



Red Rocks Reporter

FEBRUARY 2014

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Jemez Historic Site Launches Elders in Residence Program

By Matthew J. Barbour, Manager, Jemez Historic Site

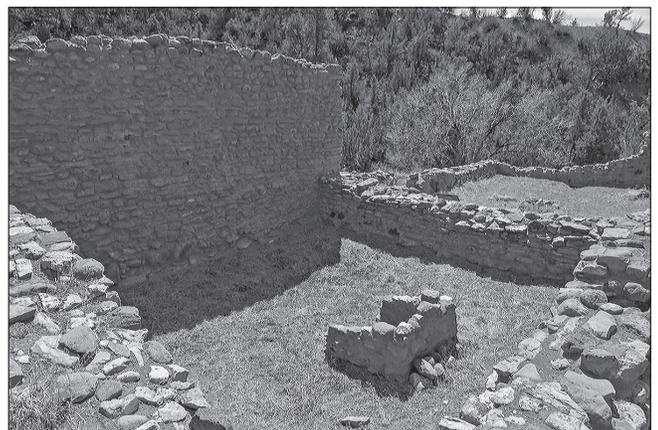
In December, Jemez Historic Site was awarded a Small Historic Preservation Grant from the New Mexico Historic Preservation Division to help fund in its 2014 Elders in Residence Program. This new program seeks to connect Jemez tribal members with the ancestral Jemez Village of Giusewa located at Jemez Historic Site in Jemez Springs. The proposed project is expected to continue over the course of six weeks, tentatively set between June 4 and July 14, 2014. The project will include six tribal members who come to the site for one week each.

Jemez Historic Site protects and interprets the archaeological remains of Giusewa Pueblo and San José de los Jemez Mission. The site, designated LA 679, was first opened to the public in 1935. It was listed on the New Mexico State Register of Cultural Properties on March 20, 1969, and the National Register of Historic Places on March 14, 1973. On Oct. 16, 2012, it was designated a National Historic Landmark. The site contains a small museum and interpretive trail which explores the history of the Jemez People and the impacts of the arrival of the Franciscan Missionaries in the seventeenth century.

The primary objective of the Elders in Residence Program is to offer a Native American voice in the interpretation and preservation of the Jemez Historic Site while fostering a variety of public education opportunities that are available to all site visitors. During each elder's visit, he or she will provide tours to the general public, offering a Jemez voice in the interpretation of the ruins. Each will be encouraged to share stories and personal feelings about the site, their culture, and the region in general, which will then be recorded for posterity by Jemez Historic Site staff. These tours and lectures will be advertised in local newspapers and national magazines.

The program will also serve as an opportunity to educate tribal members and Jemez Historic Site staff. When not giving presentations, the elders in residence will have the chance to observe and provide feedback on the general management of Jemez Historic Site. This dialogue is intended to facilitate an open discussion about the ongoing preservation, maintenance and interpretation of this nationally recognized treasure.

The funds provided by the New Mexico Historic Preservation Division Small Historic Preservation Grant will be used to provide Jemez tribal members who participate in the program with an honorarium for their time and service to Jemez Historic Site. More information on this program will be published as implementation plans progress.



17th century San José de los Jemez Mission room converted into a kiva.

Photo by Matt Barbour.



PUEBLO OF JEMEZ

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Vincent A. Toya, Sr.

Red Rocks Reporter

February 2014 Edition

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

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FROM THE GOVERNORS

Community Notices

Volunteers Needed

The Governors are seeking volunteers to serve on advisory committees to address various issues within the community, such as cultural preservation, US Forest Service site stewardship, and concerns about the Valles Caldera National Preserve. These committees will provide continuity and support to the Governors and Tribal Administration. Please include information about your education and experience when you apply. For more information, contact Lynn Toledo or Jaime Loretto at Tribal Administration, (575) 834-7359, or by e-mail to Lynn.Toledo@jemezpuablo.org or Jaime.Loretto@jemezpuablo.org.

Community's Help Needed for Ditch Repairs

The Natural Resources Department has been working to repair the irrigation ditch system since severe storms heavily damaged much of the system last year. NRD is working hard to ready the ditch system before Ditch Day. To make this process more efficient, the Governors ask all community members to remove fences, walls, personal possessions, trash and other objects from the 16 foot right-of-way that exists on **both sides** of the East, Pecos and West (upper and lower) ditches. The 16 foot right-of-way is measured from the center of the ditch out to both sides to a distance of 16 feet. This right-of-way on both sides of the ditches makes it easier to bring in heavy equipment to clean the ditches before Ditch Day; allows cement trucks to access areas where repairs to the concrete liner and siphons are needed; keeps trees and plants from growing between the liner and the soil, and creates community space along the ditches for recreation. **Please note that NRD will not be able to relocate your fence or wall, although they are authorized by the Governors to remove it to gain access for ditch repairs.**

ATTENTION MALE TRIBAL MEMBERS: DITCH WORK MARCH 14- 15

Participation in morning prayers at the headgates is mandatory before reporting to your section.

All able-bodied men age 18 and over are required to participate in this community obligation, whether or not they or their families engage in agricultural activities. Youngsters are invited to participate on Saturday to learn about our community traditions.

SENIOR CENTER

LIHEAP is Back!

Low Income Home Energy Assistance Program

Do you need help paying for propane, electricity or wood? LIHEAP is available to help qualified, low-income households pay for a portion of their primary home heating costs. To qualify for home energy assistance you will need:

- Proof of income for the past 30 days for employed adult household members who are no longer in high school.
- For people who are unemployed, a letter of unemployment signed by the unemployed individual and/or unemployment benefits award letter.
- Award letters from Social Security, Veterans Administration, retirement plans, pension, etc., and any other proof of income.
- Self-Employed: Signed statements or letters supporting self-employment status and income earned for each month for the last 90 days.
- Students: A school schedule for the current semester for college students.
- Social Security cards for all household members.

Applications must be complete to be considered. Applications will be accepted starting Jan. 27 until all LIHEAP funds are spent.

Apply Monday through Thursday from 9 a.m. to 12 noon and 1 to 3 p.m. at the Jemez Senior Citizens Center. For more information or if you have questions, contact Kathleen Sando, Program Manager, or Monica Toya, Administrative Assistant, Monday through Friday 8 a.m. to 5 p.m. at (575) 834-9168.

INJURY PREVENTION

Injury Prevention Program: Protecting Our Community

Antonio Blue Eyes has joined the Injury Prevention Program team as an Injury Prevention Technician. He will work with Marlon Gachupin, Public Safety Technician, on several projects in our community.

Home Safety Assessments

The program is conducting a home safety assessment for an elder who was referred by the clinic social worker. This patient is having mobility issues at home. The staff surveyed all walking areas to ensure that there are no potential fall risks. A grab bar was placed on a door frame to help prevent tripping. Grab bars were placed in the bath/shower and toilet area.

During the Home Safety Assessment, information on fall prevention is provided. Increased exercise to improve mobility, better lighting, removing throw and area rugs, medication checks and vision checks are all factors that can prevent falls. The Injury Prevention Program also collaborates with the Housing Department to install handicapped-accessible ramps.

In 2011-2012, the Jemez Health Clinic saw 80 patients for fall injuries; 18 of these patients were age 55 or over. In 2012-2013, 106 patients were seen for fall injuries; 14 were elderly.

Smoke Alarms

Safe Sleep installs smoke alarms in the homes of Walatowa Head Start students. The parents or homeowners receive information on why and where the smoke alarm is to be installed. The family works on a fire escape plan and designates an escape site during this session. The students receive fire safety education

at the school and at home. Call (575) 834-1001 to schedule an appointment.

Ride Safe

Ride Safe installs booster seats in vehicles that transport Walatowa Head Start students. Students and parents are educated about the importance of using the child restraints to children safe. Head Start Parents should go to the Injury Prevention office with their child to get their new booster seats.

In 2011-2012, rate of child restraint use was 39% and the rate for adult seat belt use was 64% in Jemez Pueblo. Currently, child restraint use rate has climbed to 71% and the seat belt use rate is 86%. This welcome increase in safety is thanks to the Jemez Police Department for enforcing tribal Traffic Codes.

Pet Management

The Jemez Injury Prevention Program has finalized the new contract with Coronado Animal Hospital for pets to be spayed or neutered. Vaccinations are also administered at a low cost.

Please note! Jemez still has a one dog per household policy and animals must be spayed or neutered. The community is still experiencing an overpopulation of unwanted pets. It is essential that all pet owners have their animals fixed to address this growing problem. Large numbers of dogs again roaming village; frightening and possibly dangerous, especially for children.

If you observe travelers abandoning pets on Highway. 4 try to record their license plate numbers and report them to the Jemez Police Department.

Welcome Mat



Marty Hatathlie has taken the helm at the Pueblo of Jemez Housing Department. The Window Rock, AZ, native brings more than 20 years of experience in all aspects of providing housing in Native American communities, including administration, management and construction. He has also headed tribal economic development programs. Marty will focus on implementing the existing one-year strategic plan and developing five-year and ten-year plans for the community.

"Housing is a critical issue here," Marty observes. "There is a lot of land, but not a lot of land suitable for building homes." He aims to bring stability to the department and create a strategic planning group that includes representatives from various other Pueblo of Jemez departments. He also plans to develop classes for tribal members that will cover how to manage credit, mortgage applications and other issues related to home ownership.

Jeri Loretto has joined Tribal Administration as the new Grants and Contracts Officer. She will oversee all contracts between the Pueblo of Jemez and any outside entities. "Ensuring that all

contracts are complete and correct protects the Pueblo of Jemez and protects our contractor/vendors, from caterers to construction engineers," Jeri explains. She is also responsible for oversight of the grant funding process, from applications through reporting requirements.

Jeri holds both Bachelor and Master degrees in economics, and worked for the City of Albuquerque for 25 years, starting as a planner and graduating to division manager for Behavioral Health Services. She has also written numerous successful grants for the Pueblo of Jemez, including obtaining funding for the Senior Center, the Community Resource Center and other critical projects.

Beverly Scott is the new accounts payable clerk in the Finance Department. Originally from Page, AZ, she earned her associates' degree in accounting and business administration at Southwest Indian Polytechnic Institute (SIPI.) Two of her sons, Jacob and Caleb Casiquito, attend San Diego Riverside Charter School. "I am really grateful for the opportunity to work here at the pueblo," Beverly says.



PUBLIC WORKS

COMMUNITY UTILITY RATES INCREASE

Tribal Council has approved and implemented a rate increase for utilities usage in the community. This rate increase is necessary to help defray the costs of providing water, sewer and waste site services to the community. The Public Works Department has been operating at a financial loss for a number of years, and this financial situation must be addressed by the whole community.

Please be aware that all utility bills are due monthly. Failure to pay assessed fees will result in utility shut-offs until bills are paid.

Payments can be made at the Finance Department at the tribal Administration building. Tribal employees can also arrange for payroll deductions. If you need to arrange a payment schedule to fit your budget, contact the Public Works Department at (575) 834-7942.

UTILITY RATE INCREASE

DESCRIPTION	PREVIOUS RATE	NEW RATE
Residential (6.3% increase)	\$40	\$42.50
Small Commercial (25% increase)	\$70	\$87.50
Medium Commercial (25% increase)	\$100	\$125.00
Large Commercial (25% increase)	\$150	\$187.50
X-Large Commercial (25% increase)	\$200	\$250.00

UTILITY FEE SCHEDULE

DESCRIPTION	FEE
Illegal Tap Fee For Each Type (Water And Sewer)	\$500
Connection Fee: New Service Connections (For Instance, IHS Scattered Housing)	\$500
Connection Fee: Transfer Service (Account In Good Standing)	\$250
<i>New Service Connection Transfers: Waivers Available on Approval</i>	
Portable Meter Usage Fee; Commercial. Installed At Fire Hydrant For Temporary Commercial Use	\$150
Reconnection Fee. Fee For Shut-Off Reconnection Due To Non-Payment	\$25
Potable Water Per 1,000 Gallons; Commercial Use. Rate For Water Usage, Potable Water, Commercial Only	\$50
Non-Potable Water Per 1,000 Gallons; Commercial Use. Rate For Water Usage Of Non-Potable Water, Commercial Only	\$20

SENIOR CENTER UPDATES

Submitted by Kathleen Sando, Senior Center Program Manager

With spring fast approaching, the Senior Center staff are in the planning stages for all senior activities at the center. They are also in collaboration with the Sandoval County Senior Games organization.

The Senior Center mission is to promote the well-being of all elders with a quality program that provides nutritious meals daily and gives elders opportunities to optimize their physical health by promoting healthy physical activities. If you are interested, you are encouraged to visit the center, which is equipped with exercise machines to help you prepare for any sporting event you're interested in or for **any** exercise regimen.

It is strongly recommended that you visit the Jemez Health Clinic for a medical check-up prior to competing or even starting an exercise program.

Dave Gachupin and Monica Toya are Senior Center certified trainers and are available to help you become familiar with the exercise equipment or assist you in your training plans. Walking/exercising and aerobics groups meet twice a week. "Come join us!" says Kathleen.

Pharmacy Notice

**Please bring your most recent insurance card to the Pharmacy so your medication profile can be updated.
Thank you!**

SOCIAL SERVICES

Women's Support Group

Meetings will be held on Thursday, February 13 and Thursday, Feb. 27 from 6 to 8 p.m. at Social Services conference room. If you have any questions, you may contact Carol Vigil at (575) 834-7117.

Volunteers Needed!

The Community Intervention Response Team (CIRT) is seeking volunteers. If you are interested or have any questions, please contact Carol Vigil at (575) 834-7117.

MEDICAL SOCIAL WORK

Enrolling for Health Insurance: Avoid The Penalty!

Submitted by Lisa Maves, Medial Social Work

Starting Jan. 1, 2014, all Americans must either have some form of health insurance coverage or apply for an exemption to avoid financial penalties in 2015. These penalties will be *the greater of* \$95 for every adult and \$47.50 for every child, or 1 percent of your annual household income during the first year. This rate triples the following year and then doubles again two years later. While the penalties won't be assessed until 2015, the government begins calculating them for each month in 2014 that individuals do not have health insurance, so the time to act is *now*.

Why You Should Have Health Insurance

Having health insurance is good for you, your family and the Jemez community as a whole. First, it provides you with more healthcare provider choices. You can continue to visit your local IHS medical clinic, and gives you more options to go to outside clinics, hospitals and medical providers. If you have insurance and prefer to get care within our tribal community, the Jemez Health Clinic can bill the insurance company for services provided to you. That money then comes back into the community to expand healthcare services or help cover those who might not be eligible for insurance.

How to Enroll

The Affordable Care Act (or Obamacare,) provides two ways for people to enroll for health insurance:

1. **Expanding Medicaid Eligibility.** Medicaid is now available to low income adults (below 138% of Federal Poverty

Level,) whether or not they are disabled or have children under age 18. Many community members are already enjoying the benefits of coverage under the new adult category, but *many more who are eligible have not taken advantage of this opportunity for free health care coverage!*

2. **Health Insurance Exchange.** If your income is too high to qualify for Medicaid, you may be eligible to enroll in private health insurance through an on-line marketplace known as the Health Insurance Exchange or "The Marketplace."

Native Americans whose income is below 400% of the Federal Poverty Level (see chart) may qualify for premium tax credits through the Exchange, which can result in very low monthly premiums or no premiums at all.

The JHHS Benefits and Social Work Department will be mailing *yellow* reminder cards to community members who may be missing the opportunity to enroll in low-cost or no-cost health insurance. If you or someone you know receives one of these cards, please call Thelma Shendo at 834-3040 or Lisa Maves at 834-3059 to schedule an appointment. You can also come in to the clinic to see them about your specific insurance needs. If you prefer, you can enroll online at www.healthcare.gov or www.bewellnm.com for the Health Insurance Exchange and www.yesnm.com to enroll in Medicaid.

If you are an adult who does not have health insurance coverage, please ACT NOW to make sure you and your family have the extra protection available to you and to avoid future financial penalties for not having health insurance coverage.

Health Insurance Tax Credits: Income Guidelines for Native Americans

Household Size	100%	133%	138%	150%	200%	300%	400%
1	\$11,490	\$15,282	\$15,857	\$17,235	\$22,980	\$34,470	\$45,960
2	15,510	20,628	21,404	23,265	31,020	46,530	62,040
3	19,530	25,975	26,952	29,295	39,060	58,590	78,120
4	23,550	31,322	32,499	35,325	47,100	70,650	94,200
5	27,570	36,668	38,047	41,355	55,140	82,710	110,280
6	31,590	42,015	43,595	47,385	63,180	94,770	126,360
7	35,610	47,361	49,142	53,415	71,220	106,830	142,440
8	39,630	52,708	54,690	59,445	79,260	118,890	158,520
<i>For each additional person, add</i>							
	\$4,020	\$5,347	5,547	\$6,030	\$8,040	\$12,060	\$16,080

PUBLIC HEALTH

Is It a Cold or Is It The Flu?

Submitted by Anna M. Gomez, RN, School Nurse and Bob Morgan RN, Public Health Nurse

Flu season is here and spreading throughout the nation. The Jemez Health Clinic has seen a number of patients. At press time, there have been several fatalities in New Mexico, and dozens more nationwide. If you have not received your flu vaccination yet this season, you should get one now. A flu vaccine is the best way to protect yourself and the people around you from influenza and it's potentially serious complications.

Influenza (the flu) is an infection of the nose, throat and lungs caused by the influenza virus. There are many different influenza viruses that are constantly changing. Every year they cause illness, hospital visits and deaths in the United States.

The Centers for Disease and Control Prevention says this season's flu vaccine will protect against the influenza viruses that research indicates will be the most common. This includes influenza A (H1N1), H3N2 virus, and influenza B viruses.

How effective is the flu shot?

The flu vaccine does not work the same for everyone, but it's still the best way to help prevent the flu. The flu vaccine works best among healthy adults and older children. The ability of a flu vaccine to protect a person depends on the individual's age and health, and the "match" between the viruses or virus in the vaccine and those in circulation. Older people and those with chronic illnesses might develop less immunity than healthy individuals, but it still provides some protection.

HAND WASHING 101

Bacteria and viruses on hands can be reduced. One method is to wash your hands with regular soap and water; this will reduce the number of bacteria on your hands somewhat, but not as much as the second method, using an antiseptic alcohol-based hand rub. If your hands are very soiled, the best hand hygiene is to use both methods: wash with warm water and soap for 20 seconds followed with alcohol-based rub for 15 seconds.

Protect yourself during flu and cold season by using both methods. The recommendation for health providers is to clean hands before and after contact. Using an alcohol hand rub before touching equipment is also recommended. Improvements in hand hygiene have reduced the rate of hospital acquired infection rates from 16.9% to 9.9%.

Hand Hygiene

Always wash your hands:

- ◆ After using the rest room.
- ◆ Before, during and after preparing food, especially raw meat or sea food.
- ◆ Before inserting your contact lenses.
- ◆ After touching animals.
- ◆ After diaper changes.
- ◆ Before or after caring for someone who is sick.
- ◆ After blowing your nose.
- ◆ Any time hands are soiled.

IS IT A COLD OR THE FLU? HOW TO KNOW

SYMPTOMS	COLD	FLU
Fever	rarely	high (102°-104°) lasts 3 to 4 days
Headache	rarely	common
Aches & pains	slight	yes, often severe
Weakness	mild	yes, can last 2-3 weeks
Stuffy nose	common	sometimes
Sore throat	common	sometimes
Prevention	none	annual vaccination
Treatment	over-the-counter medications	antiviral medication, see your doctor
Complications	sinus and ear infections	bronchitis, pneumonia, can be life-threatening

In addition to your yearly flu shot, protect yourself by:

- ◆ Sneezing and coughing into elbows, not hands.
- ◆ Washing hands often with soap and water or use hand sanitizer.
- ◆ Avoid touching your eyes, nose and mouth.
- ◆ Keep yourself and your family healthy! Stay away from people who are sick. **If you are sick, stay at home.**

Resources: Seasonal Influenza Centers For Disease Control & Prevention, Jan. 2014; www.cdc.gov/flu; The World Health Organization (WHO)



Photo by Cornell Magdalena.

Flu shots are available at the Jemez Health Center on a walk-in basis. Contact the Public Health Program or the Jemez Health Clinic for more information.

PUBLIC HEALTH

February Is American Heart Month

Submitted by Vernon Tosa, Lifestyle & Health Educator

As we work toward creating healthier habits, one of the most important muscles we must exercise is our heart! Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood surging through your body. Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. Any damage to the heart or its valves can reduce that pumping power, forcing the heart to work harder just to keep up with the body's demand for blood.

In general, exercising every other day will help you start a regular aerobic exercise schedule. The American Heart Association recommends at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of both moderate and vigorous activity.) To start, you could gradually work up to an aerobic session of at least 30 minutes a day, five times a week. This is an easy goal to achieve. However, you will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

Many physical activities move your body and burn calories, from climbing stairs to playing sports. Aerobic exercises benefit your heart, such as walking, jogging, swimming or biking. Strength and stretching exercises are best for overall

stamina and flexibility. The more exercise you can do, the better for your fitness, but any amount of exercise is beneficial to your health and much healthier than not exercising at all.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

Getting Started

Every exercise session should include a warm-up, a conditioning phase, and a cool-down.

Warm-up: This helps your body adjust slowly from rest to exercise. A warm-up reduces the stress on your heart and muscles, slowly increases your breathing, circulation (heart rate) and body temperature. The best warm-up includes dynamic stretching (as compared to the "touch your toes" stretches you did in high school) and beginning the activity at a low intensity level.

Conditioning: This follows the warm-up. During the conditioning phase, the benefits of exercise are gained and calories are burned. If you experience chest pain, significant breathlessness,

or dizziness, you should stop exercising and let your doctor know about your symptoms.

Cool-down: This is the last phase of your exercise session. It allows your body to gradually recover from the conditioning phase. Your heart rate and blood pressure will return to near resting values. Cool-down does not mean sit down. In fact, do not sit, stand still or lie down right after exercise. This may cause you to feel dizzy or light-headed or have heart palpitations (fluttering in your chest.) The best cool-down is to slowly decrease the intensity of your activity.

Life's Simple 7

Life's Simple 7 focuses on the seven factors and behaviors that have the biggest impact on your heart health, both on their own and taken together. They are:

- Lose excess weight and maintain healthy weight.
- Eat healthier.
- Get active.
- Manage blood pressure.
- Reduce blood sugar.
- Stop smoking.
- Control cholesterol.

Sources:
 American Heart Association, www.heart.org;
 Centers for Disease Control, www.cdc.gov;
 Group Lifestyle Balance Book, Session 20:
 Heart Health



Cupid Run

5K AND 1-MILE FITT RUN/WALK

Thursday, February 13
 Registration: 3:30 p.m.
 Run/Walk: 4 p.m.
 Pueblo Church



MoGro in Jemez!

JEMEZ SENIOR CENTER PARKING LOT
 TUESDAYS, 10 A.M. TO 7 P.M.

Stop by for groceries, fresh fruits & vegetables, quality meat selection, and dry goods...

Come to YOUR MoGro Store and save money, eat healthy and live better!

For more information, call the JHHS Public Health Program at (575) 834-7207.



PUBLIC HEALTH

DISCIPLINING YOUR CHILDREN

Submitted by Anna M. Gomez, RN, School Nurse

How do you keep the baby from playing with the DVD player? How do you handle a temper tantrum from your preschooler? What's the best way to get a teenager to respect your authority?

No matter the age of your child, the most important factor is to be **consistent** with discipline. If children learn that they can get away with disobeying your rules some of the time, they will try to.

**Babies and Toddlers**

Babies and toddlers are naturally curious, so it's best to just avoid temptations. Dangerous items, such as electronic equipment, cleaning supplies and medications, should be kept out of their reach. When your crawling baby or toddler heads towards an unfavorable or dangerous object, say "No" and remove the object or the child. It's best to provide a safe alternative immediately.

An effective form of discipline for toddlers is the time-out. Establish a suitable time-out place that's free of distractions and will force your child to think about how he or she has behaved. For example, a child who has been hitting, biting or throwing things should be told why the behavior is unacceptable and taken to a designated area for a couple of minutes. Because of their short attention span, longer time-outs are not effective. Experts suggest one minute for each

year of age is a good rule of thumb (for instance, three minutes for a three-year-old.) Others recommend using the time-out until the child calms down (to teach self-control.)

As your child grows and begins to understand the connection between actions and consequences, make sure that the rules of your family's home are clear. The earlier parents establish the standard that *"We set the rules and you're expected to follow or accept the consequences,"* the better for everyone. It's important for parents to decide what the rules are, then reinforce them. Remember, getting sent to your room doesn't have much impact if a computer, TV or video games are in there.

Although it's sometimes easier for parents to ignore bad behavior or not follow through on some threatened punishment, this sets a bad example. Consistency is vital for effective discipline.

Try to explain to your child what you expect of them *before* you punish them for a certain behavior. For example, the first time your three-year-old decorates the living room wall with crayon, explain why that's not allowed and what will happen if they do it again. Your child should have to help clean the wall and have their crayons taken away for a certain period of time. If the wall gets decorated again, give them a reminder that crayons are for paper only and then enforce the consequences.

It's important to tell children what the right thing to do is, not just to say what the wrong thing is. For example, instead of saying *"Don't jump on the furniture,"* try *"Please sit on the couch and put your feet on the floor."*

Rewards Are Important

Make it clear which behaviors will be punished, but don't forget to reward good behavior. Your praise can have very positive and rewarding effects. Discipline is not only about punishing bad behavior, but also recognizing good behavior. For example, telling your child, *"I'm proud of you when you share your toys"* is usually more effective than punishing a child for the opposite behavior. Be specific when praising your child. It's not enough to just say, *"Good job!"*

Harsh punishment and unkind words are never good discipline techniques. Children feel like you don't like them.

If your child continues an unacceptable behavior no matter what you do, try making a chart with a box for each day of the week. Decide how many times your child can misbehave before a punishment kicks in or how long good behavior must be displayed before it is rewarded. Post the chart on the refrigerator and then track the good and bad behaviors every day. This will give you and your child something to measure. Once this begins to work, praise your child for learning to behave and for overcoming any stubborn problem. Rewards and consequences should be given daily. Again, consistency is the key to seeing positive results.

Remember, don't make unrealistic threats of punishment such as, *"Slam that door again and you'll be grounded for a month!"* Huge punishments take away your power as a parent. If you ground your child for a month, he or she may not feel motivated to change the behav-

PUBLIC HEALTH

Disciplining Your Children

Continued from page 6

ior because everything has already been taken away. Also, not following through on a punishment can weaken all of your threats. If you threaten to turn the car around and go home if the arguing in the back seat doesn't stop, make sure you do it. The credibility you'll gain is more valuable than a lost day at the park.

Older Children

Pre-teens and teenagers can be disciplined with natural consequences. As they mature and request more independence, let them know that with independence comes more responsibility. Teaching them to deal with the consequences of their behavior is an effective and appropriate method of discipline. For example, if your fifth grader's homework isn't finished by bedtime, you should not make them stay up and do it or lend a hand yourself. You will miss an opportunity to teach a life lesson: if homework is incomplete, a bad grade is the consequence. This prepares them for handle larger problems as adults. It's natural for parents to want to keep their children from harm, but, in the long run, they do them a favor by letting them fail sometimes.

Just as with the young child who needs you to set a bedtime and enforce it, teenagers need boundaries too. Establish rules about homework, friends, curfew and dating. Discuss these rules with your teen beforehand so there won't be any misunderstanding. Write them down and have your teen sign it with you. Your teen will probably moan and complain from time to time, but will learn that you're in control. Teens need and *want* boundaries set for their lives. They learn that it's the way to obtain more freedom and responsibility. When your teen does break a rule, taking away some privileges is appropriate, but remember to discuss why coming home after curfew is unacceptable and worrisome.

It's important to give teenagers control over some things, such as their choice of clothes, hairstyle and the condition of their rooms. It limits the number of power struggles between you and helps them respect the decisions you have made. It's also important to focus on positive behavior. Your teen is not too old to be recognized for good behavior.

Remember, disciplining your child is

not a bad thing. It prepares your child to be a responsible adult. They must learn that there are always rules to follow in life. Remind your children that you teach them because you love them and care about what happens to them. Children love to please their parents if they feel loved by them.

Resource: Disciplining Your Child, Health Kids, 8 Jan. 2014 KidsHealth.org



February is Children's Dental Health Month
Take your kids to the dentist.

Make an appointment for your family today!

Jemez Dental Clinic (575) 834-7388

Albuquerque Area Dental Support Center
 A program of



VOCATIONAL REHABILITATION

Save the Dates!

16TH ANNUAL DISABILITIES AWARENESS CONFERENCE

Wednesday, March 19 at the Youth Center

EMPLOYABILITY SKILLS TRAINING

May 12-16

PUBLIC HEALTH

Teen Pregnancy

Submitted by Anna Gomez, RN, School Nurse

The best contraceptive is having a goal for your future.

Statistics show that teens who become pregnant are at a greater risk of dropping out of school than other students. Schools that offer programs and social services to prepare students to enter the work force are more likely to see their students finish their basic education.

Teen pregnancy is not always a problem. Some families have a tradition of early marriage and childbearing. Some teenage mothers have children and do an

adequate job of parenting, but both mother and child often face challenges.

There is no substitute for a supportive and involved family when it comes preventing teen pregnancy. Good parent-child communication helps children develop decision-making skills and delay intercourse. Young people experiencing sexual intercourse enter a high risk behavior category. The target behaviors considered high risk are early sexual activity, nonuse or inconsistent use of contraceptives, and early childbearing.

Young people from low-income families with parents who are not supportive or communicate well are more likely to initiate sex at an early age. Children who are not involved in school or church activities, have low expectations for school achievement, and have friends in similar circumstances are more prone to early sexual activity. This behavior is often preceded by other high-risk behaviors, like using alcohol, tobacco and drugs.

Young, sexually active teens who do not use contraceptives tend to be more impulsive than other teens. They are more likely to have casual sex and not be in committed relationships. Girls who bear children early have limited life skills and some are less cognitively able than their peers. Others use marriage or pregnancy to escape family situations and create someone who will love them.

Early sexual intercourse places young women at high risk for health problems. The younger the girl, the more likely that negative consequences will follow. Studies show that young mothers under age 15 are at increased risk of anemia, toxemia, high blood pressure, vaginal infections and sexually transmitted diseases (STDs.) With STDs come side effects: infections, infertility, cervical cancer, ectopic pregnancy and AIDS.) AIDS is the most life threatening consequence and so far there is no cure for it. Herpes is an incurable viral infection spread through sexual intercourse.

Health problems the school-age mother faces during pregnancy are often due to not consulting a physician early in the

pregnancy. Early, thorough prenatal care lowers the risk of health related problems for young mothers and their babies.

Young Fathers

Financial responsibility, relationship issues, school and work are the immediate concerns of most young men involved in the pregnancy. Involvement in the pregnancy and the child can have a positive effect on the child's development and provide personal satisfaction for young parents.

Resources to Help

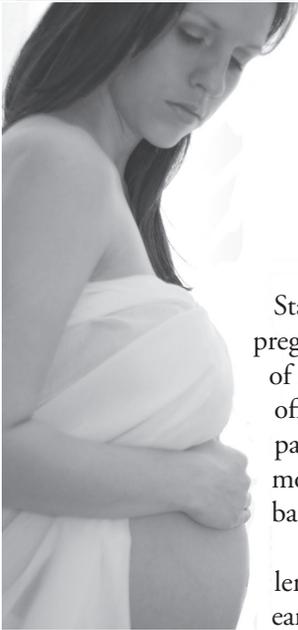
Legislation passed in 1972 prohibits schools from excluding pregnant students. Keeping young mothers in school during pregnancy and encouraging them to return to school as soon as possible has a positive influence on her continuing education. Pregnant students can stay in their own schools, be home schooled or transfer to a school for pregnant students. In most cases, additional social services and counseling are necessary. These special schools provide students with a comprehensive education program, expanded counseling and social services.

To meet the needs of the growing population of pregnant teens, programs that focus on prevention, health, social and emotional needs, career development and vocational training are needed. A case management system can help students remain in school and enter programs that meet their needs, including child care, transportation and tuition for summer and/or evening classes. Increased collaboration between school and social services often provides students with community services they would otherwise have difficulty obtaining.

Many community agency programs for elementary, middle and high school students aim to prevent or delay pregnancy. These programs provide young women information and self-confidence to deal with peer pressure and society's confusing messages.

Girls, Inc. is an excellent, nationally-known program that teaches young women to make personal decisions based on their own best interests. Girls, Inc. offers a number of programs starting at age 9 for both boys and girls and continuing through the teen years. Some sessions include parents to encourage communication. Classes for older students focus on assertiveness, education and career planning. They help teens see what they miss if they become mothers at a young age. Other programs to coach children in decision-making, self-confidence and communication are available in community agencies, organizations and churches. For information, go to www.girlsinc.org.

Continued on page 11





SDRCS NEWS

Submitted by Mike Toledo, SDRCS Teacher



San Diego Riverside Charter School (SDRCS) has entered a new phase. After a lot of hard work to renew our charter, we found we needed to take another look at the school’s mission and vision. After much work and input, we have created our vision for SDRCS. The vision “A Family of Learners, the Heart and Future of Walatowa,” perfectly states the reason we exist. This vision will also guide and energize us to stay on track as we move forward to bring an excellent educational experience for our community’s children.

Honor Roll

SDRCS is proud to announce our student honor roll for the last quarter. The honor roll includes students with a grade point average (GPA) of 3.00 or higher. ***Congratulations and continue the good work!***

SIXTH GRADE

Jillian Casiquito
 Raeanne Gachupin
 Ava Loretto
 Kyann Loretto
 Summer Schildt
 Elias Vigil

Students with 4.00 GPA

Macalty Baca
 S'mya Gachupin

SEVENTH GRADE

Aliyah Armijo
 Kobe Chinana
 Temeya Gachupin
 Ethan Smith

EIGHTH GRADE

Kyrie Casiquito
 Antonia Chinana
 Brenna Mora
 Christian Romero
 Eagle Schilt

Students with 4.00 GPA

Kaydyn Baca
 Daisy Lavato

Teen Pregnancy, *continued*

Girl Scouts of America provide a safe, encouraging environment for girls to develop the courage, confidence and character to become future leaders. Fun, educational activities support girls’ educational development while forming life-long friendships and memories. Through troop activities and events, field trips, sports skill building clinics, community service projects, cultural exchanges and environmental stewardships, girls grow stronger and braver. Some activities expose them to subjects and opportunities not available at school. Girls are welcome starting at kindergarten age through twelfth grade. For information about the Girl Scouts, go to nmgirlscouts.org or call (505) 923-2519.

YWCA & TechGYRLS was developed to respond to the widening gender gap in exposure to and interest in science, technology, engineering and math (STEM) for girls. Research shows that, although girls and boys have the same aptitude for science and technology, girls’ participation in these areas starts to drop by middle school and declines throughout high school. This is seen more often for girls in low income and under-served communities.

TechGYRLS provides girls in middle school with opportunities for a deeper exploration of technology. Fun after-school and summer day camp programs broaden their knowledge, help develop confidence using technology and encourage them to visualize career opportunities in science and technology. Contact the YWCA Middle Rio Grande at (505) 254-9922 for information.

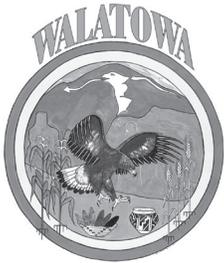
Resources: School Nurse’s Survival Guide, R. Adams; Archives of Pediatric & Adolescent Medicine, V. 150; www.girlscouts.org, January 2011; www.ywca.nm.org, January 2014

JEMEZ VALLEY CREDIT UNION COLLEGE/CAREER FAIR

Tues. Feb. 11 9:30 – 11:30 a.m.
**Jemez Valley High School
 Auditorium**

Open to all ninth through twelfth grade students at Walatowa Charter High School, Jemez Valley High School or home-schooled. Meet with representatives from colleges and universities, businesses and the US military services to get information to help plan your future!

For more information, contact JVCU at (575) 829-3366.



PUEBLO of JEMEZ

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VOTING RIGHTS OFFICE

2014 Primary Election Calendar

Governor Issues Proclamation	Jan. 27
Final day to file for all offices	March 11
Filing day for write-in candidates	March 18
Absentee voting begins	May 6
Voter registration closes at 5 p.m.	May 6
Early in-person voting begins	May 17
Absentee, in-person and early voting ends	May 31
Primary Election Day (7 a.m. to 7 p.m.)	Tuesday, June 3

Two Precincts for Pueblo of Jemez

On Oct. 24, 2013, the Sandoval County Commission held a special meeting to address Jemez Pueblo's request for an additional precinct. This request has been pending since 2007.

"Through great effort, hard work and support by everyone, the Pueblo's request was unanimously approved. I want to take this time and opportunity to thank Tribal Administration, Tribal Council and tribal staff as well as the Sandoval County Attorney, his staff, the County Manager and the County Commission for their support," says Peter Magdalena, Senior Voting Rights Coordinator, Native American Voting Rights Office for Sandoval County.

The Pueblo of Jemez now has two voting precincts. South Arroyo divides Precinct 15 (north) and Precinct 77 (south). Community members living north of the South Arroyo will vote in Precinct 15; and voting will take place at the Walatowa Youth Center. Residents living south of the Arroyo will vote in Precinct 77; voting will take place at the Community Resource Center (CRC.) Voters will be notified about precinct locations. No voting will be done at the previous location at the Civic Center.

- ✦ **Early voting location will be held at the Jemez Civic Center.**
- ✦ **Precinct 15 will vote at the Jemez Youth Center on June 3, Primary Election Day.**
- ✦ **Precinct 77 will vote at the Community Resource Center (CRC) on June 3, Primary Election Day.**

Shuttles will be available to transport community members to their designated voting sites.

The Native American Rights Office is currently providing home visits to register voters or update voter information in our community.

If you are 18 years and older please register today! For more information please contact the NAVR office at (505) 934-8826.

It counts to vote, for our community and our people!