



# Red Rocks Reporter

SEPTEMBER 2012

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## Celebrating “The First American Revolution”

*Dr. Robert W. Preucel, Professor of Anthropology, Curator of North America, and Director of the Center for Native American Studies at the University of Pennsylvania, Philadelphia, was the guest speaker at the Jemez State Monument Pueblo Revolt Celebration. He has generously given permission to reprint his presentation.*

We are gathered at the Jemez State Monument to remember Pueblo Independence Day, or as Joe Sando and Herman Agoyo call it, “the First American Revolution.” First, we acknowledge the runners who dedicated themselves to running the 13 miles from Jemez Pueblo to the Monument this morning. They are physically and spiritually reenacting the run of Pedro Omtua and Nicholas Catua, the two Tesuque boys who were entrusted to spread the message among the various pueblos by means of a knotted cord.

The revolt, originally planned for August 11, 1680, actually took place a day earlier, on August 10. It was moved up because the Spaniards learned of the plans when they captured and tortured Omtua and Catua.

The revolt began at Tesuque Pueblo when Tesuque warriors killed Fray Juan Bautista Pio, who had charge of the Tesuque mission. In all, Pueblo warriors executed 21 Franciscan priests and 401 Spanish colonists, burning their missions and haciendas. The surviving colonists fled to the capital of Santa Fe for only temporary safety. In ten days, the capital was under siege by more than 2,500 Indian warriors. After Pueblo forces cut the water supply, Governor Antonio de Otermín was forced to retreat to El Paso del Norte (present-day Ciudad Juarez in Mexico.) The Pueblo people, acting in unity, had prevailed. The Pueblo Revolt of 1680 was thus the earliest and most successful native insurrection along the northern Spanish frontier, and for a period of 12 years, the Pueblo people lived free of colonial rule.

The history of this revolt begins here, right where we are standing. The mission of San José de Guisewa was founded in 1621 by Fray Gerónimo de Zárate Salmerón. A year later, he founded a second mission near Walatowa called San Diego de la Congregación. These two missions were established to accommodate the large number of Jemez people who had been living in their mountain villages like Amoxiumqwa, Kwastiukwa, Tovakwa, and Seshukwa. Unlike most Franciscan priests, Zárate Salmerón learned the Jemez language and wrote a book recording Catholic beliefs and religious practices for instructing Jemez parishoners. However, this conversion was short-lived. In 1623, the Jemez people

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**Jemez runners commemorated the 1680 Pueblo Revolt with a symbolic journey from the Walatowa Plaza to Giesewatowa on August 12.**



## 2012 TRIBAL GOVERNORS

Joshua Madalena

Governor

Larry Chinana

First Lt. Governor

Juan Toya

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

Vincent A. Toya, Sr.

## Red Rocks Reporter

### September 2012 Edition

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## Celebrating the “First American Revolution”

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burned the mission and reoccupied their mesa top homes. This revolt was apparently motivated in part by the policies of Governor Juan de Eulate that included selling Indians into slavery.

Three years later, Fray Martín de Arvide successfully persuaded the Jemez people to come down from their mesas. He reestablished San José de Guisewa and rededicated the old San Diego de la Congregación mission as San Diego de los Jemez. However, the rivalries between the Spanish church and state insured that exploitive economic and missionizing practices would continue. For this reason, other Pueblo people resisted the Spanish missionaries and revolts took place at Zuni in 1632 and Taos in 1639. These revolts demonstrate a clear pattern of resistance at individual villages before the famous Revolt of 1680.

The 1680 Revolt was also preceded by several multi-village revolt attempts. The first took place in the 1650s during Governor Hernando de Ugarte y la Concha's term (1649-1653) and involved an alliance between Jemez, Isleta, Alameda, San Felipe, Cochiti and Apache. However the Spaniards discovered it and hanged its leaders.

A second revolt occurred during the Governorship of Fernando de Villanueva (1665-1668). This time it involved the Salinas Pueblos and was led by Esteban Clemente, the governor of the Tiwa and Tompiro pueblos. Clemente had previously held an important role for the Spaniards in overseeing trade with the Apache and various Plains groups. His plan was to drive off the horses and kill the Spaniards on the Thursday before Easter. But the Spaniards discovered it as well and executed Clemente.

We know that Clemente's revolt was directly modeled on the 1650s revolt attempt. This implies that plans for a unified military program had circulated widely among the Pueblos decades before the successful revolt of 1680; therefore, we can talk about a “Pueblo Revolt era.”

## Nativism and Revivalism

But the Pueblo Revolt era was more than just a series of battles between Indians and Spaniards. It was part of a larger Native-based cultural revitalization movement. Its goal was to purge the Pueblo world of foreign influence and return to traditional, pre-Spanish ways of life. The architect of this movement was Po'pay, an Oke Owinge religious leader, working closely with religious leaders of various villages. After the Revolt, Po'pay toured the Pueblos, preaching a message of nativism (eliminating foreign influence) and revivalism (reintroducing traditional cultural practices.) He reportedly ordered the Pueblo people to “break up and burn the images of the holy Christ, the Virgin Mary and the other saints, the crosses, and everything pertaining to Christianity . . . burn the temples, break up the bells, and separate from the wives whom God had given them in marriage and take those whom they desired.”

Many heeded Po'pay's nativistic call, with powerful signs of resistance that were unambiguous statements against the intolerance of the Catholic church towards Pueblo religion. Po'pay proclaimed, “Now the God of the Spaniards, who was their father, is dead.”

Archaeological evidence from Kotyiti (Old Cochiti) and Matt Liebmann's work at Patokwa and Boletsakwa suggests that Pueblo people also observed Po'pay's call for revivalism. After the Revolt, he encouraged them to “return to the state of their antiquity . . . (and live) in accordance with the laws of their ancestors.” Village architecture appears to have been used as a material expression of this return and to signal the revalidation

*Continued on page 3*



## Celebrating the “First American Revolution”

Continued from page 2

of traditional prehispanic ways of life. Po'pay mentioned the construction of new homes in his revivalist discourse: “He saw to it that they at once erected and rebuilt their houses. . . and that they could erect their houses and enjoy abundant health and leisure.”

Between 1680 and 1685, Jemez and Keres people left their mission pueblos at Walatowa, Cochiti and Santo Domingo and built new villages on the surrounding mesas. Evidence suggests that Patokwa and Kotyiti were constructed in 1683. Tree-ring data confirms that construction at Boletsakwa and Kotyiti occurred between 1680 and 1685. The layout of these three pueblos is remarkably similar. All show corresponding patterns of spatial organization, with two plazas bisected by a central room block, and two kivas. The dual plazas and dual kivas likely refer to the Turquoise and Pumpkin moieties, suggesting that the dual plaza pueblo plan was an ideal model for “living in accordance with the laws of the ancestors.”

The movement to the mesas was not limited to the northern Rio Grande. At Zuni, Dowa Yalane was established on top of Corn Mountain and housed people from six Zuni villages. At Hopi, Walpi, Mishongnovi and Shongopovi in the foothills were abandoned and new villages of the same names were built on the adjacent mesas. Payupki was established on Second Mesa by people from Sandia. However, most of these new villages were short-lived. With the reinstatement of Spanish rule after the second Revolt of 1696, all Pueblo people except Acoma and the Hopi moved off their mesas and back to their mission homes, where they live today.

### The Revolt's Legacy

This era played a critical role in forming the modern Pueblo world, affecting village alliances, social relations and community identities. The Revolt stimulated intermarriage among different groups. Families and clans left their traditional homes to journey to remote regions and live with their Apache, Navajo and Pueblo allies. Some, like the Sandia at Payupki, returned to their mission villages after Diego de Vargas' reconquest campaigns. Others, like the Hopi-Tewa on First Mesa, never returned and became permanent members of their new communities.

The Revolt also contributed to ceremonial exchange between groups. Some ceremonies, like the Jemez katchina at Hopi, are thought to derive from Jemez refugees living at Hopi. Similarly, some Navajo ceremonies are thought to have been introduced by Pueblo people who joined the Navajo in the Dinetah.

The Revolt also recast relationships between Pueblo people and the returning Spanish. Although Vargas' reconquest was relentless and unyielding, the Spaniards were careful not to treat the Pueblo people the same way and risk further rebellions. They were more tolerant of Pueblo religious practices and less demanding of Pueblo labor. Because of these changes in policy, there are close and enduring relationships between Pueblo and Spanish people today.

The Pueblo Revolt is a symbol of Pueblo sovereignty and self-determination and its commemoration has become even more important over time. When Pueblo peoples celebrated the

Tricentennial of the revolt in 1980, Herman Agoyo wrote that their goals were to “provide a focus for Pueblo people to examine their heritage and reaffirm their beliefs and values, to further a broader understanding of Pueblo culture by promoting cultural identity, human dignity and social viability, to draw attention to the unique issues and concerns of Pueblo communities, and to clarify issues that structure Pueblo and non-Pueblo relations.” The highlight was the sacred run from Taos to Hopi, reenacting the carrying of the knotted cords.

More recently, the Revolt was commemorated with a statue in honor of Po'pay in the United States Capital building. In 1999, Cliff Fragua of Jemez Pueblo was commissioned to sculpt the 10-foot tall statue from pink Tennessee marble. Cliff explains that the bear fetish in Po'pay's right hand stands for Pueblo religion, the core of the Pueblo world. The water jar symbolizes Pueblo culture; the deerskin robe is a symbol of his status as a hunter and provider. The shell necklace is a constant reminder of the sacred lake where life began. His back is scarred by the whipping he received from the Spaniards for participating in Pueblo ceremonies. On Sept. 22, 2005 the stature was placed in the National Statuary Hall in the Capital Building in Washington DC.

Today, a new generation of Pueblo artists, authors and musicians are drawing inspiration from the first American Revolution. These artistic projects bring the history of the Revolt into the present and help create a sense of pride and identity among Pueblo youth. They also remind us that American history is richer and more complex than we typically acknowledge.

## PUBLIC WORKS

### Public Works Notices

#### New Billing System

The Public Works Department has been entering data into their new billing system. They will be working with Finance Department to begin using the system in November of this year.

#### Transfer Station Changes

Changes coming in the operation of the Transfer Station will require documenting the types of trash that comes into the station. A new sign will be installed to track the different types of waste brought into the Transfer Station.

Thank you for your cooperation.

**Reminder: Please support your community by paying your utility bills in full and on time.**

# HEMISH COMMUNITY SPIRITUAL GATHERING

Submitted by Cornell Magdalena

The morning of the Hemish Community Spiritual Gathering at the Valles Caldera, the stars are out as dawn of a new era starts to settle. We come to the land of the sacred Valles Caldera. There we see wildlife grazing among the meadows. Soft, clear air whispers through the pine trees. An eagle circling over us preparing for the day's event sends the chill through my spine.



1

We know that our ancestors anticipate our arrival. Traditional leaders and families arrive to start their day with lots of prayers and thanks to our Creator. And here we are, nestled in at the most sacred mountains of our Hemish people surrounded by beauty in all directions.

The Valles Caldera gathering on August 11, 2012 brought Jemez tribal members to connect with these sacred ancestral lands and a unique spiritual experience. We were there to be a part of something most sacred to us – our ancestors once roamed these beautiful, sacred mountains. And now it's our turn to leave our footprints, just like they did in the past.

The Jemez Spirit of the Mountain run/walk was a success. Men, women and children of all ages enjoyed the beautiful scenery as they embarked on a three-mile trail. There were a lot of smiling faces as the morning chill turned into some simmering heat.

Throughout the day, we had Indian dances, played games such as "rez life." Morning breakfast was served prior to the run/walk. Lunch was served after tribal leaders and tribal men returned from the pilgrimage to the top of the mountain.

The collaborative efforts of our spiritual leaders, Tribal Council, Tribal Administration and tribal officials, JHHS Community Wellness, Public Health and Senior Programs, Facilities Management and Jemez Law Enforcement brought together a community, prayers, blessings and hope for a better tomorrow.



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Photos from top:

1- Mountain Spirit Run/Walk

2- Families playing the ice-breaker game "rez-life."

3- Lily Waquiu, mother of Chief War Captain James Waquiu.

4- Elders join in.

5- Governor giving blessings after the pilgrimage to the mountain top.

All photos by Cornell Magdalena

## HEALTH AND HUMAN SERVICES

# AAAHC Board Chair Presents AAAHC Certificate

The Chairman of the Board of the Accreditation Association for Ambulatory Health Care (AAAHC) Karen McKellar presented the Jemez Health & Human Services' certificate of accreditation at an awards ceremony on Tuesday, Aug. 28. Mrs. McKellar, who has been with AAAHC for 17 years, said this event was only the second time she recalls when a certificate was presented in person rather than mailed. JHHS employees, other tribal staff and community members attended the presentation, followed by a celebration luncheon as a gesture of gratitude for the hard work and dedication of the JHHS staff that resulted in the final accreditation.

"You not only earned accreditation, you did a really good job!" Mrs. McKellar noted.

JHHS received official notification of accreditation in July after surveyors thoroughly evaluated how the clinic handles patient rights, quality of care, quality management and improvement, clinical records and health information, professional improvement, facilities and environment, governance and administration.

Jemez is the first compacted tribe and the first pueblo in New Mexico to receive AAAHC accreditation. AAAHC is a private, non-profit organization formed in 1979 to assist ambulatory health care organizations improve the quality of care provided to patients. Accreditation is a voluntary process through which a health care organization can measure the quality of its services and performance against nationally-recognized standards.

"This achievement honors the skills and dedication of all of the staff at JHHS who work so hard for our community members every day," says Governor Joshua Madalena. "This honor confirms that we are successfully meeting our tribal members' health care needs, from infants through our elders."

Health Board Chairman Paul Fragua noted that the Pueblo of Jemez has a leadership role among tribes. "Other tribes know and respect what we do here. We are role models, and that is especially true of our health center and its comprehensive range of services. This accreditation is national recognition of the quality services we provide."

"The surveyors noted that our clinic embodies the true meaning of a 'medical home,' where patients' medical, physical, spiritual and social needs are addressed to improve the health of patients, families and the community as a whole," JHHS Director Maria Clark adds. "Accreditation tells us we're doing a great job. We will continue the quality commitment process with ongoing self-evaluation, peer review and consultation so we can continue to improve and expand JHHS care and services."

Medical Director Dr. David Tempest also thanked the staff and read a poem by William Blake that he adjusted to reflect the Jemez environment. (See sidebar.) "Accreditation is a milestone, but it's not the end. It marks the continuation of an ongoing process of quality improvement," Dr. Tempest said.

## And Did Those Feet

(Modified by Dr. David Tempest from William Blake's poem with the same title, circa 1804)

*And did those feet in ancient times  
Walk upon Jemez mountains green:  
And was the holy lamb of God  
On Jemez pleasant pastures seen!*

*And did the countenance divine  
Shine forth upon our clouded hills?  
And was Jerusalem builded here,  
Among those dark volcanic spills?*

*Bring me my bow of burning gold;  
Bring me my arrows of desire:  
Bring me my spear: O clouds unfold!  
Bring me my chariot of fire!*

*I will not cease from mental fight  
Nor shall my bow sleep in my hand  
Til we have built Jerusalem,  
In Jemez green and pleasant land.*



Tribal leaders, JHHS staff members and guests celebrated the formal presentation of AAAHC Certificate of Accreditation.

## WALATOWA VETERANS ASSOCIATION

## BEHAVIORAL HEALTH

# First Annual Jemez PTSD Conference

A collaboration between the Walatowa Veterans Association (WVA), the JHHS Behavioral Health Program and Jemez Tribal Administration created the first day-long PTSD conference to learn more about PTSD, its symptoms and treatment. WVA Secretary Gail Madalena and Behavioral Health Program Manager Keahi Kimo Souza led the organizing of the conference at the Youth Center on Friday, Aug. 24. With 150 guests attending. Walatowa Veterans Association Vice Commander Alex Fragua served as host and moderator. Booths from 15 service providers offered information and resources for participants.

Jerry Fragua offered the opening prayer before Governor Joshua Madalena welcomed the participants. "Many of our tribal members have PTSD, and many have endured the symptoms along with their families," the Governor said. "This conference recognizes the importance of the collaboration between tribal programs to provide services to our community members in need."

## What is PTSD?

Post Traumatic Stress Disorder (PTSD) has been recognized in military medicine under a variety of names: soldier's heart, battle fatigue, shell shock, war neurosis, Vietnam syndrome and more. The American Psychiatric Association first recognized Post Traumatic Stress Disorder as a distinct diagnosis in 1980.

PTSD may occur after a person has witnessed or experienced a trauma that involves death, serious injury or mass destruction. The event could happen during war, natural disasters, terrorism or crimes, physical violence, or a serious car accident.

"The huge number of people have experienced PTSD at some time in their lives," said Maria Clark, JHHS Director. "If you have PTSD, know that you are not alone. Services are available to help you. We are here today to talk about how we can recognize and treat the medical, psychological and social consequences of PTSD for victims and their families."

"This war is different," Keahi said. "This isn't a new issue, but now we can offer new ways of dealing with it. We want the community to appreciate that our veterans are a special population."

Dr. Diane Castillo, Coordinator/Psychologist with the Veterans Association Women's Stress Disorder Treatment Team, explained that PTSD can develop in any life-threatening event that creates horror, helplessness and fear. Combat, rape, natural disasters and severe



Guest speaker Dr. Diane Castillo, Coordinator/Psychologist with the Veterans Association Women's Stress Disorder Treatment Team.

## ABOUT PTSD

People with PTSD have the highest rates of healthcare use, with a variety of symptoms that may not be diagnosed as related to PTSD.

70% of adults have experienced some type of trauma at least once; up to 20% develop PTSD. That's about 31.3 million people who did or are struggling with PTSD.

About 8% of Americans (24.4 million people) have PTSD at any given time.

Women are about twice as likely to develop PTSD as men.

Higher rates of PTSD may occur in African Americans, Hispanics and Native Americans compared to Caucasians.

Studies estimate that one in every five military personnel returning from Iraq and Afghanistan has PTSD, more than 300,000 returning troops.

71% of female military personnel develop PTSD due to sexual assault within the ranks.

auto accidents can all be triggers.

Classified as an anxiety disorder, PTSD is diagnosed using three symptom categories with 17 total symptoms. Symptoms must continue for more than one month.

*Re-experiencing symptoms* can include intrusive memories, nightmares, flashbacks, psychological disturbances or physiological arousal. Any of these symptoms is part of the diagnosis.

*Avoidance/numbing behaviors* include avoiding thoughts, feelings or conversations; avoiding reminders; psychogenic amnesia, where the person is unable to remember events; reduced social activities; detachment; restricted emotions; a sense of a shortened future. PTSD may be diagnosed when three or more of these behaviors are present.

*Hyperarousal* includes sleep problems, irritability and anger outbursts, poor concentration, hypervigilance (feeling constantly and inappropriately on guard,) and an exaggerated startle response. Two of these symptoms are included in a PTSD diagnosis.

"Many symptoms overlap the symptoms of depression," Dr. Castillo noted. "They often appear together."

Dr. Castillo described the types of therapies available for PTSD patients, including *prolonged exposure* and *cognitive processing therapy*. Research shows that these therapies used together have yielded good results. "It isn't easy," she said. "But you should know that it is possible." She urged veterans and their families to reach out to VA programs and services, even if they have been denied in the past. "We know more now. We have more tools to help."

Dr. Christine Chee (Navajo,) VA research psychologist, gave a history of Native Americans' service in the US military from Revolutionary War times to the present. She noted that Native Americans have a disproportionately higher rate of military service in relation to their population numbers, citing the "warrior tradition" among many tribes as one reason.

Dr. Chee spoke about historical trauma as "the cumulative

Continued on page 15

PUBLIC HEALTH

# Healthy Bodies, Healthy Minds Walatowa Bike Club

Submitted by Cornell Magdalena

Summer of 2012: What a successful summer it was! Thanks to all the awesome students who gave us their time to be a part of our HBHM Walatowa Bike Club.

In the morning, the bike club began with a healthy breakfast. The students got on their bikes to tour the Jemez, riding on dirt roads while appreciating the beautiful landscape. We trekked through winding roads, battled hills and sandy terrain, and saw many of our pueblo men working in their cornfields. Short breaks gave students time to eat healthy snacks and drink water. Students had fun riding and learning about some of our special places in our language. After a two-hour ride, we returned to the Civic Center for a healthy lunch.

Students averaged 78 miles a week riding the roads of Jemez, challenging themselves to see how far they could go. We set up a map of New Mexico. They started from the north (at the Colorado border) and headed south toward Texas, trekking a grueling 450 miles. In the sixth week, starting from the west end of the state, they rode the extra eight miles,

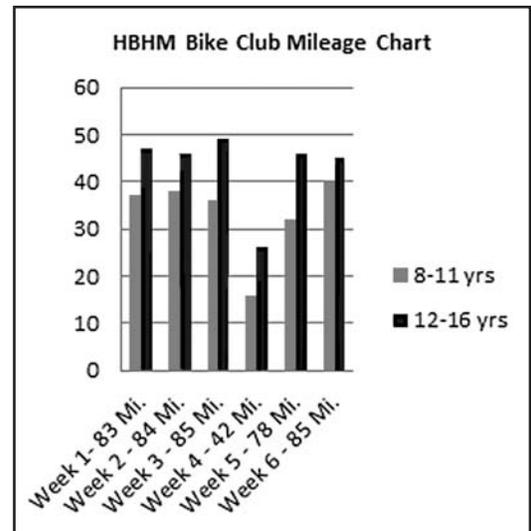


to end just west of Gallup for a total of 458 miles logged for the summer. Awesome job!

The Healthy Native Community Fellowship program scheduled Family Nights for Food for Life cooking demonstrations with students and their families. Chef Lois Frank gave cooking demonstrations.

We are proud of the students who stayed committed throughout the program. They became healthier, lost weight and gained muscle mass during the six-week program. Their reward was to go on field trips at the end of each week

The improvements of the health and well-being of our community children is encouraging. We want to continue our efforts by having our children stay physically active by walking, playing, biking, and working in the fields all year.



## Community Request

The JHHS Public Health Program is requesting from the Jemez community old running pictures of family members from past to present. We need your assistance in providing any pictures you may have so we can complete a project in a timely manner.

Please bring your photos to the Public Health office as is. We will scan your pictures and return them.

If you have any questions, contact Cornell F. Magdalena at (575) 834-7207.

## PUBLIC HEALTH

# Extracurricular Activities

Submitted by Cornell Magdalena

**Note to Students!** The world has just seen the 2012 London Summer Olympics. People all over the world watched basketball, swimming, biking, gymnastics, and track and field events. Many were inspired by these professional athletes. Their accomplishments may have started at the same place you are now...at your local school.

The choices Olympic athletes made helped them achieve their wildest dreams. We all have dreams. We just have to believe that dreams can become reality if we put our minds to it.

Start by getting involved in your school's extracurricular activities: cross country, volleyball, basketball, baseball, softball, track and field, computer club, 4-H Club, yearbook, student government, band and many others. Extracurricular activities help students stay healthy and physically fit.

Extracurricular activities help you become a positive role model and student athlete. Participation also teaches teamwork and leadership skills to help you excel in education and life. The most basic reason to join a club or team is to find interesting activities and meet new people who have the same interests. People who are involved in school clubs or sports are less likely to develop unhealthy habits, like smoking or drinking.

Don't limit yourself to just what you are comfortable with, try something new. Be part of the school spirit by becoming active in sports or clubs. Play smart. And make good choices.

Best wishes for your success in school!

**TO ALL LOCAL JEMEZ STUDENTS: Be on the lookout for after-school programs scheduled in the coming months.**

## MOGRO™ SCHEDULE CHANGE

### mobile grocery

The MOGRO truck is at the Pueblo Church  
**TUESDAYS FROM 10 A.M. TO 7 P.M.**  
 Get high quality foods for your family while you save gas, save money and save time!



Television personality cardiologist Dr. Barry W. Ramo, MD, visited the MOGRO truck to check out the fresh produce, organic foods, dairy products, meats and organic pantry staples.

"I'm very impressed with the variety and quality of the foods available here," Dr. Ramo said. "Regular, easy access to fresh fruits and vegetables and healthy meat choices are key to improving health in Native communities."

# CDC Communities Putting Prevention To Work Evaluation

Submitted by Ada Pecos Melton, by American Indian Development Associates

The Pueblo of Jemez was one of 44 communities across America that participated in the Communities Putting Prevention to Work (CPPW) funded by the Center for Disease Control and Prevention (CDC.) The CPPW initiative was launched in March 2010 and ends September 2012. The CPPW created school and community programs aimed at increasing physical activity, improving healthy food and beverage choices to fight obesity, and supporting a local farmers' market to give community members better access to healthy traditional foods.

In the early days of the CPPW initiative, US Department of Health and Human Services Cabinet Secretary Kathleen Sibelius visited the Pueblo to learn more about the Jemez CPPW efforts. Her visit highlighted the importance of improving healthy lifestyles based on traditional values among American Indians and Alaska Native people throughout Indian Country.

An important aspect of the CPPW initiative is evaluating whether the program influenced changes in Pueblo members' lifestyle choices. To support this aspect, the CDC allocated funding to conduct a survey called the *Behavioral Risk Factor Surveillance*

*System (BRFSS)*, which has been used to measure behavior and health changes by the other 43 CPPW sites. The Jemez BRFSS will help document and establish baseline data on the risk behaviors and preventive health practices among adult tribal citizens residing in the Pueblo.

The Jemez Tribal Council approved the evaluation component in November 2011, which will be implemented by American Indian Development Associates with CDC funding made available through the New Mexico Department of Health. The evaluation activities will begin in mid-September and conclude by November 2012. The activities include interviews with a random sample of Jemez adults living in the Pueblo. Trained Pueblo interviewers will conduct the interviews.

We look forward to implementing this research in our Pueblo. The knowledge gained will help the Pueblo's programs develop more effective services, policies, and priorities and to initiate and assess health promotion strategies.

For more information about the evaluation, please contact Ada Pecos Melton at (505) 842-1122.

## PUBLIC HEALTH

*Expecting?***PRENATAL CHILDBIRTH EDUCATION CLASSES**

All expecting parents are invited to join this free series of prenatal education classes. Classes meet Tuesdays at 6 p.m. in the Towa Room at the Jemez Clinic.

Oct. 2	Physical & Emotional Changes
Oct. 9	Labor & Delivery
Oct. 16	Breast-feeding
Oct. 23	Newborns & Car Seat Safety
Oct. 30	Immunizations and Newborn Care

Learn parenting skills, have fun and win prizes for your baby! Refreshments will be served. **Dads are encouraged to attend and will receive free incentives.** For more information, contact Mildred Baca at (575) 834-7207.

*Caregiver Corner*

Submitted by Gloria Fragua, Outreach Coordinator

**Family Caregiver Social**

The Senior Center Family Caregiver Program invites our community caregivers to attend our quarterly social on Thursday, Sept. 6. All caregivers are invited to participate in Senior Center activities. Come join us for an evening of speakers, dinner, jewelry therapy and most of all *to have a good time!*

**Step by Step Guide for Caregivers**

The Outreach/Family Caregiver Program's goal is to provide information to the public. Plans to reach this goal through the *Red Rock Reporter*, support group meetings and social events. If there is a topic you want the program to cover, please call the Senior Center at (575) 834-9168.

Caregivers find that some of their time is spent helping with personal hygiene, dressing, bed-making, toileting, home infection control, skin care and preventing pressure sores, and eating. These activities are called *Activities of Daily Living*. Personal hygiene includes bathing, shampooing, mouth care, shaving and foot care.

- ❖ Patients who are bedridden need bed baths to clean, stimulate and increase circulation in the skin. However, baths can also dry the skin, causing chapping. It is easier to prevent chapping than to heal chapped skin, so apply lotion often.
- ❖ Remove all electrical equipment from bathing areas to prevent shock.
- ❖ Bathing frequency depends on the patient's needs. People who have urinary incontinence, bowel problems or heavy perspiration may need daily baths. Otherwise, bathing

**Welcome Mat**

*Mara Mannarino, RN*, has joined the Public Health Programs as the school nurse. She will monitor students' health, manage prescribed medications, treat minor injuries, evaluate ill children and other tasks related to



improving students' health. After a career in the military, Mara was trained as a nurse specializing in women's and children's health. "I have a strong desire to be here," Mara says. "I will work with kids on making it fun to stay active and eat right."

**SENIOR CITIZENS CENTER**

two or three times a week might be enough. Examine the patient while bathing for bedsores, edema, rash, moles and other unusual conditions. For people with dry skin, use soap and water one time and lotion and water the next. Cornstarch and powder can cause skin problems.

- ❖ When bathing in a tub, use a bath bench for more leverage and stability.
- ❖ Avoid spreading germs. Always wash your own hands before and after giving baths. If other household members use the same equipment, sanitize with alcohol. **Always wash from the cleanest area to the dirtiest.**
- ❖ Wear latex gloves when providing personal care.
- ❖ **Some elderly people may be afraid of water.** Explain what you are doing with a step by step approach.
- ❖ Earwax build-up may block hearing. Have a health care professional check and clean your patient's ears often.
- ❖ Never use an electric razor for people who are on oxygen.
- ❖ Make shampooing easier by diluting shampoo in a bottle before pouring. A clean enema bag attached to an IV pole creates an easy shampoo hose. You can buy waterless shampoo from your pharmacy for a dry shampoo.
- ❖ For people with dentures, schedule regular appointments to check on the soft tissues of the mouth.
- ❖ Keep toenails trimmed and feet healthy. Foot pain can cause people to lean back on their heels and increase the chances of falling.
- ❖ For bedridden patients, remove all wrinkles in clothes and bedding by smoothing the fabric to prevent pressure sores.
- ❖ Patients who tend to scratch or pick at a spot should wear gloves to prevent wounds and sores.

## SOCIAL SERVICES



## *Honoring Mother Earth: Healing Ourselves, Healing Our Communities*

Submitted by Carol D. Vigil, Jemez Social Services Family Advocate

As a board member of the Coalition to Stop Violence Against Native Women (CSVANW,) I attended *Honoring Mother Earth: Healing Ourselves, Healing Our Communities* in Syracuse, NY, with another board member. The conference was sponsored by the National Indigenous Women's Resource Center.

Comprised of Native people from the 19 Pueblos, Navajo Nation, Dulce and Mescalero Apache, CSVANW sponsors training on domestic violence, sexual assault, stalking and lesbian/gay/bisexual/transgender (LGBT) issues for advocates, law enforcement officers, tribal courts, judges, prosecutors, attorneys and those who work in the field of domestic violence.

I commended the Governor of Nambé Pueblo for attending with two of his staff and asked him to take what he learned to the All Indian Pueblo Council (AIPC) because they need to learn about these issues from a woman's point of view. The audience applauded when the Governor responded: "Yes, I will, and I will support that."

Most participants were from the Iroquois Nation (six tribes from New York.) The first speaker was Beverly Cook (Mohawk,) a midwife, SANE nurse and member of the Konon:kwe Council. In her talk "You Are Creation," she talked about the woman with a baby in her womb and the growth of the baby. Her intimate presentation encouraged a deeper appreciation of the responsibilities of men and women in restoring balance and wellness in Indian communities. Beverly talked about their ceremonies in the Long House and prayers to the Creator. Beverly's daughter, Karonienhawi (Hawi) Thomas, is a special investigator for the St. Regis Mohawk tribal police department; she talked about drug and alcohol problems on their reservation and how devastating it is to go to some crime scenes.

Twins in their mid 50s from a family of 18 children, recalled their horrible childhood. Two family members wrote a book, *The Lie That Binds*, about their experiences. The twins talked about the many types of abuse in their family home with their father who physically beat the boys and sexually abused the girls. One said she hated rainy days, because that was the worst, they couldn't run from the house, there was nowhere to go. At age 4, she saw her dad beating her mom. She remembers her mother lying helpless on the floor and trying to help her mom get up. As each sibling reached their teens, they ran away from home one at a time.

As adults, they asked their mother why she let this happen. "You let this happen, didn't you?" The mother admitted that, yes, she had let it happen, because she was in fear, too.

During their speech, I sat next to an Iroquois woman. As she listened to the presenter, I saw her wiping away tears. I tried to comfort her. The more she listened, the more it got to her, and she rushed from the room. I followed her. I felt that I had to respond and couldn't let her go and cry out there alone.

Two other women came after me; one was the conference co-sponsor who gave us the key to her room where we could talk. The Iroquois woman cried so hard; when she calmed down, she disclosed the abuse from her father who is the Chief of their tribe. They have very limited resources to report the abuse. I explained that the abuse she endured is *not her fault*; her father must be held accountable for his behavior and actions.

I thought about our community here in Jemez. I am thankful and grateful that we have a lot of resources available. I told the group that in our community, when someone discloses abuse to service providers, we are mandated to report it. We have Domestic Violence Education Classes where perpetrators are taught that they are accountable for their behaviors and actions without blame.

Attending this conference really made me think and value our community, the resources we have here, our elders, our traditions, culture and language. We are very fortunate. In the outer world and different tribes in our nation, there are very limited resources, a lot of abuse in households, and victims feel helpless to get help for themselves and their children. Victims' voices need to be heard. All of our Indian children need to live in safe environments.

We are also fortunate to live in our community that keeps us bonded through our traditions and cultural activities. We carry on what our grandparents taught us; they were taught by their ancestors and that is how we continue to live today. We must carry that on to our children, and our children to their children. We must not take for granted our valuable gift of life for who we are as Walatowa "Hemish" People.

Take pride in our traditions and culture, the remaining elders that we have in our community and continue to speak our precious language "Towa" which no one else speaks in the world except us. English is our secondary language. With this said, *"May the Creator Keep you all safe and well."*

**Women's Support Group meetings continue Thursday, Sept. 13 and Thursday, Sept. 27 from 6 to 8 p.m. at the Social Services conference room.**

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

## SOCIAL SERVICES

## DATING VIOLENCE: *What You Need to Know*

### Why is it important to learn about dating violence?

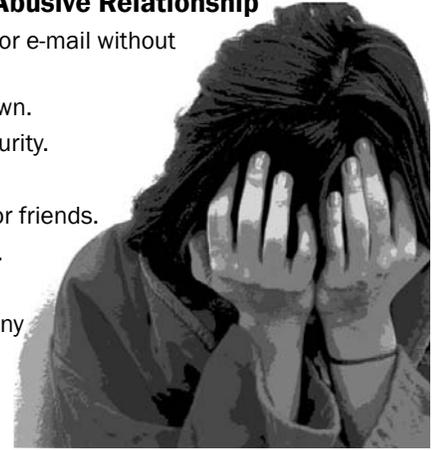
**Anyone** can be a victim of dating abuse: females and males; African-Americans, Caucasians, Hispanics, Native Americans, Asians; people who come from abusive homes and people who do not; people who have dated a lot and people who have not. Children as young as 12 can become involved in abusive relationships.

### Teen Dating Violence

- Dating violence is a very real issue for many students.
- Among students who are currently dating, as many as 59% have experienced physical violence and 96% have experienced emotional abuse.
- People who use violence with their dating partners as adults often began doing so during adolescence, with the first episode typically occurring by age 15.
- Young women between the ages of 14 and 17 represent 38% of those victimized by rape.
- Rapes by acquaintances account for 60% of all rapes reported to rape crisis centers.
- Both girls and boys are victims and perpetrators of abuse.
- Violence in relationships almost always reoccurs and gets more severe over time.

### 10 Warning Signs of An Abusive Relationship

- Checking your cell phone or e-mail without permission.
- Constantly putting you down.
- Extreme jealousy or insecurity.
- Explosive temper.
- Isolating you from family or friends.
- Making false accusations.
- Mood swings.
- Physically hurting you in any way.
- Possessiveness.
- Telling you what to do.



### How do YOU define love?

**Love Is Listening! Love Is Respect!**

Source: [www.respect-works.com/respect-works](http://www.respect-works.com/respect-works)

**For more information or to find other resources, please contact Farrell J. Shortman, BSW, Outreach Specialist, at Jemez Social Services at (575) 834-3111.**

## VOCATIONAL REHABILITATION

# Job Hunting? Need Help? 2012 Employability Skills Training

**Oct. 1 – 5, Monday through Friday**

**9 a.m. to 4 p.m.**

**Lunch will be served. Open to anyone but space is limited.**

This intensive, week-long training is for anyone who wants to build job-seeking skills and successfully find employment. Learn needed skills or successful resumes, applications and interviews in today's competitive, changing job market.

"Job hunting is a skill like any other," says Sarah Michaud, Jemez Vocational Rehabilitation Program Manager. "There are strategies you can learn and practice to improve your chances of standing out as a job candidate."

"What worked a few years ago may not work today," adds Yolanda Toledo, JVR Job Coach. "Human resources departments are looking for different resume formats, and you must have some computer skills to complete online applications."

People who complete the class will earn certificates of completion and create professional portfolios. "A professional portfolio really sets a candidate apart from other applicants," Yolanda says. Participants will practice their skills in mock interviews, and get feedback on improving their presentations.

The classes will cover a range of topics including:

- Self-assessment: how your past affects your future
- Writing successful resumes and cover letters
- Interview techniques and mock interview
- Dealing with career changes
- Creating a portfolio
- Transportation issues
- Financial management
- Keeping the job
- Conflict resolution
- Attitude
- Confidentiality
- Roadblocks to employment

Classes will be held at the JVR offices to allow easy Internet access. **These classes are free, but space is limited.**

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





# Wider Horizons for Walatowa High Charter Students

Regis Pecos (Cochiti), the chief of staff of the New Mexico Speaker of the House, welcomed Walatowa High Charter School students back to classes the first week in August. Pecos discussed incorporating Pueblo core values such as love, respect, language and tradition into education. Several Walatowa students studied with Pecos at the Leadership Institute and Summer Policy Academy over the summer.



Walatowa High Charter School 2012 graduate Justina Fragua presented her senior thesis to US Senator Tom Udall through the Leadership Institute over the summer. Her thesis investigated the traditional Jemez midwifery practices of her great-grandmother, whose Jemez name translated as Flower Road. Justina will attend the University of Arizona this fall and is interested in pursuing a career in the health field.



A panel of young college-educated Jemez professionals addressed students on opening day at Walatowa Charter High School. From left to right: Sherwin Sando, Darwin Cajero, Leander Loretto, Reanna Baca and Dustin Toledo.



Walatowa High Charter School students Alonzo Peralta, Alton Hardy and Kendall Chinana ask Vietnam veteran Richard Chinana about his wartime experiences. The students, who are studying the effects of PTSD, met the veteran at the Walatowa Veterans' Association PTSD Conference. (See page 4 for more information about the conference.)

## Walatowa High Charter School 2012 Volleyball Schedule

DATE	TIME	OPPONENT	LOCATION
Sept. 4	5:30 p.m.	Tse-yi-gai	Home
Sept. 6	5 p.m.	Jemez Valley	JVHS
Sept. 7-8	TBA	Evangel Christian Tourney	
Sept. 11	5:30 p.m.	NACA	Home
<b>Sept. 13</b>	<b>5 p.m.</b>	<b>Evangel Christian</b>	<b>Evangel</b>
<b>Sept. 18</b>	<b>5 p.m.</b>	<b>Gateway Christian</b>	<b>Gateway</b>
<b>Sept. 20</b>	<b>5 p.m.</b>	<b>Evangel Christian</b>	<b>Home</b>
<b>Sept. 25</b>	<b>4:30 p.m.</b>	<b>NMSD</b>	<b>Home</b>
Sept. 27	5:30 p.m.	NACA	Home
<b>Oct. 2</b>	<b>5 p.m.</b>	<b>Victory Christian</b>	<b>Home</b>
<b>Oct. 9</b>	<b>5 p.m.</b>	<b>Santa Fe-Waldorf</b>	<b>Waldorf</b>
<b>Oct. 11</b>	<b>5 p.m.</b>	<b>Gateway Christian</b>	<b>Home</b>
<b>Oct. 19</b>	<b>5:30 p.m.</b>	<b>Santa Fe-Waldorf</b>	<b>Home</b>
Oct. 23	5:30 p.m.	Tse-yi-gai	Tse-yi-gai
<b>Oct. 25</b>	<b>5 p.m.</b>	<b>NMSD</b>	<b>NMSD</b>
<b>Oct. 26</b>	<b>5 p.m.</b>	<b>Victory Christian</b>	<b>Victory</b>
Nov. 5-10	TBA	District Tournament	TBA
Nov. 12-24	TBA	State Tournament	TBA

**Bold Italics = District Games**

EDUCATION

# Tribal Youth Program: Summer 2012

Submitted by Sherwin Sando

The summer portion of the Tribal Youth Program was a success, says Sherwin Sando. Students participated in activities such as service-learning, cultural activities, self-determination classes, program presentations, and field trips with the Summer Recreation Program.

For the service-learning project, students worked on restoring the Pueblo Church pews and were able to restore the majority of them. "We hope the community will enjoy the newly restored pews and take care of them for years to come," Sherwin says. For the cultural activities, the girls learned how to make oven bread, fry bread, cookies, pies and even learned how to make paper bread. The boys learned to make bows and arrows. All students went on an ancestral site visit near Paliza Campgrounds. All students learned how to plaster and played a

game of "Shinny."

During classroom time, students learned about setting life goals, making good choices, saving money and developing good habits. Student also sat in on presentations by the JHHS Social Services and Behavioral Health Programs, and the Walatowa Visitor Center. Presentation topics included Teen Dating Violence, Bullying, Teen Pregnancy, Drugs in Native Communities, and Stereotypes. Students also had some important relaxation time when the group went swimming and bonded with each other.

Last, two students were selected to represent our community at the National Intertribal Youth Summit in Washington, DC.

It was a great summer and none of it would have been possible without the help and support of everyone who helped



put it all together. A special thanks goes out to Joline Cruz Madalena and Farrell Shortman from Social Services, Monique Sando from the Walatowa Visitor Center, and Estevan Sando from Community Wellness.

During the school year, Mr. Sando will be working with the Jemez Valley Public Schools, which includes San Diego Riverside Charter School and Walatowa High Charter School, to identify middle and high school students who may need extra help and support to succeed in school.

If you would like to get more information about the Tribal Youth Program or how you can get your child involved, please contact Sherwin Sando at (505) 220-7685.



(Top right) Pilar Gachupin and Cyrus Toya at the World War II Memorial in Washington, DC. They attended the National Intertribal Youth Summit

(Above) TYP boys finished plastering the fieldhouse at the Visitor Center. From left to right: Lorenzo Tosa, Glenn Toya, Elias Toya, Pilar Gachupin, Keanon Mora, Cyrus Toya, Patrick Lucero, Marcus Madalena, and Brandon Armijo.

(At right) TYP girls (from left to right) TYP Assistant Ashley Seonia, Katie Sandia, Chrimson Zhan, Khaila Gachupin, Jeanae Toya, Jaden Sappah, Tatiyana Yepa and Kiana Gachupin at the conclusion of plastering the Visitor Center homo.



## EDUCATION

### *The Spirit Eagle*

By Javier Guzman, Walatowa Charter High School sophomore, to celebrate Governor Madalena's efforts to regain the Valles Caldera.

On the highest point of Redondo peak,  
on a beautiful evening where the snow is falling,  
like cornmeal glistening through the morning air,  
as the sun nearly touches the mountain surroundings,  
a spirit bird arrives, with a white tail and black tips,  
talons yellow, like the sun's rays embracing a dark, untouched  
forest.

As the wind hits its yellow, black and gray sharp beak,  
the top head of the feathers blowing like the Native tribal flag  
in the strong wind,  
a drum beat deep inside his fresh soul,  
I could tell he was free,  
I could tell that the land was his.  
The excitement touched his heart like a warm fire in a winter  
snowy blizzard.

He glides through the tall trees,  
through dense evergreen needles,  
and yet he still flies through the night.

As the morning sun comes up,  
he prays to the sun for returning back to his world,  
he starts his rotation to earth off, the same as the day before  
this day.

### **WHITE HOUSE INTERNSHIP PROGRAM**

#### **Application Deadline: Sept. 23, 2012**

White House interns dedicate their time, talents, energy and service to improve the White House, the community and the nation. Tasks vary by department, but all interns are united through weekly events including a speaker series, off-site field trips, and mentorship opportunities. Most important, the internship experience emphasizes service and interns participate in service projects at schools and non-profit organizations in Washington, D.C. This is a tremendous opportunity to help develop and grow community leaders.

The following individuals are eligible to apply:

Graduating high school seniors who have enrolled and anticipate attending a college, community college, or university (two-to-four year institutions.)

Current undergraduate and graduate-level students.

College graduates who graduated within two years from an undergraduate or graduate school

Veterans of the United States armed forces who have a high school diploma or equivalent and served on active duty in the past two years.

Future opportunities are available beyond the Spring 2013 term. For more information, visit [www.whitehouse.gov/internships](http://www.whitehouse.gov/internships).

## Jemez Valley Public Schools

Submitted by Laura Mijares

### **JEMEZ VALLEY ELEMENTARY SCHOOL**

#### **Welcome Back!**

Warmest greetings to elementary students as we embark on this busy and exciting school year. As acting elementary principal, I offer a special welcome to our new parents and guardians as you join the Jemez Valley family. The staff looks forward to an exciting school year in which quality education, as always, is our focus. Our goal is to provide our students with the best education in a safe learning environment.

Each JVES staff member has only the highest expectations for our students' performance. They will participate in a comprehensive curriculum that emphasizes reading, writing, problem solving and respect for themselves and all others.

Please join me in welcoming our new faculty and staff: Dana Pino, first grade teacher; Jessica Morgenstein, third grade teacher, Kristy Alton, reading teacher and literacy coach; Blake Miller, physical education teacher; Sara Robb, music teacher; Barry Levine, school counselor.

#### **Intel Visits**

A highlight of the first weeks of school was the visit from Intel employees on Tuesday, August 21, when about 10 employees arrived with two buses full of backpacks and school supplies that were distributed to all elementary and middle school students.

Individual Intel employees had shopped for and stuffed each unique backpack with age-appropriate supplies. Superintendent David Atencio, Kristy Alton and I watched the volunteers carefully choose designs and match them to our students. It was great to see the younger grades awarded superhero and princess backpacks overflowing with colored pencils and pencil boxes. The late elementary students got bright colors and camo packs filled with notebook paper, journals, pencils and pens. Middle schoolers got the serious solid colors (still cool, but more scholarly) jammed with calculators, three-ring binders, notebook paper and pens.

My favorite moment was watching the stoic middle schoolers receive their packs with a polite, but reserved, "thank you." But the minute the volunteers left, the classrooms bubbled with exuberance. Students were thrilled and honored by such thoughtful gifts. This certainly sets the tone for a productive year. In addition, a huge flat screen TV was donated to the board room for in-service trainings and telecommunications. Thank you, Intel employees!

#### **Attendance Counts**

Students from the middle school know that I am very keen on encouraging good attendance. Research shows that children who are in school most of the time do better on state tests. Studies also show that kids who are absent more often score lower as they do not reach their potential.

Being late for school hurts a child's learning, too. A student who is 10 minutes late every day will miss 30 hours of instruction during the year. As a reminder, we begin the day at 7:44 a.m.

Children can copy notes or make up assignments, but they can never get back what's most important: the discussions,

EDUCATION

## Jemez Valley Public Schools

Continued from page 14

questions and explanations by the teacher and the thinking that makes learning come alive. Students' success in school depends on having a solid educational background, one that can only be gained through regular school attendance.

Thank you for trusting Jemez Valley Elementary School with your students. We can all look forward to a productive year.

### JEMEZ VALLEY MIDDLE SCHOOL

The new school year at Jemez Valley Middle School features curricular improvements, renewed enthusiasm and new faces.

Areas of focus this year will be 1) literacy instruction, 2) developing student voice, and 3) implementing the Common Core Standards. While the changes are positive and needed, the school is mindful that change – even positive – can cause anxiety. Whenever possible, those impacted will be involved in designing and implementing new programs.

We must be attentive to the 2012 New Mexico Standards Based Assessment results. According to the annual exam, 41% of our students read at or above proficiency level. To increase our students' reading levels and increase the number of students achieving proficiency, we have:

- ☞ Implemented an extra hour of targeted reading instruction using a new research-based program for 25% of our students.

- ☞ Hired a new reading specialist who will serve the middle and high schools.
- ☞ Researched great new novels for literacy study.
- ☞ Adopted a "One school, One Book" program.
- ☞ Received preliminary training on a new school-wide assessment program.

The cohesive theme for the school year is "Developing Student Voice." The staff will teach, develop and refine the tools students need to expressive themselves. Examples include writing prose and poetry, manipulating appropriate electronic media, public speaking, and expressing themselves through the performing and physical arts. Our intention is to cultivate students' positive identities and build their confidence as they begin to share their stories.

Our new teacher, Sara Robb, has the vision and experience to start a music program. It's wonderful to hear singing voices in our hallway! Our other new hires are Blake Miller (physical education and cross-country coach), John Swigart (math), Maria Miller (GEAR Up Literacy), and Amanda Gallegos (science.)

Last, the staff and students arrived to a clean building. The cleanliness of the building is thanks to the maintenance department's hard work. The custodians deserve a great deal of thanks for getting the buildings ready for staff and students.

We take our students' education seriously and we are mindful of the trust placed in us. It's going to be a great year.

## First Annual Jemez PTSD Conference

Continued from page 6

emotional and psychological wounding across generations which emanates from massive group trauma," and relayed how it affects Native Americans today. She said it's important for treatment providers to know the reasons Native veterans joined the military to better understand their post-military problems.

Many veterans with PTSD self-medicate with alcohol, drugs or gambling, noted Keahi. These abuses may eventually lead to encounters with police. The Jail Diversion Program offers help instead of punishment for justice system offenders who do not present safety issues for themselves or others. "Instead of punishment, let's give them a chance to explore what is pushing them to act out," Keahi said.

In collaboration with Tribal Court, the intensive outpatient program meets three days a week for eight hours a day. Participants are involved in community service, wellness activities, anger management education, relapse prevention, Alcoholics Anonymous and counseling. Antabuse is prescribed as

needed. "This program offers rehabilitation before incarceration," the Governor noted.

Licensed clinical therapist Jesse Michaud described his approach to treatment in the veterans' PTSD group he offers through the Behavioral Health Program. Jesse is trained and licensed to offer the therapies Dr. Castillo described.

Navajo Elvis impersonator Hostin Elvis (Will Foster) lightened the mood over lunch. Kenneth Anaya, Military Service Coordinator, described some VA services and answered audience questions.

Tribal members and their wives then shared their experiences with PTSD. Their testimonies were deeply moving, describing how war experiences changed their lives and families forever. "Never forget that we need your help and support," they said.

"Respect our veterans," urged Joe Lawrence Tosa. "Some who are not dead will suffer for the rest of their lives. Why? So we can have freedom."

Former WVA Commander Ricky Chinana concluded "We ask for your compassion, your understanding and your respect."

## Applause



Emergency Medical Technician Virgil Gachupin was recognized as the EMT/Intermediate of the Year at the State of New Mexico Emergency Medical Services Conference on July 27.

