



Red Rocks Reporter

APRIL 2016

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FROM THE GOVERNORS

Ditch Work

Spring is in the air and so is the excitement of working outside, whether it is yardwork or preparing the agricultural fields for planting and cleaning our irrigation ditches. The Governors and Fiscales want to thank all the men, young and old, who helped clean the Pueblo's irrigation ditches and to the women who provided refreshments along the way. Those who did not participate and were not excused from ditch work, will be assessed ditch fees at \$75 per day by the Finance Department; this is the same fee as last year. The Finance Department will graciously accept your payments and provide you with receipts.

All of the ditches are now filled with water. We ask the men in the community to help remove any weeds or other debris that are clogging the flow of water in the ditches. If you don't have the tools to remove them, please contact the tribal office or a tribal official and we will remove them. Your cooperation is greatly appreciated by all.

We encourage all abled-bodied farmers (men and women) to plant. Although planting and growing crops is hard work, it is part of our livelihood and has been for many years. One may say it's much easier to just buy your vegetables, chili, corn, etc., but planting and working the fields has several benefits. It provides the exercise we need to stay healthy and strong, and gives us the satisfaction of seeing the fruits of our labor at harvest. Most important, we are exercising our senior water rights and strengthening our claim for water rights in the Abousleman. Our water rights case continues since negotiations failed four years ago. We will work with the parties to get back to the negotiation table. Meanwhile, our case is also in litigation in federal court; we do not expect a decision any time soon. The Abousleman case was filed in 1983 and is now 33 years old; it's considered one of the youngest water rights case in the state of New Mexico.

Let's continue our irrigation practices now and into the future so we can maximize and solidify our claim for water rights.

Special Guest Connects with Jemez Pueblo

Excitement definitely was in the air in our tribal offices with a visit from actor/director Kevin Costner on March 22, 2016. Tribal leadership and tribal employees had the chance to meet Mr. Costner and his film crew during his brief visit. Mr. Costner kindly gave our tribal employees opportunities to take photos and sign autographs.



Photo by Lynn Toledo.

Continued on page 2



2016 TRIBAL GOVERNORS

David R. Yepa
Governor

Hilario R. Armijo
First Lt. Governor

Ward L. Yeppa
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.

Red Rocks Reporter April 2016 Edition

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NM 87024.

FROM THE GOVERNORS

Governors' Report, *Continued*

JHHS Interim Director

It has been an exciting month as we have made progress in hiring key personnel in critical positions that have been vacant. We recently hired Dr. Gayle Chacon on a contract basis for up to six months as our interim Executive Director for the Jemez Health and Human Services Department. Dr. Chacon is Navajo and brings a wealth of experience and knowledge to the Health Department. (See *Welcome Mat* on page 9.) We look forward to working with Dr. Chacon and welcome her to the Pueblo. Meanwhile, the search for a more permanent director will continue.

Talking Circle

On April 5, Governor Yepa was invited by the UNM School of Law to be part of a talking circle discussion with US Supreme Court Justice Sonia Sotomayor hosted by Isleta Pueblo. The discussion was held at the Isleta Elderly Center before a private audience of approximately 50 people from the legal profession. The talking circle included three faculty from the American Indian Law Center – UNM School of Law, three Native American attorneys, including Governor Yepa and a law student representative, Jasmine Yepa, chosen by the law school. The session addressed the lack of Indian attorneys in the judiciary and how the law school can help put more Indian attorneys in the judiciary. At the end, Emmett Yepa sang a Native song with English lyrics he composed and dedicated to Justice Sotomayor. The beautiful song was very much appreciated by Justice Sotomayor and all those present at the event. Congratulations Emmett for a job well done!

TRIBAL COUNCIL

Tribal Council Report

Pueblo of Jemez departments, programs and tribal administration submitted the following resolutions for Tribal Council approval.

March 9, 2016

TC 16. Authorized a contract with Souder, Miller and Associates to design improvements to the Jemez water systems. The project is funded by the New Mexico Tribal Infrastructure Fund.

TC 17. Approved the FY 2016 Public Works Department budget of \$475,000.

March 28, 2016

TC 18. Approved a proposal to the Bureau of Indian Affairs to fund two highway safety officers, highway safety overtime, traffic equipment, and DWI/drug court for traffic, DWI and seat belt enforcement on the roadways within the pueblo's jurisdiction (Highway 4 and Highway 550.)

TC 19. Approved the ordinance amendment requiring a permit from the Natural Resources Department for burning on Pueblo of Jemez lands. Violators will be subject to penalties up to 90 days in jail or a fine not to exceed \$100 or both.

TC 20. Authorized the Jemez Community Development Corporation (JCDC) to purchase the soil shredder equipment from Royer Industries, Inc., of Oshkosh, WI, a single direct manufacture and supplier. The equipment is required to effectively produce blocks that meet pressure standards to create high performance adobe blocks (High Performance Adobes) made from Jemez soil for housing materials to be used for remodeling and new housing infrastructure. Grant dollars were awarded purposely for this specific equipment purchase through the State of New Mexico's Capital Outlay Funding.

TC 21. Amended Tribal Council Resolutions 2016-08 and 2016-09 regarding the term ends of new members to the Jemez Health Board.

TRIBAL ADMINISTRATION

Job Opportunities With the Pueblo of Jemez

Tribal Administration

IT Systems Specialist

Education

Education Services Manager

Planning and Development

Director, Planning and
Development

Public Works

Director, Public Works

Tribal Court

Supervisory Probation Officer
Probation Officer

Health & Human Services

Medical Director
Technical Writer
Nurse Manager
Nurse
Medical Assistant
Peer Support Worker, Certified
Prevention Coordinator

To learn more about a job or the recruitment process, stop in to the Human Resources Department to speak with Fran and review our vacancy announcements for more details.

For more information, call (575) 834-7359 or visit the web site at www.jemezueblo.org.

Editor's Note: The Welcome Mat section of the March *Red Rocks Reporter* incorrectly stated that Behavioral Health Program Manager Lena Gachupin had worked as a counselor at Zia Pueblo. We apologize for the error.

NATURAL RESOURCES

Agriculture and Ditch (Debris) Burning Workshop

Thursday, April 21 6-7 p.m.
Community Resource Center Building
Canal Street behind Child Care/Head Start

Learn about:

2016 seasonal fire potential outlook

- Agriculture and ditch burning
- Burn permits: regulations and ordinance
- Defensible space and protecting structures

Smokey Bear door prizes.
Refreshments.

For more information, contact Jose Tenorio, BIA, Southern Pueblos Agency at (505) 563-3659 (office) or (505) 228-2023 (cell,) or John Galvan or Alberta Vigil, Natural Resources Department, at (575) 834-7696.



Water Quality: Total Dissolved Solids

Submitted by Tammy Belone

Total dissolved solids (TDS) is a measure of the combination of all inorganic and organic substances contained in a liquid in molecular, ionized or micro-granular suspended form. TDS are generally found in freshwater systems such as streams, rivers and lakes. The sources of TDS in fresh water are agricultural and residential runoff, leach of soil contamination, and point source water pollution discharge from industrial or sewage treatment plants.

TDS is being monitored by the Water Quality Program within the Natural Resources Department (NRD). The NRD has approximately six years of TDS data. The data is analyzed for any trends that seem unusually high. For example, the TDS was generally high after forest fire events because the ash or soot ended up in the Jemez River.

The Water Quality Program continues to collect and analyze samples for TDS. The healthiness of the Jemez River is important to know and understand, especially since the water is used for irrigation of crops. For more information, please contact Tammy Belone at (575) 834-7696.

HOUSING

The Roof Over Your Head

Submitted by Denny James, Director

Rehab and Repair

The Pueblo of Jemez Housing Department continued rehabilitating 21 homes with completion expected in June. After major rehab projects are completed, participants are required to maintain homeowners' insurance for up to five years to protect their renovated homes as well as the Pueblo's investment. The department pays Amerind Insurance in advance for the homeowners, who are responsible for nominal monthly payments. Participants are required to remain within low to moderate income levels.

FEMA roof repairs to over 40 homes severely affected by the September 2013 rains are complete. Force account will address interior issues approved by FEMA starting in May.

Pueblo Place

Housing is very involved with the Pueblo Place Infrastructure Project. AUI, Inc., the general contractor for infrastructure construction, began work on February 15 for completion by July. The next task is to pursue additional funding to complete all bid alternates.

Construction began east of Highway 4 on March 28. This project involves joint efforts from several tribal departments including Housing, Public Works, Planning and Development as well as tribal administration. The Realty Office is originating a master lease. An architect was selected for the subdivision design as well as finalizing selection criteria with a committee.

Owning Your Home

Tribal members who are interested in home ownership should be aware that obtaining a loan to build a new home on Indian trust land is a complicated transaction that requires approvals from federal agencies, tribal government and the Housing Department. Mortgage lenders must also develop loan applications, and underwrite and close the loans.

In the past, the process has often taken a long time to complete for individual homeowners working alone. However, Housing has worked with the BIA, MFA, lenders and tribal government to help reduce the processing time.

Because of the significant resources and expenses involved in approving a site for a new home, prospective homebuyers should obtain pre-approval from a mortgage lender or a non-profit homebuyer counseling entity before beginning the purchase process. Housing can help review applicants' incomes, credit histories, current debt loads and related issues. After a homebuyer counselor has determined that the applicant is close to obtaining a mortgage, the homebuyer will be referred to an actual lender who can process and close the loan.

The process includes income verification and credit and debt analysis. Child support payments and payments on personal debts may affect the loan amount. Collections and charge-offs must be cleared; medical collections may be granted leniency.

Loans come in various forms. For example, "construction only" loans usually have no "contingency" fees. Payments are due monthly after closing, but only on the loan amount that has been advanced (paid during construction.) There is some "interest rate risk" because the permanent Section 184 loan interest rate can "float" during the construction period. Housing can help you contact such lenders.

After applicants are pre-approved, they will need to work with tribal departments to obtain home sites. The process leading to homeownership includes:

- Verifying eligibility; Housing can assist with lenders.
- Building site and survey; the Realty Office is involved.
- TSR and environmental review; Realty coordinates with BIA.
- Site plans and construction bids; Housing can assist.
- Residential leases; Realty obtains Tribal Council approvals with resolutions.
- Lender underwriting: lenders submit loans for approval.
- Loan closing: lenders issue loan commitments.
- Leasehold mortgage approval, recording and endorsement, primarily by BIA.

Housing can help access the following resources:

- Low income assistance with HUD IHBG funds down payment assistance.
- HUD Section 184 Loan Program.
- VA Native American Direct Loan Program.
- USDA RHS 502 Loan Program.
- BIA Indian Guaranteed Loan Program.
- Conventional loans (construction to mortgage.)
- Homebuyer education.
- USDA Title VI (construction loans that can be converted to section 184 mortgages.)

Although Housing's limited financial resources are devoted to priority low income applicants, they can help with:

- Project planning.
- Project coordination with other departments and agencies.
- Homeownership counseling.
- Home specifications/plan, scope of work, requirements review and construction bids.
- Referrals to construction vendors and financial institutions.
- Computing estimated monthly payments.
- Financial education.

Homeownership is a path worth taking. At this writing, Housing has assisted with approximately 20 home closings in the Pueblo.

ATTENTION TRIBAL MEMBERS

Home Ownership Education

Lunch 'n Learn Tuesday, April 19 noon - 1 p.m.
Wednesday, April 25 6 - 8 p.m.

Call Housing at (575) 834-0305 for more information.

VETERANS ASSOCIATION

NEW OFFICERS AT WVA

The Walatowa Veterans Association has elected new officers:

Commander: Ruben R. Romero, US Army Ret.

Vice Commander: Greg Toya

Secretary: Martha Chosa

Treasurer: Charlotte Toya

Sergeant-at-Arms: Alvin Toya

Veterans Service Officer Kenneth Anaya will visit Tuesday, April 12 from 9 a.m. to 12 noon; appointments are encouraged. Monthly meetings are held the second Tuesday of each month. All veterans and families are welcome.

The WVA office at the Civic Center is open Monday through Friday from 8 a.m. to 5 p.m. Contact Gail Madalena at (575) 834-0122 for more information.

Training for Caregivers

WEDNESDAY, MAY 18 8 A.M. TO 4:30 P.M.
HOLIDAY INN EXPRESS

The New Mexico VA Health Care System (NMVAHCS) invites caregivers of military veterans to attend a free training. Program topics include Managing Stress, Problem Solving, and Effective Communication for Family Caregivers. The program is free but you must pre-register by Friday, April 25. To pre-register or for more information, contact Mary Ann Kreski or Roberta Gonzales at (505) 265-1711, ext. 7218 or ext. 2469.

The VA's Caregiver Support Line offers support, resources and information to caregivers of veterans; call 855-260-3274. Find stories and resources at www.caregiver.va.gov.

VA Event Benefits Veterans

SIXTH ANNUAL VA2K WALK & ROLL
WEDNESDAY, MAY 18 11 A.M. TO 2 P.M.

Help homeless veterans at the 2016 VA2K Walk & Roll at USS Bullhead Memorial Park, 1606 San Pedro Dr. SE. Suggested donations include mops, brooms, trash bags, toilet paper, door mats, shower curtains, kitchen ware, bedding, and bath towels. There will be live music, free food for participants and a "Welcome Home" event for veterans returning from combat zones. Service organizations will have information tables. Participants can learn about VA programs, including the Transition and Care Management (TCM) Program that provides care and case management for combat and post 9/11 veterans.

The NMVAHCS Health Care for Homeless Veterans Program offers access to social service providers and treatment programs plus clothing assistance. For more information, contact Taryn Alvarez at (505) 256-2784, or Stephanie Saldivar at (505) 265-1711, ext. 2057.

MEDICAL SOCIAL WORK

New Retirement Laws: What You Need to Know

Some of Social Security's rules about claiming benefits are changing. The Bipartisan Budget Act that passed in November 2015 closed two complex loopholes that were used primarily by married couples. You should know why this happened, how it might affect you, and what you should do next.

First, don't forget that one of the best ways to increase your Social Security retirement benefit is to delay claiming it between ages 62 and 70. Each month you delay results in a higher monthly benefit for the rest of your life. The new law does not change this.

The new law closes loopholes that allowed some married couples to receive higher benefits than intended. Only a small fraction of retirees used these loopholes. Closing them helps restore fairness and strengthens Social Security's long-term financing.

Changes With the New Rules

First, if you are eligible for benefits both as a retiree and as a spouse (or divorced spouse,) you must start both benefits at the same time. Previously, this "deemed filing" applied only before the full retirement age, which is currently 66. Now it applies at any age up to 70, if you turned 62 after Jan. 1, 2016.

Second, if you take your retirement benefit and then ask to suspend it to earn delayed retirement credits (on or after April 30, 2016), your spouse or dependents generally won't be able to receive benefits on your Social Security record during the suspension. You also won't be able to receive spouse benefits on anyone else's record during that time.

For more information about these changes in the law, visit the Social Security web site at www.socialsecurity.gov/retirement/planners.

Deciding when to start your Social Security benefits is a complex and personal decision. You may contact Social Security at 1-800-772-1213 (TTY 1-800-325-0778), or visit your local field office, to speak with a representative about your retirement options. In particular, if you are or will be full retirement age (66) or older before April 30, and you think you want to suspend your benefits, contact the Social Security Administration as soon as possible before April 30. But remember, if you want to let your retirement benefit grow, you can simply delay taking it, up to age 70.

If you need help or more information, contact Lisa Maves, Thelma Shendo or Basil Pina at (575) 834-7413.

Resource: Virginia P. Reno, Deputy Commissioner, Retirement and Disability Policy, posted on March 14, 2016.

VOCATIONAL REHABILITATION

DISABILITIES AWARENESS CONFERENCE

Balancing Life for Self-Empowerment

Jemez Vocational Rehabilitation Program hosted its 18th Annual Disabilities Awareness Conference at the Youth Center on March 16. The Little Eagle Drum Group from the Jemez Day School accompanied the flag presentation by the Walatowa Veterans Association. Kristyn Yepa, Public Health Program Manager served as master of ceremonies.

Governor David Yepa opened the event with a traditional invocation, noting that the young singers and drummers “get better every year.”

“Substance and alcohol abuse is a problem here just like everywhere else,” Governor Yepa said. “It’s the biggest problem we have here. Everyone has friends and relatives and neighbors who are affected. Families and friends often try very hard, but it’s up to each individual to get help. We are very fortunate to have the services we need right here in our community—Behavioral Health, Social Services, JVR. Don’t be afraid to ask. Don’t be afraid to get help.”

“Alcoholism is a disability,” the Governor continued. “It impacts people mentally, emotionally and physically. Its affects extend beyond the individual into the family and community. It’s a problem we need to address as a community.”

He thanked the audience of about almost 270 for coming, adding that “You wouldn’t be here if you didn’t want to learn, help and give support. You’re here because you care.”

JHHS Medical Director David Tempest, MD, offered his perspective on disabilities as a physician. “All of us will be disabled to some extent at some time or other during our lifetimes,” he said. “The disability may be minor or short-term, but as we age, we will all face some type of health issue. We don’t want to know, don’t want to face it, but we must.”

He also noted that the Pueblo has recently received a substantial grant for alcohol treatment programs in the community. (See *Red Rocks Reporter*, March 2016 edition.)

Kristyn introduced Program Manager Rebecca Holland, who has rejoined the program. Rebecca energized the

program introductions by asking audience members to describe the program’s activities and services. Serving Zia and Santa Ana Pueblos as well as Jemez, JVR helps people with disabilities find steady employment, pursue additional training and education, or start businesses. Consumers must be eligible tribal members over age 14 with a physical, mental or behavioral impairment that causes a substantial impediment to employment or education. The JVR staff includes Bear Bennally, Joyce Tsosie, Kari Fragua, Yolanda Toledo, and Lisa Madalena.

Work as Healing

Guest speaker Marc Espino (*Tohono O’odham*) is the Program Director at Sycuan Inter-Tribal Vocational Rehabilitation in El Cajon, CA. “It’s all about work,” he said. “Work is a natural prevention. It’s a critical intervention in substance abuse treatment. We’re here to help people work hard to find their strengths, skills and abilities and use them for employment.”

Historical trauma is a factor in the high incidence of substance abuse problems in Native communities, he says. “Various tribes experienced different situations, but it affected us all—wars, diseases, boarding schools, relocation, and identity and cultural loss. There was a deliberate effort to destroy our languages and culture. Sadly, the effects of generations of trauma are often a component of substance abuse,” he said.

Productive work positively impacts individuals in many ways. Employment naturally brings positivity to people’s lives, providing direction and purpose. Workers belong to a larger workforce community. In addition to a paycheck, employment leads to increased self-confidence, self-esteem and self-worth, promoting independence rather than dependence. “The Creator blessed each of us with individual gifts, knowledge, skills and abilities,” Marc added.

Co-Occurring Issues

Alcoholism is often related to other mental health issues, complicating treatment efforts. “It’s the chicken/egg problem. The issues feed each other: post traumatic stress disorder (PTSD;) mental health issues such as depression and anxiety; cognitive issues that interfere with learning, coping and problem solving; traumatic brain injuries, and alcoholism are often related issues,” Marc observed.

It’s important to address the many domains that substance abuse affects: mental (impaired thinking and judgment,) physical (dependence as well as destruction of organs and tissue, such as brain tissue, liver, kidneys and nerves,) and emotional as well as the social environment that supports or encourages substance abuse and related behaviors.

In addition, DUI or DWI convictions can limit job opportunities. “People who lose their drivers licenses have



The Little Eagle Drum Group from the Jemez Day School entertained the conference.

SOCIAL SERVICES

*Save the Date!***APRIL IS CHILD ABUSE
PREVENTION MONTH****CHILD ABUSE PREVENTION AWARENESS
CONFERENCE*****"Children Exposed to Violence"*****Wednesday, April 13 5-8 p.m.****Youth Center**

Dinner at 5 p.m. Conference starts at 6 p.m.

Ages 14 and over

*Childcare will be provided at the Social Services Building***VOCATIONAL REHABILITATION****Disabilities Awareness Conference**

very limited options," he said. "Employers are wary."

He closed with wisdom from his grandfather: "Work is good, for family, for the community. We do things to be part of the community, to belong, to be productive."

"Fight when you need to," Marc said. "We are warriors. We can fight substance abuse and win." To thank him for his participation in the conference, Rebecca gifted Marc with a pot created by Natalie Sandia.

Zia Lt. Governor Brant Shulz addressed the group as a JVR consumer. "Don't be embarrassed. Get help if you need it. We all need help some time."

Cornell Magdalena, Public Health Program Health Advocate, has facilitated digital storytelling since 2010 with workshops for people of all ages. He presented two digital stories by people who have benefited from the JVR program.

Kristyn noted that "We can cry about what we don't have or be grateful for what we do have. It's a choice."

Rebecca concluded the morning before the lunch break. "Take control of your life, your body, your work," she advised. "Believe in yourself. Find support. Pray. We all need each other. This is a community effort."

She described a new grant that will focus on lifestyle changes for people with disabilities. "We've noticed that consumers return, frequently their disabilities have worsened, not improved. Often this is due to lifestyle factors: diet, exercise, stress management. JVR is partnering with the Public Health Program to help our consumers manage their lives to improve their health."

After lunch, the awards presentation recognized consumers who excelled in achieving their employment and self-employment goals, as well as businesses that gave exceptional support to the program. Attendees also enjoyed an exercise program led by Felipita Loretto and Disability Awareness Bingo. About 80 door prizes were given to lucky win

**Domestic Violence
Has No Season**

Easter, Memorial Day, Fourth of July, Labor Day: the fact is that there is an increase in domestic violence and abuse during any holiday. Some may blame the spike on increased alcohol use. But some people believe that alcohol is an excuse; abusers don't want their victims to feel joy, get attention, or loved.

Whatever it is that triggers abusers over any holiday, it's a horrible time for their victims. Just remember wherever you are in your own journey, please know you are not alone. Do what you need to do to get through it. Love yourself and be safe.

If you or someone you know is in a violent situation, get help. Reporting to the proper authorities can save your life or the life of someone you care about.

IN AN EMERGENCY, ALWAYS CALL 911!**National Domestic Abuse Hotline: 1-800-799-7233****Jemez Social Services: 575-834-7117****National Dating Abuse Hotline: 1-866-331-9474****National Sexual Assault Hotline: 1-800-6564673***Remember, it stops with you.**Please speak up, speak out, take action!****David Brings Me Flowers***

David brings me flowers.
And he tells me he loves me.
And I want to believe him.
My friends say I'm stupid.
But they don't know David.

David brings me flowers.
And tells me he's sorry.
When he loses his temper.
And accidentally hits me.
My friends say I'm stupid.
But they don't know David.

David hit me last night.
And I thought it wouldn't stop.
It all seems like a blur.
And my friends, they were right.
But David brings me flowers.

This poem was written by a domestic violence survivor.

PUBLIC HEALTH

Mogro Food Club in Jemez Pueblo

The Pueblo of Jemez Public Health Program has been collaborating with MoGro since 2012. This partnership is part of a bigger effort to increase access to and consumption of local, fresh natural produce. We began our efforts to address childhood obesity in 2010; as a result we developed the Food Sovereignty Program. This program plays an important role in addressing the health disparities, such as the high rates of chronic diseases and obesity, that affect the American Indian population by addressing access and affordability. If you would like more information about the Food Sovereignty Program, please contact Kristyn Yepa, Public Health Manager.

The Mogro Food Club provides access to healthy foods at an affordable price. In addition to the Food Club, MoGro and the Public Health Program have been providing monthly cooking classes with Chef Leah Pokrosso. The cooking classes provide opportunities to learn how to cook the produce and meats available through MoGro.

It's great to see the interest in MoGro pick up in the last month. We want to thank our surrounding communities for joining the MoGro Food Club. The best way to promote this program is by word of mouth. We encourage everyone to go to www.mogro.net to sign up. We hope to make the easy choice, the healthy choice! The current pick-up location for the MoGro Food Club boxes is at the Jemez Health Center, in the Public Health kitchen.

The collaboration between MoGro and Public Health Program has been a great experience and we hope that you will enjoy this service. We do our best to provide the best customer service and accommodate your needs. Please don't hesitate to contact the Public Health Program at (575) 834-7207 if you have any comments, suggestions, questions or concerns regarding our programs.

Thank You!

Public Health Program Staff

MoGro Cooking Class

Thursday, April 6 to 8 p.m.

Join the next cooking class with chef Leah Pokrosso in the Public Health Kitchen. Explore new tastes, try healthy new recipes and have fun!

Call (575) 834-7207 for more information

\$20

produce box



EAT HEALTHY +
save on gas, time & energy!

Shop at: mogro.deliverybizpro.com

505-216-8611

facebook.com/mogrotruck



4-H COMES TO JEMEZ

Does your child want to be a part of 4-H?

The Jemez Public Health Programs, Natural

Resources Department, Senior Center and Sandoval County Extension Program are collaborating to bring a 4-H program to the Jemez community. The program will serve motivated youngsters between the ages of 5 and 19 years old. 4-H Programs offer projects such as baking, sewing, traditional clothing, attire-making and much more. A few of the main components include culture, archery, running, agriculture, language and livestock.

Mentors Needed! Anyone in the community who is interested in being a mentor for any of these projects or has any questions regarding 4-H, please contact Health Advocates Alyssa Yeppa or Steven Mora at (575) 834-7207.

Visit MOGRO!

Get your organic fruits and vegetables at MoGro at the Jemez Health Clinic. Sign up online, or visit the Public Health Program to place your order.

MoGro will deliver to the clinic once or twice a month. Pick up a box of produce and other items for only \$20! You'll get 10 different organic fruits and vegetables from local and regional farmers. Plus MoGro offers 50% off when you pay with SNAP so you can double your food bucks!

Contact Rebecca at mogro@santafecf.org or (505) 670-8741, go to the Public Health office at the clinic, or call (575) 834-7207 for more information.



PUBLIC HEALTH

HEMISH
JEMEZ PUBLIC HEALTH

Second Quarter Fitness Challenge

STARTING MONDAY, APRIL 25

Join the challenge to improve your cardiovascular fitness. Achieve your fitness goals!

Pre-assessments at the Public Health Program April 11 through April 29.

Pre-assessments must be complete by Friday, April 29.

Congratulations to all who participated in the 2016 Endurance Challenge Run/Walk on March 19! The event gathered over 150 participants, including some from surrounding communities and as far as Taos Pueblo. More applause for all 115 participants who joined and finished the first Endurance Challenge. Our data shows that participants were successful with positive results. Some participants ran and walked over 200 miles over six weeks.

Please consider joining our next challenge starting April 25. We plan a Functional Movement Challenge that will focus on strength and conditioning. If you have any questions, call the Public Health office at (575) 834-7207.



Athletes gather at events during the Endurance Challenge on March 19. Photos by Cornell Magdalena.

JEMEZ HISTORIC SITE

PUT A SPRING IN YOUR STEP

By Matthew J. Barbour, Manager, Jemez Historic Site

Celebrate Earth Day at Jemez Historic Site!

On Sunday, April 17, Jemez Historic Site will celebrate Earth Day with a picturesque hike up Oak Canyon (aka Church Canyon.) Located just east of San Jose Mission, the canyon is a geologic marvel boasting large outcroppings of both sedimentary and igneous rocks. Flora and fauna are equally diverse. As the trail ascends toward the top of Cat Mesa, it transitions from pinon and juniper scrubland to beautiful ponderosa pine.

Expect to exercise your body and your mind on this approximately two mile journey. Jemez Historic Site Instructional Coordinator Marlon Magdalena will lead the group. He will identify animals and plants seen on the hike, and discuss the cultural and historical significance of these species.

The event is free and will run from 10 a.m. to 3 p.m. on Sunday, April 17 at Jemez Historic Site in Jemez Springs. Participants should bring water, sturdy shoes, sunscreen and a sack lunch. For more information call (575) 829-3530.

HEALTH & HUMAN SERVICES

Welcome Mat



Dr. Gayle Dine'Chacon (Navajo) has contracted with Jemez Health & Human Services as the Interim Director, replacing Dr. Tempest in this role. Dr. Tempest continues as JHHS Medical Director. From Chinle, Dr. Chacon is of the Bitter Water and Towering House clans. She and her husband of 38 years have three adult children and one grandchild. "I appreciate the limited flexibility I have to continue to provide care for my elder parents as well," Dr. Chacon explains.

"Dr. Chacon has been a force in Indian Country health care for several decades as well as a faculty member at the UNM School of Medicine. She served as the Navajo Surgeon General in 2013," said Dr. Tempest in his introductory message. "She brings years of health care experience to Jemez along with a Native ear to the community's needs. She will make you all very proud of your work here."

"As a family practice physician and Interim Health Director for JHHS, my top priority is improving the health care of the people of Jemez," Dr. Chacon says. "I'm very happy and honored to be here. I am grateful to the Governors and Tribal Council for this opportunity."

SENIOR CENTER

FUN AT THE SENIOR CENTER

Submitted by Joseph Fragua

Women's History Month

Jemez Senior Citizens Program hosted a dinner on March 9 to honor Walatowa Women for Women's History Month. Guest speaker Frances Jean Tosa spoke about her history and her role as a leader in one of our traditional Society groups. It was a great history lesson for everyone.

All Indian Game Day

On March 16 and 17, 31 elders traveled to Isleta Pueblo to compete in the Senior Olympics All Indian Game Day. They earned many gold, silver and bronze medals, competing in free throw, Frisbee throw, Frisbee distance throw, soccer kick, softball distance throw, 400-meter walk/run, 800-meter walk/run, 8-ball pool, bowling, shuffleboard, and hauches.

All Indian Game Day hosted over 400 senior Native athletes. Jemez Pueblo took second place for the most medals for older elders (age 65 and over) and another second place award for younger elders (up to age 64.) Congratulations senior athletes!

Caregiver Support Group

Caregiver Support Group meetings are held on the third Thursday of every month. Caregivers are always welcome for collaboration, networking and support. This month's session

included creating an Easter activity plus the Easter Egg hunt. We also did an exercise on Mode Management to help relieve stress. *The next Caregiver Support Group will be Thursday, April 21 at 5 p.m.*

Holy Week Pilgrimage

Three bus loads of Jemez elders traveled to Chimayo during Holy Week. A few homebound elders joined the group with the help of their caregivers. Most elders attended mass and many collected sand from the holy site. Elders from several tribal communities were at the site and there were many opportunities to socialize before lunch in Santa Fe.

Easter Egg Hunt

The Easter Egg Hunt on March 22 was a collaboration between the Senior Citizens Program, Walatowa Child Care and Walatowa Head Start. They walked together to the plaza and to find it filled with more than 500 eggs. Children from Child Care started the egg hunt, followed by Head Start and finally the elders. More than 100 people gathered for the event. Thanks to the hard work from all program staff, everyone left with at least four eggs, candy and prizes. Thank Officers Jordan Shendo and Gerald Toledo for escorting the participants and to photographer



Cornell Magdalena from the Public Health Program.

The Senior Center strongly encourages community elders to stay active and maintain social contact. Please see the monthly activity calendar for details about program events. If you want a copy e-mailed to you, contact Joseph Fragua, Jr. at joseph.fragua@jemezpuablo.us or Rose Shendo at rose.shendo@jemezpuablo.us or call the program at (575) 834-9168.





Head Start News

Submitted by Danielle Sando, Family Services Coordinator

March Dental Visits

In celebration of Children’s Dental Health Month, Head Start students visited the Jemez Dental Clinic on March 17 for dental exams and had fluoride treatments. The first exam is done at the summer health screenings and the second exam is done mid-school year.

If your child needs further assistance, we will notify the parents promptly. Follow-up is **very important**, so please make your child’s dental appointments in a timely manner so your child can get the help they need to have healthy teeth. It’s important to have your child in school and participate in routine dental exams and procedures.

All About Fluoride

Fluoride is the safest and best way to prevent tooth decay. Many communities add fluoride to their public water supplies. Fluoride is also found in most toothpaste brands and can be professionally applied using varnish or gel.

How does fluoride prevent tooth decay?

Fluoride protects teeth from developing tooth decay in three ways:

- ◆ It makes teeth strong and more resistant to acid.
- ◆ It puts minerals (fluoride) back into teeth that have early stages of tooth decay.
- ◆ It interferes with bacteria’s ability to make acid.

Plaza Easter Egg Hunt

The Head Start students and the Senior Center elders collaborated for an Easter Egg Hunt in the plaza on Tuesday, March 22. Thank you to the Senior Program for making this collaboration fun and enjoyable for all!



Dates to Remember:

April 13: PCC Meeting

April 28: Fatherhood Night

Reminder to Parents

Written requests for changes or updates to your child’s transportation plan and lists of authorized persons and phone numbers can be submitted to Danielle Sando, Family Services Coordinator, or e-mailed to HeadStart@jemezpuablo.org.



Photos by Cornell Magdalena.

EDUCATION

Jemez Day School Child Find

Free Developmental Screening for 3 to 6 year-olds

Wednesday, April 27 9 a.m. to 1 p.m.

Appointments are encouraged; walk-ins are welcome.

Child Find screens children whose parents have concerns about their development in speech/language, fine and gross motor skills, cognitive development, and learning.

Contact Benina Abeyta or Eleanor Tafoya at (575) 834-7304 for more information.

Speech Concerns:

- Difficulty producing individual speech sounds that significantly interferes with communication. Sounds in words may be omitted, distorted, or substituted with other sounds.
- Conversational speech that is not intelligible (understandable) all or some of the time and significantly interferes with communication.

Expressive Language Concerns:

- Does not speak in complete sentences and this significantly interferes with communication. Instead, the student speaks mostly in incomplete phrases and sentences.
- Student's sentences contain numerous grammatical errors that are not typical for students of the same age and that significantly interfere with communication (for instance, plurals, negatives, verb tenses, pronouns.)
- Has difficulty providing explanations that make sense to the listener.
- Child retells stories or personal events that are disorganized, incomplete or hard to follow.
- Child has difficulty in conversation that significantly

interferes with communication (for instance, does not take turns or switches topics inappropriately).

Receptive Language Concerns

- Does not appear to understand/follow an age-appropriate direction that contains multiple parts.
- Does not appear to understand teacher questions presented in class that are age-appropriate.
- Does not appear to understand vocabulary words used.
- Does not appear to understand comprehension questions about events or short story at child's level.

Fine Motor Concerns:

- Awkward or immature pencil grasp for their age.
- Messy, slow or labored drawing, coloring or writing skills.
- Difficulty when using scissors, or achieves a messy/choppy outcome.
- Difficulty performing precise manipulation tasks such as tying shoelaces, fastening buttons.
- Difficulty performing self-care tasks independently such as dressing/undressing independently, brushing teeth).
- Tires easily when engaged in fine motor tasks.

Gross Motor Concerns:

- Late in reaching developmental milestones (sit, crawl, walk, run and hop.) Moves stiffly and lacks fluid body movement or looks awkward and appears clumsy.
- Avoids physical activity.
- Participates in physical activity for only short periods (has low endurance.)
- Cannot perform the same skills as their peers, like catch, kick, hop and jump.
- Is not able to follow multistep instructions to complete a physical task (for instance, an obstacle course.)
- Is not able to plan and correctly sequence events or steps in a process (for instance, step forward before throwing.)
- Tires frequently with physical activity.

Cognitive Concerns:

- Does not understand opposites such as day/night.
- Does not understand consecutive concepts (for instance, big, bigger and biggest) by age 5.)
- Does not correctly count five to ten objects.
- Does not correctly identify colors (by age 5.)
- Does not play with other children or show any interest in playing with others.
- Does not have a beginning sense of time in terms of yesterday, today, tomorrow.
- Rarely pretends or fantasizes, and is unable to differentiate between fantasy and reality (by age 5.)



Native STAND at WHCS

Walatowa High Charter School Counselor Mary Warren-Olson was selected for one of 20 people who will be trained as Native STAND (Students Together Against Negative Decisions) Certified Trainers in Portland, OR, this summer. The training is funded by the Centers for Disease Control at Oregon Health and Science University. She was selected by a panel of tribal elders from 143 applicants from across the country.

The STAND curriculum will benefit WHCS adolescents in three areas:

- ◆ Relationships
- ◆ HIV/STD awareness
- ◆ Reproductive health.

"I am honored and proud to be representing Walatowa High Charter School as an advocate for Native health and wellness issues," Ms. Olson says.

EDUCATION

SDRCS MUSTANG NEWS



In March, SDRCS sponsored a Scholastic Book Fair. Thank-you to all of the families and friends who supported this drive, especially Mrs. Bernadette Garcia who coordinated and ran the whole event. They exceeded the amount sold from last year by several hundred dollars and hope that the students enjoyed reading their new books during the spring break.

PARCC

April is a big testing month as PARCC is back. PARCC stands for Partnership for Assessment of Readiness of College and Careers. It fundamental goal is to build collective capacity to dramatically increase the rates at which students graduate from high school prepared for success in college and the workplace.

It will take the entire month of April and several days into May to complete testing for grades three through eight. All SDRCS staff have been working hard to prepare students to take the exam and be successful. Students have been working hard not only to learn their lessons but also to learn how to take the test. Now it's time for them to shine and show what they learned.

Field Trip

Also during April, the eighth grade will go a field trip to the University of New Mexico. A primary goal at SDRCS is motivating our students into higher learning. We are proud to work in collaboration with Walatowa Charter High through the Gear-Up Program and appreciate all they do for us.

School Calendar Changes

In March, the SDRCS Governing Board approved the 2016 -17 school calendar. In keeping with the times, they have altered the calendar to better meet academic demands. Since PARCC, EOCs (end of course exams) and SCAs (short cycle assessments) wrap up in early May, the calendar will reflect this trend and school will also end in early May. Students will start school on Wednesday, July 20 and finish on Friday, May 5.

They will work with the Jemez Education Department to create a summer program for all grades throughout the remainder of May for families who want to participate. The K3+ Program will now run the month of June, 2017. There will be no K3+ program this summer, since all students will return in July 2016. We greatly appreciate the support of our families to make the 2016 -17 school year the best yet!



Youth Symposium at Isleta Financial Literacy for Young Adults

On Tuesday, April 26, in conjunction with National Financial Literacy Month, Tiwa Lending Services, the Pueblo of Isleta and the Office of the Special Trustee for American Indians (OST) will host a free one-day economic symposium designed to empower Native youth through financial literacy. More than 300 Native youth, grades 9-12, are expected to attend.

Inspired by Generation Indigenous (GEN-I), the Native Youth Empowerment Symposium is an opportunity to interact with Native youth, tribal leaders and industry experts representing non-profits, government agencies, tribal services and education.

"The key to financial independence is financial literacy,"

said Sheila Herrera, Tiwa Lending Services Executive Director. "Young adults need to learn at an early age how to balance their checkbooks, pay bills on time and how to get and keep a good credit rating. They'll learn about all those things here."

The event has two components. First, a panel of experts will discuss financial education, work and educational opportunities. Then real-time financial education activities will involve budget simulations, games and activities designed to provide experiential learning.

For more information or to register, go to the Pueblo of Isleta website at www.isletapueblo.com and click the "Enterprises" tab to register or contact Sheila Herrera or Miranda Lente at (505) 916-0556.

EDUCATION

Scholarship Opportunity

NM Gas Company Native American Scholarship Program

New Mexico Gas Company (NMGC) is offering 17 scholarships for the 2016-2017 academic year to eligible New Mexico Native American students pursuing post-secondary education. The NMGC Native American Scholarship Program (NASP) was established in 2011 and has since awarded 75 scholarships to students pursuing degrees and/or certification in engineering, nursing, psychology, communication, sports medicine, construction technology and other areas.

Online-only applications will be accepted through April 22, 2016 at www.nmgconasp.com. Guidelines, instructions and application information are available at this site. If you have questions, contact the NASP Committee at nmgconasp@tecoenergy.com.

AIR FORCE SUMMER EMPLOYMENT PROGRAM

Temporary jobs for the summer for student trainees are available at various Air Force installations throughout the country.

Use this opportunity to:

- ❖ Gain marketable skills
- ❖ Earn money while enjoying your summer vacation

Job opportunities include:

- ❖ Clerical
- ❖ Lifeguard
- ❖ Recreation Aid
- ❖ Computer Clerk
- ❖ General Laborer and more!

Call the Air Force One-Stop Customer Service phone number toll free at 1-800-525-0102 (TTY/TTD 1-800-382-0893) or visit the USAJobs website at www.usajobs.gov

April Clothing Drive

For Clothes Helping Kids
Donations Accepted at the
Jemez Pueblo Community Library
Open 9 a.m. to 12 noon
and 1 p.m. to 6 p.m.

Job/College Fair & Employability Skills Training

WEDNESDAY, APRIL 20

WALATOWA YOUTH CENTER

Employability Skills Training

10 a.m.-12 noon

Job/College Fair

Noon -3 p.m.

Open To The Public

Lunch will be sold

Employability Skills Training Will Cover:

- ✓ Writing Resumes and Cover Letters
- ✓ Learning Interviewing Skills
- ✓ Learning How to Talk to Businesses and "Sell Yourself"

HELPFUL HINTS

- ✓ Bring copies of your resume and cover letter.
 - ✓ Dress professionally.
- ✓ Think of questions you want to ask employers.
 - ✓ Be prepared for on-site interviews.
- ✓ Turn off your cell phone while talking to business representatives.

For more information call the Jemez Vocational Rehabilitation Program at (575) 834-0012.

Need Help Finding a Job?

Tribal Collaborative Employability Training

Wednesday May 4

Community Resource Center

Supported by the Ten Southern Pueblos Governors' Council

Registration: 8:30 to 9 a.m.

Training: 9 a.m. to 2 p.m.

Lunch will be provided

Topics Include:

- Job Search
- Budgets and Financial Planning
- Professional Attire
- Interview Process
- Motivation
- Networking

Call the Department of Education at (575) 834-9102 by Friday, April 27 to reserve your place!

COMMUNITY NEWS

Jemez Artist-in-Residence at SAR

Kathleen Wall was selected for a residential fellowship at the School for Advanced Research (SAR) in Santa Fe. The fellowship provides a home, studio and financial support to leading Native artists. Founded in 1907, the organization supports innovative research and public education focused on the informed study of human societies. The grounds also house one of the world's finest research collections of Southwest Native American art.

Kathleen's current work explores her family history in Jemez Pueblo. Working in clay, she is constructing models of significant family members. They will be linked to paintings as an historical narrative about life in Jemez Pueblo.

"I feel as though I'm visiting a dear friend when working on figurative pottery," Kathleen says. "When mixing clay from the earth, I feel as though the rain has come to share a moment with me in the studio. My beautiful high desert surrounding become figurative forms and shapes around me, which come alive with familiar friendly smiles... Traditional pueblo pottery has been a part of my life for as long as I can remember. I realize through my work how important traditional knowledge is to so many Native people. This understanding has enriched my life tremendously."

Kathleen and her husband Michael Chinana are living on the SAR grounds with their three children during her residency. She will give an Artist's Talk on Thursday, May 26 at SAR. RSVP to (505) 954-7205 or [iarc\[at\]sarsf.org](mailto:iarc[at]sarsf.org) by Monday, May 23 to reserve a place. Guided tours of the SAR collections are also available.



JEMEZ ACTRESS STARS IN AWARD-WINNING FILM

Jemez Pueblo's Fannie Loretto stars in the award-winning film "She Sings to the Stars" at the Albuquerque Film and Music Experience Festival. The film will screen at the KiMo Theatre in Albuquerque, on Wednesday, April 20 at the KiMo Theatre at 5:30 p.m. The theatre is in downtown Albuquerque at 423 Central Avenue NW. The film has been screened in New York, Los Angeles, Chicago, San Francisco, Phoenix, Montreal and Toronto and has won awards for "Best Feature," "Best Director" and "Best Cinematography."

Filmed in 2012 in the Rio Puerco Valley near Cabezon and in a Santa Fe warehouse, Fannie Loretto plays a Native American grandmother. The story is about drought, a collision of cultures, magic and hope: without water, a Native American grandmother lives alone in the desert. Her half-Mexican grandson is caught between worlds. An Anglo down-on-his-luck magician from Los Angeles finds himself lost at her door. Ms. Loretto received three award nominations for her acting from the American Indian Film Festival in San Francisco, the Red Nation Film Festival in Los Angeles and the Queens World Film Festival in New York.

Tickets are \$8 and can be purchased at www.abqfilmx.com or www.kimotickets.com or at the door. Learn more at <http://shesingstothestars.com> or on Facebook at www.facebook.com/SheSingstotheStarsMovie.





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

VOTERS' INFORMATION

PRESIDENTIAL PRIMARY ELECTION

Tuesday June 7, 2016

7 a.m. to 7 p.m.

The General Election is Nov. 8, 2016

Precinct 15: Walatowa Youth Center

Precinct 77: Community Resource Center

EARLY VOTING SITE

Jemez Pueblo Civic Center

May 23 and 24 10 a.m. to 7 p.m.

2016 ELECTION CALENDAR

- May 10: Voter registration closes.
- May 10: Absentee voting begins
- May 21: Early voting begins
- June 4: Absentee and early voting end.

If you are 18 years old and older, please register to vote today. Your vote counts!

For more information and assistance, contact Peter Madalena at the Civic Center at (505) 934-8826 or the Sandoval County Clerk's office at (505) 867-7477.

Earth Day: Highway 4 Clean-up!

On Saturday, April 23, the people of the Jemez Valley will go up and down Highway 4, cleaning up the mess of trash and recyclables thrown out of car windows by unaware and thoughtless travelers and even, sadly, some of our neighbors. Jemez Sustainable Solutions calls out to generous, service-minded, Earth-caring, able citizens to sign up for this event.

We invite Jemez Pueblo residents to help clean up Highway 4 through the Pueblo, either on Earth Day, April 22 or Saturday, April 23, or the weeks before or after Earth Day. Choose any area from mile marker 3 to marker 9. Grab your gloves, a hat and a trash bag and join more than a billion people worldwide who are making a difference for the environment. We are grateful for your participation last year!

On Saturday, April 23, San Ysidro residents will do mile markers 0 to 3. The Jemez Springs and La Cueva folks do miles 9 through 35, which is the rest of Highway 4 up to the Valles Caldera.

Let's join forces to make Highway 4 beautiful again!

Earth Day is Every Day!