



# Red Rocks Reporter

MARCH 2013

FROM THE GOVERNORS

## In This Issue

Jemez Earns Self Governance .....	1
Valles Caldera Board of Directors .....	1
Ditch Cleaning .....	1
Electric Coop Settlement Announced.....	2
Community Notices: .....	2
Animal Control Ordinance .....	3
Home Comfort and Efficiency .....	4
Flag Raising Ceremony.....	4
Welcome Mat: Virginia Manion .....	4
Electronic Health Records .....	5
Jemez Hosts IHS Fellows .....	5
Contract health Services .....	5
Violence Against Women Act .....	6
Why Good Men Are Silent .....	6
Honoring Our Elders Conference.....	7
Child Abuse Prevention Month .....	7
Thank you Note .....	7
March is National Nutrition Month.....	8
MOGRO .....	9
Disabilities Awareness Conference.....	9
Social Security Direct Express .....	10
Medicare Part D Reminder .....	10
Pharmacy Corner .....	10
Tax Time.....	11
Stories by the Fireside .....	12
Language Symposium .....	12
Walatowa High Students .....	12
Walatowa Veterans Association.....	13
Monument Director.....	14
Church News.....	14
Site steward training.....	14
Weight Watchers in Jemez .....	15
Burn Permits.....	15
School Board Election.....	15
School bus Safety .....	16

## JEMEZ SELF-GOVERNANCE APPROVED

The United States Department of the Interior (DOI) has selected the Pueblo of Jemez to participate in the tribal self-governance program starting in fiscal year 2014. The tribe was notified of the authorization in a letter from the Office of the Secretary dated Feb. 20, 2013.

The criteria for self-governance selection include completing the planning phase, which includes legal and budgetary research, as well as internal tribal government planning and organizational preparation. The Pueblo of Jemez also demonstrated financial stability and financial management capability by having three consecutive years without material audit exceptions in required annual audits.

Under DOI self-governance, the tribe can contract from all bureaus within the DOI, including the Bureau of Indian Affairs (BIA,) Bureau of Land Management, Bureau of Reclamation, Bureau of Minerals Management, National Park Service, Fish and Wildlife, US Geological Survey and the Office of Special Trustee.

“Self-governance is a significant achievement for the Pueblo of Jemez,” says Governor Vincent A. Toya, Sr. “This final step in Indian self-determination is compacting with the federal government.” Self-governance enables the Pueblo of Jemez to:

- ▶ pursue single funding amendments instead of multiple finance arrangements.
- ▶ significantly reduce paperwork and processing tasks.
- ▶ access new funding opportunities for economic development and improvements to our community.

“Self-governance gives the tribe more management control of allocated funds, and more autonomy in deciding where and how those funds can be used,” explains April Wilkinson, Programs Specialist. “This designation is federal acknowledgement of the sovereignty of the Pueblo of Jemez.”

“We have been very active in pursuing our tribal priorities,” Gov. Toya adds. “This improved status will help us continue to hire highly qualified professionals, expand job opportunities for tribal members, and provide the programs and services our community needs,”

## Jemez To Hold Valles Caldera Board Seat

Gov. Toya and the Pueblo of Jemez have initiated discussions with Senator Tom Udall and other federal officials to nominate a Jemez tribal member to the Board of Directors of the Valles Caldera National Preserve. Board membership will give the tribe a more active voice in the management of these ancestral lands.

Additional details about the position will be released as negotiations continue.

---

### ATTENTION MALE TRIBAL MEMBERS: DITCH WORK MARCH 8 - 10

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

All able-bodied men age 18 and over are required to participate in this community obligation, whether or not they or their families engage in agricultural activities.



### 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

### Red Rocks Reporter

### March 2013 Edition

All photos and images are used with permission. Editorial content in this publication is intended for informational purposes only. Every effort has been made to ensure that the information in this publication is as current as possible at press time.

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

Published by Pueblo of Jemez, NM 87024.

## FROM THE GOVERNORS

# Jemez Reaches Settlement with Jemez Mountains Electric Cooperative

After a number of years of litigation and negotiation, the Pueblo of Jemez and Jemez Mountains Electric Cooperative (JMEC) have reached an agreement for fees for past rights of way and trespass issues as well as future rights of way access for the electricity provider. The settlement defines fees for JMEC lines and equipment that cross Jemez tribal lands. The agreement covers payments and penalties for past border intrusions and defines rights of way access and fees for the next 25 years.

At press time, final details of the agreement had not been made public. JMEC will submit payments to the Pueblo of Jemez in negotiated installments over the next 25 years.

For more information, contact the Tribal Administration office at (575) 834-7359.

## Community Notices

To assure that proper reverence and respect is given to cultural/religious activities, we are providing this notice about the ban of cell phones and the control of dogs and cats during cultural and traditional events in the community.

### Cell Phone Use

The use of cell phones at cultural events is strictly prohibited. Violators will face confiscation. Please keep your phone at home.

### Dog & Cat Control

To assure and preserve the community's public health, safety and welfare by preventing nuisances and hazards resulting from dogs and cats, the Pueblo of Jemez pet control ordinance was adopted by Tribal Council and is in effect. (See article on page 3.) Please comply with the following ordinance requirements:

- **All dogs must be penned or tied up during religious activities. No exceptions will be considered under any circumstances.** [Jemez Dog and Cat Control Ordinance, Section 4(b)]
- Ownership shall be restricted to one dog and one cat per household [Section 4(a)]
- It is unlawful for any person to own a vicious dog or cat. [Section 3(a)]
- It is unlawful to own and locally possess the following dog breeds or cross mixes of the following breeds: pit bull, Doberman, Rottweiler, chow. [Section 3(b)]

### Food Handlers' Licenses

Everyone who sells any type of foods, including baked goods, must have a valid Pueblo of Jemez Food Handlers' Certificate with them at the time of sale. This requirement includes bake sales and other food-related fund-raisers at schools, church and any other public areas.

Food Handlers Certification classes will be held at the Community Resource Center (CRC) Thursday, March 21 and Thursday, April 25, from 10 a.m. to 2 p.m. Contact Second Lt. John Galvan for more information and to register. Call (575) 834-7359.

### Curfew Violations

Pueblo of Jemez Tribal codes impose curfews on all tribal members and visitors of 9 p.m. weekdays and 10 p.m. on weekends. These curfews protect the safety and welfare of our community from illegal and destructive activities. Please respect the law enforcement officers and tribal officials on patrol and be respectful if questioned about your activities after curfew.

### Ditch Easements

Reminder: Tribal Code mandates a 10-foot easement between all fences and ditch shoulders and 15 feet from the ditch center to a fence. These required easements allow access for ditch clearing and maintenance projects. Fences that encroach on these easements may be removed.

## INJURY PREVENTION

# Taking Proper Care of Your Pets

The Jemez Injury Prevention Program has a contract with Coronado Animal Hospital for free spay/neuter services for community members' pet dogs and cats. The Injury Prevention Program pays for this service.

Please remember that Walatowa residents are permitted only one cat and one dog per household. Female animals must

be spayed to prevent them from having puppies and kittens. Male dogs and cats must be neutered to keep them at home. Spaying and neutering also keeps your pets healthy.

Don't wait until the contract expires: use it now! Call (575) 834-1001 to get contact information so you can call Coronado Animal Hospital to set up an appointment.

## PUEBLO OF JEMEZ DOG AND CAT CONTROL ORDINANCE (Revised July 13, 2011)

**1. Declaration Of Policy:** An ordinance regulating the animal control and population within the exterior boundaries of the Pueblo of Jemez. To assure and preserve the community public health, safety and welfare by preventing nuisances and hazards resulting from dogs and cats, the following standards will be implemented and administered to control animals through registration, vaccination, spay/neuter, impoundment, quarantine and euthanasia of stray and feral dogs and cats.

### Section 1: Control & Registration

- Control, vaccination and registration of dogs and cats are the responsibility of homeowners.
- All dogs and cats over the age of four months that are owned, kept or maintained within the boundaries of the Jemez reservation must be registered by the homeowner. Injury Prevention Program personnel and/or designated tribal officials are available on request to help in the registration process through contracted veterinary services. The Injury Prevention Program maintains registration records at a centralized location.
- Owners of dogs or cats are required to have the animals vaccinated annually against rabies, and be able, upon request, to provide proof that the vaccination has been administered.
- Vaccination tags will serve as evidence of registration and must be worn by dogs and cats on collars.
- All dogs and cats must be spayed/neutered by the age of four months as a requirement for registration.
- Rabies vaccination clinics will be held at various locations during the summer months. All dogs and cats must be vaccinated against rabies by Injury Prevention Program personnel; vaccine is provided by Indian Health Service (IHS.)

### Section 2: Stray and Unregistered Animals

- Any dog or cat found within the boundaries of the Jemez Reservation but physically outside of human control, or household premises, and not wearing a rabies vaccination tag will be considered a stray, and as such may be picked up by any tribal official, Injury Prevention personnel and/or Law Enforcement for euthanization.

### Section 3: Vicious Animals

- It is unlawful for any person to own a vicious dog or cat.
- It is unlawful to own and locally possess the following breeds or cross mixes of these breeds: pit bull, Doberman, Rottweiler, chow. These breeds are known to have vicious behaviors and therefore, by order of the Governors and Tribal Council through a Tribal Order in 2004, are banned from this community.
- Any dog or cat that attacks or bites any person will be presumed to be vicious. Upon notification that a dog or cat has bitten or attacked a human, the owner will be notified, and the animal will be removed by Injury Prevention staff or tribal officials. The animal will be taken to a veterinary clinic to be euthanized and a head specimen sent to a diagnostic laboratory for rabies analysis. **The Pet Owner is responsible for all costs.**

### Section 4: Ownership

- 1. Ownership is restricted to one dog and one cat per household, including households in rural areas, farm houses, corrals or other buildings of the Jemez Reservation.**
- 2. All dogs must be penned or tied up during religious activities. No exceptions will be considered under any circumstances.**

### Section 5: Violations

Any tribal member who fails to comply with this ordinance will be in violation and subject to a citation by Jemez Tribal Officials or Jemez Law Enforcement Officers. Upon citation, the person shall be ordered to appear at a hearing in the Jemez Tribal Court.

### Section 6: Penalties

Any tribal member found to be in violation of this ordinance at a hearing of Jemez Tribal Court may be subject to penalties as stated in the following sub-sections of Section H of the Jemez Tribal Code:

- 3-2-46 Restriction of Dogs and Cats
- 3-2-47 Vicious Dogs
- 3-2-48 Stray and Unlicensed Dogs and Cats
- 3-2-49 Destruction; Vicious Dog
- 3-2-50 Vaccination and Registration of Animals
- 3-2-51 Cruelty to Animals

For more information, contact Marlon Gachupin, Public Safety Technician at (575) 834-1001.

To read the complete statute, please contact Tribal Court at (575) 834-7369, the Injury Prevention Program at (575) 834-1001 or Tribal Administration at (575) 834-7359

## HOUSING

# SEAL AIR LEAKS FOR HOME COMFORT & EFFICIENCY

Air sealing is one of the most cost-effective ways to improve the comfort and energy efficiency of your home. Hire a certified professional for best results.

### Why Air Sealing?

Most homeowners know that proper insulation helps keep a house warm in winter and cool in summer. Insulation blocks the flow of heat through a surface, like a wall or roof. But insulation does not necessarily block air movement. This is especially true when cracks, holes or other gaps can be found in a typical house. Think of insulation as a sweater: it can keep you warm when the air is cold, but it doesn't block the wind. For that you need a windbreaker. Air sealing acts like a windbreaker.

Air leaks can make your home feel drafty and uncomfortable and place an unnecessary strain on heating and cooling

equipment, decreasing their efficiency and raising your energy bills. Air leaks can also let in moisture that can warp and damage wood and lead to mold.

### Air Leak Locations

Air leaks can occur anywhere in the home where there are gaps. Gaps around windows and doors are the most obvious, but often there are smaller and less detectable ones. Air leaks may also be found where rising warm air is replaced by cooler air (this often happens between an attic and the spaces below) or where exposed insulation contains dirty spots that slow air filtration. Look for air leaks where siding or foundations and walls meet.

### Finding and Sealing Air Leaks

It's best to hire a professional energy auditor to conduct a home energy assess-

ment to find air leaks, determine the best way to seal those leaks, and complete the upgrade. But many homeowners choose a do-it-yourself approach. This can be effective for obvious leaks, such as around door frames and exterior wall openings for pipes, vents, electrical fixtures and wires, and around ducts and fans. However, this approach won't work for small, hard to detect leaks, especially in attics that may be covered by layers of insulation.


### Using a Certified Contractor


Certified home energy auditors are trained to assess a home's efficiency and durability. They evaluate the patterns of energy usage. They may use certain techniques, such as a blower door test and thermal (infrared) camera imaging, to locate the sources of air leaks. They also can determine how well a house is ventilated to avoid the buildup of damaging water vapor or harmful gases.


When the assessment is complete, you will get a report detailing the most energy-efficient measures and cost-effective options available for installing air sealing measures. A certified contractor will help you deal with any safety or health issues that may arise before undertaking any energy-efficient upgrades.

### Do It Yourself

If you are going to take a do-it-yourself approach to air sealing, a number of materials are available, including:

 **Caulk**, including acrylic latex and high temperature-resistant silicone caulk for sealing around flues, vents and pipes associated with chimneys, furnaces and water heaters. However, it is recommended that you go to a professional contractor for such air sealing needs.

 **Spray foam**, including expandable polyurethane (which may also be used for insulation) and water based foams.

 **Weather-stripping** (such as around doors and between window frames and sashes), including tension seal, felt, reinforced foam, rubber tape, aluminum or stainless steel door sweeps, metal gaskets, bulb or fin seals, and other types of interlocking metal channels.

## Welcome Mat



The Pueblo of Jemez welcomes Virginia Manion as the new Human Resources Department director.

"I am honored to be working here and serving the community of Jemez Pueblo," Virginia says. "I am excited by the possibilities of strengthening the Human Resources Department's relationship to the government's goals, contributing to the direction and growth of the Pueblo, and maximizing the potential of the human resources."



## Flag Raising Ceremony

Tribal staff and community members joined the Walatowa Veterans Association in a ceremonial raising of the flags on the new flagpoles outside the Tribal Administration Building. The Walatowa Flowers sang an honoring song.

"Our flags represent honor, courage, strength and dedication," Governor Vincent A. Toya, Sr. reminded the gathering. "This is a focal point for pride in our tribe, state and nation."

## HEALTH &amp; HUMAN SERVICES

## JHHS Implements EHR

The Jemez Health Center will begin implementation of the Electronic Health Record (EHR) in March. EHR is an inclusive digital (or computerized) version of patients' medical records. EHR will help authorized staff from all programs access patient records more efficiently, facilitate chart tracking and improve care coordination.

EHR implementation is a critical goal of the Health Information Technology for Economic and Clinical Health Act, a part of the 2009 stimulus package. This law defines "meaningful use" of electronic technology "to achieve significant improvements in care" as a requirement for maximized Medicare payments for health care. The Obama administration's Health IT program encourages EHR in all health care environments as an important strategy to:

- ◆ Improve care coordination.
- ◆ Reduce healthcare disparities.
- ◆ Improve public health.
- ◆ Protect privacy and security.
- ◆ Improve patient safety.
- ◆ Reduce patient wait time.
- ◆ Reduce the use of paper.

As in any implementation transition of new technology, patients may temporarily experience slight delays at the Health Center.

"We thank you for your understanding and patience ahead of time," says Brian Gunthorpe, Information Management and Technology Manager, who has spearheaded the project. "The Jemez Health Center will do its best to serve our patients as promptly and sensitively as possible."

## INJURY PREVENTION

## IHS Fellows Tour Jemez



The Injury Prevention Program hosted a visit from Dr. Lawrence Berger and a group of Indian Health Service (IHS) Professional Development Fellowship Students on Feb. 7. The Fellows come from all over the United States and have been training for one year.

The group had been in Albuquerque for a week and their visit to Jemez marked their last class. Governor Vincent Toya, Sr. provided an orientation about Jemez culture and history and reviewed the programs providing services to the Jemez community. Lunch at the Senior Center gave the group an opportunity to visit with the elders and a group of elders sang a welcome song. They also toured the Pueblo and visited the Walatowa Visitor Center Museum.

"They enjoyed their day at Jemez, especially their time with the elders," says Maria Benton.

## CONTRACT HEALTH SERVICES

## Contract Health Services: Know the Facts

Although tribal members do not pay for health care at Indian Health Services (IHS) and tribal health facilities, this doesn't mean the care is "free." All health care has a cost. JHHS bills Medicaid, Medicare, or private health insurance when patients are covered by a these plans. Those reimbursements are critical to maintain and expand JHHS services.

Contract Health Services (CHS) is an Indian Health Services (IHS) program that pays for some medical services that are not available at the Jemez Health Clinic or for emergency care in a verified medical emergency. The US Congress allocates a specific amount of money to this program each year, so funds are limited and may not always be available. The government has very specific rules about how and when CHS pays for health care. If you have questions, contact Carol Lucero at (575) 834-3033 or talk with your CHS specialist.

### Eligibility

#### You must:

- be an enrolled member of the Pueblo of Jemez, or a spouse of an enrolled tribal member, or a descendent of an enrolled member; **and**
- live on the Pueblo of Jemez lands or in Sandoval County.

### Emergency/Urgent Care Visits

- notify CHS **within 72 hours of your visit**; call Yolanda Henderson at **(575) 834-3192**; leave a message if no one answers.
- after an emergency visit, see a JHHS physician for a referral if you require specialty care.

### Medical Referrals

- You must be seen by your JHHS physician, who will provide a referral to an outside medical specialist **if needed**.
- A CHS specialist will schedule the visit and notify you of your appointment. If you need follow-up appointments or procedures, notify your CHS specialist.
- If transportation is needed for your appointment, please notify your CHS specialist as soon as possible.

Patients are responsible for providing their insurance cards at the time of their visits. If you follow these instructions, CHS may be able to assist with paying your co-pays/charges.

## SOCIAL SERVICES

# RENEWING THE VIOLENCE AGAINST WOMEN ACT

Submitted by Farrell Shortman, BSW, Social Services Program Outreach Specialist

The Violence Against Women Act (VAWA) was enacted in 1994 and must be reevaluated and reauthorized by Congress every five years. The current reauthorization includes several new provisions that have provoked criticism and push-back among some Congress members. Specifically, provisions protecting women on tribal land, lesbian/gay/bisexual/transgender (LGBT) victims, and undocumented, immigrant victims have been resisted. On Feb. 12, the Senate passed S. 47, a strong, inclusive bill to reauthorize the landmark Violence Against Women Act (VAWA) by a 78-22 bipartisan vote. However, the House of Representatives has not yet acted on this legislation. At press time, the reauthorization of this act, which is crucial for victims as well as their families, remained tangled in politics.

The Violence Against Women Act (VAWA) protects adults and children, keeps families and communities safe, and is the cornerstone of our nation's response to the serious crimes of domestic violence, dating violence, sexual assault and stalking. Forty-seven state Attorneys General, along with thousands of law enforcement, community services, faith-based and health care organizations from across the country have urged Congress to vote YES on VAWA.

The National Congress of American Indians (NCAI) Task Force on Violence Against Women has worked steadily on VAWA for many years, and in this reauthorization cycle they have worked on the problem of domestic violence committed by non-Indians on reservation land.

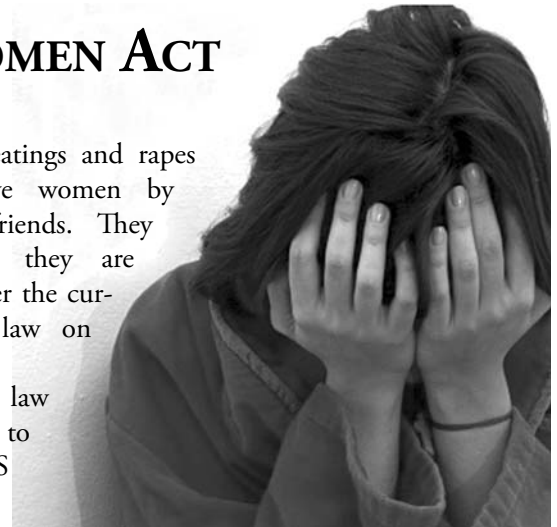
Tribes are dealing with felony violence in domestic situa-

tions, such as beatings and rapes of young Native women by non-Native boyfriends. They understand that they are untouchable under the current system of law on Indian lands.

The current law requires referral to a US attorney. US attorneys currently decline

67% of sexual abuse and related cases. If a case is declined at the federal level, the felony crime goes back to a tribal court as a misdemeanor. The defendant can immediately remove the case back to the US attorney for a dismissal. Even if the U.S. attorney is interested in prosecuting, the offender would likely be set free until the US Attorney can obtain a grand jury indictment, a process that can take months. Until that indictment is obtained, the offender is often set free within the very community that he threatens. The federal criminal justice system is simply not equipped to handle local crimes, and this is the primary reason that tribes seek local control over these crimes that are plaguing our communities.

Community members are urged to support VAWA and its endeavors to protect Native women. For more information, please contact Farrell Shortman, BSW, Outreach Specialist, at (575) 834-3111 or go to the web site at [www.4vawa.org](http://www.4vawa.org).



## Why Good Men Are Silent

Tuesday, March 19

7 – 8 p.m.

**Ted Bunch, Co-founder and Co-director of A Call to Men**

**University of New Mexico Science and Math Learning Center Auditorium 102**

The Rape Crisis Center of Central New Mexico, the New Mexico Coalition Against Domestic Violence will join several University of New Mexico (UNM) departments, groups and collaborating organizations to host a presentation for students and the general public called "Why Good Men Are Silent: How men and boys can be the solution to end all forms of violence against women and girls." A separate presentation will be geared to service providers and professionals.

Ted Bunch, cofounder and codirector of A Call to Men, will examine the context and structure of men's violence toward women and why most men remain silent about domestic violence and sexual assault. Bunch is nationally and internationally recognized for his expertise in organizing and educating men in an effort to create

a healthier and more respectful manhood. He is a leading trainer, lecturer and consultant dedicated to strengthening community accountability to end all forms of violence and discrimination against women and girls. Ted is an international lecturer for the US State Department and was appointed a Committee Member to UNITE, an international network of male leaders working to end violence against women, by UN Secretary general Ban Ki-Moon.

Ted will engage the audience in ways that promote the involvement of men and boys to become the solution to ending all forms of violence against women and girls, along with practical approaches to a healthier and more respectful manhood.

For more information, contact Farrell Shortman, Jemez Social Services Outreach Coordinator, at (575) 834-3111

## SOCIAL SERVICES

## Honoring Our Elders

Submitted by Joline Cruz-Madalena

The Elder Abuse Strategic Advisory Committee (EASAC) thanks the elders, community, and staff of the Pueblo of Jemez Social Services and Senior Citizens Center for making the 2013 Honoring Our Elders Conference a success. The conference was attended by 164 individuals. EASAC received the following feedback from 91 evaluations:

- ★ 97% of attendees were 18 years of age or older.
- ★ 91% liked the conference.
- ★ 100% were educated on issues and concerns impacting elders and seniors.
- ★ 100% were educated about Pueblo of Jemez services available to elders and seniors.
- ★ 95% were educated about the Family Gathering process.

On a scale from 1 to 5, with 5 being excellent, the average ratings by participants for the panel presentation was 4.73, the program presentations a 4.76, the Code presentation a 4.72, and overall conference a 4.8.

EASAC is especially grateful for support for:

- ★ Posting and retrieving of colors: Walatowa Veterans Association
- ★ Opening and closing prayers: Frank Fragua and Patrick Romero
- ★ Welcome and honoring ceremony: Governor Vincent Toya, Sr., First Lt. Governor Juan Toya, and Second Lt. Governor John Galvan
- ★ Panel, program and presentations: PoJ Health and Human Services Director, Medical Clinic, and Medical Social Work, Senior Center, Social Services, Public Health/Diabetes Program, Vocational Rehabilitation and Behavioral Health Programs; Pueblo of Jemez Emergency Medical Services, Police Department, Tribal Court and Housing Department; National Indian Council on Aging (NICOA), and American Indian Development Associates (AIDA.)
- ★ Caterer: Persingula Toya
- ★ Donations: Delia Gachupin, Henrietta Gachupin, Andrea Fragua, Monica Toya, Kyle Toya, Patrick Romero, Randy Barry, Christine Waquie, PoJ Senior Center Program, PoJ Social Services Program, Walatowa Timber Industries, Walatowa Visitor Center, T-Freeze Grill and Bakery, T and T Supermart, National Indian Council on Aging (NICOA), Amerigroup RealSolutions in Healthcare, American Indian Development Associates (AIDA), and Graphic Connection.

The Jemez Social Services Program plans to continue *Honoring Our Elders* with more educational sessions on factors that may place elders at risk of abuse, neglect and/or exploitation.

*Honor Your Elders for they have the wisdom to teach what we have not yet learned.*

## Safe & Healthy Children = Safe & Healthy Community

Community engagement and action are critical to the prevention of child abuse and neglect because it is within our communities that children are building their foundation for adulthood. Prevention is a shared responsibility.

During March and April, Jemez Social Services Program (JSSP) will host several events to increase awareness of, prevent and intervene in child abuse and neglect. If you have any questions, please contact Joline Cruz-Madalena at JSSP at (575) 834-7117.

### March Kick-Off Event

**March 22. 5K & 1 Mile Run & Walk.** Intersection of Mission Road and Eagle Wings; 5:30 p.m. registration, 5:45 p.m. warm-up, 6 p.m. run/walk.

### April Events

**April 5 to 26. WEAR BLUE Fridays**

**April 20. Children's Fair.** Walatowa Youth Center, 9 a.m. to 12 noon.

**April 25. Child Abuse Prevention Conference**

(for participants 14 old years and over.) Walatowa Youth Center; Dinner: 5 p.m.; conference 6 to 8 p.m. Child care will be provided.



*Thank you!*

Jemez Social Services extends a sincere thank-you for those who participated in our 5<sup>th</sup> Annual Walatowa Caring Tree project. You brightened a child's Christmas with the gift you provided.

This program assisted children who have been impacted by child abuse and/or domestic violence. Thank you again for your donation. We hope you will participate in our upcoming events this year.

*Jemez Social Services Staff*



**Women's Support Group meetings will be held Thursdays,  
March 14 and 28, at the Social Services Building  
conference room  
from 6 to 8 p.m.**

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

## PUBLIC HEALTH

# March is Nutrition Month: *Eat Right For A Healthier You*

### Eating Right Guidelines to Everyday Eating

Newly released dietary guidelines offer a practical road map to help you make changes in your eating plan to improve your health.

The first step is to focus on balancing calories with physical activity and consuming an overall healthy eating pattern. This will put you on the road to achieving or maintaining a healthy weight and reducing the risk of developing diet-related chronic diseases.

The Dietary Guidelines recommend shifting eating patterns to eat more of some foods and nutrients, and less of others. The guidelines encourage us to eat more:

- ♥ Whole grains.
- ♥ Vegetables.
- ♥ Fruits.
- ♥ Low-fat or fat free milk, yogurt and cheese or fortified soy beverages.
- ♥ Vegetable oils such as canola, corn, olive, peanut and soybean.
- ♥ Seafood.

More than one-third of all calories consumed by Americans are solid fats and added sugars. The Dietary Guidelines recommend eating less:

- ⊗ Added sugars.
- ⊗ Solid fats, including trans fats.
- ⊗ Refined grains.

### Sodium

The recommendation for sodium remains the same: no more than 2,300 milligrams (mg.) for most people. However, a reduction to 1,500 mg. per day is recommended for people over age 51, and those with a history of high blood pressure, chronic kidney disease or diabetes.

### Suggestions for Reducing Sodium

- ♥ Prepare food using little salt or fewer high-sodium ingredients. For example, skip using salt in cooking pasta, rice, cereals and vegetables.
- ♥ Taste food before salting it. Lightly salt food only as needed, not as a habit.
- ♥ Eat fresh fruits and vegetables which are naturally low in sodium.
- ♥ Use herbs, spice rubs and fruit juices in

cooking in place of salt.

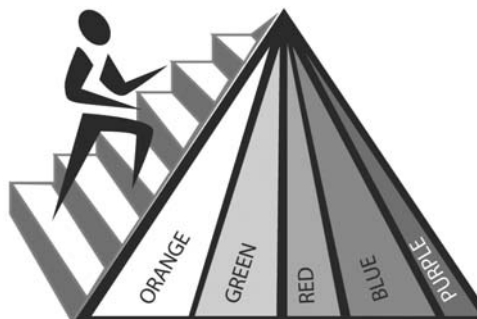
- ♥ Check food labels comparing like items and choose lower sodium foods. Also watch for terms like “low sodium” and “no added salt.”
- ♥ Eat fresh, lean meats, poultry, fish, dry and fresh beans and peas, unsalted nuts and eggs, all of which contain less sodium.

### Fats

For optimal health, most people should reduce their intake of solid fats and trans fat by replacing them with monounsaturated and polyunsaturated fats.

Solid fats are found in fatty animal-based foods such as well-marbled meat, poultry skin, bacon, sausage, butter and whole milk products. Trans fats are found in foods made with vegetable oils that have been partially hydrogenated such as cookies, donuts, pastries and crackers.

Most fats should be polyunsaturated or monounsaturated such as liquid vegetable oils like canola, olive, corn, peanut and soybean. Plant-based foods like nuts, seeds, olives and avocados also contain these healthy fats.



### Eating Right with the Color of MyPyramid

Follow the new Dietary Guidelines and add color to your eating plan by including the colors of MyPyramid. Each color in the MyPyramid symbol represents the recommended proportion of foods from each food group. Here are some tips to make sure all the colors of MyPyramid are part of your healthy eating plan.

**Grains (Orange):** Make at least half of your daily grains whole grains. Check the label for “100 percent whole grain”

or “whole” before the grain in the ingredients list.

- ♥ Use whole-grain or oat bread for sandwiches.
- ♥ Substitute brown rice for white rice in favorite recipes.
- ♥ Add whole barley to soups and stews or bulgar wheat to salads and casseroles.

**Vegetables (Green):** Vegetables are a great source of vitamins and other nutrients. Choose fresh, frozen, canned, raw or cooked vegetables. Adults need at least 2½ cups of vegetables each day.

- ♥ Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.
- ♥ Top a baked potato with beans and salsa or broccoli and low-fat cheese.
- ♥ Stuff an omelet with vegetables. Try any combination of chopped tomatoes, onion, green pepper, spinach or mushrooms.

**Fruits (Red):** Nutrient-packed fruit makes a great snack and can also satisfy a sweet-tooth craving. Getting 2 cups each day is easy when you choose fresh, frozen or canned fruit.

- ♥ Top cereal or whole-grain waffles or pancakes with sliced fruit.
- ♥ Add fruit to salads: oranges slices or strawberries to spinach salads or toss grapes into mixed salad.
- ♥ For dessert, add sliced bananas, berries or peaches to fat-free yogurt or as a topper on angel food cake.

**Dairy (Blue):** Include three servings a day of low-fat or fat-free milk, yogurt or cheese for calcium, vitamin D, protein, phosphorus and potassium.

- ♥ Make hot cereal with low-fat or fat-free milk in place of water.
- ♥ Sprinkle low-fat cheese on soups and salads
- ♥ Make a smoothie with low-fat or fat-free milk and yogurt plus fruit.

**Meat and Beans (Purple):** This protein group includes meat, poultry, fish, beans and peas, eggs, nuts and seeds.

- ♥ Choose lean cuts of meat. Look for words like loin or round in the description.
- ♥ Prepare healthier meats: broil, grill, roast, pan-broil, braise, stew or stir-fry.



## PUBLIC HEALTH

**Eat Right For Health****Continued**

♥ Choose fish like salmon, tuna and mackerel that are rich in omega-3 fatty acids, which help reduce your risk of heart disease.

If you would like more information on nutrition, stop by the Public Health Program offices. The program also has a nutritionist in Jemez on Thursdays for nutritional therapy. The Public Health Programs are located at the Jemez Clinic; the phone number is (575) 834-7207.

*Information from eatright.American Dietetic Association*

**MoGro Is Here!**

**Groceries, fresh fruits and vegetables, quality meats and dry goods...**

**Jemez Senior Center Parking Lot  
Tuesdays 10 a.m. to 7 p.m.\***

*\* Schedule may vary due to weather.*

*Did You Know?* MoGro accepts bulk and special orders! Contact MoGro for more information by e-mail to [thomas@mogro.net](mailto:thomas@mogro.net) or call (505) 345-0087 or (505) 216-8611.

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



Photo by Cornell Magdalena

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

## VOCATIONAL REHABILITATION

## **Disabilities Awareness Conference** *Celebrate Life: Everyone is Unique!* **Wednesday, March 20      9 a.m. to 2 p.m**

Mark your calendars for the 15<sup>th</sup> Annual Jemez Vocational Rehabilitation Program Disabilities Awareness Conference on March 20 at the Walatowa Youth Center from 9 a.m. to 2 p.m. The conference will include vendors, presentations and interesting speakers. The event will conclude with a Fun Run/Walk at 2:30 to help get participants' blood pumping again!

The JVR program began hosting the Disability Awareness Conference in 1998. The conference has grown from a small gathering to an event that brings in 200 to 300 participants each year to learn about disabilities and vocational rehabilitation.

"Our key message is that *disability* does not have to mean *in-ability*," says Program Manager Sarah Michaud. "Disabilities are a part of life. You can be born with one or you can acquire one during your lifetime. The impacts can vary greatly from one person to another. However, a disability does not have to define how or what an individual can accomplish."

This year's conference will focus on disabilities and their impact on individuals' daily lives. Speakers will talk about issues associated with disability including communication, social and individual perception of a condition, and how one can develop coping strategies to overcome barriers to personal success. Conditions such as deafness, diabetes, obesity, paraplegia, depression, and drug or alcohol addictions can have a variety of impacts on individuals, from challenges with physical health to

communication with friends and family.

The conference keynote speaker will talk about her own personal journey through the disability process to the achievement of her goals. Then a panel of JVR consumers will speak about their personal experiences from diagnosis with a disability to beginning the pursuit of their personal goals.

"This is always one of the most inspiring parts of the conference," says VR Coordinator Joyce Tsosie. "It really shows that you can accomplish whatever you want to, no matter what."

The JVR program will give a presentation about its services and Pueblo of Jemez, local and state agencies will offer information about their services to people with disabilities and their families. Local artisans from the Pueblos of Jemez, Santa Ana and Zia also will have tables showcasing their arts and crafts.

There is no cost to register for the conference, but due to the event's length and content, registration will be limited to people 12 years old and older. Lunch will be provided to registered attendees, and sign language interpreters will be available to assist attendees with hearing impairments so they can fully participate in the conference. Registration forms are available throughout the Pueblo of Jemez, Pueblo of Santa Ana and Pueblo of Zia communities. People can also call the JVR office at (575) 834-0012 to register by phone or e-mail to JVR Program Manager Sarah Michaud at [smichaud@jemezpueblo.us](mailto:smichaud@jemezpueblo.us).

## MEDICAL SOCIAL WORK

# Social Security Direct Express: *What You Need to Know*

If you receive Social Security or SSI benefits and you had not signed up for Direct Deposit by March 1, 2013, you may start receiving your monthly benefit through the Direct Express® card.

### What is the Direct Express® card?

The Direct Express® card is a debit card you can use to access your benefits. You don't need to have a bank account to use Direct Express cards.

With the Direct Express® card program, your federal benefit payments are deposited directly into your card account. Your monthly benefits will be available on your payment day, on time, every time. You can use the card to make purchases, pay bills or get cash at thousands of locations. Most transactions are free.

The Direct Express® card is both safer and more convenient than paper checks. Anyone receiving Social Security (SS) or Supplemental Security Income (SSI) payments can enroll. No more waiting for the mail or worrying about lost or stolen checks.

### How do I use the Direct Express® card?

The Direct Express® card is simple and easy to use. You can use it to:

- **Make purchases:** Present your card when paying at any location that accepts MasterCard® debit cards. The money is automatically deducted from your account.
- **Get cash:** Get cash at ATMs or from bank or credit union tellers. Or you can get cash back with purchases at many retail locations.

### Are there fees?

There are some fees for certain services:

- ATM cash withdrawals: surcharge may apply\* \$0.90 each withdrawal\*
- Monthly paper statements mailed to you \$0.75 each month
- Funds transfer to a personal US bank account \$1.50 each time

- Card replacement \$4 after one free each year
  - Overnight delivery of replacement card \$13.50 each time
- \*After any free withdrawals you may be entitled to, as explained below.

### Can I use the Direct Express® card without any fees?

Yes, it is possible to use your card for free. There is no sign-up fee and no monthly account fee. Many other services are provided free of charge, including:

- Purchases at retail locations, cash back with purchases, or cash withdrawals through bank or credit union tellers;
- One ATM cash withdrawal for each deposit posted to your account each month when using a Direct Express® card network ATM;
- Optional notification of deposits to your debit card by phone, e-mail or text message;
- Optional low balance alert when your account balance falls below a certain level; and
- Access to the toll-free customer service number or web site, 24 hours a day, seven days a week.

### How secure is the Direct Express® card?

The Direct Express® card offers a number of benefits that make it safer and more secure than checks:

- Your account is protected by your Personal Identification Number (PIN.)
- Your card account has federal consumer protection and your funds are FDIC-insured.
- If your card is lost or stolen, it will be replaced.

If you need help signing up for Direct Deposit, you can call the Social Security Administration at (800) 772-1213 or contact Lisa Maves at (575) 834-3059 or Thelma Shendo at (575) 834-3040.

## PHARMACY

*When You're Low,  
Let Us Know!*



Contact the Jemez Pharmacy within five days of when you will run out of your prescription. This gives them time to order your medication if they are temporarily out of stock. Call (575) 834-0130.

## MEDICARE PART D REMINDER

If you have received a bill for a Medicare Prescription Drug Plan for 2013, please bring the bill in to Lisa Maves or Thelma Shendo as soon as possible. They need your member number and the correct amount of your monthly premium so that JHHS can make correct premium payments.

## NEWS YOU CAN USE

# Federal Income Taxes: Who Must File

Internal Revenue Services (IRS) rules and regulations are complicated and confusing. Many people are not sure whether or not they need to file a tax return. Requirements vary depending on your age, marital status and how much money you earned in 2012. **The rules are different for people who are age 65 or blind or both;** please consult a professional tax adviser. It's always best to get information from a trained, certified tax specialist. See the sidebar for resources where you may be able to get free tax help.

### Filing Requirements Chart for Most Taxpayers

**IF you are:** **File a return if your gross income\*\* was at least**

- Single, under 65\* \$9,750
- Single 65 or older \$11,200
- Head of household, under 65 \$12,500
- Head of household, 65 or older \$13,950
- Married, filing jointly under 65 (both spouses) \$19,500
- Married, filing jointly, 65 or older (one spouse) \$20,650
- Married, filing jointly, 65 or older (both spouses) \$21,800
- Married, filing separately, any age \$3,800
- Qualifying widow(er) with dependent child, under 65 \$15,700
- Qualifying widow(er) with dependent child, 65 or older \$16,850

\* Born before Jan. 2, 1948.

If you did not live with your spouse at the end of 2012 (or on the date your spouse died) and your gross income was at least \$3,800, you must file a return regardless of your age.

### Filing Requirements for Dependents

If your parent (or someone else) can claim you as a dependent, you still may need to file a return. *If your gross income was \$3,800 or more, you usually cannot be claimed as a dependent unless you are a qualifying child.*

**Single dependents** must file a return if:

- unearned income was more than \$950.
- earned income was more than \$5,950.
- gross income was more than the larger of—
  - \$950, or
  - earned income (up to \$5,650) plus \$300.

**Married dependents** must file a return if your:

- gross income was at least \$5 and your spouse files a separate return and itemizes deductions.
- unearned income was more than \$950.
- earned income was more than \$5,950.
- gross income was more than the larger of \$950 or earned income (up to \$5,650) plus \$300.

*“Unearned income” includes taxable interest, ordinary dividends, and capital gain distributions. It also includes unemployment compensation, taxable social security benefits, pensions, annuities, and distributions of unearned income from a trust.*

*“Earned income” includes salaries, wages, tips, professional fees, and taxable scholarship and fellowship grants.*

**\*\*** *Gross income is the total of your unearned and earned income and includes all income received in the form of money, goods, property and services that is not exempt from tax, including any income from sources outside the US or from the sale of your main home (even if you can exclude part or all of it.) Do not include any Social Security (SS) benefits unless (a) you are married filing a separate return and you lived with your spouse at any time during 2012 or (b) one-half of your SS benefits plus your other gross income and any tax-exempt interest is more than \$25,000 (\$32,000 if married filing jointly.)*

### Other Situations When You Must File a 2012 Return

You may have to file a tax return even if your gross income is less than the amount shown for your filing status; you must file a return if:

1. You owe any special taxes, including:
  - a. Alternative minimum tax.
  - b. Additional tax on a qualified plan, including an individual retirement (IRA) or other tax-favored account, Health Savings Accounts and Other Tax-Favored Health Plans.
  - c. SS or Medicare tax on tips you did not report to your employer or on wages you received from an employer who did not withhold these taxes.
  - d. Write-in taxes, including uncollected SS, Medicare, or railroad retirement tax on tips reported to your employer or on group-term life insurance and additional tax on health savings accounts.
  - e. Household employment taxes.
  - f. Recapture taxes.
2. You (or your spouse if filing jointly) received Archer MSA, Medicare Advantage MSA, or health savings account distributions.
3. You had self-employment net earnings of at least \$400.
4. You had wages of \$108.28 or more from a church or qualified church-controlled organization that is exempt from employer social security and Medicare taxes.

### Who Else Should File

Even if you do not have to file, you should file a tax return if you can get money back. For example, you should file if you:

- had income tax withheld from your pay.
- made estimated tax payments for the year or had any of your overpayment for last year applied to this year's estimated tax.
- qualify for the earned income credit.
- qualify for the additional child tax credit.
- qualify for the refundable American opportunity education credit.
- qualify for the health coverage tax credit.
- qualify for the refundable credit for prior year minimum tax.
- qualify for the credit for federal tax on fuels.

### NEED HELP? FREE PROFESSIONAL TAX ASSISTANCE

#### AMERIND Risk Management Corporation

TaxHelp NM and the United Way of Central New Mexico designated AMERIND Risk Management to help state residents with tax preparation. You must earn \$50,000 or less, or be 65 years old or older to qualify.

AMERIND near the Santa Ana Star Casino. To make an appointment, call (505) 404-5000 Monday through Friday or (505) 404-5068 Saturdays.

#### American Association of Retired Persons (AARP)

Free tax assistance at the Jemez Valley Community Center in Canon. Limited times available. Call (575) 834-7630 for an appointment.



## Elders Share Traditional Stories

Submitted by Mindy T. Toya, SPARK Program Assistant Coordinator



SPARK (Supporting Partnerships to Assure Ready Kids) has been focused on connecting and engaging our language team members with our community schools and programs to provide unique programs based on incorporating the Jemez language as part of the curriculum offered to our students. Leonard Shendo visited the Jemez Day School and San Diego Riverside Charter Schools to share traditional stories to the students. He began visited the schools through January, starting when the kids returned from their winter break, and engaged students in our oral history. The project's purpose was to share Jemez legends with the children and bring back past times which are no longer familiar to many.



### Stories by the Fireside

SPARK hosted a Storytelling event at the Jemez Community Library as part of their monthly family

engagement activities. Mrs. Rufina Toledo told stories sitting beside the fireplace, which is the traditional way of telling stories. The successful event had a great turnout. The children and parents, as well as some elders, enjoyed the old stories. Some older people said it brought back memories from their own childhoods as they listened to the stories and heard them once again.

In the program evaluations, one person stated "it reminded me of my childhood days with my grandparents." Another wrote "it's a good way to gather the younger and older folks." The event reminded people the importance of our stories and oral history, and that we need to learn and pass on these stories before they are lost. Some who attended had never heard these stories and many realized that the stories have a lot of meaning to them. This event was very beneficial for our community members, children and adults alike.

## Language Symposium

Hosted by Jemez SPARK Program

Friday, April 19 5 - 8:30 p.m.

Saturday, April 20 9 a.m. - 2 p.m.

Jemez Valley High School Auditorium

The Language Symposium is designed to educate the public about the significance of home languages and the importance of maintaining and teaching them to ensure their survival.

Dinner will be provided on Friday evening.

Enjoy complimentary breakfast and lunch on Saturday.

If you have any questions, please contact the SPARK Program at (575) 834-9102.



Walatowa High Charter School students spoke at a meeting of the Indigenous Educator Network, held at the Walatowa Visitor Center in February. Teran Villa, Juwan Herrera, Johnice Martinez and Tenika Toya explained why Walatowa High is sending more students to college and technical schools each year.

"Our school is like a family," the panel agreed. "The teachers treat us well, like parents, and students act like brothers and sisters to keep each other on track."

Photo by WHCS teacher Kathleen Phelan

WALATOWA VETERANS ASSOCIATION



# Honoring Our Military Veterans

New Mexico Governor Susana Martinez has declared March 29, 2013 as Vietnam Veterans' Day. The community is invited to join the Walatowa Veterans Association in a special honoring ceremony for our Vietnam War veterans and Walatowa Women Veterans at the WVA offices on Friday, March 29. Please look for informational posters in the community for more details.

**VIETNAM COMBAT 1961-1965**

**Army, Killed in Action**

Fragua, George Leonard  
 Tafoya, Frank  
 Toledo, Thomas Ambrose  
 Toya, Antonio (Tony)

**Deceased**

**Army**

Betsillie, Joe  
 Casiquito, Leandro  
 Chinana, Paul  
 Fragua, Augustine Sr.  
 Fragua, Jonathan  
 Fragua, Sammy  
 Loretto, Paul  
 Mora, Mike  
 Rogers, Epifanio  
 Romero, Daniel R.  
 Shendo, Earnest  
 Toya, Clarence  
 Yepa, Jose Ray (Brownie)  
 Yepa, Emilliano  
 Yepa, Johnny

**Marines**

Gachupin, Frank Reynaldo  
 Sabaquie, Randolph  
 Seonia, Kenneth Jr.

**Living**

**Army**

Bailey, Richard (Ricky Chinana)  
 Benally, Alfred  
 Casiquito, Marcelino  
 Chinana, Raymond  
 Fragua, Gilbert  
 Gachupin, James  
 Loretto, Joseph L. Sr.  
 Panana, Gerald  
 Toya, Johnny  
 Yepa, Alonzo Sr.  
 Vigil, James

**Navy**

Toledo, Sifredo  
 Vigil, Harold

**Marines**

Chinana, Sammy  
 Chinana, Tito  
 Fragua, Alberto J.  
 Tosa, Joe Lawrence  
 Waconda, Christopher  
 Waquie, Augustine Patrick Sr.

**VETERANS: VIETNAM ERA; SERVING IN THE US AND ABROAD**

**Deceased**

**Army**

Loretto, Gilbert  
 Loretto, Rudy Germany  
 Romero, David W.  
 Toledo, Raymond  
 Toya, Frank E.R.  
 Tsosie, Joseph  
 Yepa, Franklin F. Korea  
 Yepa, John D. Thailand

**Navy**

Seonia, Lawrence  
 Yepa, Patrick

**Living**

**Army**

Cajero, Manuel Thomas  
 Casiquito, Andrew  
 Casiquito, Gabriel Germany  
 Chavez, Wilbert  
 Chinana, Alondo Germany  
 Chinana, Richard Germany  
 Chinana, Tony Robert Korea  
 Chosa, Martha T.  
 Fragua, Christino Hawaii  
 Fragua, Jacob J.  
 Fragua, David Germany  
 Gachupin, Antonio R.  
 Gachupin, Allen Raymond  
 Gachupin, Benjamin  
 Gachupin, Leonard  
 Gachupin, Louis A. Germany  
 Gachupin, Matthew L. (Reserve)  
 Gachupin, Wilma S. Germany  
 Loretto, Cipriano

Loretto, Frank  
 Loretto, Michael Charles  
 Loretto, Phillip Jr.  
 Loretto, Todd  
 Rides At The Door, Josephine A.  
 Toledo, Frederick John  
 Toledo, Michael, Jr.  
 Toledo, Stephen John Korea  
 Toya, Arnold  
 Toya, Alvin F.  
 Toya, Calvin I.  
 Toya, C. Joseph  
 Toya, Ronny  
 Vallo, Max  
 Waquie, Adam Ray  
 Waquie, Alden  
 Weahkee, Freddie, Jr.  
 Yepa, Wilfred

**US Air Force**

Panana, Pete Melvin  
 Pecos, Thomas Larry  
 Sando, Alfred Alex  
 Sando, Christobal (Bell)  
 Tang, Mary A. (Toledo)  
 Toledo, James Nolan  
 Toledo, John Thomas

**Marines**

Fragua, Erwin  
 Fragua, Martin Alex  
 Sando, David Phillipines

**Navy**

Simpson, James  
 Yepa, Walter



## WOMEN'S HISTORY MONTH

**WALATOWA WOMEN VETERANS**

**US ARMY UNLESS NOTED**

Perkins (Bacca), Virginia  
 Cajero, Esther; *Marines*  
 Chosa, Martha  
 Gachupin, Wilma  
 RidesAtTheDoor (Armijo), Josephine  
 Tang (Toledo), Mary; *Air Force*  
 Chavez (Yepa), Delinda Stacy  
 Gachupin, Alicia  
 Gachupin, Kimberly  
 Madalena, Gail  
 Toya, Marie Ramona  
 Toya, Charlotte  
 Pighet (Yepa), Shawna

Yepa, Thelma  
 Videll (Toya), Leonore Josette  
 Chinana, Ramona; *Air Force*  
 Smith-Henderson, Joanne; *Marines*  
 Loretto, Vera; *Navy*  
 Tosa, Danielle (Candice); *Navy*  
 Romero, Paulette; *Navy (Retired)*  
 Tosa, Lauralyn; *Army Reserves*  
 Chinana, Delila; *Air Force*  
 Josefowicz, Ashley; *Air Force*  
 Toya, Tracy; *Air Force*  
 Toya, Daniell D.; *Air Force*  
 Yepa, Marissa; *Navy*



## Honoring Our Veterans Pow Wow

**HAS BEEN CANCELLED.  
 WE APOLOGIZE FOR ANY INCONVENIENCE.**



WVA monthly meetings are held every second Tuesday at 7 p.m. at the WVA offices in the Jemez Civic Center. The next meeting will be held on March 12. All military veterans and their families are encouraged to attend.

*With gratitude for your service and sacrifice.*

## COMMUNITY NEWS

## New Manager at Jemez State Monument

Submitted by Matthew J. Barbour

My name is Matthew Barbour and I am the new manager at Jemez State Monument. I come to Jemez by way of the Office of Archaeological Studies in Santa Fe, where I worked as the Historical Archaeologist for over ten years. I received both my bachelors' (2002) and masters (2008) degrees in anthropology from the University of New Mexico and was recently honored with the City of Santa Fe 2012 Heritage Preservation Award for excellence in archaeology. At UNM, I was a student of Professor Ann Ramenofsky and focused on the impacts of European colonization on the indigenous populations of the Northern Rio Grande. These impacts are clearly visible at Jemez with its Native American Pueblo (Giusewa) and Franciscan mission (San Jose.)

The transition from historical archaeologist to monument manager is an exciting one. It offers me the opportunity to move away from excavating the past to preserving it. Jemez State Monument is committed to collaborating with Jemez Pueblo and surrounding businesses to promote Towa culture and increase tourism to the area. I look forward to interacting with tribal leaders and the public to gauge the best ways for Jemez State Monument to accomplish this task.

One of my first objectives will be to distinguish the area from other Pueblo and mission ruins in the American Southwest. Jemez State Monument needs to clearly present to the public what makes the Towa and Jemez culture unique. These aspects include the disperse settlement patterns of the Towa in field houses and large-scale pueblos across Jemez Province, the focus of the Jemez on high-altitude mesa top farming away from permanent water sources, and the continuity of the Jemez

black-on-white ceramic tradition across four centuries. None of these attributes are really shared with the tribe's Keres and Tewa neighbors, and these facts could be used to entice people to the monument.

The Mission of San Jose de los Jemez is also visually stunning. It offers an excellent opportunity for the monument to discuss the role of Franciscan missionaries in seventeenth century New Mexico. However, the monument should, similarly, discuss the pivotal role Jemez played in the Pueblo Revolt of 1680 and the resistance undertaken by the tribe during the subsequent reconquest. Unlike the Piro, Tiwa and Tompiro, who were missionized and fled with the Spanish during the revolt, the missionization efforts among the Jemez failed. The tribe actively participated in driving off the Spanish and offered staunch resistance to recolonization efforts.

Some obvious ways to succeed in this endeavor will be to modify the current exhibits and build new exhibits which incorporate more of a Towa voice into the monument as a whole. In future months, I look forward to sharing more of my ideas with the Jemez community and discussing our progress at the monument. I also want to listen. If you have ideas for the monument or comments as to how the monument could better serve the community, please do not hesitate to contact the Jemez Monument staff by phone at (575) 829-3530 or email to [matthew.barbour@state.nm.us](mailto:matthew.barbour@state.nm.us).



### *The History of the San Diego Pueblo Church*

**Sunday March 10 2 p.m. at the Visitor Center**

The Walatowa Visitor Center and the Pueblo of Jemez Church Renovation Committee invite you to a lecture on the history of the San Diego Pueblo Church with guest speaker Paul Tosa.

### *The Pueblo of Jemez Church Renovation Committee Monthly Meetings*

**Sunday, April 21 2 p.m.**

San Diego Riverside Charter School Cafeteria

For more information about these events, please contact Johnny Romero at (505) 916-7387.

## Site Steward Training

The Valles Caldera Site Stewardship Training has been rescheduled to Saturday, April 6, 2013 at 9 a.m. at the Walatowa Visitor Center. The previous session was postponed due to tribal traditional activities.

Help protect our sacred sites!

If you have any questions, call Chris Toya at the Natural Resource Department at (575) 834-7696.

### COMMUNITY NEWS

## Weight Watchers Wanted!

Submitted by Dawn Dozhier, PA, JHHS Physician Assistant

I want to provide the Pueblo of Jemez community with as many options as possible to help people be successful in achieving and maintaining a healthy weight. Weight Watchers is a program that has been helpful for me personally. It has helped me to understand how much food I can eat, and which foods and habits were getting in the way of losing and maintaining a healthy weight. As the commercials suggest to, I can and do eat all kinds of food, but portion control and maintaining a balance with certain foods is imperative. Weight Watchers is a program that uses food labels and their program online to calculate points and increasing activity levels to manage weight. There are no required special foods or shakes, only a weekly weigh in, a meeting, and an online program to help. (A computer is not absolutely necessary.)

We have an opportunity to start a local meeting here in the Jemez if we have at least 15 participants. Costs depend on the number of people participating:

#### Option 1: Requires a minimum of 20 participants

17-Week Series: \$186 per person (\$10.94/week.) Payment options are cash; check; three checks of \$62 each deposited monthly beginning with the first meeting; credit/debit card, or payroll deduction.

#### Option 2: Requires 15 participants

12-Week Series: \$156 per person (\$13/week) payment options: cash; check; three checks of \$52 each, deposited monthly starting with the first meeting; credit/debit card; or payroll deduction.

If you want more information, please contact Dawn at (575) 834-3027 or dawn.dozhier@jemezpueblo.us if you want more information or are interested in joining us for our meeting.



## JEMEZ VALLEY PUBLIC SCHOOLS 2013 SCHOOL BOARD ELECTION

	Election Day	Absentee	In Person	Total
<i>District 3, Precinct 15:</i>				
Sherwin P. Sando	83	87		170
<i>District 4, Precinct 14:</i>				
Anthony Delgarito	51	0		51
<i>District 5:</i>				
Michael G. Lucero	291	64	2	357
Ranil Liyanasuriya	70	9	0	79

**Question 1: General Obligation Bond**  
For: 370    Against: 110

**Question 2: Capital Improvement Tax**  
For: 315    Against: 150

If you have questions, contact the Native American Voting Rights office at (505) 934-8826 or Jemez Valley Public Schools at (575) 834-7391. Thank you for your participation and support.

## Burn Permits

A valid Burn Permit is required for all weed and agricultural burning within Pueblo of Jemez tribal lands. The Natural Resources Department issues weed burning permits at no cost. Each Weed Burning Permit is valid for one week only.

Permits authorize an adult tribal member to burn **only** foliage, (weeds, leaves, grass, branches and limbs) at a **specific, designated site**. The permit describes the dates and times the burn is to be conducted, and the planned means of suppression. Permits are non-transferable and subject to cancellation by tribal officials, representatives or law enforcement.

Permit holders are held accountable for any property damage resulting from negligent burning. Burns are permitted only during calm weather conditions. The permit holder must be in possession of the permit during the fire.

Violators will be prosecuted in tribal court and will be jailed and/or have fines imposed.

**In the event of an escaped fire immediately call "911" or Southern Pueblos Agency Fire Management at (505) 563-3652** to respond to the fire emergency. For non-emergency fire questions, contact the Natural Resources Department (NRD) at (575) 834-7696.

## Burn Safety

Burning to clear vegetation and debris can quickly become a dangerous wildfire. Follow these safety tips to protect yourself, your home and your community.

### Get a Burn Permit

- Contact the tribal office to confirm that burning is allowed and get a permit.

### Check the Weather Forecast

- Sudden changes in wind direction or speed could make a burning ditch into an out-of-control blaze.

### Prepare the Site Correctly

- The ground around the burn site must be surrounded by gravel or dirt for at least five feet in all directions. Clear all vegetation before starting the burn.
- For larger areas, till around the field to create a fire break before burning.

### Make Sure the Site is Safe for Burning

- Sites should be far from power lines, gas lines, telephone boxes, buildings, vehicles, equipment and tree limbs.
- Open space above the fire should be at least three times the height of the pile (nine feet clearance above a three-ft. pile.) Heat extends far past the flames.

### Stay with Your Burn

- Watch the smoke. Smoke can create a hazard when it blows across roads, limiting visibility.
- Stay at the burn site until the fire is completely out. Drown the fire with water or turn ashes with a shovel. Repeat several times. Check the area often for several days, especially if the weather is warm, dry and windy.

Source: Southern Pueblos Agency



**PUEBLO of JEMEZ**

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

Presort Standard  
US Postage Paid  
Albuquerque NM  
Permit No. 1741

**Boxholder**  
**Jemez Pueblo, NM 87024**

## INJURY PREVENTION

## LAW ENFORCEMENT

# School Bus Safety

*Submitted by Maria Benton, Injury Prevention Program Manager*

Reminder to all drivers: Pueblo of Jemez Tribal Code and New Mexico state statutes require that all drivers stop their vehicles at least ten feet from a school bus that has its lights flashing, whether in front of or behind the bus. This law protects our children who are entering or leaving their buses.

**School Bus Statute: Tribal Traffic Code, Section 7-6-18:** Every driver of a motor vehicle, when meeting or overtaking from either direction any school bus which has stopped with a special school bus sign in operation, for the purpose of receiving or discharging passengers, must stop immediately at least ten feet before reaching the school bus and must not again proceed until all passengers are received or discharged and until the special bus signals are turned off.

All traffic in both directions must stop and must not proceed until the flashing stop sign is retracted by the bus driver. If a driver proceeds, even if the bus is pulled onto the side of the road, that driver is in violation of the statute.



**Slow down and STOP when red flashers are on.**

**Move ONLY when flashers are turned off!**

**There is a 10 foot "danger zone" all the way around the bus. Keep your distance for the safety of our children.**