



Red Rocks Reporter

FEBRUARY 2013

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FROM THE GOVERNORS

ENVISIONING THE YEAR AHEAD

The 2013 Pueblo of Jemez Governors have a number of priority issues and projects on which they will focus in the year ahead. "As a tribal nation, there are a number of challenges and opportunities ahead of us," says Governor Vincent A. Toya, Sr. "There are projects from prior administrations to move forward as well as new endeavors to be initiated. The health and safety of our community are always our highest priorities and are the framework for decision-making."

BIA Compact. An overall goal is to maintain strong controls on the contracts, grants and funding. "We are aiming for another audit with zero findings this year," explains Acting Tribal Administrator Anthony Armijo. "This accomplishment will enable the tribe to compact directly with the Department of the Interior Bureau of Indian Affairs. This is a critical factor in increasing tribal independence and control of our financial resources."

Local Fire Department. One critical new development is the establishment of a Pueblo of Jemez Fire Department. With a recent government-to-government agreement with Sandoval County, a new building will be installed in the spring. The county is also funding necessary equipment. Jemez tribal members have already been trained as structure and wildland fire fighters. "The new Fire Department is vital to protect our families as well as our neighbors," First Lt. Governor Juan Toya says.

Housing. To address community housing needs, the new development at Pueblo Place will break ground in the next few weeks. The first phase of the 84-unit project will offer 32 home sites. Infrastructure construction will begin with installation of electrical, water, sewer service followed by road construction. "Tribal members who are interested in securing a lot in this development must be "mortgage ready," Anthony advises. "The pueblo is funding the infrastructure but home construction costs will be the responsibility of individual homeowners." A team that includes the Realty, Housing, Planning & Development and Finance Departments and tribal officials are working on developing a protocol for lot assignments. For more information, contact the Housing Department at (575) 834-0305.

Towa Language Preservation. The Walatowa Head Start Program will launch a Towa Immersion initiative in the next school year. Not only will all conversation with children be in Towa, all school business will be conducted in Towa as well.

Infrastructure Improvement. The Public Works Department has funding to upgrade wastewater facilities and rehabilitate Well No. 1. Upgrades will include automating the system to improve service.

Youth Services. The JHHS Behavioral Health Program is launching new projects to increase youth outreach projects aimed at keeping youth in school and out of trouble. (See article on page 9.)

Continued on page 3



2013 TRIBAL GOVERNORS

Vincent A. Toya, Sr.
Governor
Juan Toya
First Lt. Governor
John Galvan
Second Lt. Governor

TRIBAL COUNCIL

Joe Cajero
Paul S. Chinana
Raymond Gachupin
Frank Loretto
J. Leonard Loretto
Raymond Loretto, DVM
José E. Madalena
Joshua Madalena
J. Roger Madalena
José Pecos
David M. Toledo
José Toledo
Michael Toledo, Jr.
Paul Tosa
Vincent A. Toya, Sr.

TRIBAL ADMINISTRATOR

Anthony Armijo,
Interim Administrator

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FROM THE GOVERNORS

JEMEZ ANCESTORS COME HOME

Submitted by Chris Toya, Traditional Cultural Properties Project Manager,
Natural Resources Department

On Monday, Dec. 3, 2012 Governor Joshua Madalena, *fiscales* Jose Chosa and Alvin Toya, *fiscale* assistants Jaime Loretto and Curtis Romero, and Chris Toya, Traditional Cultural Properties Project Manager, went to the Maxwell Museum on the University of New Mexico campus to repatriate 415 of our ancestors.

"We brought them home to their rightful owners, the people of Jemez, and reburied them at our ancestral homeland in the high mesa country north of our current home of Walatowa," Chris says.

The remains were excavated in the late 1920s and early 30s by the University of New Mexico Archaeological Field School from the ancestral villages of Ungshagi, Nonishagi and Keesawa, also known as Guisewa (an incorrect pronunciation), now the Jemez State Monument.

The Pueblo has been working on this repatriation since 2007. "Our job is not yet complete," Chris adds. "There are still 300 of our ancestors at the Maxwell Museum waiting to come home; one of them is the Jemez Infant. We are also working on repatriating their associated funerary objects stored in Santa Fe at the School of American Research by mid-summer. This repatriation should be the last of any Jemez human remains shelved at any institution in the United States."

"It is sad to realize that our ancestors were taken from their places of rest to public and private institutions, where they were boxed and shelved in basements and attics for a hundred years or more. These actions were disrespectful and unthinkable."

Protecting the Past, Protecting the Future: Site Steward Training

Chris advises that, to make sure that inhuman acts like this don't happen again, we can take a more active role in protecting our heritage. One way tribal members can manage our ancestral sites is by becoming "site stewards" under a program sponsored by the US Forest Service (USFS.) Site stewards will have the authority to monitor and protect our archaeological resources in the Santa Fe National Forest after receiving training. "Who better to manage our sacred places than ourselves?" Chris asks.

The Pueblo of Jemez, in partnership with the USFS, will host a training session on becoming site stewards on Saturday, Feb. 23 from 9 a.m. to 3 p.m. at the Walatowa Visitor Center. Please come and learn how to protect the homes of our ancestors.

For more information on becoming a site steward and participating in the training, contact Chris Toya at the Natural Resources Department at (575) 834-7696.



(From left to right.) Chris Toya, Jaime Loretto, Jose Chosa, Curtis Romero, Governor Joshua Madalena, Alvin Toya and Dr. Heather Edgar collecting Jemez remains at the University of New Mexico Maxwell Museum.

Jemez Legislators in Session

The election of Benny Shendo, Jr. to the New Mexico Senate and the re-election of long-time State Representative Roger Madalena marks the first time in history that a New Mexico pueblo has two tribal members serving in the state legislature. Senator Shendo is the state's first Pueblo Senator; Representative Madalena was the state's first Pueblo Representative where he has served since 1985.

"Jemez has a long history of active political participation," Senator Shendo says. "This is a unique opportunity for our people. No other tribe has this status."

Senator Shendo sees this session as a unique opportunity to partner with other tribes to make progress on issues that native communities face. "We share certain concerns across the state," Shendo says. "Water rights are one of our major challenges."

The Senator was appointed Vice Chair of the Conservation Committee that has responsibility for water, agricultural, environmental, oil, gas and natural resources issues. "This was an unexpected honor for a freshman senator," Shendo adds. "We expect to be in the forefront of the effort to settle ongoing water lawsuits brought by the tribes."

"I'm very grateful for the support, encouragement and prayers during my campaign and swearing in," the senator said. He added that, although Jemez has had a long history of active voter participation, election numbers in the precinct are slipping. "It's very important that our voice as a community remains strong."

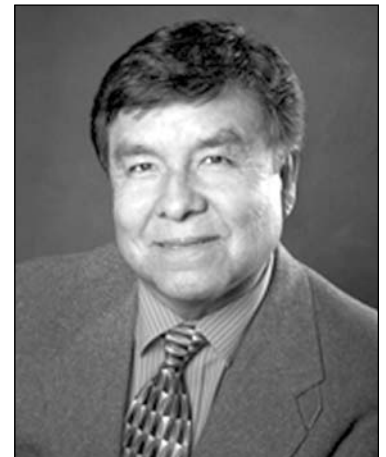
Representative Madalena chairs the Health, Government and Indian Affairs Committees and is a member of the Energy and Natural Resources Committee.

At press time, Representative Madalena had not been avail-

able for comment for this article. In an interview in the September 2007 edition of the *Red Rocks Reporter*, Representative Madalena attributed his long and successful tenure to patience.

"I've taken time to see how the system works. I make time to understand both sides of the aisle, both sides of an issue. I want to know where people are coming from and why they think the way they do," he said. "Politics at its best is diplomacy. People need to come together to make reciprocal agreements that benefit everyone. We should be able to sit at the table and talk about differences, to find out why we disagree and understand each other." He observed that Native people need to come together and work in partnership. "We breathe the same air."

"Our community is very proud to have such strong representation in both houses of the state legislature," says Gov. Toya. "This is a unique honor for our people."



State Representative James Roger Madalena (above) and State Senator Benny Shendo, Jr. (at left.)

Envisioning the Year Ahead

Continued from page 1

Ongoing Initiatives

Valles Caldera. The federal lawsuit to regain Jemez lands at the Valles Caldera National Preserve is in progress. "It is significantly important for our tribal members to continue their connections to our ancestral homeland," Gov. Toya says.

Casino Project. "The casino project continues," Gov. Toya says. "We are continuing to pursue the process with federal and state officials."

Highway 4 Bypass. The *design* for the Highway 4 Bypass is nearly complete. Negotiations with state and federal officials continue to define responsibilities and obligations for

the next phase of the project.

Health Services Expansion. Tribal Council has approved plans to expand JHHS services to patients outside the Walatowa community who have health insurance. The strategy will be implemented in phases, with emphasis on maintaining quality and availability of services to tribal members.

HOUSING

Protect Your Home From Cold Weather Damage

Safeguard your home this winter. Broken pipes are costly to repair, and when the water in the pipes thaws, your home may be flooded.

Prevent Your Pipes From Freezing

- * Find the locations of the main water valve and the water heater valve. Knowing the location of these valves may come in handy in an emergency.
- * Keep your house temperature at 68° or higher, even if you're leaving the house for an extended time.
- * Open cabinet doors below sinks so heat from the home can circulate.
- * Wrap pipes nearest exterior walls and in crawl spaces with pipe insulation or with heating tape.
- * For mobile homes, make sure skirting is up and in place.
- * If you plan to be away from home for an extended time, shut off the

water supply valves to your washing machine.

Monitor Freezing Pipe Conditions

- * Let a faucet to drip slightly (lukewarm water) to reduce the chance of freezing.
- * Check your faucets for water flow and pressure before you go to sleep and again when you wake up.
- * Check pipes around your water meter, in unheated areas, near exterior walls and in crawl spaces. These areas are vulnerable to freezing conditions.

If a Pipe Freezes

- * If a faucet or pipe inside your house freezes, you can thaw it using a good hair dryer. (For safety reasons, never

use hair dryers near standing water.)

- * To thaw a frozen pipe, heat water on the stove, soak towels in the hot water, and wrap them around cold sections of the pipes.
- * When thawing a pipe, start nearest to the faucet. Make sure the faucet is turned on so melted water can drip out.

If a Pipe Bursts

- * Shut off water at the main valve.
- * If the break is in a hot water pipe, the close the valve on top of the water heater.
- * Call a plumber. Keep an emergency number handy for quick access.

The Pueblo of Jemez Housing Department can help you find a plumber on a fee-for-service basis. Call (575) 834-0305.

Please note that residents are responsible for the cost of repairing or replacing any water lines to and within their homes.

INJURY PREVENTION

Hunters' Safety Training

Submitted by Marlon Gachupin, Injury Prevention Program

On Dec. 1 and 2, 2012, the Injury Prevention Program sponsored a Hunters' Safety Class for the Jemez community and surrounding areas. Held at the EMS conference room, each day included classroom time and time in the field.

"The class is very important and informational. Anyone who has taken the class knows how valuable it is," Marlon says. "We strongly encourage everyone who has an interest in hunting or wants to know more about firearms to take the hunter safety class, especially the youngsters of our community."

The Injury Prevention program plans to host more Hunter Safety Classes in the near future, so keep an eye out for announcements. The best way to find a Hunter Safety Course is through the new Mexico Department of Game and Fish web site at www.wildlife.nm.state.us/education.

"A reminder: Any hunter of any age who wants to do the oryx once-in-a-lifetime hunt is **required** to complete the Hunter Safety Class," Marlon says.

For more information, contact the Injury Prevention Program at (575) 834-1001.



Photos by Marlon Gachupin.

Congratulations to the students who successfully passed the class!

VOCATIONAL REHABILITATION

Employability Skills Training

The Jemez Vocational Rehabilitation Program's (JVR) most recent Employability Skills Training was held the week of January 14, 2013.

One of the week's highlights was a presentation by Will Cordero, from CLP Industries, who talked about interviewing skills and answered questions from participants. Julie Seblin from the Tamaya Hyatt also spoke on job hunting from a human resources' professional's perspective, highlighting what employers look for in job applications and some of the pitfalls applicants may face.



Presenter Will Corder of CLP Industries.

The five day session concluded with mock interviews and feedback for participants to help them polish their presentation skills. All of the participants who completed the training left with professional portfolios that they brought to the mock interviews. "Employers have been very positive about these portfolios," says Yolanda Toledo, Job Coach/Job Developer. "They really give applicants an edge in their job interviews."

The next Employability Skills Training will be scheduled in April. Registration is free and open to anyone



Employability Skills students show off their certificates of completion with JVR staff members.

in the community who wants to hone their job-seeking skills. Participants do not need to be clients/consumers of the JVRs to join the program. People have already completed the program are welcome to re-enroll to refresh their skills. For more information, contact the JVR at (575) 834-0012.

Save the Dates!

15th Annual Disabilities Awareness Conference
"Disabilities Not Inabilities"
Wednesday, March 20 9 a.m. – 2 p.m.

The Jemez Vocational Rehabilitation Program (JVR) is preparing for its 15th Annual Disabilities Awareness Conference on March 20. This year's conference will focus on the relationship between disabilities and health.

"We will explore the tie between taking care of one's health and of one's disability; they don't always occur together," says Program Manager Sarah Michaud. "Health challenges go hand in hand with an individual's experience of disability and can impact all areas of life, including employment and education. Disabilities, including diabetes, depression, traumatic brain injuries and paraplegia all impact a person in areas beyond just understanding and accepting the disability itself. We want to remind people that there's a lot of help and support out there for anyone with a disability."

Rather than start with an early Fun Run/Walk, this year's event will conclude with a Fun Run/Walk after the conference to encourage participation from conference attendees. In addition to the guest speaker, a panel of consumers from the community will

share their experiences with successfully meeting their goals and challenges despite their disabilities. Vendors will have arts, crafts and other items for sale. Local, regional and state agencies will be on site to provide information and answer questions about their services. Lunch will be served to registered participants.

For more information or to help on the planning committee, contact the JVR at (575) 834-0012.

JOB & COLLEGE FAIR
In collaboration with the Education Department
Wednesday, April 17 9 a.m. – 2 p.m.
 at the Youth Center.

SOCIAL SERVICES

Honoring Our Elders Conference

“Our elders have kept our community together and our culture strong,” said Governor Vincent Toya, Sr. in his welcoming remarks at the Honoring Our Elders Conference at the Senior Citizens Center on Jan. 30. The Conference was sponsored by the JHHS Social Services Program with support and assistance from the Senior Citizens Center. “Our elders gave us the lessons and traditions passed down from their own parents and grandparents. We must always protect these people who are the strength of our community traditions.”

“In earlier times, our way was to communicate to each other when we introduced new codes and laws. Our homes were open to our neighbors and families, and we communicated face to face when we introduced new codes and laws. Times have changed. Outside influences have changed how we do things. Tribal Council has recognized the need for written codes so everyone understands the expectations for living in our community.”

In September 2010, the Pueblo received a US Department of Justice Coordinated Tribal Assistance Solicitation (CTAS) grant to create a program to address issues and educate the community. The Pueblo of Jemez Elder and Vulnerable Adult Protection Code was written to clarify the rights of this vulnerable population and define the actions and responses to situations of abuse, neglect or exploitation. (See page 8.)

“Although there were ‘customary laws’ in the community, there were no definitions for what constituted abuse, neglect or exploitation, no policies or procedures for protecting vulnerable adults and elders, and no system for identifying and addressing these situations,” explained Ada Pecos Melton, president of American Indian Development Association (AIDA, who moderated the program.

With the leadership of Henrietta Gachupin, Social Services Program Manager; Margaret Garcia, Senior Center Program Manager; and Joline, the Elder Abuse Strategic Advisory Committee (EASAC) was convened. EASAC also included Christine Waquie, Social Services Family Advocate; Cynthia Gachupin, Tribal Court Administrator; Peter Pecos, Behavioral Health Program; Carrie Gachupin, Law Enforcement; Kristyn Yepa, Public Health Programs Manager; Probation Officer Cedric Fragua; Elder Caregiver Florence

Loretto; Traditional Leader Frank Fragua, and community elders Andrea Fragua and Patrick Romero. The 2011 and 2012 Governors also were part of the committee and the 2013 administration will be invited to join. EASAC sought guidance from three subject matter experts (SME) during the development of the code and mediation (Family Gathering) process. The SMEs included Ada Pecos Melton; Steve Wall, Chair of the Indigenous Liberal Studies Department, American Indian Arts Institute; and David Yepa, Pueblo of Jemez tribal attorney. Mr. Wall helped write the code after EASAC outlined what the code should look like. Mrs. Melton was the data management specialist who interpreted data provided by EASAC and submitted semi-annual reports; she also facilitated a few of EASAC’s reviews of the code and mediation. Mr. Yepa reviewed the code prior to submission to Tribal Council. EASAC met nearly two dozen times over 16 months to craft the code.

The process had four primary goals: 1) to create a clear justice response to mistreatment and policies and procedures for implementation within the traditional process that included families; 2) to include families and service providers in the indigenous justice process; 3) to increase advocacy and support for victims and families based on Jemez values and traditions; and 4) to increase community awareness and involvement in addressing the issues elders face.

“Tribal sovereignty is expressed through justice,” said Ada, who facilitated the conference. “We needed to talk with the people we are retrying to serve, and listen to what they need and want.”

A top priority is helping elders remain as independent as possible while meeting their medical, health, nutritional, social and financial needs. Caregivers’ needs must also be addressed. It’s common for caregivers to become stressed, exhausted, overwhelmed or burned out trying to meet the needs of their children as well as their parents or grandparents. Caregivers need training and support, such as the services provided by the Senior Center Caregiver Program, as well as respite breaks to for rest and rejuvenation.

Conference participants received needs assessment questionnaires designed to identify specific concerns and issues within the community. The assessment asked people to rate their



Senior Center Caregiver Coordinator Gloria Fragua, Physician’s Assistant Paul Gooris, Medical Social Worker Lisa Maves, Clinical Nurse Manager Dave Panana, EMS Director Dave Ryan, Behavioral Health Program Manager Keahi Souza and NICOA representative Randella Bluehouse addressed a range of questions about elders’ health and well-being.

SOCIAL SERVICES

Honoring Our Elders Conference, *continued*

levels of concern about issues such as having enough savings to live on when they are elders, passing on cultural knowledge and language to children and grandchildren, having enough money for home maintenance and basic needs, whether or not they fear their adult children or grandchildren, and open-ended questions about needs and services. The responses will be analyzed and used for future planning.

A panel of professionals from several Pueblo of Jemez programs and departments spoke about the various needs of seniors and how to meet them. Medical Social Worker Lisa Maves described the various forms of abuse that elders and vulnerable adults may experience, including physical attacks and intentional or unintentional neglect. Lisa observed that exploitation is not uncommon and may take the form of stealing money or other items from elders, using elders' identities to obtain credit, or living in the elders' home without making any financial or physical contribution to the household.

Emergency Services Director Dave Ryan noted that it's critically important to have emergency information easily available to first responders or family members. Medical histories with complete medication lists should be accessible. The Jemez Health Clinic can provide these records to be posted on a refrigerator or in a convenient drawer. "Having this information at hand can save precious time and can be life-saving in an emergency," Dave said.

Behavioral Health Program Manager Keahi Souza added that behavioral health is a serious issue for many seniors. "Depression is probably the most common issue we see, followed by substance and alcohol abuse" Keahi said. "These issues are very hard to talk about. The elder may be trying to self-medicate because of grief, loneliness or physical pain. A decline in cognitive ability and dementia are also common. Many elders have suicidal thoughts." Keahi added that many elders feel shame because they need help, or want to hide their conditions from their families. "As health care professionals, we are increasing our competence and awareness of these issues within the community so we can help people access the services they need."

Randella Bluehouse (Navajo) from the National Indian Council on Aging (NICOA) brought a broader perspective to the discussion. She noted that these global issues affect all tribal communities and commended the Pueblo of Jemez for creating the new code. "Elders are living longer, and may have more challenging health problems," Randella said. "Caregivers get overwhelmed, overworked and overstressed. But reporting abuse is very difficult."

A second panel included PoJ Officer Clendenin, who observed that the Jemez Police Department is the only 24-hour enforcement agency in the area. He urged people to report when they observe or suspect abuse, neglect or exploitation. "We have to know about the problem help solve the problem and protect the victim."

Cornell Madalena from the Public Health Programs described some of the services designed to improve health and wellness available to community elders. "We have certified personal trainers to help elders and their caregivers improve their health," Cornell said. Cynthia Gachupin, Margaret Garcia, Briana Tosa from the Housing Department, Christine Waquie, and JVR Program Manager

Sarah Michaud also provided information about their programs' services.

Ada Melton observed that programs need users. "Our public servants are here to serve," she said. "It's important to help our elders stay connected to the community and to the programs available to help them."

After lunch, Ada described the Elder and Vulnerable Adult Protection Code in some detail, focusing particularly on the Family Gathering aspect of the code. The Family Gathering process is designed to help families solve problems together as a unit. Meetings are organized by trained facilitators. The meetings give elders a safe forum in which to discuss their experiences and a process by which alleged abusers can hear, explain and make amends for the situation.

"It's important that families come together to heal," Ada said. "That is our traditional way to solve problems. We need to find remedies, not punishments."

EASAC is seeking interested tribal members who are interested in being trained to become a Family Gathering facilitator. Contact the Social Services Program at (575) 834- 7117 for more information.



The program included an honoring ceremony and gifts for community elders Frank Loretto, Amelita Toledo and Napoleon Loretto (not present.)



The Women's Support Group meets every other Thursday throughout the year, including Feb. 14 and 28, at the Social Services conference room, 6 to 8 p.m. If you have questions, please call Carol Vigil at (575) 834-7117.



WALATOWA VETERANS ASSOCIATION

Honoring Our Veterans Pow Wow

SPONSORED BY SUNKA SKA DRUM GROUP AND WALATOWA VETERANS ASSOCIATION

SATURDAY MARCH 9 9 A.M. – 10 P.M.

WALATOWA YOUTH CENTER

Gourd Dancing, Veterans Honoring & Dance Specials Veterans, Drums, Singers, Dancers and General Public Welcome

Flag Bearers: Walatowa Veterans Color Guard

Arts and Crafts spaces: \$25 plus donated item

Food Stand: Jemez Walatowa Veterans Association

For more information, contact Tom/Larry Pecos at (505) 328-1034 or Wally Baldwin at (505) 836-9532.

SOCIAL SERVICES

Elder and Vulnerable Adult Protection Code

The information below is taken from the *Pueblo of Jemez Elder and Vulnerable Adult Protection Code, Title XV*. To read the code in its entirety, contact the Jemez Social Services Department, Tribal Court or Tribal Administration.

"The Pueblo of Jemez holds our elders in high esteem. The elders of the community are the custodians of tribal history, culture and traditions that are vital to the Hemish People." – Pueblo of Jemez Elder and Vulnerable Adult Protection Code

On Dec. 17, 2012, Tribal Council formally adopted the Pueblo of Jemez Elder and Vulnerable Adult Protection Code, Title XV. The purpose of the code is to protect elders and vulnerable adults from abuse, neglect and exploitation and to clearly identify processes for investigating alleged incidents within the community.

The code defines specific rights to which elders and vulnerable adults are entitled in their daily lives, including the rights to:

- be treated with fairness and dignity.
- be free from abuse, neglect and exploitation.
- not suffer in silence.
- participate in social, religious and community-oriented activities.
- access to food, clothing, shelter and medical/dental care.
- participate in community tradition, culture and ceremonies.
- access to family and friends.

Agencies of the Pueblo of Jemez will acknowledge the rights of elders and vulnerable adults, including the rights to:

- be treated with fairness and dignity.
- be reasonably protected from a defendant/perpetrator.
- make a victim impact statement.
- prevent disclosure of confidential information.
- know the current status of a case.

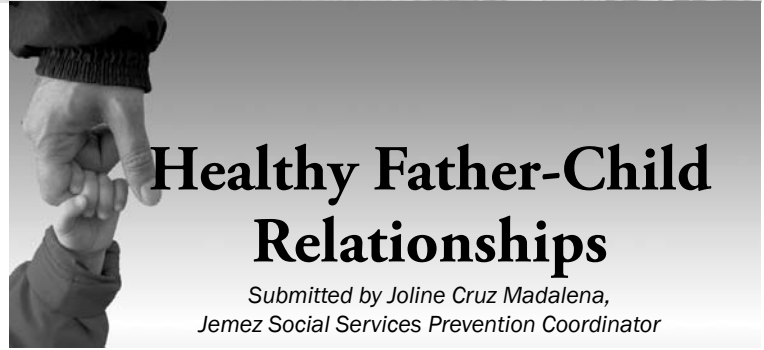
Abuse is defined as an intentional or negligent act that causes bodily harm, unreasonable confinement or mental anguish, or causes physical mental or emotional injury, or sexual abuse or exploitation.

Exploitation is defined as the use of the elder or vulnerable adults' funds, credit, services property or other resources through improper or unauthorized means.

Neglect is defined as the failure to provide for the basic needs of an elder or vulnerable adult by not supplying resources, services or supervision necessary to maintain physical and/or mental health, or interfere with the delivery of necessary services, or failure to report abuse, neglect or exploitation.

Mandatory Reporting

Family members and caregivers, and staff members of JHHS, Emergency Services, Probation Office and Police Department, appointed tribal officials, and anyone in a fiduciary relationship with the elder or vulnerable adult (attorney, accountant or property manager, etc.) are **mandated** to report incidents to the Pueblo of Jemez Social Services Program or the PoJ Police Department.



Healthy Father-Child Relationships

Submitted by Joline Cruz Madalena,
Jemez Social Services Prevention Coordinator

The Child Welfare Information Gateway (www.childwelfare.gov) focuses on protecting children and strengthening families by providing information and resources on various topics.

A father's healthy involvement in his child's life has a positive impact on the child's well-being. Involved fathers can help children lead lives that are happier, healthier and more successful than children whose fathers are absent or uninvolved. It is just as important for children to have positive father figures available if their fathers are absent or uninvolved. The Child Welfare Information Gateway offers these tips for dads:

10 WAYS TO BE A BETTER DAD

1. **Respect your children's mother.** When children see their parents respecting each other, they are more likely to feel that they are also accepted and respected.
2. **Spend time with your children.** If you always seem too busy for your children, they will feel neglected no matter what you say. Set aside time to spend with your children.
3. **Earn the right to be heard.** Begin talking with your kids when they are very young and talk to them about all kinds of things. Listen to their ideas and problems.
4. **Discipline with love.** All children need guidance and discipline, not as punishment, but to set reasonable limits and help them learn from natural or logical consequences. Fathers who discipline in a calm, fair, nonviolent manner show their love.
5. **Be a role model.** Fathers are role models whether they realize it or not. A girl with a loving father grows up knowing she deserves to be treated with respect. Fathers can teach sons what is important in life by demonstrating honesty, humility and responsibility.
6. **Be a teacher.** A father who teaches his children about right and wrong and encourages them to do their best will see his children make good choices. Involved fathers use everyday examples to teach the basic lessons of life.
7. **Eat together as a family.** Sharing meals together can be an important part of healthy family life. It gives children the chance to talk about what they are doing, and it's a good time for fathers to listen and give advice.
8. **Read to your children.** Begin reading to your kids when they are young. Instilling a love for reading is one of the best ways to ensure they will have a lifetime of personal and career growth.
9. **Show affection.** Children need the security that comes from knowing they are wanted, accepted and loved by their family. Showing affection every day is the best way to let your children know that you love them.
10. **Realize that a father's job is never done.** Even after children are grown and leave home, they will still look to their fathers for wisdom and advice. Fatherhood lasts a lifetime.

BEHAVIORAL HEALTH

PUBLIC HEALTH

Tribal Youth Program Evolves

“The Walatowa Tribal Youth Program (TYP) was designed to give students the tools and resources they need to make good choices and succeed in life,” says TYP Coordinator Sherwin Sando. With the shift to oversight from the JHHS Behavioral Health Program, TYP is one facet of a comprehensive effort to reach out to community youth.

A number of initiatives are in the planning stages. A public service announcement focused on youth issues is being developed that can be distributed through social media sites (Facebook, Twitter, etc.) The program is creating a youth advisory board who will be able to bring significant issues to the attention of tribal administration and Tribal Council. A speakers’ series will present information and education to youth and their families; Keahi will offer the first session focusing on self-injurious behaviors. (Scheduling details to be determined.) REZRiders will continue a presence through TYP as well. (See *Red Rocks Reporter*, Nov. 2012 edition, for information about REZRiders’ activities last summer.) The professional team is also working with a life skills curriculum called “Social Responsibility Training” that will form the framework for an after-school program.

Prevention and Intervention

A recent grant from the US Health & Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) is providing resources for expanding prevention and intervention services related to alcohol and substance abuse.

“We are approaching youth issues in a variety of ways,” says Behavioral Health Program Manager Keahi Souza. “The emphasis will be on a prevention program in four targeted areas: youth binge drinking, drinking before age 13, alcohol-related fatalities, and suicide.”

To tailor the program to the specific needs of the Walatowa community, the group will seek input about the community’s priorities through focus groups. The focus groups will include community members as well as staff of the various departments and programs that are involved with youth: Behavioral Health, Public Health, Social Services, Tribal Court, Law Enforcement and Education. The focus group facilitators will be specially trained to ensure that the most relevant and important information is gleaned in those sessions.

Before scheduling the focus groups, an epidemiologist will gather and evaluate historical data regarding high-risk behaviors, medical issues, juvenile offender records, high school drop-out rates and other relevant data. Once the data is analyzed, the epidemiologist will prepare a fact sheet specific to our community to present to the focus groups for discussion. This process will create a clearer understanding of our community youth and their current needs and challenges.

Youth are welcome to stop by the Civic Learning Center across to visit with Sherwin or just hang out in a comfortable place. For more information, call Keahi Souza at the Behavioral Health Program at (575) 834-7258 or cell phone (505) 263-9849.

AMERICAN HEART MONTH

Submitted by Mildred Baca, Community Health Representative

February is American Heart Month. Thank your heart for all it does for you. Try to get plenty of aerobic exercise, keep your blood pressure and cholesterol at normal ranges (blood pressure 120/80 and below; cholesterol less than 200). Eat more fruits and vegetables, drink plenty of water to keep your body hydrated. Reduce your weight if needed, keep blood sugar levels in check and avoid tobacco use for the healthiest heart you can have.

HEALTHY HEART QUIZ

Take this test to find out how much you know about heart health.

1. A _____ occurs when the blood flow to a part of the heart is blocked, usually by a blood clot.
2. If a clot blocks an artery that feeds the heart, it causes a _____.
3. If a clot blocks an artery the feeds the brain, it causes a _____.
4. Most of the food we eat is turned into _____ or sugar, for our bodies to use for energy.
5. _____, or juvenile diabetes, usually starts early in life. It results from the body’s failure to produce insulin.
6. About 90 to 95 percent of Americans diagnosed with diabetes have _____ diabetes.
7. _____ is the force of blood pushing against blood vessels walls.
8. High blood pressure (or _____) makes the heart work harder than normal.
9. Cholesterol builds up with other substances in the inner walls of arteries and becomes _____.
10. Plaques that rupture can cause _____ that can totally block blood flow in the artery.
11. _____ helps lower you risk of heart attack, stroke, high blood pressure and other health problems.
12. Being active is as important as reducing _____ in helping you lose weight.
13. _____ and _____ are high in vitamins, minerals and fiber – and they are low in calories.
14. _____ is unhealthy because excess weight puts more strain on your heart.
15. Women who are overweight or obese are more likely to develop _____ and _____, even if they are young or have no family history of heart disease.

Choose your answers from the list below:

- | | |
|--------------------------|-----------------------|
| Blood pressure | Blood clots |
| Calories | Fruits and Vegetables |
| Glucose | Heart attack |
| Heart disease and stroke | Hypertension |
| Obesity | Physical activity |
| Plaque | Stroke |
| Type 1 | Type 2 |

Answers on page 11.

PUBLIC HEALTH

The ABCs of Heart Health

Submitted by Anita Toya, Community Health Representative

Making changes in your daily life can be easier when you set goals and do your best to follow them. Knowing your numbers and how to keep them in optimal ranges will go a long way to help you manage your health. This is especially important for people with diabetes.

A Keep your A1C levels less than 7%.

A1C levels measure the amount of sugar in blood over the previous two to three months. When blood sugar is too high, people can develop serious health problems such as heart disease and nerve, eye and kidney damage. To stay healthy, you must control your blood sugar. That means an average blood sugar level of less than 7%. Check the chart at right to see what your A1C level means. It's important to know that:

- You should have an A1C test two to four times a year as recommended by a health care professional.
- Continue to self-test your blood sugar levels regularly: before meals, one to three hours after meals, and at bedtime as your provider recommends.

B Keep blood pressure levels less than 130/80 mm hg.

Blood pressure levels measure how easily blood flows through your body. To stay healthy, keep your blood pressure less than 130/80 mm hg. This will:

- Stop your blood from pushing too hard against vessel walls.
- Keep your heart from working too hard.
- Cut your risk of heart attack and stroke.

C Keep cholesterol and blood fats under control.

Cholesterol and blood fats can clog your arteries and cause heart disease.

There are three types: HDL cholesterol (good cholesterol,) LDL cholesterol (bad cholesterol,) and triglycerides (blood fats).

These are the recommended goals for managing your cholesterol and blood fats.

- HDL cholesterol higher than 45 mg/dL (men) or higher than 55 mg/dL (women.)
- LDL cholesterol less than 100 mg/dL.
- Triglycerides less than 150 mg/dL.
- Total cholesterol less than 200 mg/dL.

My ABC Goals

Using the examples below as a guide, you can work with your health professional or Diabetes Program case manager to set goals that address the ABCs of diabetes and help reduce your risk of heart disease and stroke.

- Spread out carbohydrate between meals and snacks.
- Exercise at least 30 minutes, three to five times a week. You can exercise for ten minutes, three times a day, or 15 minutes twice a day to fit your schedule.
- Eat plenty of fruits and vegetables.
- Control body weight.
- Decrease salty foods.
- Eat less saturated fat and replace with unsaturated fat.
- If prescribed, take medications as directed to control or reduce blood sugar levels, blood pressure and cholesterol and blood fats.

Make these goals a priority for the next 30 days. Creating healthy habits now will put you on your way to a successful diabetes management plan. For more information, contact the Public Health Diabetes Program at (575) 834-7207.

How A1C Readings Compare With Blood (Plasma) Sugar Levels

If your A1C reading is...	Then your average blood sugar level is...
6% (or lower)	135 mg/dl (or lower)
7%	170 mg/dl
8%	205 mg/dl
9%	240 mg/dl
10%	275 mg/dl
11%	310 mg/dl
12%	345 mg/dl

These blood sugar levels have been changed into blood plasma readings. Most new monitors give plasma sugar values. Plasma sugar readings give a higher readings than blood sugar readings because there is more sugar in plasma. If you are using an old monitor, discuss blood sugar goals with your health care professional. For more information, go to www.takingaction.net.

Information from Takeda Pharmaceuticals America and Eli Lilly and Company.



Marvin Waquie, Ashley Chinana and Clint Sando check the quality meat selection MOGRO offers.



The MOGRO Truck is at the SENIOR CENTER parking lot. TUESDAYS 10 A.M. TO 7 P.M.

*Schedule is subject to change due to inclement weather.

Come to your MoGro Store for groceries, fresh fruits and vegetables, quality meats and dry goods...

Save money, eat healthy and live better!

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

PUBLIC HEALTH

FIT RUN/WALKS

FEBRUARY

Wed., February 13 Cupid Run Plaza, 4 p.m.

Thurs., February 28 Healthy Heart Run Baseball Field, 4 p.m.

MARCH

Sunday, March 17 St. Patrick's Day Run Church, 8 a.m.

Wed., March 27 March Madness Run Youth Center, 5:30 p.m.
Support your favorite college team!

Saturday, March 30 Easter Egg Hunt Red Rocks, 10 a.m.



HEALTHY HEART QUIZ ANSWERS

1. A **heart attack** occurs when the blood flow to a part of the heart is blocked, usually by a blood clot.
2. If a clot blocks an artery that feeds the heart, it causes a **heart attack**.
3. If a clot blocks an artery that feeds the brain, it causes a **stroke**.
4. Most of the food we eat is turned into **glucose**, or sugar, for our bodies to use for energy.
5. **Type 1**, or juvenile diabetes, usually starts early in life. It results from the body's failure to produce insulin.
6. About 90 to 95 percent of Americans diagnosed with diabetes have **Type 2** diabetes.
7. **Blood pressure** is the force of blood pushing against blood vessel walls.
8. High blood pressure (or **hypertension**) makes the heart work harder than normal.
9. Cholesterol builds up with other substances in the inner walls of arteries and becomes **plaque**.
10. Plaques that rupture can cause **blood clots** that can totally block blood flow in the artery.
11. **Physical activity** helps lower your risk of heart attack, stroke, high blood pressure and other health problems.
12. Being active is as important as reducing **calories** in helping you lose weight.
13. **Fruits and vegetables** are high in vitamins, minerals and fiber—and they are low in calories.
14. **Obesity** is unhealthy because excess weight puts more strain on your heart.
15. Women who are overweight or obese are more likely to develop **heart disease** and **stroke**, even if they are young or have no family history of heart disease.

Free Health Screenings!

Tuesday, Feb. 12 7:30 a.m. to 3 p.m.

Health Clinic Lobby

Cholesterol Blood Pressure Blood Sugar

Cholesterol screening until 10 a.m. only You must be fasting (no food after 10 p.m. the previous day.)

For more information, contact the Public Health Programs at (575) 834-7207.

This year's flu season has been early and especially severe. Many deaths have been reported, especially in the elderly, children and people who have chronic health conditions.

It's not too late to get your flu shot. You can get your shot at the Public Health Programs office, JHHS Pharmacy or at the Clinic. Adults should check with their providers to ensure that they are also current with their Tdap (tetanus/diphtheria/pertussis,) pneumonia and shingles vaccinations as well.

Protect yourself, your family and your community!

PHARMACY

Pharmacy Corner: Refilling Your Prescriptions

Submitted by Lt. Commander Columbus Nettles, PharmD,
JHHS Supervisory Pharmacist

Follow these steps to reduce wait times when getting refills:

1. Before calling the pharmacy, make a list of your medications. The pharmacy will give you an official medication list on request.
2. Note the number of medications to be filled.
3. Use your medication list to tell the pharmacy staff which medications you need refilled.
4. Confirm that your requested medications have been ordered. **Please remember that medication refills may take up to 24 hours to complete.**
5. At pick-up, note the number of medications filled. If there are discrepancies, speak with the pharmacy staff.

Remember: you must request your refills in advance; medications must be requested by health care providers.



Jemez Valley Public Schools

Submitted by Laura Mijares, Middle School Principal, Elementary School Interim Principal

The school year is more than half over. Amazing how quickly the year can pass. Yet still I get queries from parents and guardians about how they can best impact their child's school experience. I have several simple suggestions.

- 1. Talk to your child about school.** Ask specific questions to draw out your child and don't settle for one-word answers. Ask, "How do you think you did on the math test?" "Did Ms. Garland say anything funny today?" "What games did you play in PE?"
- 2. Get to know the teachers.** We are a community school with a very small staff and it's easy to meet all of your child's teachers. Talk with them to learn how much time your child should spend studying each night. Find out about regularly scheduled tests and when they will be given. All teachers have e-mail and personal phone extensions. Call the school if you need contact information.
- 3. Go to school meetings and events.** Attending concerts, rallies, assemblies, sports events and other activities is a good way to become familiar with your child's school community.
- 4. Give your child a quiet place to study** and do homework. Find an area in your home that is free of distraction where your middle schooler can concentrate on homework. Create a "launch pad" where your student can place his or her prepared backpack, PE clothes, permission slips and anything important for the next day.
- 5. Find out about homework assignments.** Check your child's homework, but don't do it for him or her. Offer to check math problems, proofread written papers, and look

over spelling words. If you find a mistake, point it out and help your child figure out the correct answer.

Together we can build strong students that are ready for the challenges they will face in high school.

This month marks the end of our basketball season. Congratulations to the boys' and girls' basketball teams on their winning seasons! Both teams demonstrated dedication and skill throughout the year and ended with strong wins. Congratulations to coaches Charles Toya (boys) and Blake Miller (girls) for leading their teams to such a strong showing. Nice work, Warriors and Lady Warriors!

Mr. Knox and 20 students are fundraising for a spectacular river trip. The proposed trip will take 20 students of diverse cultural backgrounds from the foothills of the Jemez Valley to the banks of the San Juan River in southeastern Utah. The group will spend four days floating the San Juan River with Grand Canyon Youth, a non-profit educational organization based in Arizona. While on the river, the students will explore not

only an academic curriculum, but also learn the river travel skills for the first time. Please look for opportunities to support Mr. Knox and his students as they plan this worthwhile endeavor.



Sixth grade students have completed the GREAT (Gang Resistance Education and Training) program with Sandoval County Deputy Roger Kane, School Resource Officer. As part of the curriculum, students completed a service learning project. Pictured are (top row) Desiree Chinana and Amadeus Barto, and (bottom row) Arleigh Huff and Ezekial Delgarito after they finished sweeping under the middle school bleachers. Thank you, students!



STORIES BY THE FIRESIDE

HEMISH TALES: STORYTELLING NIGHT

Hosted by SPARK Program

Tuesday, Feb. 12 5:30 - 7 p.m.

Pueblo of Jemez Community Library

5:30 p.m. Refreshments/Ice breaker

6:00 p.m. Storytelling by Rufina Toledo

For more information, please contact the SPARK Program at (575) 834-9102.

COMMUNITY NEWS

Tribal Youth Chosen for National Competition

Preston Panana has been selected to join the Wings of America Junior Men’s running team to compete in the USATF National Cross Country Championships in St. Louis, MO, in early February. He joins a team of seven young Native American men who will represent the organization at the event; five of the runners are from New Mexico. A woman’s team will also compete. Wings of America covers the teams’ travel expenses.

Members of the 2013 Wings of America National Team were chosen based on their performances at premier championship-season cross country meets (either Nike Cross Regional events or Footlocker West.) Overall times, factoring course difficulty, course conditions and weather, were considered by program director Dustin Martin and Wings-affiliated advisors to select the top seven individuals for both the men’s and women’s teams from an extremely competitive pool of 52 student-athletes who posted qualifying times.

“I just started running and didn’t want to stop,” says Preston, who has been running since he was little. As he got older, he found more opportunities for competition. “I fell in love with running.”

Preston, a junior at Sue Cleveland High School in Rio Rancho, is grateful for the support of his family and friends and looks forward to many years of competitive running ahead. His future plans include joining the Marines after high school with the goal of joining Special Forces.

“I want to thank everyone for their support and advice on how my running could improve,” Preston adds.

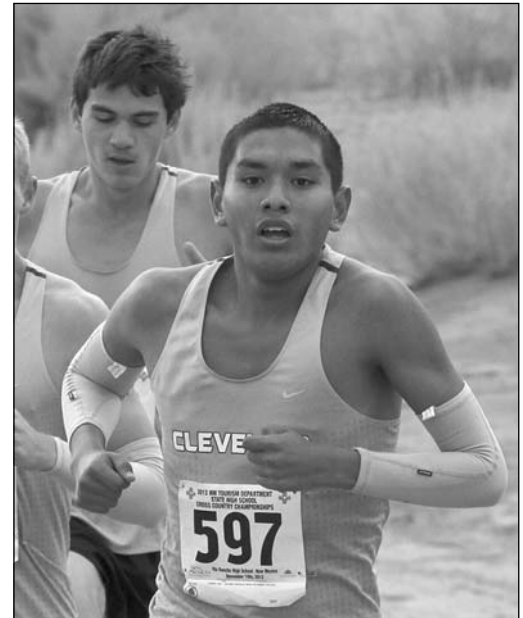


Photo by Alan Versaw; reprinted with permission.



Applause!

Submitted by Jolene Tosa

We, the parents of the Pueblo Breezers Cross-Country team, want to recognize the team members for all their hard work and effort during the 2012 cross country season. The team included three unattached runners, Isidore Chinana, Kai Toya and Sydney Tosa, along with six running as a team: Ailana Toya, Sefora Tosa, Danielle “Eby” Toya, Marissa Gachupin, Shanessa Quintana (Kewa) and Kiara Gachupin. These runners competed against each other during the 2012 cross country season with other schools and pueblos. Because they were very competitive against each other, they decided to become one team.

The team competed in several cross country meets in Albuquerque and joined the 2012 USATF Junior Olympics where they competed in the USATF Region 10 meet held in Albuquerque on Nov. 17, 2012. Isidore Chinana placed within the top 20 and the girls’ team placed third overall, receiving a plaque along with three medals, and qualified to compete in the USATF Junior Olympics Nationals held in Albuquerque on Dec. 8, 2012.

These athletes gained experience competing with other athletes nationwide for the first time and did a great job. We, as parents, are very proud of our young athletes.

“It gives us a great feeling knowing our children are willing to continue and keep our running tradition alive.”

Pueblo Breezers Cross Country Team Parents



The Pueblo Breezers Cross Country Team: Coach Rodney Toya with (left to right) Sefora Tosa, Shanessa Quintana, Marissa Gachupin, Ailana Toya, Danielle “Eby” Toya and Kiara Gachupin.

COMMUNITY NEWS

News From Giusewa

Submitted by Gregory Smith, NM State Monuments

Fire & Ice Festival

The next event involving the Jemez State Monument will be the annual Village of Jemez Springs Fire & Ice Festival.

The festival will be held in the Village Park on Saturday, Feb. 23 from 11 a.m. to 7 p.m. The day's activities include exhibitions by professional ice carvers, a cross-cut log sawing competition, a chili cook-off competition, live music and many family-friendly games, activities and contests. Vendors will have arts, crafts and food for sale. The event concludes in a fireworks display after sundown (weather conditions permitting.)

For more information about participating in the Fire & Ice Festival, contact Therese or Tanya at (575) 829-9175 or e-mail to events@jemezsprings.org.

Jemez State Monument is supporting this event by providing a venue for any interested vendors. Space within the monument is limited. Prospective vendors should contact Brenda or Marlon at (575) 829-3530 as soon as possible for details about reserving a space. The monument welcomes vendors from Jemez Pueblo on a "space-available" basis. The Monument is open Wednesday through Sunday, 8:30 a.m. to 5 p.m.

Winter's Gifts

Most winters, the accumulated snowfall at Jemez State Monument is measured in feet, not inches. We have annual snowfall records because the US Weather Service has maintained a field station on-site for more than a century.

Annual snowfall from October through March averages about

two or three feet. This year's total is less than normal due to the drought, but there's more winter to come. Because the monument is located in deep Cañon San Diego at an elevation of approximately 6,300 feet, any snow that falls takes a long, long time to melt.

Snow is a good thing. Thoreau wrote: "To us snow and cold seem a mere delaying of spring. How far we are from understanding the value of these things in the economy of Nature." A blanket of snow is Nature's winter coat. A thick insulating layer of snow gives shelter to many small forest creatures, especially mice, chipmunks and voles. Small birds often collect under the snow-covered branches of a tree or bush for shelter against overnight lows that may drop below 0°F. For large animals like deer and elk, winter's chill brings welcome relief from flies and mosquitoes. A blanket of snow can keep black bears cozy in their dens at the same time it muffles the tread of mountain lions or bobcats prowling for their long-eared dinners.

Anyone who has lived in the mountains knows that the coldest nights are ones with the clearest skies, clouds being another of nature's blankets. But such nights may be the richest gift that winter has to offer. Here in New Mexico, especially in the Jemez Mountains, a clear sky means stars as bright as diamonds.

Don't let the cold keep you from enjoying the blessings of winter. Put on your winter coat and heavy shoes and get outside. Go hiking. Go fishing. Go hunting. Go birding. Just go. Take a walk on a clear, cold winter evening and look up to see the treasure waiting for you. And when the snow finally melts in the spring, it will keep the forest green and replenish the clear cold waters of the Jemez River: nature's gift, sustaining our lives all year-round.

The Ant Who Lost His Leg

Community members, students and seniors were treated to The Ant Who Lost His Leg, a skit presented by Jemez senior Citizens entirely in Towa at the Senior Center. The fable retells the story of an ant who loses his leg to an unknown assailant. Each character claimed not to know what had happened until the Cat finally confessed. Because of his honesty, Cat was rewarded with a place on a soft rug by the fire.

The moral of the story: *being honest is always best and has its own rewards.*



CAST OF CHARACTERS

- Ant: Patrick Romero
- Snow: Mabel Fragua
- Sun: Mary A. Tosa
- Cloud: Eva Panana
- Wind: Florence Loretto
- House: Andrea Fragua
- Mouse: Gloria Fragua
- Cat: Stan Waquie
- Governor: Stuart Gachupin
- Governor's Aide #1: Mike Madalena
- Governor's Aide #2: Mike Baca
- Narrator: Rufina Y. Toledo



NATURAL RESOURCES

RECYCLING WITH THE GREEN STARS AND NRD

Submitted by Ray Ashley, Environmental Health Specialist

The Green Stars have been active with recycling in our community since 2010. Their efforts have been very successful. Recently, they acquired a recycling trailer from the Eight Northern Indian Pueblos Council (ENIPC.) The trailer is only on loan to the Pueblo of Jemez until another tribal organization requests it.

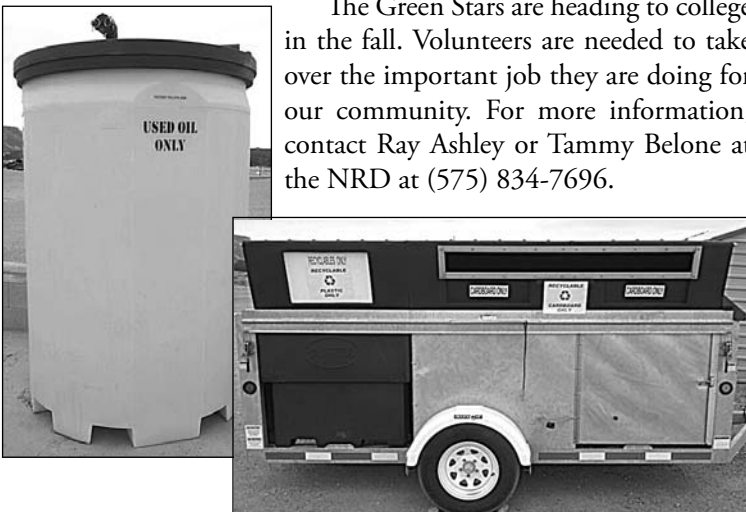
The trailer is parked at the Transfer Station and has compartments for plastics, aluminum and cardboard. The Green Stars ask that you *separate aluminum cans from plastics*. Please remove the caps from the plastic containers before placing them into the bin; this step is required by the recycling companies. You can dispose of the plastic caps with the plastics after they are removed. We appreciate all the support from the community and encourage you to continue to use the recycling bins.

The bins are picked up and sorted weekly. The recyclable materials are transported to Jemez Valley Recycling. The whole process takes about two hours. We are so lucky to have these highly motivated teenagers taking on the recycling program.


The Natural Resources Department (NRD) purchased a 500 gallon motor oil recycling container which is also at the Transfer Station. The drum is a large yellow double-walled container. We encourage all tribal members to empty used motor oil into the drum. Please do not put any other liquids into the drum; *used motor oil only*.

Recycling plastics, cardboard, aluminum and oil reduces waste going into the landfill and prevents oil from contaminating the earth and our natural resources. Please, help the Greens Stars, the NRD and our entire community by utilizing the recycling bin and yellow oil drum.

The Green Stars are heading to college in the fall. Volunteers are needed to take over the important job they are doing for our community. For more information, contact Ray Ashley or Tammy Belone at the NRD at (575) 834-7696.



DENTAL CLINIC



Lead by example...
Brush together every day!

February is Children's
Dental Health Month.


Did You Know?

The US Centers for Disease Control says tooth decay (dental caries) is the nation's top chronic infectious disease, affecting more American children than any other.

National Children's Dental Health Month is celebrated to raise awareness about the importance of oral health, especially the oral health of our children. A healthy mouth is a happy mouth!

Make an appointment for your family today!

Jemez Dental Clinic
(575) 834-7388

Albuquerque Area
Dental Support Center
A program of

 NAPPE, Inc.

Parenting Skills Class

NEW SCHEDULE!

MONDAYS FEB. 25 TO MAY 20 6-8 P.M.

12 Sessions

Social Services Building
(across from Law Enforcement)

Child care will be provided. For information, call
Joline Cruz-Madalena, Prevention Coordinator, at
834-7117, ext. 206.



Pueblo of Jemez
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TRIBAL COUNCIL

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well informed. Governor Vincent A. Toya, Sr., First Lt. Governor Juan Toya and Second Lt. Governor John Galvan proposed the following resolutions which were approved by the Tribal Council:

January 11, 2013

Approved an agreement between Jemez Mountains Electric Cooperative (JMEC) and the Pueblo of Jemez to settle previous expired rights-of-way and future rights-of-way across Pueblo lands for the next 25 years. This agreement was drafted by a specifically convened and authorized Tribal Right-of-Way Negotiation team. The US Secretary of the US Department of the Interior has been requested to approve this right of way renewal agreement and associated settlement of trespass claims.

January 25, 2013

Reauthorized US Department of Justice contract services with Ada Pecos Melton, president of American Indian Development Associates.

A Special Thank-You from Our Family to the Pueblo of Jemez

On behalf of Mr. and Mrs. Alexander Tosa and their families, we want to express our sincere gratitude for all the support, contributions, good wishes and words of wisdom provided from all of you during the 2012 celebration of Christ. May all your prayers be answered, many blessings to all, and we wish you a very prosperous year.

This event was truly an exciting, memorable traditional and spiritual experience and really proves that, when it's time to come together as one community and help one another, it truly happens.

May we all be as one within our community and support each other in all endeavors. Thank you!

Sincerely,

Mr. & Mrs. Alexander Tosa and Families