



Red Rocks Reporter

DECEMBER 2008

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Proclamation

- WHEREAS,** Native Americans are the descendants of the aboriginal, indigenous, native people who were the original inhabitants of the United States; and
- WHEREAS,** Native Americans have volunteered to serve in the United States Armed Forces and have served with valor in all of the Nation's military actions from the Revolutionary War through the present day, and in most of those actions, more Native Americans per capita served in the Armed Forces than any other group of Americans; and
- WHEREAS,** Native Americans have made distinct and significant contributions to the United States and the rest of the world in many fields, including agriculture, medicine, music, language and art, and Native Americans have distinguished themselves as inventors, entrepreneurs, spiritual leaders, and scholars; and
- WHEREAS,** Native Americans should be recognized for their contributions to the United States as local and national leaders, artists, athletes and scholars; and
- WHEREAS,** nationwide recognition of the contributions that Native Americans have made to the fabric of American society will afford an opportunity for all Americans to demonstrate their respect and admiration of Native Americans for their important contributions to the political, cultural, and economic life of the United States; and
- WHEREAS,** nationwide recognition of the contributions that Native Americans have made to the Nation will encourage self-esteem, pride and self-awareness in Native Americans of all ages; and
- WHEREAS,** designation of the Friday following Thanksgiving of each year as Native American Heritage Day will underscore the government-to-government relationship between the United States and Native American governments; and

Continued on page 2

**TRIBAL COUNCIL**

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

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

TRIBAL ADMINISTRATOR

Vincent A. Toya, Sr.

Red Rocks Reporter**December 2008 Edition**

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Proclamation

Continued from page 1

WHEREAS, designation of Native American Heritage Day will encourage public elementary and secondary schools in the United States to enhance understanding of Native Americans by providing curricula and classroom instruction focusing on the achievements and contributions of Native Americans to the Nation.

NOW THEREFORE, the Governors of the Pueblo of Jemez, by virtue of the authority vested in us by the Supreme Council and laws of Jemez Pueblo, do hereby designate the Friday following Thanksgiving of each year as "Native American Heritage Day."

BE IT FURTHER RESOLVED, the Pueblo of Jemez will observe "Native American Heritage Day" with appropriate programs, ceremonies and activities relating to the historical status of Native American tribal governments as well as the present day status of Native Americans; the cultures, traditions, and languages of Native Americans; and the rich Native American cultural legacy that all Americans enjoy today.

Done at the Jemez Governors Office this 25th day of November, 2008.

Paul S. Chinana
 Governor

Joshua Madalena
 1st Lt. Governor

Delbert Tafoya
 2nd Lt. Governor

Letter to the Editor

To our community members,

This is in regard to the upcoming December 12th St. Guadalupe Feast day and the probable matachina dances. These dances have become well-known, both locally and internationally.

We, the people of Walatowa, are highly encouraged to participate in and observe all our traditional and cultural events. In due respect, our tribal leaders – that is, the Societies, Council, administration, moiety and members – are responsible for these and other traditional social events, which is very hard work.

My point is, should these dances be performed for only a few lucky people who are encircled around these hard-fought ring-side seats? Even the standing room only observers can't see the spectacular foot work of the dancers, especially us shorter people.

As we say, "things change." Can this be done and have people seated and observing from the designated seating around the plaza like all other events? Remember we have elders, disabled people and people who can't very well get to the house-tops, that is, the inner circle.

Thank you, all tribal members, for your consideration in this special matter. Please respect and help one another.

A Concerned Tribal Member

FROM THE GOVERNORS

Dear Tribal Members,

We want to take this opportunity to thank you for your support through a year that saw significant progress and change, as well as challenges, for our community. Our goal has been to continue to be responsive to the needs of our tribal members through Tribal Council and the tribal administration and programs.

Some of the year's notable events include:

In January, the Department of Interior denied the Pueblo's application to take land into trust for a casino in Anthony. The Governors and tribal attorneys continue to work toward resolution of this important economic initiative.

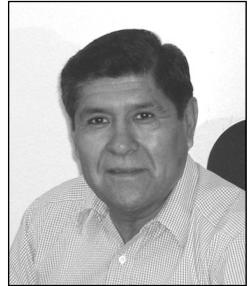
This year, the Pueblo contracted with its first pro tem judge. Judge Nicholas Mendoza brings many years of legal experience and expertise to the Pueblo of Jemez bench.

We also implemented a 4% Gross Receipt Tax, initially authorized in 1995. This minor additional fee for goods purchased at the C-store, Visitor Center and other businesses expands the tribe's economic base and supports tribal projects.

In February, the Tribal Council reestablished the two-day Posada observance over the Christmas holidays. This change returns to custom observed since the 1940s and relieves the burden on host families.

Negotiations with the Smithsonian Institution were completed to repatriate the remains of approximately 214 tribal members. The ancestral remains came home and reburial ceremonies were held on May 29.

The June primary elections saw an unprecedented number of Jemez tribal members running for public office: Benny Shendo Jr., James Roger Madalena, Joshua Madalena and Darryl Madalena. Although not all of our candidates were successful, our strong political presence is a source of pride for the whole community.



The Jemez Tribal Enrollment Membership Ordinance passed in August clarifies the status of all tribal members.

We initiated a relationship with President-elect Barack Obama and were privileged to host numerous public officials as well as representatives from across the globe, including Navajo Nation President Joe Shirley, Jr., Senator Pete Domenici, Senator-elect Tom Udall, Representative Steve Pearce, Martin Heinrich, Ben Ray Lujan, representatives from the Kellogg Foundation, a delegation of educators from African nations and others.

We want to wish you all a safe and joyous Christmas season and a happy, healthy and prosperous New Year. It has been an honor to serve you.

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



Governor Paul S. Chinana with Senator, now President-elect, Barack Obama at a recent meeting.



The Pueblo of Jemez welcomed Navajo President Joe Shirley, Jr. (second from right) to San Diego Feast Day events, marking the first visit from the head of the Navajo nation.

Election News

“Thank you to all who voted in this very successful 2008 general election,” says Peter Magdalena from the Native American Election Information Program (NAEIP). “More than 900 tribal and community members exercised their rights as citizens of this great nation. Thank you for your participation in this very important election, and for supporting your community and your people.”

Upcoming Election

Jemez Valley Public Schools will host a school board election on Feb. 3, 2009. Two positions will be on the ballot:

- District 3 Jemez Pueblo
- District 4 Zia Pueblo

Jemez community members (District 3) declaration for candidacy is Dec. 16 from 9 a.m. to 5 p.m. at the Sandoval County Clerk’s Office at the Sandoval County courthouse in Bernalillo.

- Write-in candidates Dec. 30, 2008
- Voter registration closes Jan. 6, 2009
- Absentee voting begins Jan. 9, 2009
- Absentee voting ends Jan. 30, 2009

For more information, contact Peter Magdalena at (505) 934-8826 or the Sandoval County Clerk at 1-800-898-2124.



(Photo above) First Lt. Joshua Madalena, Senator-elect Tom Udall, Governor Paul Chinana and Second Lt. Delbert Tafoya pause after a productive meeting.



(Photo left) Senator-elect Tom Udall listens as Governor Paul S. Chinana presents issues of concern to tribal members.

Senator Udall Meets With Tribal Leaders

In a meeting with Pueblo of Jemez Governors, Tribal Council members and other tribal leaders, Senator-elect Tom Udall discussed issues of importance to the tribe. The dialogue included the value of the Valles Caldera as a Jemez sacred site and the need to maintain relationships with Los Alamos National Laboratories to provide job opportunities for Jemez youth to enable them to stay near home while working. With regard to gaming issues, Congressman Udall observed that the tribe has done an excellent job working with the local community in Anthony. He added that it was unfair that the Jemez request had been “lumped in” and rejected with 30 other tribes’ requests to open casinos. The unforeseen changes in requirements and additional hurdles to the process were also noted. Tribal attorney David Yepa brought up ongoing water rights negotiations, noting that the current federal administration has participated without being very supportive.

The meeting, which occurred prior to Udall’s election to the US Senate, concluded with his promise to maintain strong working relationships with tribal leaders in his new role.

PUEBLO OF JEMEZ REQUIRED GENERAL HUNTING RULES AND REGULATIONS

Congratulations on your purchase of your Hunting permit. It is our hope that you have a safe and pleasant hunting experience in the pursuit of your big game. The following are general Rules and Regulations of the Pueblo of Jemez regarding hunting on all Jemez lands including the Jemez Land Grants of Cañada de Cochiti and the Ojo del Espiritu Santo.

1. Each hunter carrying a weapon for purposes of hunting big game is required to have a valid Pueblo of Jemez Hunting Permit in his possession.
2. Only those species as identified on the permit shall be legal to take – no exceptions.
3. Upon the successful taking of game, the hunter shall immediately tag game with the proper tag.
4. The Pueblo of Jemez transport authorization shall accompany the hunter's permit as game is being transported, through tribal and non-tribal boundaries, to the residence of the hunter.
5. Check points will be established to verify permits and bagged game.
6. Law enforcement authorities of the Pueblo of Jemez shall

enforce said hunting regulations per The Pueblo of Jemez Tribal Code Title V Wildlife Conservation Code. A Law Enforcement Official may contact or investigate a hunter bagging any game illegally.

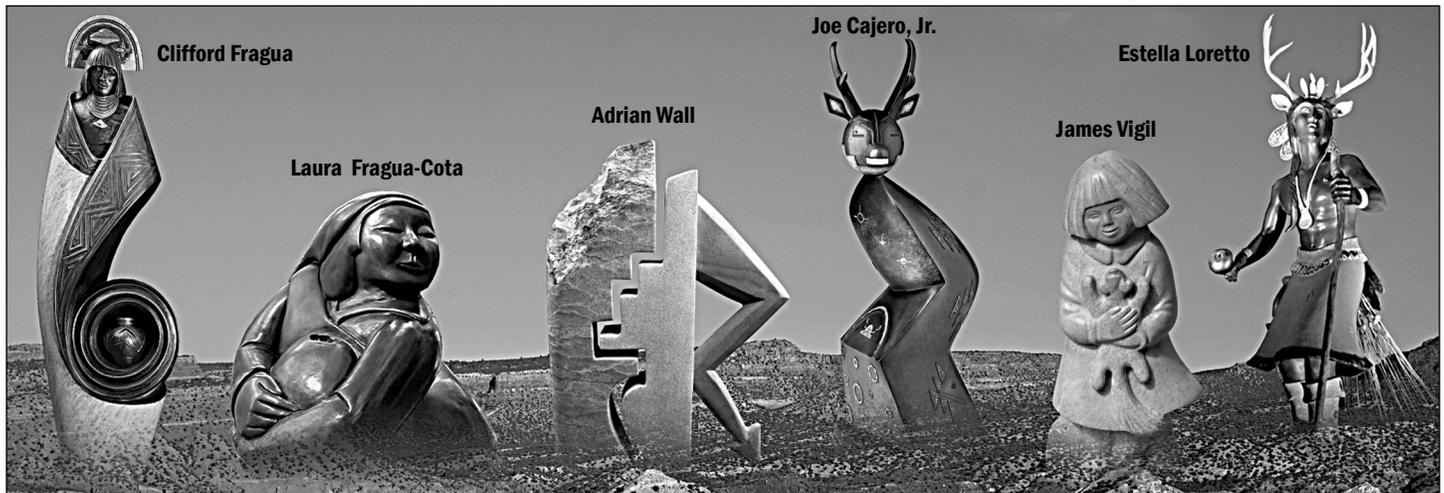
7. Hunters under 18 years of age must have a hunter's safety card to purchase a permit and carry a firearm.
8. DO NOT LITTER on tribal lands. Please respect our lands and pack out all trash.

Practice safe hunting and conservation. Any persons caught without a permit or hunting illegally will be cited in Jemez Tribal Court. Individuals suspected of poaching or illegally taking any big game animals will be investigated by law officials. It is the goal of the Pueblo of Jemez to continue this hunting tradition and privilege that our tribal member hunting societies have fostered and kept strong. This includes the continued careful conservation of game species, improving game habitat and the careful regulation of hunts so that the game species remain strong and supports our big game hunting for the present and the next generations.

Paul S. Chinana, Governor

11/25/08

Walatowa Sculptors: Shaping Our Stories



A special exhibition at the Indian Pueblo Cultural Center (IPCC) in Albuquerque features the works of six award-winning Jemez sculptors. The works of Clifford Fragua, Laura Fragua-Cota, Adrian Wall, Joe Cajero Jr., James A. Vigil and Estella Loretto have been on exhibit since September. The artists create their work in bronze, clay and stone. The show continues through Jan. 31, 2009.

"The exhibition portrays the strong connection of each artist to the ever-evolving creative process, their homeland and the spiritual

realm," says exhibit curator Amy Johnson.

"Our Walatowa Sculptors exhibition series is a rare opportunity not only to meet individual artists, but to talk with them and watch them at work," says Melanie LaBorwit, Education Coordinator.

The sculptors are giving presentations and demonstrations. You can see video interviews with the artists at the web site, www.indianpueblo.org.

For more information, call the IPCC at (505) 843-7270.

SCULPTURE DEMONSTRATIONS

Sunday, December 14
Sunday, January 11

Estella Loretto, Sculpture Demonstration, Pueblo House, 10 a.m. to 12 noon
Cliff Fragua, Sculpture Demonstration, Pueblo House 10 a.m. to 12 noon

TRIBAL ADMINISTRATION

Meeting the Community's Utilities Needs

In August, a task force was created with the mission to support tribal leaders, the Utility Board and Public Works Department (PWD) in the strategic planning and management of the Pueblo's utilities and future expansion.

The group includes Governor Paul S. Chinana, First Lt. Joshua Madalena, Second Lt. Delbert Tafoya, Tribal Administrator Vincent S. Toya, Sr., Assistant Tribal Administrator Anthony Armijo, PWD Director Leonard Loretto, PWD Office Manager Olivia Toya, members of the Jemez Utility Board, Housing Department Acting Director April Wilkinson, Harold Sando of the Realty Office, Controller Paul Gurule, water/wastewater operator Michael Loretto, water/wastewater technician Jordan Shendo, and solid waste technicians.

The team meets regularly to define issues and develop short and long-term strategies that are consistent with the Pueblo's needs and current Utilities Ordinance, as well as federal regulations and guidelines. They will then make recommendations about utility systems expansion and planning to the Governors and Tribal Council through the team leader and Utility Board Chairperson.

Working from Strength

The task force identified several strong points the community should understand, including:

- ◆ Water quality is at an historic high. In the history of the system, the water quality has never been better.
- ◆ The system complies with federal drinking water standards. Arsenic levels are below the established federal standard, which is especially significant and a considerable achievement for our small community with extremely limited resources.
- ◆ Three PWD operators are currently certified at Level 1, with certificates issued annually.
- ◆ To their credit, operators have been able to maintain the system within a limited budget.

Increasing Consumer Confidence

The group identified several strategic goals and have worked to prioritize them and develop action plans. One goal is to *increase consumer confidence*. A subcommittee is addressing issues that may lower public confidence, including:

- ◆ customers don't understand the responsibilities of operating and maintaining a community system;
- ◆ lack of appreciation for the system's current higher water quality;
- ◆ inadequate communication between PWD and the community; and
- ◆ perceived customer service.

A public education campaign to inform customers is one strategy to improve consumer confidence. The subcommittee also sees opportunities for PWD to improve consumer relations with increased visibility at community events. A suggestion/complaint process is also being investigated. Prompt responses to service calls and follow-up activity on outstanding issues will also improve consumer relations.

The group believes increasing consumer confidence will also affect other issues facing PWD and the Pueblo including:

- ◆ High delinquency rate for PWD accounts.
- ◆ Lack of penalties for not paying bills.
- ◆ Consumer complaints about water quality and service; occasional brown water, chlorine smell in water.
- ◆ Village residents' "institutional memory" of past problems.
- ◆ Bottled water is used at all levels, from tribal programs to residential users.

"The delivery of quality drinking water, safe and adequate wastewater and solid waste services remain top priorities for us as staff and tribal government. And we, as consumers and customers of the services, also need to fulfill our responsibilities," says Assistant Tribal Administrator Anthony Armijo. "We see this strategic planning as a long-term process to benefit community members. Improving the quality and efficiency of our Public Works Department affects everyone who lives in our community."

VOCATIONAL REHABILITATION

JVR Graduates Honored

Jemez Vocational Rehabilitation Program (JVR) hosted a graduation celebration on Thursday, Oct. 23, at the Senior Center to honor 28 consumers who achieved their employment outcomes and successfully closed their cases with the program in the last year. "We wish them all the best in their employment," says Sarah Michaud, Program Manager.

To learn more about the program and how it can help tribal members with disabilities reach their employment or education goals, contact JVR at (575) 834-0012.

LOOKING FOR THE PERFECT GIFT?

Jemez Vocational Rehabilitation consumers have a variety of items for sale in the program's reception area (the building is just behind the tribal administration building.) They have handmade craft items, clothing, jewelry and other items for sale. Choose some unique gifts, and help a neighbor at the same time!



UNDERSTANDING PUBLIC WORKS

HISTORY

- **Early 1960s.** Initial construction of water/wastewater infrastructure.
- **Early 1970s.** Utility fees established to pay for operations and maintenance.
- **1999.** Jemez Utility Board established by Tribal Council Resolution #99-31 to provide "oversight and administration of (Jemez) utility services."
- **2000.** Jemez Public Works Department (PWD) established to operate, maintain and develop Jemez utility services.
- **2001.** Tribal Council authorizes and adopts Utility Ordinance to regulate drinking water, wastewater and solid waste.
- **2005.** Pueblo receives \$1.4 million in federal money (EPA, IHS, USDA) to construct additional wastewater treatment facilities and extend sewer lines to previously underserved areas.
- **2007.** *Sanitary Survey of the Pueblo of Jemez Community Water, Sewer and Solid Waste Systems* conducted and completed by PWD and IHS "to take an in-depth look at all aspects of the utility systems, determine those aspects that are working well and make suggestions for areas that need improvement."
- **2008.** Jemez becomes a founding member of the Jemez Valley Domestic Water Alliance with San Ysidro and Jemez Springs. The Alliance mission is: "to provide safe, affordable drinking water services which are needed for the livelihood of our communities."
- **2008.** Sewer lines in older part of Pueblo are rehabilitated. Community wastewater facilities completed and will soon be put into operation.

CURRENT OPERATIONS

- Responsible for operation and maintenance of both Pueblo and Red Rocks water/wastewater systems.
- All operators possess Level 1 Water certification.
- **PWD 2008 annual operating budget: \$204,000.**
- **Fees.** Flat fee of \$30 per month for water, wastewater and solid waste services.
- **Number of customers:** 525 residences, 15 commercial sites.
- **Current unpaid balance for utility services: \$332,000.**

1. Water System

- **Date of initial operation:** Circa 1960-1962
- **Service population:** approx. 3,000
- **Number of connections:** approx. 525 residential; approx. 15 commercial
- **Number of sources:** two wells
- **Designed for daily production:** 241,000 gallons per day
- **Average daily usage:** 156,000 gallons per day
- **Potable water storage capacity:** 801,000 gallons
- **Type of disinfection:** Sodium hypochlorite (10%)
- **Other treatment:** Coagulation/filtration to remove iron, manganese and arsenic.

2. Wastewater System

- **Date of initial operation:** Circa 1960
- **Sewage treatment type:** Multi-cell total retention (no discharge) lagoon
- **Connections:** approx. 525 residential; 15 commercial
- **Manholes:** approx. 160
- **System Design Flow:** 100,000 gallons per day.
- **Average Daily Flow:** 115,000 gallons per day.
- **Treatment system storage capacity:** 25 acres surface area, 6.5 million cu. ft., 50 million gallons.
- **Lift (pumping) station.**

3. Solid Waste System: Jemez Transfer Station

- **Date of initial operation:** 1996
- **Waste collection process:** Self-haul
- **Disposal method:** Final disposal to Sandoval County landfill.

NEWS YOU CAN USE

Gifts on a Budget

If your gift list is growing and your budget is shrinking, you're not alone. Share these cash-friendly gift ideas with the kids, too.

- ✧ Flea markets and resale shops are great places to find special, one-of-a-kind coffee mugs or tea cups; add gourmet coffee or a box of herbal tea.
- ✧ Frame a child's artwork in an inexpensive frame from the hobby store.
- ✧ Write a special inscription inside a blank journal.
- ✧ Use a pretty jar to hold homemade cocoa mix; add a cinnamon stick or a candy cane to the ribbon.
- ✧ Collage special photos on a piece of cardboard covered with wrapping paper.
- ✧ Use ribbon to tie together some gel pens, pretty stationary or note cards, and a book of stamps.
- ✧ Everyone loves home-baked muffins, cookies or bread.
- ✧ Fill a basket with small jars of gourmet jams or mustards.
- ✧ Brighten a table with cloth napkins and napkin rings.
- ✧ Garden buffs will appreciate new gardening gloves with a plant or seeds.
- ✧ Fill a glass canister with wrapped candy.
- ✧ New dish towels and dish cloths cheer up kitchen chores.
- ✧ Fill a basket with kitchen gadgets.
- ✧ Cooks will welcome a pepper mill and fresh peppercorns.
- ✧ Pair baking pans and supplies with a favorite recipe.
- ✧ Fill in a calendar with special events and family birthdays.
- ✧ An "IOU" for household chores, a restaurant meal, or a trip to Albuquerque.

HOUSING

House Calls

New Homeowners

The Pueblo of Jemez Housing Department (POJHD) is happy to announce the completion of three new homes. The homeowners were part of an innovative one-time loan program through which tribal members with partially-completed traditional homes could apply for part grant/part loan financing to complete their existing structures.

Since the project began, four homeowners are in their new homes and paying new low-interest mortgages. Three more homeowners are to move into their homes by mid-December, bringing this program to a close.

Down Payment Assistance Program

Becoming homeowners is critically important to improve the quality of life for Jemez families. The POJHD shares the dream that all tribal members can build and own the home of their dreams. To help to accomplish this, the Pueblo of Jemez will offer a Down Payment Assistance Program for qualified tribal members beginning in 2009. This project is made possible through the Indian Community Development Block Grant (ICDBG) the Pueblo of Jemez received in 2007.

This three-part program will provide \$28,400 to 12 families to use as down payments toward the principal of their HUD Section 184 Indian Housing Loans. HUD Section 184 is a home ownership loan program for families meeting certain income criteria. Qualified applicants who meet these criteria and complete the bank's mortgage requirements will be processed on a first-come, first-served basis, subject to funding availability.

To be considered for this program, basic applicant qualifications include:

1. The primary applicant must be a Pueblo of Jemez tribal member, age 18 or older, and have a family.
2. The applicant's gross annual household income must be able to support a mortgage payment, taxes, insurance and maintenance, and:
 - a. have no less than \$15,073 per year of steady income; and
 - b. the debt-to-income ratio, including

housing cost, cannot be more than 41% of income, as determined by POJHD.

c. 30% of the applicant's income must be able to support a housing payment in the current housing market.

3. Applicants must not have any past due unpaid debts to POJHD or other tribal programs and be in good standing with the Pueblo of Jemez.
4. Applicants must participate in a POJHD-sponsored or approved home-buyer education program to learn about the home buying process and home ownership responsibilities.
5. Applicants must have a Land Assignment; lease agreements required by the Bureau of Indian Affairs must have been processed and completed.

The Pueblo of Jemez will start announcing the required home buyer education classes in January with flyers and notices in the *Red Rocks Reporter*. Applications and program requirements can be picked up at the POJHD office in January 2009.

Roofing Rehabilitation Project (RRP)

Fifty community homes will receive roofing rehabilitation starting in late December. Applicants have already been selected; most have been on the waiting list since as early as 2001. These individuals have been certified as low income and qualify for this assistance.

Congratulations to all of the recipients. Bids for this project were solicited in November.

Historic Restoration Program (HRP)

Several homes in the historic Jemez plaza have been initially selected to receive home rehabilitation. This project is made possible through ICDBG funds the Pueblo received in 2007. This grant was originally drafted to provide roof rehabilitation for 15 community homes. However, the Housing Department has determined that it can now do those projects through the RRP, making the ICDBG funds available for this important Historic Restoration Project (HRP).

The HRP will require extensive coord-

ination between HUD, the State Historic Preservation Office, and the contractor.

The selected homeowners are being recertified as low-income to qualify for assistance. Bids are expected to be solicited in late January 2009.

Public Disclosure

Addresses of the homes to receive assistance under both the HRP and the RRP are posted at the POJ Tribal Administration Building, POJ Housing Department and Jemez Comprehensive Health Center.

Housing Improvement Program

The BIA's recent notice to the POJ Governor's office about the Housing Improvement Program (HIP) states: *"It is recommended that tribes provide public notice that the HIP 'may' be funded during FY 2009, and begin accepting housing assistance applications (BIA Form 6407). Tribes are permitted to include FY 2008 applicant data in their FY 2009 summary of eligible applicant data, but must update the applicant criteria requirements."*

The POJHD is now accepting HIP applications. Successful applicants must be very low income; however, elders with disabilities are given a higher priority.

If you applied for HIP in 2008, please make an appointment with a Resident Services Counselor to update your application for 2009. Call (575) 834-0305 to get a complete application package.

Native American Direct Loan Program

POJHD is pleased to announce a Memorandum of Understanding between the Pueblo of Jemez and the US Department of Veterans Affairs (VA). This agreement allows the Pueblo to participate in the Native American Direct Loan Program (NADLP).

NADLP helps eligible Native American Veterans obtain loan financing directly from the VA. The VA will make, insure or guarantee mortgages to qualified American Indian borrowers, so veterans may borrow money to purchase, construct or improve a one- to four-family home on trust lands.

Please contact a Resident Services Counselor at (575) 834-0305 for more information.

Energy Fair: Stay Warm, Save Energy, Save Money

Tribal members and staff learned more about saving energy and saving money at Walatowa's first Energy Fair. A five-member team from Home Depot offered information, gave advice and answered questions on issues including sealing drafty doors and windows, insulating water heaters and pipes, energy-efficient lighting and more.

The Walatowa Kateri Circle served dinner to raise funds to attend the group's annual meeting. Door prizes included energy-friendly items like water-heater blankets, ceiling fans and small appliances. Attendees also received packages of compact fluorescent light (CFL) bulbs, which use less energy and can last for several years.

"Participants said they learned a lot at this successful event," says Energy Coordinator Gloria Fragua. "People are asking for more energy classes."

"Cheaper isn't always better," advised Richard Fitzpatrick. "Know how well a product works and how long it will last before you choose the cheapest model based on price alone."

"There were a lot of tribal activities at the same time, so we'd like to plan another event for those who missed this one," Gloria adds.

The Home Depot team included (left to right) "all-around pro" Richard Fitzpatrick; David Lynch, electrical department; Montaño Store Manager Shawn Morton; Michael Romero, sales manager for roofing and siding; and Andy Trabanco, lumber and building.



Energy Fair Highlights

1. Seal off any air coming into your home from outside. Caulk around doors and windows, use pre-cut foam pads in sockets on exterior walls, put plastic sheeting over windows.
2. Energy-saving CFL light bulbs now come in several versions for indoor and outdoor use. Home Depot is accepting used bulbs to recycle for safe disposal of the mercury they contain.
3. A new electric cable can keep water pipes under the house from freezing. The cable uses little electricity but works better than insulation.

Did You Know?

According to the US Environmental Protection Agency and Department of Energy, if every American home replaced just one light bulb with an ENERGY STAR qualified bulb, we would save enough energy to light more than 3 million homes for one year, more than \$600 million in annual energy costs, and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars.



HOLIDAY FIRE SAFETY

INJURY PREVENTION

Protect your family! Each year, holiday season house fires kill over 400 Americans, injure 1,650 more, and cause over \$990 million in damage.

PREVENT CHRISTMAS TREE FIRES

Live trees pose special fire hazards, and a burning tree can quickly fill a room with fire and toxic gases.

Choose Your Tree

▶ Needles on fresh trees should be green and hard to pull back from the branches; the needle should not break when bent. The trunk should be sticky.

▶ Bounce the trunk on the ground. If many needles fall off, the tree has been cut too long and is probably dried out.

Care for Your Tree

▶ Don't place your tree near a heat source, including fireplaces, radiators

or heat vents. The heat dries out the tree, and it will be more flammable.

- ▶ Don't drop cigarette ashes near a tree.
- ▶ Don't put up your live tree too early or leave it up longer than two weeks.
- ▶ Keep the tree stand filled with water.

HOLIDAY LIGHTS

▶ Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up.

▶ Don't overload electrical outlets. Don't link more than three light strands, unless the directions say it's safe.

Connect strings of lights to an extension cord before plugging it into the outlet.

- ▶ Use only lighting listed by an approved testing laboratory.
- ▶ Check the wires periodically — they should not be warm to the touch.
- ▶ Don't leave lights on unattended.

HOLIDAY DECORATIONS

- ▶ Use only nonflammable decorations. Keep them away from heaters, vents and radiators.
- ▶ Never put wrapping paper in a fireplace. It can create a very large fire, and throw off dangerous sparks and embers that may cause a chimney fire.

DENTAL CLINIC

Dental Clinic Patient Satisfaction Survey



All (100%) patients rated the overall quality of care and service as good or excellent, and 95% of patients reported they would not switch to a different dental clinic given the opportunity.

The staff of the Jemez Dental Clinic asked patients to complete surveys after their visits from Sept. 29 through Oct. 13, 2008. During that time, 160 patient visits were made to the clinic; 99 patients (62%) completed the surveys, a very high response rate.

The survey asked about access to care (wait time to get an appointment; ease of getting emergency care or referrals); customer service (wait times, staff keeping patients informed of wait times, staff making patient comfortable during the appointment, staff courtesy and friendliness); quality of care (initial check-ups and procedures, explanations, reminders about timely preventative services, educational materials, pain control); overall quality of care and service; patient's preference to go elsewhere, given the opportunity; and patient comments.

Forty-two patients included comments. Favorable comments included: "Good staff..." "Keep drilling, keep smiling!"... "It's always a pleasure 'given the circumstances' to visit the office. Thank you for the friendly and professional treatment!"... "Keep up the good work" ... "Dental Assistants very informative and friendly." ... "I appreciate the fast, courteous and friendly care I got."... "I have had excellent care with the current staff"... "I actually am not scared to visit the dentist!"... "It's very nice to have people who really care about your health care."... "Everyone's very friendly." ... "Very good care, good patient teaching and recommendations! Very thorough!"

Some neutral comments included "Why can't we get all our dental needs in one day? It's hard to keep coming back and having to take off work."... "Has it been looked into having an orthodontist here at this site? Would be great."

"Overall, the results and comments are very positive, indicating high quality of care and service," says Penny Ott, Executive Director for Clinical Services. "We have an opportunity for improvement in

keeping patients informed of delays and we are keeping track of how long patients have to wait for appointments."

Congratulations to the Dental Clinic staff for their ongoing commitment to quality patient care.

SURVEY HIGHLIGHTS

One hundred percent of patients rated the following as good or excellent: explanation of treatment received; quality of the treatment or procedure; explanation of the need for a referral; explanation of ways to keep their mouths healthy.

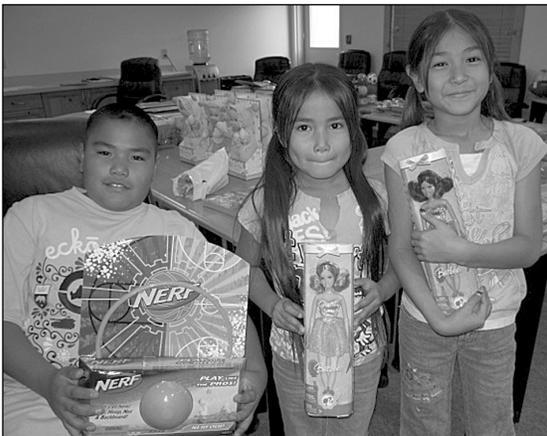
How our patients rated:

Quality of initial check-up:	Excellent or Good: 98%
Ease of getting care:	Excellent or Good: 95%
Ease of care in an emergency:	Excellent or Good: 95%
Staff's efforts to make visits comfortable and pleasant:	Excellent or Good: 100%
Friendliness and courtesy of receptionist and other front desk staff:	Excellent or Good: 97%
Reminders or encouragement to use timely preventative services:	Excellent or Good: 99%
Availability of educational materials:	Excellent or Good: 97%
Wait less than 15 minutes after arriving for appointments:	97%
Wait for an urgent appointment:	Can come the same day or the next day: 84%

Where We Can Improve

Only 62% of patients reported that staff keeps them informed of delays.

**If it's been six months or more since your last visit to the Jemez Dental Clinic, make an appointment today!
Call (575) 834-7388.**



Halloween Candy Exchange

The Jemez Dental Clinic Halloween Candy Exchange was a big success again this year. "We had over 50 children exchange more than 150 pounds of candy for healthy snacks, dental health items, games and toys," says Steven Wire, DDS, Dental Clinic Manager. The project was made possible by a grant from Native American Professional Parent Resources, Inc. and Albuquerque Area Dental Support Center.

The collected candy was donated to the Blue Star Mothers to include in packages that will be sent to deployed American troops overseas.

Joey, Aleia and Johannah Shendo show off new toys and games they traded for their Halloween candy at the Dental Clinic's Annual Candy Exchange.

HEALTH & HUMAN SERVICES

An Ounce of **PREVENTION**

The common cold is caused by many different viruses. That's why no vaccine can protect against colds. But to help prevent getting sick, everyone in your family should:

- ☑ try to stay away from anyone who has a cold. Viruses can travel up to 12 feet through the air when someone coughs or sneezes.
- ☑ try to stay away from anyone who smokes; secondhand smoke can make your child more likely to get sick.
- ☑ wash hands thoroughly and frequently, especially after wiping a runny nose.
- ☑ cover noses and mouths when coughing or sneezing. Don't spread germs by sneezing or coughing into your hands; use a shirtsleeve when there's no tissue handy.
- ☑ avoid using the same towels or eating utensils as someone who has a cold. You also shouldn't drink from the same glass, can or bottle as anyone else – you never know who is coming down with a cold and already spreading the virus.
- ☑ avoid picking up other people's used tissues; adults who must collect tissues should wash their hands thoroughly afterwards.

When to Call the Clinic

Most of the time, plenty of rest, avoiding vigorous activity, and drinking lots of fluids (juice, water and noncaffeinated beverages, not soda) will help your child feel better while on the mend from winter ailments. But when your child has any of the following symptoms, it's best to visit a health care provider at the Jemez Health Clinic. If you want your child to see the pediatrician Dr. Green, please make an appointment by calling (575) 834-7413.

Visit the Jemez Health Clinic if your child's symptoms include:

- ▶ Coughing with a lot of mucus.
- ▶ Breathing problems or shortness of breath.
- ▶ Unusual tiredness or listlessness.
- ▶ Inability to keep down food or liquids.
- ▶ A severe headache or pain in the face or throat.
- ▶ Extremely painful sore throat that makes it hard to swallow.
- ▶ Fever of 103° F or higher, or a fever of 101° F or higher that lasts for more than one day.
- ▶ Chest or stomach pain.
- ▶ Swollen glands (lymph nodes) in the neck
- ▶ Earache.

**Jemez Health Clinic is Proud of Its Certified Providers**

"Your physicians and providers at the Clinic all work hard to keep up to date with the latest treatments in medicine so we can keep the people of Jemez healthy," says Dr. Darrow, JHHS Medical Director.

When you come to the Jemez Health Clinic for health care, you can be sure you are getting care from providers who have the highest levels of certification. Providers are certified in their fields only after extensive additional education that continues yearly.

"Just because a physician or physician assistant has a license to practice doesn't always mean that he or she is properly certified," explains Medical Director Gregory Darrow, MD.

The Jemez Clinic Provider Team

Gregory Darrow, MD, has been certified by the American Board of Family Medicine continuously from 1978 through 2013. (Since certificates last for

seven years, this means he has recertified five times.) As part of this process, he must compile at least 300 hours of postgraduate medical education every six years and complete other educational materials required by the specialty board. Dr. Darrow is also a Fellow of the American Academy of Family Physicians, an honorary degree that recognizes his interest and participation in special educational programs and teaching.

Paul Gooris, PA-C, is certified by the National Commission on Certification of Physician Assistants. Paul recertified in 2008, again demonstrating his commitment to excellence in patient care. Mr. Gooris recertifies every five years and must complete 100 hours of continuing

medical education every two years; 50 hours must be in Category I activities, the "gold standard" for medical education.

Dawn Dozhier, PA-C, is a recent graduate of the University of New Mexico Physician Assistant Program. She is also certified by the NCCPA and must complete 100 hours of continuing medical education every two years. Ms. Dozhier also will be required to take her recertification exam at the end of her first five years of practice.

Dr. Darrow adds that physicians working at the Jemez Health Clinic through the University of New Mexico are all either certified in their specialties or working toward that certification if they are still resident physicians.

JEMEZ HEALTH CLINIC

SOCIAL WORK

OPEN ACCESS UPDATE

As of Nov. 1, Jemez Health Clinic medical patients no longer need to make appointments to see most health care providers for medical care. The change makes it easier and faster to get care, and reduces wait times. So far, the change has been very successful.

“Before changing to the new system, patients’ average wait time was 24 minutes,” says Medical Director Gregory Darrow, MD. “Since the change, the average wait time is down to 16 minutes, a really significant improvement.”

Patients still need to make appointments for some services:

- ❖ for children to see Dr. Green, pediatrician.
- ❖ 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.

BEHAVIORAL HEALTH

Shhh ... Quiet Please!

When you visit the Behavioral Health area at the Jemez Comprehensive Health Center, you may notice something missing: noise. A new “white noise” system masks sounds in the hallway and offices.

“This new system ensures confidentiality and brings patients’ privacy protection to a higher level,” says Behavioral Health Program Manager Elba True.

Administrative Assistant Corrie Madalena did a lot of research before choosing the new system, a Sonet Advanced Sound-Making System installed by IM & T’s Bruce Shije and Matthew Gachupin. The system works by broadcasting a sound that overrides other noises. According to the manufacturer, the white noise not only protects privacy, but also reduces stress and distractions for staff members.

“I really like it,” Corrie says. “It’s very calming. And you’re not distracted by sounds out in the hall or in the offices. Before, you couldn’t hear any actual conversations, but you could hear that people were speaking.”

HOLIDAY STRESS GETTING YOU DOWN?

You can get help at the Behavioral Health Program. Call (575) 834-7258 to make an appointment.

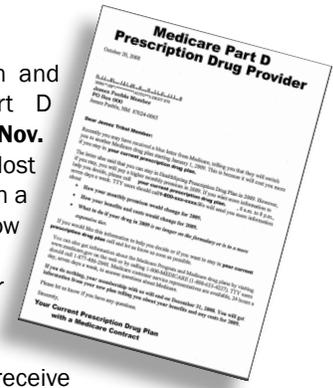
All calls are strictly confidential.

About Your Benefits

Medicare Part D Enrollment

The open season for enrolling in and making changes to Medicare Part D (prescription drug benefits) began **Nov. 15 and continues through Dec. 31**. Most Jemez community members enrolled in a plan should be paying either a very low premium or no premium at all.

Please be aware that your provider may change your coverage or co-pays at this time. If you are already enrolled in a Medicare Part D plan, you should receive a letter that describes any changes for 2009. **You may choose a different plan, but you must make the change before Dec. 31.**



If you have any questions, please bring the letter you receive to Lisa Maves or Thelma Shendo. They can help you choose a plan that is best for your needs.

Remember: If you want to make changes to your plan, you must do so by Dec. 31; if you do not make changes now, you must stay with the same plan for the entire year.

For detailed information about the Medicare program and Medicare drug plans, you can go to www.medicare.gov or phone 1-800-MEDICARE (1-800-733-4227.) TTY users should phone 1-877-486-2048. Medicare customer service representatives are available 24 hours a day, seven days a week, to answer your questions about Medicare.

Health Care Bills

Are you receiving bills for your prescription drug plan that you shouldn’t be getting? If you need help with a problem like this, please bring the bill to the Medical Social Work Department as soon as you get the first one. Please don’t wait! It’s necessary to address these problems as soon as possible so the bill does not get extremely high or end up in collections.

The “don’t wait” message also extends to hospital bills, especially if you have Medicaid and/or Medicare and nothing has been paid by your insurance. There is a time limit on when a provider can bill for services and still get paid.

If you need help resolving problems with prescription, hospital or medical bills, please bring them to the Medical Social Work Department. For IHS payment questions, please see your Contract Health Services representative.

Your Social Security Benefits

In December, Social Security sends out award letters that state individual benefits for the following year. In 2009, beneficiaries will see a 5.8% increase in their benefits.

You must keep these award letters where you can find them easily. You will need them throughout the year to apply for various benefits such as LIHEAP (Low Income Heating and Energy Assistance Program) and Medicaid.

If you have any questions, please contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.

PUBLIC HEALTH

Diabetes Program Hosts Classes

In honor of National Diabetes Awareness Month in November, JHHS Public Health Diabetes Program hosted lectures, screenings and educational sessions for community members.

About Your Kidneys

IHS dietician Theresa Kuracina, RD, gave a presentation about maintaining healthy kidneys. Kidneys have several critical functions she said; they filter sugar from the blood, control blood pressure, balance salt and water in the body, manufacture a protein the body uses to make new red blood cells, and keep bones strong by activating vitamin D from sunlight. But when kidneys have too much sugar to process, proteins leak from delicate blood vessels, much like an old coffee filter starts to leak in time.

When kidneys are damaged, patients can't control blood sugar and blood pressure, and may then have swelling (edema) in legs, ankles and around the eyes, may become anemic because they don't produce new red blood cells, and have itchy skin and more fragile bones because they aren't converting vitamin D.

Ms. Kuracina explained that people usually have no symptoms in the early stages of kidney damage. "Get the necessary lab tests done at least every year or as your provider prescribes," she warns. "You may not notice any problems until you have advanced kidney disease, which can be fatal."

Eye Care Essentials

Optometrist Kazuko K. Puro, OD, showed compelling video interviews with patients who had lost their sight from complications of diabetes. "A lot of men don't get checked," one now-blind patient said. "If I had known then what I know now, I would have been able to save my sight."

Dr. Puro explained that excess sugar damages blood ves-

sels, and the smallest veins and arteries are the most vulnerable. "Those are in the kidneys, fingers and toes, and eyes," she said.

She explained the different types of damage diabetic patients' eyes may show, including distortion in the lens, mild leaking of blood vessels in the retina (the area at the back of the eye that processes vision,) and eventual bleeding into the eye. "Surgery can't repair the damage," she said. "Surgery just tries to prevent more damage." Patients with diabetes also are more prone to develop cataracts (cloudy areas in the lens) and glaucoma, a disease that creates pressure in the eyes and damages nerves.

Stressing the need for regular eye exams, Dr. Puro noted that eye doctors often see signs of diabetes before patients are aware of symptoms, and when intervention can still save their sight. "You must have your eyes dilated so the optometrist can see more of your eyes' internal condition," she advised.

THE "ABCS" OF SELF-CARE

Stay in control of your health! Get tested regularly, know your numbers, and take action to keep levels in check.

- A A1c (hemoglobin)** test measures average blood sugar over the previous three months. "This number is much more accurate than a simple blood sugar test that shows your current blood sugar level after your most recent meal," Dr. Puro says.
- B Blood pressure.** Keeping blood pressure at 130/80 or less is essential to maintaining overall health, whether or not you have diabetes.
- C Cholesterol.** A person with high cholesterol levels is at significantly greater risk developing complications from diabetes, especially heart and vascular disease.

JHHS Public Health Diabetes Program offers frequent free screenings throughout the community. For more information, or to get the lab tests you need, see a provider at the Jemez Health Clinic or call Public Health Nurse Kristyn Yepa at (575) 834-7207.

Christmas Angels

SOCIAL SERVICES

Jemez Social Services is introducing the Walatowa Caring Tree Project. Through early December, miniature Christmas trees will be set up in the Jemez Comprehensive Health Center lobby and at the tribal administration reception area. Each Christmas angel has a child's age and gender on the back. The 55 angels represent children who are clients currently being served through the Social Services program.

You are invited to take an angel from the tree and purchase presents for that child. When you take an angel, sign it out on the log out sheet next to the tree. Please bring your gift (unwrapped please) to the Jemez Social Services office by Monday, Dec. 15, along with the angel.

This project will benefit children in our community. Look out for the trees and make a child happy this Christmas! If you have any questions, call Jemez Social Services at (575) 834-7117.



SOCIAL SERVICES

101 Ways to PREVENT Domestic Violence

By Carol Vigil, Family Advocate

- Respect others.
- Think before you speak or act.
- **Treat others the way you want to be treated.**
- *Solve all arguments peacefully.*
- Count to 10.
- **Don't be a bully.**
- Avoid bullies.
- Be nice.
- **Talk, don't hit.**
- *Tell an adult if someone is violent.*
- **Learn to compromise.**
- No put-downs.
- **Stay away from drugs.**
- Never touch a gun.
- Report any weapons you find.
- **Don't do bad things just because others do.**
- *Know emergency numbers in your community.*
- Learn to say how you feel.
- Value other cultures.
- **DON'T PLAY VIOLENT VIDEO GAMES.**
- **Get enough sleep so you aren't grouchy.**
- Don't say mean things about others.
- **IF COUNTING TO 10 DOESN'T HELP, COUNT TO 20.**
- Don't join a gang.
- Try 10 deep breaths to calm down.
- Avoid violent people.
- **Be a good listener.**
- Practice what to do in urgent situations.
- Avoid watching violent TV shows.
- **BE POLITE.**
- Choose nonviolent friends.
- Volunteer.
- **Don't go anywhere with someone you don't know and trust.**
- Follow good role models.
- Report crimes or suspected crimes.
- **Use safe routes wherever you go.**
- Don't go anywhere alone.
- **If someone tries to abuse you, get away fast and tell a trusted adult.**
- Become a peacemaker.
- *Be willing to forgive.*
- **Say "I'm sorry" when you're wrong.**
- Share with others.
- **Leave situations that make you uneasy.**
- Honor your parents.
- Remember it's okay to say "no."
- **Ask for help if needed.**
- Be a good sport.
- Be trustworthy.
- **DO GOOD DEEDS.**
- Tell the truth.
- **Learn to accept yourself.**
- Be kind.
- Return anything you find.
- Give compliments often.
- **Keep promises.**
- Make anti-violence posters.
- Don't hang around kids who use drugs.
- **IF COUNTING TO 20 DOESN'T HELP, COUNT TO 50.**
- Don't tease others.
- Be a good friend.
- **Treat people fairly.**
- Be kind to animals.
- Obey the law.
- Cooperate.
- **Walk away from trouble.**
- Don't call others names.
- **SHAKE HANDS AND MAKE UP.**
- Don't open the door to anyone you don't know and trust.
- *Think positively.*
- Join marches for peace.
- Don't skip school.
- **Avoid dangerous places.**
- Give credit where due.
- Don't pick fights.
- Say no to violent movies.
- **Accept responsibilities.**
- Do what makes you proud.
- *If you can't solve a problem with someone, let a peacemaker help you work things out.*
- Join a team or club.
- Avoid violent Internet sites.
- Think about what got you mad so you can avoid it next time.
- **Never carry a weapon.**
- Set positive goals.
- Put yourself in the other person's place.
- *Enjoy the differences in people.*
- Don't be a show-off.
- **COOL DOWN BY DOING SOMETHING YOU ENJOY.**
- **Give a little...or a lot.**
- Share your feelings with your parents.
- *Get counseling if needed to control anger.*
- Report anyone who threatens violence.
- Be the best you can be.
- **THINK OUT YOUR CHOICES CAREFULLY.**
- Take pride in the safe choices you make.
- Follow rules.
- **Talk out your anger with people you trust.**
- Look for the beauty in life.
- **If counting to 50 doesn't help, count to 100.**
- Encourage everyone to help prevent violence.
- Respect yourself.
- *Remember: We can all do our part for a peaceful world.*

Resource: Pueblo of San Felipe,
Domestic Violence Program

The Women's Support Group continues to meet regularly. The December meetings will be Tuesday, Dec. 11 and Tuesday, 23 at the Social Services building. All ladies are welcome to join at any time. Call (575) 834-7117 for information.

BE A CIRT VOLUNTEER!

A New Year is just around the corner and the Social Services Domestic Violence Program is still looking for volunteers for the Community Intervention Response Team (CIRT.)

If anyone (male or female) is interested in helping our community as a CIRT volunteer, please contact the Jemez Social Services Program at (575) 834-7117.

WHAT IS ABUSE?

Domestic abuse takes many forms. Abusive partners use some or all of these tactics to exert and maintain control over their partners in intimate and/or dependent relationships. If you need help, or if you know of someone who needs help, contact the Jemez Social Services Domestic Violence Program at (575) 834-7117.

All calls are strictly confidential.

Economic Abuse

Preventing you from working, controlling all assets, interfering with education, requiring you to support her or him, using your credit cards without permission.

Coercion and Threats

Threatening to harm you, family or friends, or him/herself.

Intimidation

Making you afraid, abusing pets, displaying weapons, using tactics to reinforce control.

Isolation

Controlling what you do or who you talk to, limiting your activities, using jealousy to control you, tracking your location.

Minimizing, Denying, Blaming

Denying or making light of the abuse, accusing you of abuse, shifting responsibility, saying you "deserve" the abuse.

Emotional Abuse

Putting you down, verbal abuse, playing "mind games," humiliating you.

Entitlement

Treating you as inferior, demanding that the abuser's needs always come first, making all decisions.

Using Children

Threats or actions to take children, using children to relay messages, threats to harm or harming children.

REDEFINING CHILD DISCIPLINE

by Jimmy Zimberg

1. *Discipline is about teaching a child self-discipline*, a skill that is essential to most every aspect of life. It's about teaching a child responsibility and consequences for his or her actions.
2. *Discipline is never about taking out one's own anger or frustrations on a child*, or about causing suffering or embarrassment, or about showing your power through force. If you are getting overwhelmed, take a walk, call a friend.
3. Because even as adults, our own emotions can be volatile and consequently hurtful, *discipline must be balanced with kindness*. Take charge in a firm but fair way. Let your child know that you will not tolerate certain behaviors and attitudes, and that – for children as well as adults – choices have consequences.
4. *Keep your credibility*: be consistent and follow through.
5. *Set a good example* by living the behavior you expect from your children. For example, if you expect them not to use foul language, then you must follow the same rules as well.
6. *Do not put down, insult or embarrass your children*. Let them know that they acted badly, but they are not bad. Let them know they have the power to choose to act properly.
7. While not every decision you make needs be explained, *explanations will help your child* learn to think about and apply his or her own skills of discernment and self-discipline.

*Love, Respect and Protect
Our Walatowa Children*

8. *Catch your child being good!* Encourage and reinforce good behavior.

9. *When your child slips up*, say "I'm disappointed because I know you are smart and know better. I believe in you... let's work on correcting this."
10. *Try it!* The next time you must discipline your child, first stop and think: *What is the most effective approach I can take to teach a lasting lesson without causing resentment or ill-feelings?*

Parenting is not easy. Children – like adults – make mistakes, wrong decisions, and often test adults and themselves. The more we see ourselves as educators in the process, as coaches much more than critics, the more effective our efforts will be to raise capable, responsible children.

If you have any questions or concerns, feel free to stop by the Jemez Social Services Program or call (575) 834-7117.



**This time of year can be very busy and stressful.
Do you need someone to talk to? Social Services
Program staff are here to support you and just give
you some time to take care of yourself.**

**If you have any questions,
contact Carol Vigil at (575) 834-7117.**

EDUCATION

39th Annual NIEA Convention

Crossroads: Pulling Together Our Indigenous Knowledge

It was a week of “firsts” for students, teachers and Education Department staff members at the National Indian Education Association’s (NIEA) 39th Annual convention in October: first airplane flight...first boat ride... first trip to a big metropolitan area ...first time giving a presentation to a large audience...

Education Department Director Kevin Shendo, Janice Tosa, Outreach Coordinator, James Madalena, Education Assistant, Louie Torrez, Early College Coordinator, and Frances Strain, Special Education Teacher, accompanied students Byron Yepa (Jemez Valley High School senior), Luwanna Candelario (Santa Fe Indian School senior), and Walatowa High Charter School seniors Alynna Salas and Marcelino Bacca to the convention in Seattle, WA.

“I was amazed at how big the city was and how many people were walking around,” Byron says.

Marcelino, Louie Torrez, and James Madalena presented “Community Engagement, Experiential Education and Best Practices in Native Charter Schools.” The discussion focused on the benefits of charter schools, their unique educational approaches, experimentation, what has worked, what needs improvement, and the resources needed for future success.

At their presentation “We Know Our Communities Best: A Discussion of How Two Sovereign Nations Joined Forces to Manage Title VII Funding,” Kevin, Janice and Sarah Pino from Zia Pueblo discussed the unique collaboration between the Pueblos of Jemez and Zia in using US Department of Education Title VII funds to create a support system for tribal students. “There were lots of questions about how to implement similar programs in their own communities,” Janice says.

“Just seeing other students embracing their own cultures made them more proud of their own heritage.”

Janice Tosa

The presentation “Because Your Kupuna (Elder) Said So,” focused on how Hawaiians are using their elders to encourage education for the younger generation. “The outcome has been very

positive, with students seeing a more traditional side of their culture and education compared to a contemporary societal-



Enjoying the evening' (left to right) Kevin Shendo, Janice Tosa, Byron Yepa, Frances Strain, Marcelino Bacca, Alynna Salas, James Madalena, Jr.

Photos by James Madalena, Jr.

based format,” Madalena reports. “Students grasp the environmental issues that impact their people and how to fix those issues. They also learn traditional ceremonies that open their eyes to concepts [important to] educators and environmentalists.” In an exercise making paper Hawai’ian shirts, James wrote, “Love what you do and you will never have to work a day.”

Byron spent some time learning more about the Gates Millennium Scholarship. “They talked about the application and what should be on it,” he says. “I learned tips and hints on how to get accepted for the scholarship.”

Ferry to Kiana Lodge

School buses took the group to the docks for a ferry ride to the Suquamish Indian Reservation’s Kiana Lodge. “This was my first time in any kind of boat. Seagulls followed us everywhere,” James says. “Crossing Elliott Bay and seeing downtown Seattle from a distance brought a whole new perspective on the trip.”

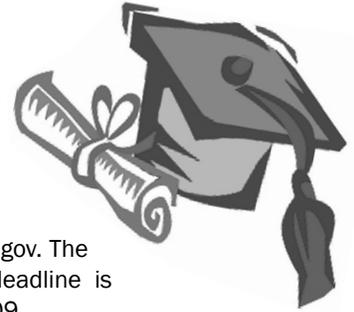
“I learned about other kids, how they get through school where they live. The Suquamish tribe has a unique culture that is alive today,” Byron adds.

“The speakers talked about change, motivating students to open their eyes and pursue bigger dreams that would benefit their people and all Native Americans,” James recalls. “We felt a sense of unity, like we were all on the same page and had the same urgency that some kind of change is imminent ... [They]



Continued on page 17

Financial Help for Native Students



Natural Resource Studies

The Intertribal Timber Council (ITC) is offering scholarship opportunities for Native American students who want to pursue degrees in natural resources studies. This field includes:

Environmental conservation: understanding environmental and resource problems and how to solve them.

Environmental sciences: an interdisciplinary field concerned with the interaction of biological, chemical and physical processes that shape the natural environment.

Forestry: manage forests, protect wildlife, care for forest recreation areas, and improve water resources.

Wildlife ecology: manage traditional game species, work with non-game and endangered species, and understand the social and political aspects of wildlife resources.

The Truman D. Picard Scholarship Program supports Native American students pursuing higher education and has cooperative financial aid agreements with the University of Washington and Salish Kootenai College.

A \$2,000 scholarship will be awarded to college students. Graduating senior high school students are eligible for a \$1,500 scholarship. The number of awards varies

each year.

The ITC must receive applications by 5 p.m. on Jan. 30, 2009. For more information, go to www.itcnet.org, e-mail itc1@teleport.com or fax to (503) 282-1274.

Morris K. Udall Foundation

The Morris K. Udall Foundation Native American Congressional Internship Program seeks undergraduate, graduate and law students. This ten-week internship is based in Washington, D.C. Students are placed in Congressional offices, committees or select agencies to experience an insider's view of the federal government and learn more about the federal government's trust relationships with tribes. The Foundation provides round-trip airfare, housing, *per diem* allowance and a \$1,200 educational stipend. The Foundation must receive applications by Jan. 30, 2009.

The Morris K. Udall Scholarship Program awards 80 \$5,000 merit-based scholarships for college sophomores and juniors seeking careers in tribal health, tribal public policy or the environment. Scholarship recipients participate in a five-day orientation in Tucson, AZ, to learn more about tribal and environmental issues. Applications must be submitted through a Udall Faculty Representative at the student's college or university. Find more information about Faculty Representatives

at www.udall.gov. The application deadline is March 3, 2009.

For more information about these opportunities, go to www.udall.gov.

Albuquerque Community Foundation

Albuquerque Community Foundation has 12 Scholarship and financial aid programs to help New Mexico students continue their college educations. They offer programs for Native American students and youth in foster care, students living in mobile homes, as well as financial aid for those who do not receive enough federal financial aid to cover their expenses. Application deadline is March 3, 2009.

All application information, including eligibility and deadlines for each program, is on the Foundation's web site at www.albuquerquefoundation.org. The web site also features articles on searching for assistance and how to apply and links to other helpful scholarship web sites.

All applicants must have been New Mexico residents for at least one year and attend a U.S. post-secondary, accredited, not-for-profit educational institution.

For more information, contact Freida A. Trujillo, Resource Counselor, Albuquerque Public Schools, Health/Mental Health Services, at (505) 855-9830.

For details about these and other financial aid opportunities, as well as the application process and requirements, contact Higher Education Coordinator Odessa Waqui at the Pueblo of Jemez Education Department, (575) 834-9102.

NIEA Convention

Continued from page 16

encouraged students and educators to continue pressure for positive change and education in our communities and schools so our dreams can be realized."

Sherman Alexie

Author and activist Sherman Alexie gave the keynote address on Saturday. "No one knew quite what to expect. Alexie is known for the humor in his books, but also for the seriousness of his poetry," James says. "We knew we were in for some very inspirational – and very funny – words."

Madalena also attended the Summit on High School Reform, where presenters raised some intriguing issues about

the struggles to improve public schools.

"The panelists agreed that the infrastructures of both public schools and charter schools need to be fixed," he says. "They thought that negligence regarding the public school system has crippled the educational progress of all students."

Students and staff members agreed the convention was inspirational and very valuable, as well as a lot of fun.

"I learned about other tribes and cultures and met new people," says Byron.

"Just seeing other students embracing their own cultures made them more proud of their own heritage," Janice concludes.

NEWSMAKERS

Weaving Old and New Traditions

"I was thrilled," says Martha Chosa about the \$7,000 winning bid for her weaving "Visionary" at the Tribal Libraries Fund-raiser event in October. "I felt so rich, knowing my piece raised so much money for the libraries!" The piece was the highest priced item sold at the auction. "I was pretty nervous about setting the minimum bid as high as I did, but it worked out. Two people got into a bidding war for it!"

After learning about the event from an article in *The Red Rocks Reporter*, Martha created the wall hanging as a gesture of appreciation for the Pueblo of Jemez Education Department. Their scholarship support enabled her to earn a degree in fiber arts from Northern New Mexico Community College in Espanola and El Rito, where she was honored on the Dean's List, the Honor Society and induction into Phi Theta Kappa. "I never missed a day!" she says.

The Department then donated the piece to the Tribal Libraries event. All proceeds from the auction went to support tribal libraries.

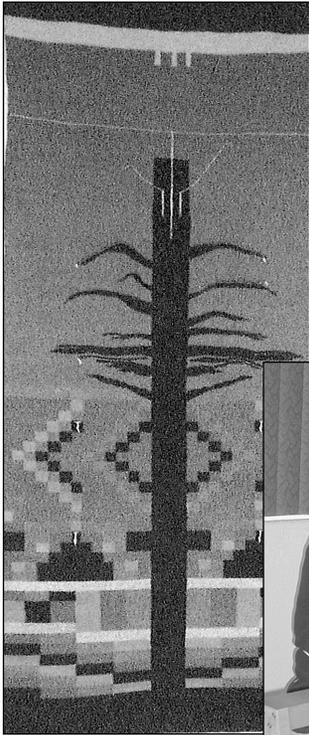
Martha follows the weavers' tradition of her mother, Lupe Chosa. "I started weaving traditional sashes," Martha says. "But I want to explore other forms of weaving." Quoting a mentor, she says her motto is "Don't make it boring."

In describing the images in "Visionary," she says the design evolved as the weaving progressed. "I had a design in my head, but the weaving has a mind of its own," she says. In her artist's statement, Martha explains: "Contained in this piece are the libraries' bookcases where children make their beginning and progress upwards toward future accomplishments

the way the corn grows. Determination, energy and passion, with protection, allows the request of success to be given."

"The corn symbolizes our strength," Martha says, adding that fluffs of wool represent the corn pollen as three-dimensional. "Everyone gets blessings as the corn pollen flutters down from the energy of the sun at the top."

With her work in collections from Washington, DC to Hawai'i, Martha is making room for a 60" Rio Grande rug loom in her home studio. The larger loom will expand her options for future creative exploration.



(Above) *Visionary*, contemporary traditional tapestry, wool, 32" x 72"



(Above right) Martha Chosa works at one of the multi-harness floor looms at her home studio.

Jemez Paramedic Earns Medal of Valor

New Mexico National Guard Sgt. Brian Bowling was part of a five-member helicopter crew who received the New Mexico Medal of Honor. The award was given at a ceremony at the New Mexico National Guard Aviation Unit's facility in Santa Fe on Oct. 23. Sgt. Bowling is a part-time paramedic with Pueblo of Jemez Emergency Medical Services.

The Guardsman earned the honor for the rescue of an active-duty soldier who fell about 200 feet while climbing in the Franklin Mountains near El Paso. The crew pulled the soldier from a canyon and flew him to William Beaumont Army Medical Center's emergency room at Fort Bliss. The soldier sustained serious injuries but was expected to recover.

Maj. Gen. Kenny Montoya, the head of the NM National Guard, thanked the rescue team for their "selfless service" in making "a life-saving rescue that exemplified the warrior ethos."

The New Mexico Medal of Valor "is a big deal," said Tom Koch, National Guard spokesman. "It's a medal of distinction." The

NM Medal of Valor had not been awarded for the last nine years.

The rescue operation required the helicopter to descend into the canyon, with only 10 to 20 feet between the chopper's rotors and two vertical ridges. Then, as the injured soldier was lifted to the hovering helicopter, a line stabilizing the litter caught on a rock and broke. The Guardsmen secured the litter and got the injured soldier to the hospital in just a few minutes.

"Brian is an intelligent young man who really cares about his patients," says Dave Ryan, Emergency Medical Services Director. "He strives to be the best paramedic and provide great pre-hospital care for the Jemez Pueblo and surrounding communities."

Some information from an article by Bob Quick in the Santa Fe New Mexican



NEWSMAKERS

Wilma Toledo Honored for Lifetime Achievement

The New Mexico Academy of Physician Assistants (NMAPA) honored Wilma Toledo with a Lifetime Achievement Award in September. The award recognizes her consistent adherence to the highest principles of physician assistant practice over a significant professional lifetime. The Academy has recently decided to rename the award as the Gerald Ross, PAC, Lifetime Achievement Award to honor the late "Medic" Ross, who retired from JHHS in 2006 after 32 years of service to the Jemez community.

Mrs. Toledo has been active with the NMAPA as well as the American Academy of Physician Assistants, and other health-related and educational organizations. Wilma served as president of NMAPA in 1990 and received their Distinguished Fellow Award in 1999. She also served on the AAPA Minority Affairs committee.

Before retiring after 31 years with the Department of Health and Human Services, she specialized in foot care for patients with diabetes at IHS clinics in the Albuquerque Service Unit. She continues contract work with the clinics at Zia and Santa Ana and the Albuquerque Indian Health Center.

"Diet is important in helping diabetics get better control of their sugar levels," Wilma advises. "We emphasize exercise, which has been part of traditional Native American life. We also recommend going back to the traditional diet with less fat and less sugar."

A graduate of the University of New Mexico and the IHS Physician Assistant Program, she currently volunteers to facilitate a problem-based tutorial for the UNM Physician Assistant program. The Program's Director, Nikki Katalanos, PhD, noted Wilma's "many years of dedication to the future of health care in New Mexico [who] serves as an example for us all." Her colleagues at the IHS Albuquerque Service Unit also awarded her a Certificate of Accomplishment on Oct. 2.

Wilma is the daughter of Mr. and Mrs. Jose Rey Toledo.

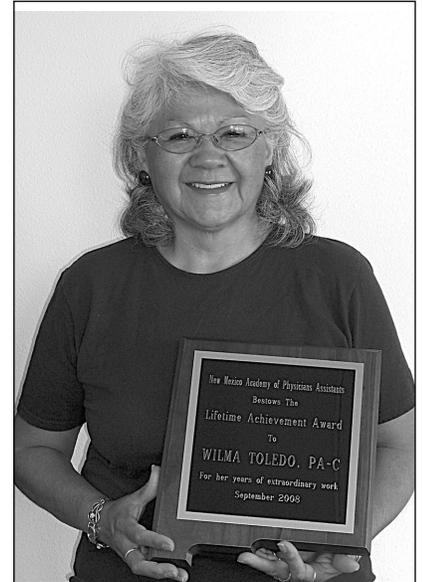
"My dad was an inspiration," she says of her father's career as a health educator. The late Mr. Toledo, who earned a Masters' in Public Health from the University of California at Berkeley at the age of 50, emphasized education to all his children. "He placed us on a journey of lifelong learning."

Wilma "climbed the health career ladder," starting as a laboratory/X-ray technician, then moving on to medical technology before she was encouraged to apply to the IHS Physician Assistant program.

Wilma says the best part of her career has been working with different native tribes. "You really get involved with your patients' health," she says. "In the process of getting to know their health, you get to know their families and who they really are. You build trust."

Still working to improve the lives of others, Ms. Toledo is involved with Jemez Helping Hands and was instrumental in the formation and operation of the Jemez Valley Education Foundation, where she serves as public relations chair. She serves on the Sandoval County Health Alliance Council and the Student Health Advisory Committee for the school-based health center at the Jemez Valley Public Schools.

"I encourage young people to consider careers as physician assistants and start preparing for it," Wilma advises. "It's a very honorable, rewarding profession, and we need more Native American PAs."



Thank you...



We, the family of Rebecca Coonsis, wish to take this time to thank our extended family, friends and the community for everyone's time, your kind words of sympathy, your generous donations, and your friendship with the loss of our Mother. To our Aunts Eva, Helen, Martha and Lillian, your presence and support are more precious than words can express. To our spouses and significant others, thank you for the shoulders you offered for us to cry on; you gave us a crutch to hold onto in our moment of weakness and for that we will be forever grateful. To our children and grandchildren, thank you for your countless hugs which we depend on daily to lift our spirits and help us reach for another day. May the Great Spirits guide and protect you and your families in your daily lives.

Respectfully,

Gregory Gachupin, Mary Cathy Sabado, Virgil Gachupin, Leslie Baca and Davin Coonsis

Save the Date!

Adult Co-Ed Volleyball. Mondays, 6 p.m. Youth Center.

Pee-Wee Basketball. Wednesdays, 6 p.m. Youth Center.

Men's Basketball League. 5:45 – 10 p.m. Youth Center.

Friday, Dec. 5. Blood Pressure Screening. 11:30 a.m. Senior Center.

Saturday, Dec. 13. Luminaria Tour, Jemez State Monument.

5 - 9 p.m. 1,500 luminarias, Jemez Pueblo dancers, contemporary flute music by Jimmy Shendo, free horse-drawn wagon rides from Jemez Springs Park. Volunteers needed to help set up. Call the Monument at (575) 829-3530.

Sunday, Dec. 14. Estella Loretto, Sculpture Demonstration, Indian Pueblo Cultural Center, 10 a.m. to 12 noon.

Monday, Dec. 15. Christmas Angels gifts due at the Social Services Building.

Wednesday, Dec. 17. Holiday Health Screening. JHHS lobby.

Friday, Dec. 19. Blood Pressure Screening. 11:30 a.m. Senior Center.

Saturday, Dec. 20. Santa Fun Run/Walk. 9 a.m.

Sunday, Jan. 11, 2009. Cliff Fragua, Sculpture Demonstration, Indian Pueblo Cultural Center, 10 a.m. to 12 noon.

LIHEAP Applications

The Low Income Heating and Energy Assistance Program (LIHEAP) helps low-income families with heating and energy costs. You can get an application and more information from Gloria Fragua at the Senior Center Tuesdays, Wednesdays and Thursdays from 1 – 5 p.m.

Call Gloria at (575) 834-3102 if you have any questions.



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