jemez BIA Day School and nine from San Diego Riverside Charter School participated in the Annual Safe Walk & Roll to School Day that met at the Pueblo Church. Walatowa Head Start also dropped their students off at the church with their teachers to join the walk in support of the event.

One goal was to learn more about hazards children might encounter on their way to school, like aggressive dogs, fast drivers or slippery areas. Children and parents are encouraged to report anything that could interfere with their safety. Call the Injury Prevention Program at (575) 834-3072.

"We also want to encourage children to walk to and from school because it's healthy exercise," says Injury Prevention Program Manager Maria Benton. "The extra exercise is a great way to energize the day. And it would be great if parents join the kids so the whole family gets healthier together."



EDUCATION

Opportunities for Native American Students

A number of scholarship and education opportunities are available for high school and college students. For more information or help with applications, please contact Odessa Waquiú, Higher Education Coordinator, 575-834-9102 or e-mail to Odessa.Waquiú@jemezpueblo.org.

Native Artist Fellowships

The School for Advanced Research (SAR), Indian Arts Research Center (IARC) offers three artist-in-residence fellowships annually to advance the work of mature and emerging Native artists. Each fellowship includes a \$3,000 monthly stipend, housing, studio space, supplies allowance, and travel reimbursement to and from SAR. These fellowships provide time for artists to explore new avenues of creativity, grapple with new ideas to further advance their work, or to strengthen existing talents.

The fellowships support diverse creative disciplines including sculpture, performance, basketry, painting, print-making, digital art, mixed media, photography, pottery, writing, and film.

Artist fellows must live on the SAR campus, complete a project resulting in the creation of one or more works, and make a public presentation at the end of their fellowship. While in residence, artists can access the IARC collection of Native arts for research and study. In addition, SAR requests the donation of a single piece created during the fellowship to include in their permanent collection.

Selected artists must agree to interviews, photo session and video recordings to document their process and progress.

For more information, contact the School for Advanced Research on the Human Experience, PO Box 2188, Santa Fe, NM 87504-2188, (505) 954-7200, or go to www.sarweb.org

Stanford University

To support its commitment to diversity in its student population, Stanford University (Palo Alto, CA), is offering new financial aid initiatives for undergraduates.

Under this program, families with incomes less than \$100,000 will not pay tuition. Families with incomes less than \$60,000 will not pay tuition or contribute to the costs of room, board and other expenses. Students will be expected to contribute their earnings from work

during the summer and academic year. The program also eliminates the need for student loans.

"Well-prepared students from lower-income backgrounds are not applying to highly selective institutions at the same rates as their upper-income peers," says DeAngela Burns-Wallace, Assistant Dean of Diversity Outreach and Recruitment. "We hope this very clear message will encourage talented students from low income backgrounds to consider Stanford."

For information, contact Burns-Wallace at Montag Hall, 355 Galvez St., Stanford, CA 94305-6106, (650) 723-2091.

College Horizons 2009:

A Pre-College Workshop

June 20 - 24 Yale University, CT
June 27 - July 1 Whitman College, WA

Collaborating partners: American Indian Graduate Center, Futures for Children, Winds of Change magazine, Yale University, Whitman College, Princeton Review Foundation, the College Board and 43 of the nation's finest educational institutions.

College Horizons is a five-day "crash course" in preparing for college with expert college counselors and admission officers.

- ▲ Select colleges.
- ▲ Complete winning applications.
- ▲ Become a test-prep "whiz kid."
- ▲ Negotiate financial aid & scholarships.

Participants will be limited. Not every institution will be at both sites, so be sure to check if you have a preference.

Applicants must be Native American, Alaska Native or Native Hawaiian, **current** high school sophomores and juniors with a minimum academic GPA of 3.0.

Priority deadline is Feb. 2, 2009; second round deadline is Feb. 27, 2009.

Applications will be accepted on a space-available basis until May 1. After March 1, contact College Horizons about availability.

The \$200 program cost includes tuition, room, meals, all materials and transportation to campus from the airport. Students are responsible for their own

airfare, but funds are available. (More than half of students receive travel awards.)

Graduate Horizons 2009:

A Pre-Graduate School Program

Sat., July 18 - Tues., July 21, 2009
University of California Berkeley

This four-day "crash course" will help Native American (NA) college students, post-graduate students and alumni prepare for graduate school. Faculty, admission officers and deans will help you:

- ▲ Explore issues for NA students.
- ▲ Select programs and career pathways.
- ▲ Learn what turns an applicant into an admitted student.
- ▲ Become a test-prep "whiz kid."
- ▲ Find your way through the financial aid, scholarship and fellowship jungle.
- ▲ Complete winning applications.
- ▲ Learn graduate school survival tips.
- ▲ Meet others with similar goals.

Students will learn about a variety of programs and establish relationships with graduate school representatives that continue long after the program is over.

Prestigious programs from across the nation will participate, including American Indian Graduate Center, Arizona State University, Cornell, Harvard, Stanford, The Princeton Review Foundation, University of California-Berkeley, University of Michigan-Ann Arbor, University of New Mexico, Yale and others.

Priority deadline is Feb. 2, 2009; second round deadline is Feb. 27, 2007.

Applications will be accepted on a space-available basis until June 1 (applicants should contact the program after May 1.)

The \$175 program cost includes tuition, room, meals and transportation from the Oakland, CA airport. Students are responsible for their airfare; funds are available for assistance. (In 2008, 70 percent of students got travel awards.)

For more information about College Horizons or Graduate Horizons, contact Christine Suina, PO Box 1262, Pena Blanca, NM 87041; (505) 401-3854 or info@collegehorizons.org.

Save the Date!

Wednesdays starting Oct. 29. *Low Impact Aerobics.* 12:10 p.m. Youth Center. Bring towel and water.

Tuesday, Nov. 4. VOTE!

Tuesdays, Nov. 4, 11, 18 and 24. *Pump Up Your Passion! A course for men.* 7 - 9 p.m., Rio Rancho Inn. NM Marriages First (505) 891-1846.

Friday, Nov. 7. *Blood sugar screening.* Jemez Clinic lobby. 9 a.m. - 3 p.m.

Friday, Nov. 7. *Date and Dessert Night* with Kenn Kington. 6.30 - 9.30 p.m. Mountainside Church of Christ. NM Marriages First, (505) 891-1846.

Fridays, Nov. 14 and 21. *"Strengthen Your Relationships - Men Only!"* Youth Center. 6 - 9 p.m. Call Social Services at (575) 834-7117.

Sat., Nov. 15. *Santa Fe Indian School Bazaar.* Crafts, silent auction, concession. SFIS campus, 9 a.m. - 5 p.m. (silent auction closes at 4 p.m.) Exhibitors welcome! SFIS Parent Advisory Council (505) 989-6321.

Tuesday, Nov. 18. *Diabetes and Your Eyes.* Senior Center, 2 - 4 p.m.

Wed., Nov. 19. *What is Diabetes? Diabetes 101.* Senior Center, 6 - 8 p.m. *Self-Defense.* 7 p.m. Youth Center.

Thurs. Nov. 20. *Workplace Ergonomics.* Tribal Administration building conference room. 11 a.m.

Saturday, Nov. 22. *Premarital Education.* 9 a.m. - 5 p.m. NM Marriages First Project at (505) 891-1846.

Wed., Nov. 26. *Blood sugar screenings.* Jemez Clinic lobby; 9 a.m. - 2 p.m.

Wed., Nov. 26. *Turkey Trot Fun Run/Walk.* Jemez Plaza. Registration 3 p.m.; warm-up 3:15 p.m.; run/walk starts at 3:30 p.m.

Thursday, Nov. 27. *Thanksgiving Day bingo fund-raiser* for Walatowa Running Club. (Place TBA)



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

Your Help Wanted!

High School/College Writing and Math Tutors Needed

Minimum requirement: Bachelors' Degree

Rate of Pay: Based on experience and education

Tutors are needed as soon as possible. Please contact the Department of Education Higher Education Center at (575) 834-9102, or fax a resume and cover letter to (575) 834-7900.

You're Invited!

The Department of Education invites all tribal members to serve on the Scholarship Committee. Meetings are held the fourth Tuesday of each month. For more information, contact the Higher Education Center at (575) 834-9102.

Walatowa Running Club

The Walatowa Running Club Junior Olympics is starting its cross-country season. The first meet is the state competition **Sunday, Nov. 8** at Albuquerque Academy. The Southwest Region 10 regional meet will also be held at Albuquerque Academy on **Saturday, Nov. 15**.

Many fund-raisers are scheduled. Your support will be greatly appreciated for the fund-raisers and at the meets. Look for flyers about dates, times and locations.

If you want to donate or have any questions, please contact Mike Sando at (505) 249-1137.

Boxholder
Jemez Pueblo, NM 87024