



Red Rocks Reporter

JANUARY 2013

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PUEBLO OF JEMEZ WELCOMES NEW LEADERS

GOVERNOR **Vincent A. Toya, Sr.**
 FIRST LT. GOVERNOR **Juan Toya**
 SECOND LT. GOVERNOR **John Galvan**

SHERIFF
Paul Toledo

GOVERNOR'S AIDES
Samuel Gachupin, Jr. **Emmet Yepa**
Gavin Mora **Artie Sandia**
Devin Mora

HEAD FISCALE **M. Alex Fragua** ASSISTANT FISCALE **Cyrus Lucero**

FISCALE AIDES
Justin Toledo **Marland Gachupin**
Justin Casiquito **Myron Shendo**
Sherwin Sando

PUMPKIN WAR CAPTAIN **Matthew (Snow) Chinana** TURQUOISE WAR CAPTAIN **John (Dudley) Romero**

PUMPKIN WAR CAPTAIN AIDES **Vincent E. Toya** TURQUOISE WAR CAPTAIN AIDES **Earl Tosa**
Bryson Tafoya **Byron Yepa**
Charles M. Toya **Frank Madalena, Jr.**
Greg Toya, Sr. **Donovan Wanya**
Ryan Gachupin **Garrett Magdalena**



Vincent A. Toya, Sr.
Governor



Juan Toya
First Lt. Governor



John Galvan
Second Lt. Governor



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, Acting

Red Rocks Reporter

January 2013 Edition

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FROM THE GOVERNORS

AIPC GOVERNORS UNANIMOUSLY SUPPORT JEMEZ VALLES CALDERA CLAIM

Tribal and religious leaders, tribal members and staff attended the meeting of the All Indian Pueblo Council (AIPC) on Dec. 3 to demonstrate their support of the Pueblo of Jemez resolution for the return of Valles Caldera lands from the US government. The AIPC Governors unanimously endorsed the Jemez Pueblo's effort.

"This congregation of overwhelming support provided great leverage as we received unanimous endorsement from all 19 New Mexico Pueblos as well as the Pueblo del Sur of Texas," said Acting Tribal Administrator Anthony Armijo in a memo to tribal staff.

The pueblo formally filed a claim against the federal government on July 20, 2012 in New Mexico District Court for return of these ancestral lands.

"We have never relinquished our aboriginal rights to this area," said Governor Joshua Madalena. "The many traditional cultural sites on the Valles Caldera remain critically important to our people. The area also includes natural resources, herbs and wildlife that are used today to support our way of life. We will reclaim these lands for our people and our cultural heritage."

The foundation for this initiative was set at a summit that included the Pueblo of Jemez Supreme Council, religious leaders, Tribal Council, War Captains Council and Governors at the Community Resource Center (CRC) on May 21. The gathering discussed the future direction of the Pueblo's relationship with the Valles Caldera area and its sacred sites. The session was facilitated by Arturo Sandoval, Board of Cooperative (Educational) Services (BOCES) representative, and attorney Tom Luebben, who is part of the legal team handling the case.

Tribal and religious leaders and the pueblo's legal team are prepared for lengthy litigation, with much work to be done.

"We will carry this effort forward knowing that this is for the benefit of this generation and generations to come," Gov. Madalena said.

(At right) War Chief Peter Toya and Governor Joshua Madalena address the All Indian Pueblo Council meeting.

Children from Head Start were part of the Jemez delegation.

(Below) Tribal and religious leaders, staff, community members and Head Start children attended the meeting in support of the resolution.

Photos by Cornell Magdalena



COMMUNITY NEWS

Jemez Fire Station Approved

On Dec. 13, the Sandoval County Commission approved an intergovernmental agreement to establish a fire department in Jemez Pueblo. Gov. Joshua Madalena and First Lt. Gov. Juan Toya testified in support of the agreement proposed by Sandoval County Fire Chief James Maxson. The county also committed to deliver a building for the new station and will provide related equipment. (See *Red Rocks Reporter*, Oct. 2012.)

“The new station will increase the safety and security of our community,” Gov. Madalena said. A local fire station improves options for businesses and homeowners for obtaining insurance coverage. We will also serve the entire Jemez Valley corridor. “I envision creating a regional fire department to serve an expanded area,” Gov. Madalena said. Gov. Toya adds they hope to have the new station operational this spring.

COMMUNITIES PUTTING PREVENTION TO WORK, SURVEY II

Submitted by **Ada Pecos Melton**, American Indian Development Associates

Jemez Health and Human Services (JHHS,) with assistance from American Indian Development Associates (AIDA,) completed the first of two evaluation activities to survey 500 randomly selected, enrolled tribal citizens, 18 years and older, who live in the Pueblo. The Pueblo was one of 44 communities across America that participated in Communities Putting Prevention to Work (CPPW) funded by the Centers for Disease Control and Prevention (CDC.) The CPPW initiative launched in March 2010 ended in September 2012. However, the CPPW evaluation component did not begin until August 2012 and will end in April 2013.

The CPPW evaluation is aimed at learning whether the program made changes in the lifestyle choices of Jemez community members. During Survey II, *The Behavioral Risk Factor Surveillance System (BRFSS)* questionnaire will be used again to

help document and establish baseline data on the risk behaviors and preventive health practices among adult tribal members living in the Pueblo. The Jemez Tribal Council approved the evaluation component in November 2011.

Thank you to those who already participated in the first round of the BRFSS interviews. The knowledge gained through the BRFSS questionnaire will help Pueblo programs develop more effective services, policies, and priorities and to initiate and assess health promotion strategies.

AIDA will implement the BRFSS questionnaire again beginning in mid-January 2013 and conclude around February 2013. Trained Jemez interviewers will conduct 250 interviews.

Please contact AIDA to learn more about the evaluation and/or the qualifications for becoming an interviewer at (505) 842-1122.

TRIBAL COUNCIL

Tribal Council Report

The Tribal Council Report is published at the direction of the Governors to keep the community well informed. Governor Joshua Madalena, First Lt. Governor Larry Chinana and Second Lt. Governor Juan Toya proposed the following resolutions which were approved by the Tribal Council:

December 17, 2012

Approved an amendment to the purchase agreement between the Pueblo of Jemez and Circle P Investments of New Mexico, LLC.

Adopted the Pueblo of Jemez Elder and Vulnerable Adult Protection Code to protect elders and vulnerable adults from abuse, neglect and exploitation; provide a process to investigate incidents of alleged elder or vulnerable adult abuse, neglect and exploitation; and provide a process that recognizes and enforces individuals' rights under Jemez Law. This code is adopted into the Pueblo of Jemez Tribal Code as Title XV. (The *Honor Our Elders Conference* will offer more information about this Code; see page 7.)

Approved settlement of trespass claims against the Jemez Mountains Electric Cooperative, Inc. (JMEC), and renewed rights-of-way across Pueblo lands for certain lines

and substations for 25 years. JMEC will pay the trespass settlement and fees for renewal of rights-of-way in installments as designated by Tribal Council. The US Secretary of the Interior is requested to approve this agreement.

December 21, 2012

Authorized the Jemez Department of Education to develop conversion of the Walatowa Head Start Program to a full Jemez Language Immersion Program, and work to conduct all school events, meetings and related activities in Towa. Walatowa Head Start and the Department of Education will be supported in seeking funds and resources for research that prioritizes integrating Jemez language and culture into our education systems and provides support and professional development to educators to ensure a language program that is appropriate and consistent with protecting the culture, tradition and language of the Pueblo of Jemez.

NATURAL RESOURCES

Geothermal Project Moves Forward

The Natural Resources Department (NRD) has received approval from the US Department of Energy (DOE) to begin construction of a well pad and 6,000-foot deep well east of Hwy. 4, approximately three miles north of the Pueblo's southern boundary. The project will explore geothermal resources from which the Pueblo could generate electricity, heat greenhouses, and use for other economic development activities. The NRD staff worked with tribal and religious leaders and performed several studies to ensure the project will not damage any cultural sites or impact the environment.

The drilling is Phase II of a three-phase project funded by the US Dept. of Energy. Phase I was a year-long effort to locate the best place to drill, completed with assistance from world-class geophysicists working with the NRD. TBA Power, Inc., the Pueblo's technical consultant for this project, hired and trained several tribal members who worked with the geophysicists on sub-surface surveys using state-of-the-art computer modeling. Los Alamos National Laboratory scientists helped interpret the computer models.

TBA Power personnel from Jemez are clearing land for the construction of an access road and the 300 square foot drilling pad. Construction is planned for completion in late January and drilling will start immediately. The drilling will take approximately six to eight weeks to complete.

Once the well is installed, Phase III of the project will conduct several tests on the well to ensure good performance.

Drill site surveys suggest a large area that could be a hot water source between 3,000 and 6,000 feet below ground. Water samples taken from the nearby Indian Springs Well indicate that the water could be as hot as 300° at the source, significantly above the boiling point of water at 212°.

"The scientists have cautioned that 'we never really know until we drill,' so this effort will help the Pueblo understand whether or not a usable geothermal resource exists beneath tribal lands," explains Greg Kaufman, NRD Director. In addition to a clean, renewable resource for generating electricity, other projects discussed for economic development of the resource include fish farming, commercial greenhouses, and a resort with spas.

The sub-surface surveys also revealed what could be considerable cold water resources in the same area. The Pueblo is working with a company to develop a grant from the Bureau of Reclamation to develop these water resources as well.

"This is the largest geothermal drilling project in the state right now and one of the largest in the country," Greg adds.

For more information, contact Greg Kaufman at the Natural Resources Department at (575) 834-3210 or by e-mail to gkaufman@jemezueblo.org.

PUBLIC WORKS

Winter Tips: Keep Your Water Pipes From Freezing

- ◆ To keep pipes from freezing, keep a slow drip on faucets, especially the kitchen sink.
- ◆ Wrap low-voltage heat tape around any outside exposed water lines.
- ◆ Cap exterior hose bibs with foam insulation; hardware stores sell these inexpensive products.

Editor's Note: The first high school essay in the article *We Were Here First* (Red Rocks Reporter November 2012) was written by Alysha Yepa. The author's name was incorrect as originally published.

PLANNING AND DEVELOPMENT

Welcome Mat

The Pueblo of Jemez welcomes Chamisa Radford as director of the Planning and Development Department. Chamisa holds a masters' degree in urban and regional planning with an emphasis on tribal planning. Part Laguna and Santo Domingo, Chamisa is enrolled as a Spokane tribal member. She wanted to move back to her native New Mexico after several years as planning and development director for the Spokane tribe. She plans to focus the department's efforts on economic and community development.

"All tribes are different, but there are some commonalities," Chamisa says. "We face many similar issues. I look forward to making positive changes to improve the community here."



HEALTH AND HUMAN SERVICES

Protection From Pertussis: What You Need to Know

New Mexico communities are experiencing an outbreak of pertussis, also known as whooping cough. As of early December 2012, the state had 727 confirmed and probable cases; 65 cases were in infants less than one year old, and one infant died.

Pertussis is a serious, highly contagious bacterial respiratory infection that causes symptoms similar to a cold in older children and adults. But infants who are infected are more likely to be hospitalized, develop complications or even die from the disease.

Most infants are infected with pertussis by adults. To protect infants from pertussis, health care workers and people who are around infants should be immunized with Tdap. Immunizing those who are most likely to pass pertussis on to infants is one way of decreasing the possibility of transmission to and serious complications in infants.

Recognizing Pertussis

It's important to recognize the signs and symptoms of pertussis in patients, especially infants. Often infants do not show



the paroxysms that are most commonly associated with pertussis. Older patients may appear to have a common cold and not necessarily "whoop" when coughing.

If you suspect that you or your child may have pertussis, please come in to the Jemez Health Clinic immediately. Testing is important to enable early treatment which may decrease the severity of the disease and reduce its spread. Providers will

prescribe antibiotics for patients who may have pertussis, even before test results return from the lab. Patients who continue to cough after completing one course of antibiotics should not receive a second course of antibiotics. Patients can still contract pertussis even if they are fully vaccinated.

Protect Our Families and Community!

The Jemez Health Clinic has pertussis and other vaccines. If you don't know whether you need a booster for pertussis, tetanus or other diseases, call the clinic at (575) 8347413 and they will be happy to check your chart and give any booster shots you may need. Flu vaccines are still available as well.

JHHS EARNS "MEDICAL HOME" STATUS

When Dr. David Tempest, JHHS Medical Director, and Dave Panana, Nurse Manager, attended the Accreditation Association for Ambulatory Health Care (AAAHC) annual conference in December, AAAHC Vice President Meg Gravesmill and the physicians who conducted JHHS' final survey complimented JHHS on being a model of a "Medical Home." Medical Home certification includes complying with additional requirements and standards. Shortly thereafter, JHHS received the official certificate for accreditation as a Patient Centered Medical Home (PCMH.)

What is a Medical Home?

The American College of Physicians and American Academy of Family Physicians define a PCMH as a team-based health care delivery model led by a physician, physician's assistant or nurse practitioner that provides comprehensive, continuous medical care to maximize health outcomes. Medical homes may allow better access to care, increase satisfaction with care, and improve health.

Care coordination, an essential

component of the PCMH, requires additional resources, such as information technology, and staff trained to provide coordinated care through team-based models. AAAHC standards assess PCMH providers from the patients' perspectives. Qualified professionals directly observe the quality of care and facilities, review medical records, and assess patient perceptions and satisfaction. Assessments include:

Relationships: Communication, understanding and collaboration between patients and providers, within the health care team, and between the medical home and patients' families or other caretakers.

Continuity of care: Requirements include that more than 50 percent of a patient's medical home visits are with the same provider/physician team. The standards also require documentation of all consultations, referrals and appointments, and proactively planned transitions of care (such as from pediatric to adult, adult to geriatric, or from inpatient to outpatient.)

Comprehensive care: Preventive and wellness care, acute injury and illness care, chronic illness management and end-of-life care. Patient education, self-management and community resources also are addressed.

Accessibility: Written policies that support patient access and routine assessment of patients' perceptions and satisfaction about access to the medical home.

Quality: Patient care that is physician directed; using evidence-based guidelines and performance measures in delivering clinical services; and ongoing quality improvement activities.

AAAHC Medical Home Accreditation also requires that all AAAHC Accreditation Core Standards be met, including standards for patients' rights; governance; administration; quality of care; quality management and improvement; clinical records and health information; infection prevention and control; safety; facilities and environment.

VOCATIONAL REHABILITATION

Employability Skills Training

Monday – Friday, Jan. 14 – 18

9 a.m. – 4 p.m.

JVR Conference Room



Jemez Vocational Rehabilitation Program (JVR) offers the Employability Skills Training to anyone who wants to be more successful in finding – and keeping – the right job. The training is held over five consecutive days. The intensive classes explore a range of topics including self-assessments, writing successful resumes and cover letters, interview techniques, dealing with career changes, creating professional portfolios, transportation issues, financial management, conflict resolution, attitude, confidentiality, roadblocks to employment, and keeping the job you find. The training also covers finding job resources, dealing with legal issues, planning for child care and transportation, and other details critical to success.

“The training is very participatory,” explains Job Coach Yolanda Toledo. “We help people build confidence and polish their job-seeking skills. We practice everything from properly completing applications to how to shine during interviews.”

“It’s a great program,” says Joseph R.

Pecos, who completed an earlier training. “For two years, I was out of work and kept applying for jobs in this really tough job market. I really think this training made the difference in finding the job I have today.” Joseph is now using his skills in accounts receivable with the US Forest Service.

Guest speakers will talk about expectations from the employers’ perspective. Participants can ask questions to get a better understanding of what employers look for in job candidates.

“The training gave me new insight on how to approach a job search. I learned to define the skills and abilities I can offer, and how to best present them to a prospective employer,” Joseph commented.

In addition to specific job-seeking skills, the training explores interpersonal issues such as overcoming shyness; working with co-workers, supervisors and customers; how and when to speak up; team work; appropriate dress; punctuality and reliability.

“Sharing time and information with

other participants was really helpful,” Joseph says. “I learned how to present myself to others.”

The week concludes with mock interviews with out-of-town employers as well as volunteer tribal staff. The day before, a guest speaker helps participants prepare for the interviews. This is a great opportunity to ask questions about past interviews, how to improve personal presentations, or how to answer interview questions. “After the mock interviews, we discuss and give feedback on each participant’s interview to improve their skills,” Yolanda says.

All participants leave the training with professional portfolios they can use in their job searches. “Employers report that the portfolios are really helpful. They’ve been very impressed,” Yolanda says.

The training will be held at the JVR Conference room, where computer access will facilitate on-line job searches. This training is free but enrollment is limited.

For more information, contact the JVR at (575) 834-0012.

PHARMACY

Welcome Mat

Lt. Commander Columbus Nettles, PharmD, has joined JHHS as the new supervisory pharmacist. Dr. Nettles is a commissioned officer with the US Public Health Service. A graduate of the University of Maryland School of Pharmacy, Dr. Nettles got to know the Southwest as a resident pharmacist with the IHS Albuquerque Service Unit. He worked in information technology to pay his way through pharmacy school and brings his technology expertise to facilitate the transition to electronic health records (EHR) that JHHS has initiated.

“The shift to electronic health records is another step in



improving patient care and service,” Dr. Nettles explains. “I’m excited to have the opportunity to elevate the JHHS Pharmacy to the next level of patient-centered care.”

Marlene Magdalena is the Pharmacy’s new pharmacy technician. Marlene joined her twin sister for training at TVI (now Central New Mexico Community College [CNM]), then worked at the University of New Mexico Health Sciences Center Hospital Pharmacy for ten years.

“Now I want to be closer to home and family,” Marlene says. “I want to bring my skills home to help my Jemez community.”



SOCIAL SERVICES

WOMEN'S WELLNESS CONFERENCE

Submitted by Carol D. Vigil, JHHS Social Services Advocate

The JHHS Social Services Program sponsored a Women's Wellness Conference at the Youth Center on Dec. 13 with 103 women participating. Ada Pecos Melton, president of American Indian Development Associates, was the master of ceremonies. Mildred Shendo offered the opening and closing prayers. The conference was conducted primarily in our Towa language. Most participants enjoyed the conference emphasis on Towa and recommended another conference like this one.

A number of critical issues were discussed in small groups that facilitated open sharing of ideas and opinions. Some of the concerns raised during the discussions included:

"What are the roles of women?" The women in our community work hard. Women are responsible for raising their children, and are often cooking for their families and for various community events and feasts. Women teach their children how to dress properly in traditional clothing. Women are strong supporters, storytellers, good role models. They are the roots of everything, caretakers of our families. Women are priceless and should not be mistreated. Women are strong. They are our teachers, especially of our language. Even as English gets stronger in our community, we can continue to speak in Towa fluently, but it needs to come from the homes.

"Why are we losing our tradition/culture?" Many reasons were identified: because both parents work; too much television; too much use of cell phones, texting and sites like Facebook. We are starting to lose our language because we speak too much English at home. We are losing respect for our elders. Not enough farmers are planting their fields. Children are finding boyfriends or girlfriends at a young age. Everything has changed for the new generation, including computers and technology. We don't have elders to tell us about household rules, parents are not living together, not eating meals together. For those who still eat together as a family, there is less giving of advice at the table. Some people do not know their Indian names or their birth clans. Young parents speak too much English with their children and outside influences are strong for kids.

"Why is it important to speak our language?" We are the only Towa-speaking people in the world. If we don't speak our language, we will lose it. Our language identifies who we are as native people. Our language is hard to learn, but it's important to speak our language properly and avoid slang. The young men need to learn how to say their prayers in Towa for different events in our community.

Some women recalled grandparents using fireplace ash pokers to strongly encourage them to speak in Towa. Oth-

ers did not know this; it's a learning tool for those who did not know. Some participants do not speak Towa because they are mocked, so they don't try any more. Rather than make fun of them, teach them! We need to encourage our people to speak our language.

"What do you envision for the future?" Being stricter in households, the way our parents and grandparents raised us. Continuing to teach our children what we learned from our grandparents from generation to generation. Women's voices need to be heard. Parents must be responsible to keep our traditions and culture strong in households. Showing that we care about our people and are proud to be Jemez.

The Women's Support Group meets every other Thursday throughout the year, including Jan. 10 and 24, 2013 at the Social Services conference room, 6 to 8 p.m. If you have questions, please call Carol Vigil at (575) 834-7117.

Honoring Our Elders Conference

WEDNESDAY, JAN. 30 9 A.M. TO 4 P.M. SENIOR CENTER

The Jemez Social Services Program hosts the Honoring Our Elders Conference with education and awareness for community members about:

- The Elder Abuse Strategic Advisory Committee (EASAC)
Issues and concerns impacting elders, with emphasis on victimization.
Pueblo of Jemez services available to elders.
The Pueblo of Jemez Elder and Vulnerable Adult Protection Code passed by Tribal Council on Dec. 17, 2012.
Outcome of the Family Gathering initiative.

This conference is not just for senior citizens: all adults and teens (16 years and over) are welcome. Light breakfast, snacks and lunch will be served. Transportation is available for seniors; contact the Senior Center at (575) 834-9168. If you have questions, call the Jemez Social Services Program at (575) 834-7117.

Parenting Skills Classes

12 SESSIONS

MONDAYS JAN. 28 - APRIL 29 6 - 8 P.M.

Social Services Building

(across from Law Enforcement offices)

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

PUBLIC HEALTH

Living an Active Lifestyle In the New Year

January is here, and that means it's time to make your New Year's resolutions. Make staying healthy your resolution for the New Year. Get your 2013 started with these small tips for change:

Make healthy food choices. Grab healthy snacks like fruit, nuts, and other quality items by shopping at MOGRO every Tuesday at the Senior Center from 10 a.m. to 7 p.m.

Serve healthy meals and snacks in your home and our schools.

Plant your garden and see an abundant harvest so your family can enjoy eating fresh healthy produce from your harvest.

Be active at least 2½ hours every week. Start taking walks or jogging little at a time; two 15-minute walks every day can make a big difference in your health. Use the FITT trails located within our Jemez community. You can pick up a FITT Trails Guide at the Public Health Program office in the Health Center. Many trails are bike and stroller-friendly.

Encourage and support **physical activity** for our children, adults and elders. Visit the Public Health Program office to sign up for your own, personalized fitness plan. Fitness coaches are ready to support your new healthier lifestyle.

Workplace: Walk on your breaks for 15 minutes in the morning and afternoon. Join us for 15-minute walks every day at 10 a.m. and 3 p.m.; meet in the Jemez Health Center lobby.

Plan different ways of getting the physical activity you need into your daily routine that can lead to positive changes in your life. If you have any questions or need help designing an eating or exercise plan, please contact the Public Health Program at (575) 834-7207.



Fitness Program

Submitted by Alva Gachupin, Public Health Programs Health Advocate

Do you want to start an exercise program but need a little boost? We can help you get started with your healthy lifestyle!

The Public Health fitness coaches are here to help. Gorman Romero, Alva Gachupin and Vernon Tosa (left to right in photo) are now proud to be certified personal trainers and are here to help YOU adopt a healthy lifestyle.



The FITT 4 Life FITTness Program is designed to help individuals start an exercise program and stay with it. It's a six-week commitment with your trainer of choice to develop an individualized fitness plan. There is no time for excuses! Come in to the Public Health Program and talk to a trainer today for more information. Contact your own personal trainer today at (575) 834-7207.

Happy Trails!



LoRheda Vigil has left her position with JHHS Contract Health Services to attend Haskell Indian University in Lawrence, KS. Her long-term goals include a career in tribal law.

Former Public Health Programs Manager Kristyn Yepa, RN, BSN, is returning to school to earn a masters' degree in public health. She will also be working with NB3 Foundation to help fight childhood obesity in Native American communities. "Thank you for the friendships, memories and great times," Kristyn wrote in her farewell message to staff. "I will always advocate for Jemez and JHHS no matter where I am!"

The MOGRO Truck is at the SENIOR CENTER

TUESDAYS 10 A.M. TO 7 P.M.

Enjoy fresh produce and skip the expensive drive to Albuquerque. Save the money you spend on gas for fresh vegetables, fruits, organic dairy products and quality meats. You and your family deserve high quality foods to stay healthy!



SENIOR CITIZENS CENTER

FAMILY CAREGIVER CONFERENCE

Submitted by Gloria Fragua, Caregiver Coordinator

To celebrate Caregiver Month, the Pueblo of Jemez Senior Center hosted its Second Annual Family Caregiver Conference on Nov. 27 and 28 at the Community Resource Center. In addition to participants from Jemez, conference attendees also came from the northern and southern pueblos and the Jicarilla Apache Reservation.

The successful event started with color guards posting colors and an invocation by religious leader Geronimo Fragua. The keynote speaker was well-known author Courtney Long, MSW, from Phoenix, AZ. Her presentation *Filling your Cup as a Caregiver* focused on the self-care and stress-release techniques caregivers need plus effective ways to get more sound and restful sleep. She is the author of the journal *Rejuvenating Refuge: Uplifting Journal for Caring Warriors*.

Emily Freede, from the National Indian Council on Aging (NICOA) office, gave presentations on both days: *Using the Arts to Break Through* and *The Savvy Caregiver in Indian Country*. JHHS physicians' assistant Dawn Dozhier offered *Staying*

Golden Through the Golden Years. Parenting the Second Time: Grandparents Raising Grandchildren was presented by Joline Cruz Madalena, Jemez Social Services Program Prevention Coordinator. Sara Gallegos from the Aging and Disability Resource Center (ADRC,) discussed Medicare Part D. Our spiritual leader, Mr. Joseph B. Toledo spoke on caregiving. Keahi Souza presented on elder abuse issues. Physicians' assistant Paul Gooris discussed *Falls and Falls Prevention* with a video clip and demonstration of t'ai chi. *Building Strong Bones* was the topic of Helen Martinez' presentation. From Santa Clara's Law Enforcement Department we had a presentation by Fidel Cordova on *Bullying, Cyber Bullying and Domestic Violence*.

In addition to "awesome" presentations, conference participants received journals, towel angels, lunch and snacks.

"Everyone had a great time. The evaluations were positive and we hope to host a third event," Gloria says. "We thank the presenters, our staff and all who participated for supporting our program and taking time from their busy schedules to attend."

INJURY PREVENTION

Safety Awareness Day

Story and Photos Submitted by Cornell Magdalena, Public Health Programs Health Advocate



The Safety Fair Fun Run/Walk was held the morning of the Safety Fair, Saturday, Dec. 8. Starting at the Walatowa Youth Center at 8:15 a.m., the Fun Run used FITT Trail 3 that continues east of the center. The course is 3.08 miles long.

"Our thanks to our tribal leadership for being part of our local events by showing support and actively getting involved in our year-round activities," says Cornell Magdalena.



MEDICAL SOCIAL WORK

SIGN UP FOR DIRECT DEPOSIT

Don't put it off any longer! If you receive Social Security or Supplemental Security Income benefits, you must get your payments electronically. If you did not sign up for electronic payments when you applied for benefits, we strongly urge you to do it now. **You must switch to electronic payments by March 1, 2013.** If you don't, the US Department of the Treasury may send your benefits via the Direct Express® card program to avoid an interruption in payment. It's safe, quick and convenient.

If you already receive benefits, you can get a password and start or change Direct Deposit online. You can also sign up at your bank, credit union or savings and loan.

If you have questions or want to sign up by mail, visit Lisa Maves (834-3059) or Thelma Shendo (834-3040) to pick up an application form.

EDUCATION

Jemez Valley Public Schools

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

Following the school shootings in Connecticut, concerns for school safety have surfaced for many. Rest assured the Jemez Valley Public Schools are doing everything possible to ensure that our students are safe. Know that our students' safety is our first and highest priority.

Jemez Valley Schools comply with state law, which mandates that schools have a safety plan and that these plans are rehearsed monthly. Our comprehensive safety plan addresses a range of possible emergencies, including fires, armed intruders, propane leaks, natural disasters, and angry visitors. Coincidentally, earlier in December, the Jemez Valley Schools initiated a lockdown drill in conjunction with the Sandoval County Sheriff's Department (SCSD.) After the drill, the administration reviewed protocols and assessed suggestions for enhanced safety at the schools.

In addition, the Jemez Valley Schools work with the SCSD to host a school resource officer 1½ days per week. Deputy Roger Kane works with the middle school instructing an innovative Gang Resistance Education And Training (GREAT) program. GREAT is an evidence-based, effective gang and violence prevention program

instructed by law enforcement officers. The program immunizes children against delinquency, youth violence and gang membership in the years immediately before the prime ages for introduction into gangs and delinquent behavior. We appreciate the support of the Sandoval County Sheriff's Department in our schools.

The 2012 Instructional Audits, commissioned by the Public Education Department, demonstrated that our efforts to promote school safety and maintain a safe, orderly environment conducive to learning were successful.

On a different note, January is a time for new direction and focus. In that vein, I welcome Ms. Maria Miller as the interim assistant principal in charge of the Jemez Valley Elementary School. Ms. Miller is an Albuquerque native with nine years teaching experience in Dallas, Texas. She holds a BA in elementary education and an MA in educational administration. She most recently worked for the Jemez Valley District as the GEAR UP Literacy Coordinator. Welcome, Ms. Miller!

The new semester will bring a host of challenges as we continue to build our learning community. Happy New Year!

Baptism & Confirmation: A Message From San Diego Mission

Submitted by Bernadine Velasquez

One can live as a committed member of the Hemish people following traditional ways, or Catholic ways, or both. One Pueblo man, who was both sacristan and a traditional religious leader, said that just as two spirals wind together upward to form a single column, so traditional Pueblo ways and Catholic ways wind together, mutually supporting and not contradicting each other. Sincere believers must take all care to respect and follow the ways of each set of beliefs.

Traditional religious ways have requirements for certain ceremonies; the Catholic Church may not change them. So it is the other way around: those observing traditional pueblo ways may not change Catholic ceremonies and requirements. Areas of special concern are baptism and confirmation requirements.

Canon Law 890 states: *the sacrament of confirmation impresses a character and by it, the baptized, continuing on the path of Christian initiation, are enriched by the gift of the Holy Spirit and bound more perfectly to the Church; it strengthens them and obliges them more firmly to be witnesses to Christ by word and deed and to spread and defend the faith.*

It is a privilege but also a duty for a Catholic to be confirmed. Canon 890: *The faithful are obliged to receive this sacrament at the appropriate time; their parents and shepherds of souls, especially pastors, are to see to it that the faithful are properly instructed to receive it and approach the sacrament at the appropriate time.*

We baptize according to Christ's will. Gospel of Matthew, Ch. 28, Verses 16-20: *"Make disciples of all nations, baptizing them in the name the Father, the Son, and the Holy Spirit, teaching them to observe all that I have commanded. And behold, I am with you always, until the end of the age."* Baptism into the Catholic Church

means to commit to live according to its rules.

Godparents are to help parents pray and set good examples to the baptized children, showing children by example even more than by words what it means to be Catholic. Most obviously this means prayerful participation in Sunday Mass, being confirmed, and receiving Jesus in Holy Communion. Without a firm intention to fulfill this role, one cannot be a godparent or sponsor. To be a sponsor or godparent at baptism, one must follow the laws of the church. Three main Canons govern baptism:

Canon 872: *"Insofar as possible, one to be baptized is to be given a sponsor to assist an adult in Christian initiation, or, with the parents, to present an infant at the baptism, and who will help the baptized lead a Christian life in harmony with baptism, and to fulfill faithfully the obligations connected with it."*

Canon 873: *"Only one male or one female or one of each sex is to be employed."*

Canon 874, #3: *"To be admitted as a sponsor, a person must be a Catholic who has been confirmed and has received the sacrament of the Most Holy Eucharist and leads a life in harmony with the faith and the role to be undertaken."*

We cannot admit anyone to the role of godfather or sponsor at baptism until he or she is already confirmed. Because so many adults are not yet confirmed, we will hold an eight-week confirmation class for adults only starting Sunday, Jan. 27. The Archbishop has scheduled the next confirmation for Saturday, May 4 for those who have been prepared.

We invite all adult believers (18 and up) baptized but not yet confirmed to join the class. Come to the San Diego Mission office to register and pay the registration fee.

EDUCATION



NHI News

Summer Honors Program

Children and Youth Day at the NM Legislature, Tues., Jan. 15. The New Mexico Forum for Youth hosts youth at the legislature. Meals provided; lodging is available. Contact NHI or Moneka at moneka@nmforumforyouth.org for more information.

Champions for Change. The Center for Native American Youth Champions for Change recognizes Native youth working in their communities to promote hope and make a positive impact. The Center invites young Native Americans to submit their stories of leadership and service in written or video form. The Center will honor five finalists in Washington, DC, in March 2013. Application deadline is Jan. 31, 2013. For information go to http://cnay.org/Champions_for_Change.

The Native Health Initiative addresses health inequities through service, health justice internships, community building, youth empowerment, working with health professions students, and listening to indigenous communities. They seek new members. For more information, go to www.loving-service.us or the blog at http://nativehealthinitiative.blogspot.com.

The Multicultural Summer Honors Program, in collaboration with Albuquerque Academy, is a six week, half-day summer scholarship program for academically talented, motivated third and fourth grade students. The program runs from Monday, June 3 through Friday, July 7, 2013, week days from 8:10 a.m. to 12:05 p.m. Students must provide their own transportation to Albuquerque Academy and commit to attend and fully participate in all aspects of the entire program. Studies include Culture Through the Arts, math, writing, reading and literature workshop. A \$100 deposit is due by April 15, 2013, and will be refunded if the student successfully completes the program and his/her account is in good standing with no unexcused absences. Applications are due Feb. 1, 2013 by 5 p.m. Selections will be announced by March 1, 2013.

The Pueblo of Jemez Education Department has applications. For more information, call (575) 834-9102 week days, 8 a.m. to 5 p.m.



WALATOWA VETERANS ASSOCIATION

Veterans Turn Soil and Profits

The Veteran Farmer Project (VFP) gives New Mexico veterans basic agricultural skills and abundant produce. Instructors come from Bernalillo County Extension Service, NM Department of Agriculture, Downtown Action Team, La Montanita Co-op and other agencies. The program is for all veterans who want to pursue farming and gain from its therapeutic and community benefits.

Classes covered a range of topics, including seed selection, soil preparation, organic farming, and extending the growing season using row covers. Veterans grew produce at the downtown VA garden, part of the Alvarado Urban Farm Project. They earned money selling produce at the weekly Veterans Growers Market on the Murphy VA Medical Center campus.

John Shields, VA Behavioral Health Care Line recreation therapist, VA physical therapist John Renna and Dr. Deborah Simon, a VA psychologist, worked with Robin Seydel from La Montanita Food Co-op to launch the project.

"I never grew anything before, but I can cook," said Navy veteran Robert Hoefler. He is working on a master's degree in archaeology, but his introduction to agriculture broadened his interests.

VFP farmers can sell produce all year at the medical center. Veterans will work at the downtown farm through winter, planting greens, beets and other early crops, and tending cold frames.

"We're working with the Middle Rio Grande Council of Governments on winter classes for veterans and others," Seydel says. Classes will begin in late January. For information, call John Shields at (505) 265-1711, ext. 5638, or Robin Seydel at (505) 217-2027.

GOLDEN AGE GAMES

Veterans age 55 and older are invited to join the Veterans Golden Age Games from May 30 to June 4, 2013, in Buffalo, NY. Veterans who receive care from the US Department of Veteran Affairs are eligible. Applications are due Jan. 31 and are online at www.va.gov/opa/speceven/gag/index.asp.

Applications include physical exams, EKGs, TB skin tests, medication profiles and general health statements completed by physicians. Participants must compete in two to four events that include dominos, horseshoes, golf, air rifle, croquet, cycling, table tennis, shuffleboard, shot put, 9-ball, discus throw, bowling, swimming and checkers. Several divisions vary by age and abilities.

For more information, call Cathy Williams, creative arts therapist, at (505) 265-1711, ext. 2469.

Million Veteran Program

The Million Veteran Program (MVP) is a volunteer research effort to understand the links between genes and health. Up to a million veterans are expected to enroll. MVP provides genetic, health, lifestyle and military-exposure data that authorized scientists can use to research health conditions, from PTSD and traumatic brain injury to diabetes and heart disease. MVP-related discoveries may also advance personalized medicine, which can tailor medical care based on individual genetic profiles, yielding more effective treatment and reducing costs. For information, go to www.research.va.gov/MVP or call toll-free (866) 441-6075.



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Jemez Valley Public Schools School Board Election

Jemez Valley Public School District 31
Tuesday, Feb. 5, 2013 7 a.m. to 7 p.m.
Jemez Civic Center

Position 3: Jemez Pueblo, Precinct 15
Voter registration closes Jan. 8, 2013

Position 5: At-Large (District Wide)
Absentee voting begins Jan. 11, 2013 and ends Feb. 1, 2013

General obligation bond: Authorizing the Jemez Valley Public School District No. 31 Board of Education to issue general obligation bonds of the district, in one series or more, in the aggregate principal amount not exceeding \$5,000,000, to erect, remodel, make additions to and furnish school buildings; purchase or improve school grounds; purchase computer software and hardware for student use in public schools; provide matching funds for capital outlay projects funded pursuant to the public school capital act; or any combination of these purposes; bonds to be payable from general taxes and to be issued and sold at such time or times upon such terms and conditions as the Board may determine.

Public school capital improvements (2 mill) tax: Authorizing the Jemez Valley Public School District No. 31 Board of Education to impose a property tax of \$2.00 per each \$1,000 of net taxable value of the property allocated to the district under the

property tax code for the property tax years 2013, 2014, 2015, 2016, 2017 and 2018, for the purpose of the following capital improvements: erect, remodel, make additions to, provide equipment for or furnish public school buildings; purchase or improve public school grounds; maintain public school buildings or public school grounds, including purchase or repair of maintenance equipment; participate in the facility information management system as required by the public school capital outlay act and including payments under contracts with regional education cooperatives for maintenance support services and expenditures for technical training and certification for maintenance and facilities management personnel, but excluding salary expenses or district employees; purchasing vehicles for transporting students to extracurricular school activities; or purchasing computer software and hardware for student use in public school classrooms.

Vote: It counts – for your children and schools!

For more information contact Peter Magdalena, Native American Voting Rights office at (505) 934-8826 or Jemez Valley Public Schools at (575) 834-7391.