



# Red Rocks Reporter

APRIL 2015

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## FROM THE GOVERNORS

### Gaming Compact

A gaming compact between the State of New Mexico and five tribes, including the Pueblo of Jemez, was passed in both the NM House of Representatives and Senate and signed by Governor Susana Martinez. The Pueblo of Acoma, the Mescalero Apache Tribe, the Jicarilla Apache Tribe and the Navajo Nation are also included in the agreement. The current compact that permitted existing casinos operated by these tribes expires on June 30, 2015.

“As the Chair of the Gaming Committee, I am proud that we passed this compact today,” said Representative Roger Madalena. “This was negotiated in good faith and I am confident that the revenues generated will benefit the whole state of New Mexico.”

“This new compact is an opportunity for us to look more closely at gaming as an option for the future,” stressed Governor Raymond Loretto, DVM. “This is not a decision to go forward. This gives us the option to decide *if* we want to go forward.”

### Lieutenant Governors Attend Judicial Training

First Lt. Governor Aaron Cajero, Sr. and Second Lt. Governor Dominic Gachupin participated in a training course in Reno, NV. The course helps tribal court judges develop skills to preside over criminal and civil matters in tribal courts. The class covers essential issues such as outlining appropriate jurisdictional boundaries for civil and criminal cases; how to rule effectively on admissibility of testimony and documentary evidence; the role of custom and tradition in Tribal Court Proceedings; how to write clear, well-reasoned decisions; establishing and maintaining appropriate rules.

“It’s very important that we support our Tribal Court,” observed Gov. Loretto. “At the same time, we need to know how to apply state and federal laws so we can offer fair judgments.”

### Traditional Ditch Work

The Governors, tribal Administration and religious leaders want to thank everyone who participated in the traditional ditch cleaning on March 27 and 28.

“Making sure our waterways are clean and clear is essential to maintaining the life blood of our traditional agricultural way of life,” Gov. Loretto says. “It was really heart-warming to see the little ones with their small shovels joining this important part of the traditional ways that keep our culture alive.”

### LANL Partnership

Governor Loretto met with Los Alamos National Laboratory (LANL) Director Charles

Continued on page 2



### 2015 TRIBAL GOVERNORS

Dr. Raymond Loretto  
Governor

Aaron Cajero  
First Lt. Governor

Dominic Gachupin  
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.

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NM 87024.

## From the Governors, *Continued*

McMillan for very productive discussions about current projects and future opportunities for collaboration. "This meeting was of utmost importance," the Governor says.

One very successful ongoing project is the LANL-funded science and mathematics initiative at Jemez Day School that is becoming a model program for other schools. *(Additional information needed.)*

Other projects under discussion include economic development partnerships, strategies for providing employment opportunities to community members, scholarship support and summer internships for students.

### Community Outreach

The Governors met and inspired students in community schools during a series of visits to classrooms. They stressed the critical importance of education to preserve and improve our community.

"You are our future leaders. Education is how we make progress in the world, just like in any other community," the Governor advised the youngsters.

The Governors have also met with all programs and departments within the tribal organization to gather information and assess current status and future goals. They will now focus on discussions on goals and challenges to strengthen and improve services. "It's all about deliverables," the Gov. Loretto says. "What do we want to accomplish? How are we going to get there? What do we need to get the job done?"

The Governors stress that their doors are always open to listen to community members' concerns and issues. "Everything we hear is strictly confidential," the Governor stresses. "We are here to help."

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## TRIBAL COUNCIL

# TRIBAL COUNCIL REPORT

The Tribal Council Report is published at the direction of the Governors to keep the community well-informed. Governor Raymond Loretto, DVM, First Lt. Governor Aaron Cajero and Second Lt. Governor Dominic Gachupin proposed the following resolutions that Tribal Council approved.

### March 16, 2015

Approved fee request for fiscal year 2015 to Van Amberg, Rogers, Yepa, Abeita, Gomez & Works, LLP for legal counsel for the ongoing United States v. Abousleman case.

Authorized the Pueblo of Jemez Housing Department to use designated general fund money to conduct housing operations and activities.

## NATURAL RESOURCES

## Make Every Day Earth Day!

Submitted by Tammy Belone, NRD

**Recycle Cans, Bottles and Paper.** Save them at home and at school, and help your family recycle them.

**Keep the Air Clean.** Ride your bike or walk to school. Too many cars cause a lot of pollution.

**Save Paper.** Use both sides of your paper at school and at home. Clean up messes with sponges or washable cloths instead of paper towels.

**Save Water.** Don't leave the water running while you brush your teeth.

**Save Energy.** Turn off the lights when you leave the room. Turn off the TV when you're finished watching it.



## Celebrate Earth Day!

On Saturday, April 25, Jemez Sustainable Solutions celebrates Earth Day with the Annual Highway 4 Clean-up from San Ysidro to the Valles Caldera. The Jemez Pueblo is responsible for Mile 3 to the beginning of Mile 6.

Pueblo community members who want to volunteer for one of these miles can sign up at the Walatowa Visitor Center between 9:30 and 10 a.m. on the day of the clean-up. Or if you want to "reserve" a mile, call Margaia at 829-3617 or e-mail to [mfc@windstream.net](mailto:mfc@windstream.net). At the Visitor Center, volunteers will sign waivers, get orange safety vests, and learn about safety and proper procedures. Any senior high school students willing to do Miles 6 and 7 in front of the Valley Schools, please do so!

Volunteers usually work in teams of two or more. This is a great opportunity for a family outing that will benefit our community and make Highway 4 safer and more beautiful for all! Volunteers are cleaning up 40 miles of Highway 4, so they need all the help they can get – thank you for doing your part!

## PUBLIC WORKS

## Drilling Starts for New Well

Work has started on drilling a new well that will provide quality drinking water for our community for many years to come. The project is the culmination of an initiative proposed in 2012. The Environmental Protection Agency (EPA) awarded the Pueblo funds to rehabilitate Well 1 located adjacent to the Owl Springs bridge and east bank of the Jemez River. However, further assessments determined that rehabilitation was not a feasible alternative, and additional funding was obtained to drill a completely new well. The IHS will provide engineering and project management with the Pueblo providing administrative and project oversight support.

John Shomaker Associates, Inc. (JSAI,) a water resources and environmental consulting firm, was contracted to conduct hydrogeological assessments to determine the best site for the new well. They assessed the existing water system as well as various locations, including the Owl Springs system, groundwater south and west of the Pueblo, and the Vallecitos Creek and Jemez River systems, before determining the well's final location. IHS engineers concurred that the site has the best potential for providing the quality and quantity of water the Pueblo needs.

The new well is located about 1500 ft. north of the existing Well 2. Well 2 is located approximately 2000 ft. west and north of the Owl Springs bridge and adjacent to the farm road. The location of this new Well 3 takes advantage of the confluence of Vallecitos Creek and the Jemez River to keep the aquifer replenished.

Once the site was located, the drilling, construction, development and testing aspects of the project went to bid. The project was awarded to Rodgers & Company; they have done drilling work for the pueblo in the past.

"This is an extremely important project for our community," explains Anthony Armijo, Assistant Tribal Administrator. "The old Well 1 is currently our only back-up to supplement Well 2. This third well will ensure quality drinking water for our community into the future."

The drilling project is estimated to take up to 90 days. Once the well has been developed and the well's water quality and quantity tests are determined viable, the next phase will include providing the technical, electrical and electronic infrastructure needed to tie the well into the existing system before it goes online.

Community members are requested to respect the well site area so work can proceed safely and without interruption. If you have any questions about this effort, contact Todd Loretto, PWD Interim Utilities Supervisor, at (505) 366-1036 or Anthony R. Armijo at 834-7359.

## TRIBAL COURT

# TRIBAL COURT NOTICES

### COURT MANDATES

To those who have been court-ordered to attend Parenting Skills sessions, Listen To The Drum sessions and/or IOPs, and have not complied: **Your attendance is mandatory as per your judgment. You must attend.**

Jemez Social Services and Jemez Behavioral Health Program have sent notices regarding participation in these sessions. Show Cause Hearings and bench warrants will be issued for those who remain non-compliant. Pay attention and comply with this mandate to attend unless you have some stricter requirements.

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Tribal Court welcomes new employees Kiana Gachupin, full-time Tribal Court Clerk, who started her new position on Jan. 12. The new Juvenile Parole Officer/Tribal Youth Worker is Sandra A. Sando, who begin her employment on Feb. 19. (*See Welcome Mat on page 19.*)

We thank you for your time and patience during their training as they adjust to their new positions.

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## LAW ENFORCEMENT

# Police Department Update

Officer Chris French has taken the helm as interim chief of Police of the Jemez Department after Pete Camacho's retirement last month. He has more than 25 years of law enforcement experience, including several years in supervisory positions. "I have more than enough experience to assume this role until the formal hiring process is complete," Officer French assures the community.

Chris worked closely with Pete on his community outreach initiatives in the two years he has been with the department. "We will continue to reach out to the community and schools and attend community events," Officer French adds. "I have an open door policy, and welcome any community member who wants to come in with an issue or concern, or just to say 'hi.'"

Chris adds that with tourist season approaching, the department will continue its efforts to reduce speeding through the community. "Speeders endanger all of us," he says.

**REMINDER!**  
**IN AN EMERGENCY**  
**ALWAYS DIAL 9-1-1**  
**FOR THE FASTEST RESPONSE**

### ADULT DIVERSION PROGRAM

*Submitted by Cedric Fragua, Probation Officer*

The Adult Diversion Program is designed specifically for low level, non-violent, first time offenders who are most amenable to rehabilitation and least likely to commit future offenses. The program's goal is to reduce adult crime and violence by working with individuals who meet the eligibility requirements and are referred by the Adult Probation Officer. These goals and objectives are achieved through a series of collaborations through Tribal Court/Probation, the Jemez Behavioral Health, Social Services, Vocational Rehabilitation and Public Health Programs, and the Senior Center in conjunction with local businesses and community-based organizations.

#### Adult Diversion Admission Criteria

The Adult Probation Officer determines who is eligible for the Adult Diversion Program utilizing the following criteria:

##### Criminal History

- Criminal history of the offender, including any contact with law enforcement either as a juvenile or as an adult;
- No prior participation in the Adult Diversion Program;
- No indications that the offender is involved in a significant gang organization.

##### Offense Specific Criteria

- No weapons were possessed or used in the current offense;
- At the time of the offense, the defendant did not resist and/or there was no violence or threat of violence.

The program requires one class per week for eight weeks.

**Community Activity** consists of any activity hosted by Pueblo of Jemez tribal programs, for example, Jemez Social Services' educational series or family events (Domestic Violence Awareness Conference, Child Abuse Awareness Conference or Family Movie Nights, etc.) or Community Wellness Fun Run/Walk events.

**Treatment** includes Alcoholics Anonymous, Relapse Prevention, Narcotics Anonymous and any other type of counseling dealing with alcohol and substance abuse.

**Parenting Skills Class** is an educational series for tribal members for personal growth and better parenting.

Signatures from program staff are required to validate attendance.

Once all requirements are completed, participants must submit copies of the Diversion Contract to the Probation Officer for review. Once reviewed, the Probation Officer will enter a Motion to the Court to dismiss the charges. Only a record of participation in the Diversion Program will be saved and the crimes committed will remain on participants' records.

For more information, or if you have any questions, please contact Cedric Fragua, Adult Probation Officer/Diversion Supervisor at (505) 235-1784 (cell) or (575) 834-1881 (office.)

PLANNING & DEVELOPMENT

# Understanding the Rational Planning Process

Submitted by Chamisa A. Radford, Director

Feb. 4, 2015 kicked off the final round of organization-wide long-term goal and objective development to be included as recommended updates to the Vision 2020 Pueblo of Jemez Comprehensive Plan.

The Planning and Development Department (P & D) is meeting with all departments to finalize SMART goals and objectives and to play *The Futures Game* version called "The Rez." The game allows us to make decisions that impact our fictional community from 2010 through 2030. We've had a positive response to the game and it has enabled us to see how our departmental decisions today impact the organization and community now and in the future. We are scheduled to conclude this planning process on May 27, 2015.

Other methods employed in long-term, comprehensive planning include the rational planning method, striving toward, developmental tribal planning,

and utilizing current research and methodologies.

## The Seven Steps in the Rational Planning Process

For each planning project we complete for the community, we follow specific planning steps called "The Seven Steps in the Rational Planning Model." No matter what the project, this model has proven to help facilitate the planning process productively and end with positive outcomes. These seven steps are repeated as projects are evaluated and "living documents" are updated:

1. Identify the issue
2. Conduct an inventory and analysis
3. Visioning (diamond thinking)
4. Develop goals, objectives and policies
5. Develop alternatives
6. Adopt preferred alternatives
7. Monitor and evaluate plan

One example of available tribal planning research is contained in

*"Continuity and Change: Demographic, Socioeconomic and Housing Conditions of American Indians and Alaskan Natives,"* produced by the US Department of Housing and Urban Development's Office of Policy Development and Research. The following is taken from the Executive Summary. *"The most important factor driving economic well-being and the ability to improve housing conditions in any area is the state of the local economy. Residents cannot prosper unless good jobs are being generated and sustained nearby."*

P & D utilizes such information, along with visioning data, to formulate long-term goals and objectives for our planning projects. A full copy of this document as well as many other resource materials can be found at [www.huduser.org/portal/eBookStore.html](http://www.huduser.org/portal/eBookStore.html).

For more information on P & D projects, please stop by or call the office at (575) 834-0094.

## Ritualistic, Placatory or Autocratic Tribal Planning vs. Developmental Tribal Planning Types of Indigenous Planning According to Beneficiary Participation (Source: Davies, 1995.)

	<i>Peripheral to the decisions and actions of the community</i>	<i>Directioned, relevant linked to the directions and actions of the community.</i>
<b>Centralized:</b> Involving only a small section of the community, usually elites and leaders. <b>Participatory:</b> involving the whole community (Council, elders, women, youth, etc.)	<b>Ritualistic:</b> going through the motions; "top down" with token consultation only. <b>Placatory:</b> 'wish list' not linked to action, implementation and decision-making.	<b>Autocratic:</b> Decisions made by an individual, elected council or interest group. <b>Developmental:</b> Non-manipulative participatory process involving whole community, linked to community action and decisions.)



From left to right. Cyrus Lucero, Dennis Vigil, Carla Gachupin and Monica Magdalena play the Futures Game. Not pictured are James Waquiui and Chamisa Radford.

## FIRE DEPARTMENT

## EMERGENCY MEDICAL SERVICES

# Structure Fire on Walatowa Boulevard

Submitted by Marlene Gachupin, Compliance Officer

On Friday March 6, the Jemez Corridor Volunteer Fire Units (District 6, formerly Ponderosa, Jemez Springs and La Cueva), Jemez Pueblo Emergency Medical Services (EMS,) and career staff from Sandoval County Fire Station 21 (Santa Ana Pueblo) were dispatched to a residence on Walatowa Boulevard.

Units that responded were Volunteers from District 6 (Chief Virgil Gachupin, Firefighter Marlon Gachupin), Jemez Pueblo EMS staff Roberta Raton and Carl Viramontes, Injury Prevention Program staff member Antonio Blueeyes, and Governor Raymond Loretto, DVM.

The initial dispatch was made at 10:33 with Chief 6 arriving first at 10:40. On arriving at the scene, the fire had been extinguished by the homeowners. Marlon Gachupin arrived with the fire truck from Canon. Chief 6 used equipment from the fire truck to get on the roof and open the area where the fire had started. Opening the roof allowed the fire department to confirm that the fire was not still smoldering in the attic and was completely extinguished.

Fortunately the house was not a total loss and no one was hurt in the incident.

The decreased response time of seven minutes is a testament to how important the Volunteer Fire Department is to the

Pueblo of Jemez. Had the fire reignited or not been completely extinguished, the quick response would have helped mitigate additional damage to the structure.

All other responders were quickly cancelled and were able to return to their communities for continued protection of those areas.

The hard work and many hours of work that have brought these dedicated volunteers and improved fire equipment stationed at the Pueblo of Jemez Fire Department is due to those who care so much about their community!

Last year, an ISO rating was completed for the community that District 6 serves, including the Pueblo of Jemez. The rating for the Pueblo of Jemez was changed from a 10 to a 6b. Lowering the rating level is a huge benefit to everyone who lives here as well as for the POJ tribal organization. This lower rating means that homeowners and businesses can get better pricing for their insurance. The lower rating reflects a faster response time with a better water supply and enables homeowners to obtain insurance at affordable rates!

Kudos to all the volunteers that have worked so hard to make great changes in the fire fighting abilities here on the Pueblo of Jemez.

## SENIOR CITIZENS CENTER

## Senior Olympians Set to Go



More than 30 Jemez Pueblo senior athletes are participating in the Sandoval County 2015 Senior Games. A contingent of Jemez athletes attended the Games' opening ceremony in March. Standard registration for the 2015 Summer Games in Roswell, June 3-6, where competitors must qualify for the National Games, ends April 15. *Photo by Elise Peixotto.*

## Join the Fun at the Senior Center!

Thursdays Sewing Day 1 – 4 p.m.  
Thursday, April 16: Line Dancing, 11 a.m.  
Talking Circle, 12 p.m.

Wed. April 22, Earth Day: Picnic at Red Rocks

Friday, April 24: *About Blood Pressure*  
by Robert Morgan, RN, Public Health Nurse

Tuesday, April 28: Birthday Celebration Bingo

Thursday, April 30: Arbor Day Planting Project

For more information, call the Senior Center at  
(575) 834-9168.

## HEALTH &amp; HUMAN SERVICES

## International Group Tours Jemez Clinic



An international group of health care professionals visited Jemez Health and Human Services in early March under the auspices of the US State Department. The visitors came to learn about

global health and increasing health care capacity in their home countries. The group is visited Jemez to examine our best practices in public health and disease prevention. The visitors traveled from Egypt, Guinea, Kenya, Madagascar, Nigeria, Panama, People's Republic of China, Russia, Saudi Arabia, Republic of South Sudan and Yemen. JHHS was chosen because of its excellent record of providing superior medical services to a rural minority community.

## JHHS Welcomes New Health Board

Tribal Council Liaison David Toledo introduced the Jemez Health Board and the newly-elected officers at the JVR Disabilities Awareness Conference. The Health Board is responsible for oversight of Jemez Health & Human Services and its programs and services.

New officers are Larry Armijo, chairman; David Toledo, vice-chair; Ramona Yepa, secretary. Members at large include Keith Candelaria; Vincent A. Toya, Sr.; and new members Michael Sando, Kathleen Reynolds and Danielle Sandia. Maria Clark, JHHS Director, and Dr. David Tempest serve as *ex officio* advisors.

## OPTOMETRY

## ABOUT CATARACTS: WHAT YOU NEED TO KNOW

In the eye, the lens lies behind the iris and the pupil. It works much like a camera lens, focusing light onto the retina at the back of the eye, where an image is recorded. The lens also adjusts the eye's focus, letting us see things clearly both up close and far away. The lens is made of mostly water and protein. The protein is arranged in a precise way that keeps the lens clear and lets light pass through it.

As we age, some of the protein may clump together and start to cloud a small area of the lens. This is a cataract. Over time, the cataract may grow larger and cloud more of the lens, making it harder to see.

Researchers suspect several causes of cataracts, such as smoking and diabetes. Or it may be that the protein in the lens just changes from the wear and tear it takes over the years.

### What is a cataract?

A cataract is the clouding of the lens of the eye. Cataracts cause poor vision and are widely found in people 65 and older. Glasses cannot fix bad vision caused by a cataract. People with cataracts often say their vision is foggy. It is hard to see at night. Eyes become more sensitive to headlights in the dark.

### What causes a cataract?

Molecules in the eye start clumping with others, limiting the amount of light that can enter. It can form after birth or from an injury. Most often, it is found in smokers, people with high blood sugar, and people taking steroid medication. A family history of cataracts can add to the chances of developing them.

### How do I tell if I have a cataract?

In early stages, it may not be that easy to tell. Signs can be blurry or poor night vision, seeing a halo around lights, faded colors, or double vision. The only way to know is to have an eye exam.

### What can I do about my cataracts?

Treatment depends on how badly your vision is blurred. If your vision is mildly blurred, eye glasses are used to help until your eyes become too cloudy for light to enter. When this happens, you may need surgery.

### Do I really need surgery and how does it work?

It is your choice. If you do decide to have surgery, most are successful and very safe. You will come in for surgery and go home the same day. The doctor will numb your eye and make a small cut to remove the lens. Once it is removed, it's replaced by a man-made lens. If you have cataracts on both eyes, surgery is not done on both eyes the same day.

### Will it come back after surgery?

No, a cataract cannot come back. A thin piece of tissue called an "after cataract" can form a few months after the surgery. It can make your vision cloudy again, but it can be treated with a laser. This treatment takes just a few minutes and it will never grow back again.

For more information, contact the Optometry program at (575) 834-7413.

## VOCATIONAL REHABILITATION

# 17TH ANNUAL DISABILITIES AWARENESS CONFERENCE

*Disability does not have to mean in-ability.*

The Jemez Vocational Rehabilitation Program hosted about 180 people at the 16<sup>th</sup> Annual Disabilities Awareness Conference at the Walatowa Youth Center on Wednesday, March 18. The Jemez Day School Little Eagles accompanied the Walatowa Veterans Association Honor Color Guard in posting the colors.

Governor Raymond Loretto, DVM formally opened the program with a traditional invocation. He thanked JVR Program Manager Sarah Michaud for her 11 years of service to the program. “What makes a program grow is the heart of the people who work there,” the Governor noted. “They all have it. We are one of only a few tribes in New Mexico that offers these services. We’re proud that the program has reached out to the Pueblos of Zia and Santa Ana to provide services to those communities as well. They also work closely with other tribal programs including Behavioral Health, Social Services, Public Health and the Senior Center.”

Gov. Loretto recalled the challenges he faced overcoming his own childhood disability. “I had a tremendous stuttering problem,” he said. “I would never have been able to stand in front of a group and speak like this. The Creator throws stuff for us to overcome. It’s part of life. We are very fortunate that we have good help available right here.”

He thanked the conference participants for their attendance. “Our hearts and minds are one. Our elders taught us values. Now it’s time to bring things back in balance.” Gesturing toward the drum group, he added “It’s good that these young ones are singing. Without our songs and our language, we don’t have a village.”

Daniel Eckman, Secretary of the Advisory Center for Self-Advocacy, took over as Master of Ceremonies and introduced the JVR staff, who explained the program’s structure and services. Daniel is himself an adult with autism.

Sarah Michaud has been program manager for seven of her 11 years with the program; Yolanda Toledo has been with the program for 17 years and is now a job coach/job developer; Joyce Tsosie serves Santa Ana and Zia; Keri Fragua and Betty Benalley are new counselors with the program; Lisa Madalena is the administrative assistant. The staff described the steps clients need to take to obtain services and the eligibility criteria. Clients may choose to find employment, get training or education, or start their own businesses.

Staff reminded the audience that “disability” is any physical or mental disorder that affects a person’s ability to gain and/or maintain employment. Disabilities can be seen or unseen, and are more common than we may think, including diabetes,



mental illness, substance abuse issues, asthma, heart disease, strokes, mood disorders, and loss of sight or hearing.

“It takes team work,” Sarah said. “Counselors and clients work together. Success means clients can work, go to school or start their own business and increase their independence.”

### **It Takes a Village: Raising a Child With Special Needs**

Guest speaker Sara Baca is the Executive Director of the New Mexico Autism Society. “What does it take to raise a child with special needs? It takes families, schools, teachers, whole communities,” she said. “There is no “I” in TEAM: Together Each Accomplishes More. It starts with you.”

Autism spectrum disorder is a complex neurological disorder that affects many aspects of a child’s life, including social integration, sensory integration, communication, learning issues and challenging behaviors. Sometimes fighting tears, Sara described her journey with her son was diagnosed with the disease, from denial to advocacy.

Sara said that she noticed differences between her two sons, but wanted to attribute the younger son’s behaviors to normal developmental differences. Fighting tears, she acknowledged how difficult it was to accept the ‘autism’ diagnosis. But once she started to understand his situation, she rallied and took action to find services and create a support network for her son and her family. She outlined the steps families should take when raising a special needs child:

- ✦ Find others in the same situation. Surround yourself with people who could help you and your child.
- ✦ Reach out for help from professionals.
- ✦ Seek resources and utilize what others offer.
- ✦ Find – or create – a “thick skin.”

### **Embrace Your Child**

“Learn about your child’s diagnosis,” Sara advised, “The more you know, the better equipped you’ll be to make informed decisions for your child. Educate yourself about treatment options, ask questions, and participate in all treatment decisions. Become an expert on your child.”

“Most of all, accept your child, quirks and all,” she added. “Practice acceptance. Celebrate small successes. Stop comparing your child to other children. Don’t give up. Feeling unconditionally loved and accepted will help your child more than anything.”

*Continued on page 9*

## Disabilities Conference, *Continued*

Sara stressed the importance of getting professional support. Family support is also critical. “Be open and honest about what you’re going through. Share your story. The more you talk about it, the better you’ll feel,” she said. “Help your family understand your child’s situation.”

Sara concluded with the following advice:

**Together, each person in your village and on your team will see the amazing ability of your child.**

**Together you will do great things.**

**Together you will move mountains and make a difference.**

### Autism in Our Community

A community member then shared her story of living with a daughter who has autism. “I knew she was different from my other children very early on,” she recalled. “She didn’t make eye contact, she was rigid when we held her, other things that I knew were not quite right. But I didn’t want to believe what I knew I was seeing. I told myself that all kids were a bit different, that she would outgrow it.”

The speaker described some of the challenges she has with her daughter and how difficult it is to be able to include her in family and community events. “You are my village. You are my community. I just want acceptance for my child. I want her to learn our cultural ways,” she said.

The speaker added that she is proud of the progress her daughter has made; she is now speaking, in school and participating in the UNM Autism Program.

“I don’t understand ‘normal’ anymore,” she concluded. “For us, autism is our normal now.”

### Consumers’ Panel

Three men who achieved their employment goals with the help of the JVR Program comprised this year’s Consumers Panel. A young man who is deaf described his educational experiences that led to his current satisfying employment. A man who has battled alcoholism recounted the experiences that took him to “rock bottom.”

“I could be six feet under like some of my drinking buddies,” he noted. “Sobriety makes you show up for who you are. We all have to accomplish something in life.”

The third speaker was in a rollover accident that left him in a coma for a month. His severe closed head injury affected him physical, mentally and emotionally. He underwent intense therapy to learn to walk, speak and function again.

“It was hard to accept being disabled. I thought it meant ‘I can’t.’ Everything changed when I went to JVR for help,” he recalled. “I learned that barriers are something I can go around.



(From top:) JVR staff members Lisa Madalena, Joyce Tsois, Sarah Michaud.  
(Lower row:) Keri Fragua, Betty Bennialley and Yolanda Toledo.

I can fight through it.” He went to school to train for a profession he enjoys and will soon return to employment in that field.

Joyce Tsois led the applause for the speakers’. “It takes a lot of courage to sit up there and speak,” she said.

The program concluded with awards for Consumer of the Year and the Pueblo of Zia as Business Collaborator of the Year. The Self-Employed Consumer of the Year described a series of chronic physical problems, injuries and medical emergencies that she had to overcome to become successfully self-employed. “Not all disabilities are visible,” she reminded the audience. “You never know what people are dealing with.”

## Job Fair

**WEDNESDAY      APRIL 15      9 A.M. TO 1 P.M.**  
**Walatowa Youth Center**

**Learn about local job openings.**

**Meet prospective employers.**

**Pick up applications.**

**Meet representatives from local colleges.**

**BE READY TO FIND A JOB!**

**Bring several copies of your resume and cover letter.**

**Dress professionally (shirts, ties, dresses, clothes pressed and shoes shined.)**

**Think of questions you want to ask employers.**

**Be prepared for on-site interviews.**

**Turn off your cell phone while talking to business representatives.**

**Leave your children at home.**

**For more information about this free event, contact the Jemez Vocational Rehabilitation Program at (575) 834-0012.**

## PUBLIC HEALTH



# National Infant Immunization Week

## Immunization. Power to Protect.

APRIL 18-25, 2015



Submitted by Darlene Armijo-Smith, RN, Public Health Nurse

National Infant Immunization Week (NIIW) is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and to celebrate the achievements of immunization programs in promoting healthy communities throughout the United States.

Immunization is a shared responsibility. Families, healthcare professionals, and public health officials must work together to help protect our entire community.

Immunizations are the best way to protect you and your children from certain infectious diseases. They also help reduce the spread of disease to others and prevent epidemics. Most immunizations are given as injections (shots.) They are sometimes called vaccines, or vaccinations.

Young children rely on the champions in their lives to keep them safe and healthy. Those champions may be parents who keep records of their child's vaccinations and ask at each doctor's appointment if their child is up-to-date on immunizations. Champions also may be doctors, nurses, physician assistants, or other healthcare professionals who share up-to-date information about vaccines with parents.

Most parents choose the safe, proven protection of vaccines. Giving babies the recommended immunizations by age two is the best way to protect them from 14 serious childhood diseases, like whooping cough and measles. Parents are encouraged to talk to their child's doctor to ensure that their baby is up-to-date on immunizations.

Because of the success of vaccines in preventing disease, some parents may not have heard about some of today's vaccines or the serious diseases they prevent. These diseases can be especially serious for infants and young children. That's why it is important to follow the recommended immunization schedule to protect infants and children by providing immunity

early in life, before they are exposed to potentially life-threatening diseases.

Many diseases that were once common can have very serious, even fatal, complications for children (see below.) *Protect your child – make sure all vaccinations are up to date.*

Protecting babies from whooping cough begins even before the baby is born. All pregnant women are recommended to receive the whooping cough vaccine, or Tdap, during the third trimester of each pregnancy to help protect their baby from whooping cough until he or she can receive the first whooping cough vaccine at two months.

### Why get immunized?

- ☑ Immunizations protect you or your child from dangerous diseases.
- ☑ Immunizations help reduce the spread of disease to others.
- ☑ They are often needed to enter school or day care, and may be needed for employment or for travel to other countries.
- ☑ Getting immunized costs less than getting treated for the diseases that the shots protect you from.
- ☑ The risk of getting a disease is much greater than the risk of having a serious reaction to the vaccine.
- ☑ When immunization rates drop below a certain level, preventable diseases show up again. Often, these diseases are hard to treat. One example is the recent measles outbreak traced to DisneyWorld.

If you are a woman who is planning to get pregnant, talk to your doctor about what immunizations you have had and what you may need to protect your baby. And if you live with a pregnant woman, make sure your vaccines are up-to-date too.

Source: Centers for Disease Control (CDC) and WebMD

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## PREVENTABLE DISEASES AND THEIR POSSIBLE COMPLICATIONS

<b>Chickenpox</b>	Infected blisters, bleeding disorders, encephalitis (brain swelling)
<b>Diphtheria</b>	Swelling of the heart muscle, heart failure, paralysis, coma, death
<b>Hib</b>	Meningitis (infection of the covering around the brain and spinal cord,) intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and create serious breathing problems,) pneumonia, death
<b>Hepatitis A</b>	Liver failure, joint pain, kidney, pancreatic and blood disorders
<b>Hepatitis B</b>	Chronic liver infection, liver failure, liver cancer
<b>Flu</b>	Pneumonia; can be fatal
<b>Measles</b>	Encephalitis (brain swelling,) pneumonia, death
<b>Mumps</b>	Meningitis, encephalitis, inflammation of the testicles or ovaries, deafness
<b>Pertussis</b>	(Whooping cough) Pneumonia, death
<b>Polio</b>	Paralysis, death
<b>Pneumococcal</b>	Bacteremia (blood infection,) meningitis
<b>Rotavirus</b>	Severe diarrhea, dehydration
<b>Rubella</b>	Very serious in pregnant women; can lead to miscarriage, stillbirth, premature delivery, birth defects
<b>Tetanus</b>	Broken bones, difficulty breathing, death

## PUBLIC HEALTH

## You Can Do It! The Benefits of Losing Just 10 Pounds

Submitted by Vernon Tosa, BS, Health Advocate

- 1. A Lower Cholesterol Level.** Ten pounds of weight loss can lower cholesterol by more than 10%.
- 2. Lower Blood Pressure.** Losing 10 pounds will decrease your blood pressure, protecting your heart and kidneys. Hypertension (high blood pressure) thickens the walls of the heart, leaving them stiff and prone to heart failure. As the heart works harder, blood vessels in the kidneys can be damaged, which can lead to kidney failure.
- 3. Reduced Risk for Heart Attacks.** As described above, weight loss lowers blood pressure and cholesterol. Incredibly, just 10 pounds of weight loss can result in a greater than 50% risk reduction for heart attacks.
- 4. Reduced Risk for Dementia.** Two symptoms of obesity, high blood pressure and high cholesterol, can put you at risk for stroke. Some strokes, known as "silent strokes" can occur without symptoms, but each time, blood is cut off to the brain, resulting in damaged, dementia-prone brain tissue.
- 5. Reduced Risk for Sleep Apnea.** When you sleep well, your levels of leptin (the hormone that signals when you've had enough to eat) rise. So a good night's sleep will help you lose even more weight.
- 6. Less joint pain.** Being overweight puts huge pressure on your joints. A 10 pound weight loss over 10 years may result in as much as a 50% decrease in your risk of developing osteoarthritis.
- 7. Reduced Risk for Cancer.** Obesity increases cancer risk. The risk for many types of cancers declines when you lose weight, but it's particularly true for breast and uterine cancer, where losing only eight pounds can significantly reduce the levels of specific carcinogenic hormones.
- 8. Reduced Risk for Diabetes.** Being overweight puts you at huge risk for developing type 2 diabetes. By getting active and control your weight, you can increase your response to insulin. A weight loss of 10 pounds can reduce your chance of getting diabetes by 60%.

### 10. You'll Feel better!!

Source: [www.sixpack-facts.com/benefits-of-losing-just-10-pounds](http://www.sixpack-facts.com/benefits-of-losing-just-10-pounds)

## Free Nutrition Counseling

Every Wednesday and Thursday

Please call for an appointment: (575) 834-7207

## Set a Good Example

Submitted by: Valerie Pecos, Health Advocate

**Your child picks up all of your attitudes and behaviors – including your eating habits!**

Preschoolers love to copy what their parents do. They are likely to mimic your table manners, your likes and dislikes, your willingness to try new foods, and your physical activities.

### Tips for Setting a Good Example

**Eat together.** Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables and whole grains at meals and snacks.

**Take it with you.** Show your child how to make healthy choices when you are on the run. Put oranges, bananas or other fruits in your bag for quick snacks. Let your child see that you like to munch on vegetables when you're on the go.

**Share the adventure.** Be willing to try new foods, and try new foods together

**Cook together.** Encourage your preschooler to help you prepare meals and snacks. Teach your child to tear lettuce or add veggie toppings to pizza. Cooking together can mean more "mommy (or daddy) and me" time on busy days.

**Keep things positive.** Discourage older children and other family members from making yucky faces or negative comments about unfamiliar foods.

**Set a good example for physical activity, too.** Make play time a family time. Walk, run and play with your child rather than sitting on the sidelines.

Source: MyPlate Kids' Place



## FUN RUN!

In Collaboration with the Social Services Program

Wednesday, April 15

East Side of Pueblo Church

Registration at 5:30 p.m.

Run starts at 6 p.m.

## AUDIOLOGY SCHEDULE

If you or a family member would like to see the audiologist, please contact Mildred Baca, CHR/MCH, at (575) 834-7207, ext. 354 to make an appointment with Dr. Wilson at the Senior Center. If you leave a message, please include your name, date of birth and phone number. Office hours are 9:30 a.m. to 3 p.m.

Tuesday	April 14
Thursday	April 23
Tuesday	April 28

## PUBLIC HEALTH

# Spicing Up Healthy Meals

Submitted by Cornell Magdalena and Audrey Madalena

It was standing room only for a special evening of learning healthy techniques in culinary arts when JHHS Public Health Programs hosted a unique, exciting cooking workshop in the Public Health kitchen. The menu included turkey *kheema* with peas and carrots, oven roasted Brussels sprouts, banana "ice cream," and yogurt *raitha* salad. The exciting flavor combinations are based on Dr. Pat Santosham's native South Indian and Southeast Asian heritage that spices up traditional ingredients in new ways. The cooking workshop 2015 was sponsored by Johns Hopkins Center for American Indian Health.

Dr. Pat Santosham is a retired anesthesiologist, an executive film producer and cooking instructor. Pat has an extensive background in nutrition and healthy cooking based on her Native South Indian culture. She is very passionate about teaching others how to cook healthy, delicious meals. She also shared some recipes that have healing benefits. She also shared some personal stories of her journey from childhood to today's opportunity to share her tales with our Jemez people.

Dr. Pat arrived early to spend time with the community and tour our community garden. She was impressed with the amount of time and effort that go into the community garden to provide fresh produce to local schools and the community.

Community members who attended our special event were amazed at how easy it is to make healthy meals and excited to have Dr. Pat return to our community and spend time with us. Participants comments include:

*"Enjoyed this workshop very much. Information provided on spices used in recipes was extremely useful to eating more healthy. Thank you for the gift of this presentation."*

*"Loved it. Very informative and helpful. Would like to see a lot more cooking sessions like this."*

*"I enjoyed the cooking seminar, and promoting healthy eating and various ways of healthy cooking for the community. I recommend we continue to do more."*

*"These kind of classes should be offered more since there are people with diabetes who need to eat healthy food."*

*"Thank you and hope to see you again and learn more."*



(Top) Dr. Santosham was very impressed with Martin Loretto's community garden tour.

(Above) Cooking class participants learned about new spices and healthy cooking techniques before sampling a Southeast Indian dinner.



## Occupational Therapy Month!

Submitted by Stephanie Singleton, OTD, OTR/L

Occupational Therapist Stephanie Singleton, OTD, OTR/L is here to help people of all ages so they can participate in the things they want and need to do. She accomplishes this through the therapeutic use of everyday activities. For example, she can help a person who is recovering from an injury regain the skills needed to return meaningful activities. She can also aid older adults stay as independent as possible. Other OT practitioners work in a variety of other settings, including school systems, acute care facilities, nursing homes, mental health facilities, rehabilitation hospitals, and private practice.

Occupational Therapy Month was started in 1980. It is held in April in conjunction with the American Occupational Therapy Association's (AOTA) Annual Conference and Expo. This year, the conference is being held in Nashville, TN. Stephanie will attend the conference and receive a commendation from the American Occupational Therapy Foundation for leadership and service.

Please feel free to stop by the clinic at the Senior Center during OT month to say "hi" and ask any questions you might have. Stephanie is in the clinic on Tuesdays and Thursdays. Happy OT Month!

## PUBLIC HEALTH

# Spice it Up! Herbs and Spice for Good Health and Great Taste!

By Pat Santosham, MD and Sarah Vanegas, MS

Including spices and herbs in your diet may have many beneficial health effects. Everything described in the following list is generally regarded as safe. In many cases, these spices have been used traditionally for centuries in many cultures for their healing and preventive properties. However, this information is not intended to substitute for medical advice. Check with your health care provider if you have any health conditions or are taking any medications before adding new spices and herbs to your diet.

## SPICE/HERB HEALTH USES AND BENEFITS

- GINGER** May stimulate digestion, reduce gas, lower blood sugar, reduce blood pressure and cholesterol, act as an anti-inflammatory, and reduce joint and muscle pain in osteoarthritis. May help treat nausea in pregnancy, motion sickness, post-operative nausea and after chemotherapy.
- GARLIC** May help prevent heart disease by lowering blood pressure and cholesterol. May act as an anti-inflammatory, and may help prevent cancer. In some types of cancer, garlic has been shown to destroy the cancer cells. May protect the liver against alcohol-induced liver damage. Natural antibiotic.
- TURMERIC** May act as an antioxidant, anti-cancer, anti-viral and anti-bacterial agent. May boost the immune system, and act as an anti-inflammatory. May aid in diabetes, and act as a natural pain killer. May act as a natural liver detoxifier. May increase blood flow to the brain and remove plaque, and help treat Alzheimer's disease.
- FENNEL SEEDS** Antioxidant, binds to bile salts and lowers bad cholesterol. Rich in fiber, vitamins, minerals and essential oils. Promotes digestion, may reduce bloating, gas and colic. May lower eye pressure in glaucoma. Some nursing women use it to increase lactation.
- BLACK PEPPER** Use with turmeric as it helps absorption of turmeric. Traditionally used as a digestive aid, to promote sweating and urinary output. May act as an antioxidant and anti-bacterial. May inhibit fat cell formation.
- CINNAMON** Comes from bark of a wild tree, there are two kinds: Ceylon and Chinese (or Cassia) cinnamon. Cassia cinnamon may lower blood sugar in diabetes, and improve glucose levels. Very high in antioxidants, anti-bacterial and anti-fungal. May help lower cholesterol, and decrease negative effects of high fat foods and therefore improve lipid levels.
- CORIANDER** Seed of the cilantro plant which is dried and ground to powder then used in cooking. It is one of the spices in curry powder mix. Removes toxic metals like mercury and lead from drinking water. Antihistamine, may lower blood sugar. Helps prevent food-borne bacteria.
- CARDAMOM** Seed pod related to the ginger family. May help to lower blood pressure and aid digestion. Detoxifier, breath freshener, reduces incidence of mouth ulcers. Diuretic, flushes toxins from kidneys. Anti-inflammatory, antibacterial, antiviral and antifungal.
- CHILI PEPPERS** Rich source of vitamins A and C as well as fiber. Active ingredient in hot peppers is Capsaicin which has been shown to act as an anti-inflammatory, painkiller and antibacterial. The hotter the pepper, the higher the antioxidant level. Have been shown to lower bad cholesterol and keeps blood pressure in healthy range.
- ONIONS** High in sulfur-containing flavonoids. Most flavonoids are concentrated in the outermost fleshy layers next to the skin. Yellow and red onions have more flavonoids than white onions. May lower blood pressure, blood sugar, and cholesterol. May act as an anti-inflammatory and increase bone density in women.

Sources:

Ginger, Garlic, Turmeric: University of Maryland Medical Center Complementary and Alternative Medicine Guide. <http://umm.edu/health/medical/altmed/herb/ginger>

Fennel Seeds, [www.medicalnewstoday.com/articles/232710.php](http://www.medicalnewstoday.com/articles/232710.php)

Chile Peppers: New Mexico Chile Pepper Institute. [www.chilepepperinstitute.org/links.php](http://www.chilepepperinstitute.org/links.php)

Coriander: Review article "Medicinal Benefits of Coriander." Ullagaddi Rajeshwari, Bondada Andallu [www.scopemed.org/fulltextpdf.php?mno=2633](http://www.scopemed.org/fulltextpdf.php?mno=2633)

American Chemical Society. [www.sciencedaily.com/releases/2013/09/130912104814.htm](http://www.sciencedaily.com/releases/2013/09/130912104814.htm)

Onion: "The association between onion consumption and bone density in perimenopausal and postmenopausal non-Hispanic white women 50 years and older." *Menopause*. 2009 Jul-Aug;16(4):756-9. [www.ncbi.nlm.nih.gov/pubmed/19240657](http://www.ncbi.nlm.nih.gov/pubmed/19240657)

## SOCIAL SERVICES

# APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

Submitted by Joline Cruz-Madalena, Prevention Coordinator

### Understanding Child Abuse and Neglect

When children are nurtured, they can grow up to be happy and healthy adults. But when they lack an attachment to a caring adult, receive inconsistent nurturing, or experience harsh discipline, the consequences can affect their lifelong health, well-being, and relationships with others.

### What is child abuse and neglect?

**Physical Abuse:** physical injury as a result of hitting, burning, kicking, shaking, or otherwise harming a child.

**Emotional Abuse:** any pattern of behavior that impairs a child's emotional development or sense of self-worth, including constant criticism, threats and rejection.

**Sexual Abuse:** any situation where a child is used for sexual gratification. This may include indecent exposure, fondling, rape or exploitation through prostitution or production of pornographic materials.

**Neglect:** failure to provide for a child's basic physical, emotional, medical or educational needs.

### Who abuses children?

Most often the abuser is someone the child knows, such as a parent, relative, neighbor or friend of the family.

### Where does child abuse happen?

Wherever children are, where they live, sleep, learn or play.

### What are the warning signs?

Below is a list of some symptoms (signs) of child abuse and neglect. The existence of a single sign does not prove child abuse is occurring in a family; however, when these signs appear repeatedly or in combination, you should consider the possibility of maltreatment.

### What can you do if you suspect child abuse or neglect?

*You may be a child's lifeline to safety.* If you suspect that a child is being abused or neglected, call Jemez Social Services Program (575) 834-7117) or the Jemez Police Department at (575) 834-0468. **FOR EMERGENCIES CALL 911.**

*Resources: Prevent Child Abuse America and Child Welfare Information Gateway.*

MALTREATMENT TYPE	SIGNS AND SYMPTOMS
Neglect	Signs of malnutrition Poor hygiene Unattended or untreated physical or medical problems
Physical Abuse	Unexplained bruises, burns, cuts or welts Child appears frightened of a parent or caregiver
Sexual Abuse	Pain, bleeding, redness or swelling in anal or genital areas Age-inappropriate sexual play with toys, self or others Age-inappropriate knowledge of sex
Emotional Abuse	Extremes in behavior, ranging from overly aggressive to overly passive Delayed physical, emotional or intellectual development



## Child Abuse Prevention Month Events

*Wear Blue on Fridays to Show Your Support!*

### CHILDREN'S FAIR

Saturday April 11 9 a.m. to 1 p.m.  
Walatowa Youth Center

### TAKE A STEP FOR KIDS FUN RUN WALK

Wednesday, April 15  
Register: 5:30 p.m., Start: 6 p.m.  
East Side of Jemez Pueblo Church

### FAMILY MOVIE NIGHT

*(Adult Supervision Required)*

Friday, April 24 5:30 p.m. Youth Center

### CHILD ABUSE PREVENTION CONFERENCE

Wednesday, April 29 Youth Center  
Dinner at 5 p.m. Conference at 6 p.m.  
Adults and teenagers (age 14 and over)  
Child Care at Social Services (6 months to 13 years.)



## WHCS Students Chosen for National Competition

Walatowa High Charter School (WHCS) students Kegan Gachupin and Lorenzo Tosa are among six high school students chosen to represent New Mexico at the National Marshall-Brennan Moot Court Competition in Washington DC on March 27 - 29. The University of New Mexico Law School hosted the local competition. As part of the first team from the UNM Law School, the pair are the first indigenous students to compete at the national level.

The intense national competition will test their oral argument skills, knowledge of Fourth Amendment rights, ability to speak publicly on complex legal topics, engage with complex Constitutional law and social justice issues, as well as give them the opportunity to go to Washington DC for the first time. They will also be able to network with other Marshall-Brennan students from across the nation and learn about careers in law.

WHCS is the first reservation-based Marshall-Brennan site in the country. Their instructors and Moot Court coaches, Connie Tsosie (Dine) and April Wilkinson (Kiowa), have been

a part of the Walatowa Marshall-Brennan site since its inception. (See article in the *Red Rocks Reporter*, October 2014.)

“Competing nationally is a transformative experience,” says Assistant Professor Yael Cannon, the group’s faculty advisor. “They and their law student coaches are excited to represent New Mexico for the first time in this national competition. We hope that our training and support of these high school students will lead to them helping their communities here in New Mexico, perhaps by becoming lawyers themselves!”

The national competition is the culmination of a year-long program of civic education in which law students teach constitutional literacy, civic engagement, and oral advocacy skills to students at underserved high schools. At UNM, the curriculum also includes the interaction of tribal law and the Federal Constitution. This year, more than 20 law school students were involved in the Marshall-Brennan Program. Three of the law students who have been coaching the high school team will accompany them to DC for the competition.

## Library Renovation Nears Completion

Submitted by Tamara Sandia, Librarian



The Jemez Pueblo Community Library renovation is nearing completion with the opening scheduled for the end of April or beginning of May. The construction project included a new 900 square foot Children’s Room with a fireplace. This dedicated space will encourage a variety of literacy, STEM (Science, Technology, Engineering and Math,) and family events.

The existing building had to be renovated to replace an aging wall, replace adobes and reinforce the building. A snack bar area is under construction and an office area was added for staff. Improvements to the electrical, data, and HVAC systems are also underway.

The work is being done by Native American Housing Consultants, who have over 18 years of experience working with Native communities. Funding for the Library renovations has been through NM Capital Outlay funds and NM General Obligations funds.

“This project has been a dream come true,” Tammy says. “We hope to continue bringing quality library services to the Pueblo of Jemez.”

If you have any questions, call Tamara Sandia, Librarian, at (575) 834-9171.

The new library's new Children's Room features decorative windows and a fireplace. Photos by Arlan Sando

## EDUCATION

### HEAD START NEWS

Submitted by Lana Toya, Early Childhood Program Manager

The children and staff had a fabulous month in March and hope that excitement for learning continues in April.

On March 6, all staff, including Walatowa Childcare staff, attended Professional Development Day hosted by the Education Department to learn about a new Head Start initiative called Parent, Family and Community Engagement Framework. The project is grounded on three elements: Program Leadership, Continuous Program Improvement and Professional Development. Lana Toya, Early Childhood Program Manager, and Eileen Shije, Child Care Coordinator, lead the training that involved reflecting on program environment, family partnerships, teaching and learning, and community partnerships. The staffs of both centers discussed best practices,

future collaborative efforts, current levels of engagement with parents, and how we can build on the engagement practices at each center. It was an enjoyable session and we all look forward to working together to promote child and family well-being and maximize the services we provide.

Staff also attended the 34<sup>th</sup> Annual Native American Child and Family Conference in March. Kevin Shendo, Education Director, and Lana Toya had the opportunity to provide a statement of challenges and needs at the Tribal Consultations hosted by the Office of Head Start. Our children also performed at the opening session for conference attendees, which included tribal Head Start and child care staff from all over Indian Country. Their performance was the highlight of the entire conference!

During the closing banquet, the Southwest Consortium Board of Director recognized Mr. Johnnie Sandia as an "Exceptional Grandparent" along with six other grandparents for their service and dedication to Head Start Programs in their communities. The ECP Program Manager shared a presentation about

converting the Head Start program to a full Language Immersion Program. It was a great week with lots of learning and we plan to share our knowledge with children, parents and families.

#### Thank you!

I want to thank Elaine Sando for contributing her sewing talents and donating several aprons for children to wear during playtime. May you be blessed with health, happiness and long life! Many thanks also to our parents for their support and commitment to strengthen our language immersion program, including bringing your children to all scheduled performances.

If you want to volunteer your services or contribute your talents to our young Jemez children, please call (575) 834-7366 or visit the center. We look forward to seeing you at the Walatowa Head Start Language Immersion Program!



(At top) Walatowa Head Start students entertained the 34th Annual Native American Child and Family Conference.

(Above) "Exceptional Grandparent" Johnnie Sandia helps with a project.

## SDRCS News

Submitted by Mike Toledo, Teacher

March Madness has come and gone, but this could have described what was going on at SDRCS in preparing our students for the PARCC testing. Our staff feels that the students' attitude was good at test time. As Delvin Chama, a fourth grader, told his teacher Sharon Krueger, "We will persevere."

**A big thank you!** to all SDRCS families, teachers and students who donated to *Jump 4 Heart* and *Hoops 4 Heart*. We raised \$624.75. Congratulations!

**Reminder to all parents** who drop off SDRCS students: Parents can avoid the parking area by stopping and unloading students in front of the cafeteria; then proceed toward the old junior high building and exit at the dumpster. This will make it safer for all.

**The 2015 SDRCS yearbook** is forming and will soon head toward publication. Be sure to make plans to purchase several copies for family, relatives and friends.

**The Book Fair** is scheduled at SDRCS from April 20 through 24, 2015.



## NEWS YOU CAN USE

## Scholarship Information

### Jemez Valley Credit Union Alumni Scholarship

JVCU has scholarship applications available to undergraduate and advance degree students. Application deadline is **Friday May 29, 2015 at 4 p.m.** For more information, contact Tina Trujillo at (575) 829-3366 or [tina@jvcu.org](mailto:tina@jvcu.org).

## Call for Artists! Sacred Water

The Jemez Fine Art Gallery invites artists of all ages to submit work to *Sacred Water*, a juried exhibit celebrating our most precious resource. Any medium is welcome up to 48" x 48". The work should address the beauty or scarcity of water in our world. Deadline for submission is April 30; the show runs May 23 – June 10, with the artists' reception Sunday, May 24.

Entry fee for adults is \$20 for one piece, \$30 for two. Youth entry fees are \$10 for one piece, \$15 for two. People's Choice Award is \$50 or a one-week exhibit in our south rental gallery. The gallery takes no commission on sales. For more information and entry forms, go to [jemezfineart.com](http://jemezfineart.com).

## Native Busine\$\$:

### Goals vs. Objectives

Submitted by Jim Stanley

Goals and objectives help people accomplish what they want to do by clarifying the purpose of activities and the steps necessary to achieve a goal. Goals and objectives help management and employees coordinate efforts toward a shared purpose. Goals and objectives align many moving parts in a community to combine resources and obtain the results they seek.

Goals and objectives are often used interchangeably and may be confused as the same thing, but they're not. Goals and objectives fit together like a stairway and a second floor. Goals are the second floor, the destination. Objectives are the staircase, the steps necessary to get to the destination.

**Goal** timelines are longer term and less structured than objectives. Goals may not be defined because they forge new territory that may be an unknown. Goals are a desired result. For example: *"I want to be more flexible... I want to understand more about history... I want to perform better... We should own our growth strategy."*

**Objectives** are clearly outlined with defined short-term or mid-term timelines. Results are measured and may be answered with a yes or a no. Objectives describe steps necessary to achieve a result. For example: *"I want to increase sales by 10%... I want to lower my debt by \$250 per month... Over the next six months, we will invest into projects with a minimum ROI of 25%."*

*Jim Stanley shares his knowledge to foster economic success in Indian Country. He is a member of the Quinault Nation, Treasurer of the Tribal C-Store Summit Group, and Chairman of the Quinault Nation Enterprise Board. A catalog of stories is saved at [JimStanley.biz](http://JimStanley.biz).*

## April is Sexual Assault Awareness Month

Did you know? Many victims *do not* disclose sexual violence.

If you or someone you know is a victim of sexual violence:

**Call 911**

**Contact the Jemez Police Department or your local law enforcement agency**

**Call the Jemez Social Service Violence Prevention Program at (575) 834-7117.**

**National Sexual Assault Hotline: 1-800-656-4673**

For more information about Sexual Assault Awareness Month, contact Cheryl Chinana, Outreach Specialist Jemez Social Services Program (575) 834-7117, ext 201, or e-mail to [cheryl.chinana@jemezueblo.us](mailto:cheryl.chinana@jemezueblo.us).

## Help Wanted: Southwest Fire Fighting Crew

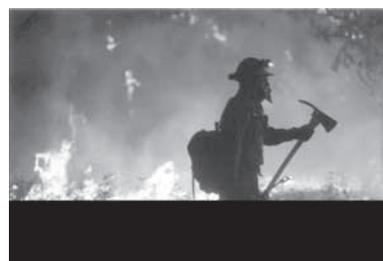
Pueblo of Jemez Natural Resources Department (NRD) in collaboration with the US Forest Service (USFS) Jemez Ranger District is accepting applications from Jemez tribal members for the Southwest Fire Fighting (SWFF) *Jemez Eagles crew*. Both rookie and leadership positions are available.

### Requirements:

- Wildland fire-fighting experience with documentation is required this year. We will request applications for new recruits this winter.
- Employees will be held to strict professionalism and sobriety standards.
- Health clearance and Arduous Pack Test (hike three miles with 45 pound pack in 45 minutes or less.)
- References and drug/alcohol testing.
- Selected crew members will be on-call for firefighting assignments within the Jemez Ranger District.

Applications are available at NRD office. Applications are due at NRD office by 5 p.m. Monday, April 13, 2015

If you have questions, call the Pueblo of Jemez NRD at (575) 834-7696.



## JEMEZ HISTORIC SITE

# Kiva Construction Underway

Submitted by Matthew J. Barbour, Manager, Jemez Historic Site

In the summer of 2005, the 16<sup>th</sup> century kiva at Jemez Historic Site was given a roof so it could serve as an interpretive display on Jemez traditions. Since its inception and construction, it has been a mainstay of the visitor experience. It provides an interesting contrast to the Catholic Church built by the Franciscan Friars in 1621 and highlights the religious significance of Jemez Historic Site to Native American peoples.

The project was initially developed by former Jemez Historic Site Manager and former Jemez Pueblo Governor Joshua Madalena as an experiment. But the kiva roof was never designed for long-term use or planned to withstand the amount of foot traffic that it currently sustains. No one could have predicted the amount of interest the kiva has generated among the visiting public.

However, for the past two years, the kiva has been closed. The roof, installed over nine years ago, had begun to fail. Beams were starting to crack, splinter and bend; some lost their hold



on the surrounding walls. It was no longer safe for visitors to stand on the roof or climb down into the structure.

For fiscal year 2014, Jemez Historic Site was granted \$75,000 in New Mexico Capital Outlay Funds to replace the roof. However, moving forward with construction has been a slow process. Jemez Historic Site is a National Historic Landmark and is listed on both the National Register of Historic Places and the State Register of Cultural Properties. Therefore, cultural property laws require the new roof be designed and overseen by an architect and builder approved by the New Mexico Historic Preservation Division.

Cherry/See/Reames Architects of Albuquerque designed the roof in consultation with the Pueblo of Jemez Natural Resources Department. Now, Crocker, Ltd. of Santa Fe has been tasked with fabrication. Construction began on March 9 with both tribal and archaeological monitors regularly examining the work to ensure there will be no damage to the surrounding portions of the site, especially those that remain unexcavated.

The goal of the project is a roof that will last at least 20 years while retaining its cultural significance. There will be no visible metal components. To all who come to see it, the kiva will look much like it did 500 years ago and will provide an effective counterpoint to San José de los Jemez Mission. Completion of the project is expected in late May or early June.

In the meantime, Jemez Historic Site remains open to visitors. As a thank you for bearing with us through the turbulent construction process, visits will be free of charge.

## Help Wanted: Jemez Historic Site is Hiring

During April and May, New Mexico Jemez Historic Site expects to open and interview for two positions: historic ranger (advanced) and instructional coordinator (advanced.) These are both full-time permanent positions.

The historic ranger position is a reclassification of the receptionist/cashier position once held by Brenda Tafoya. Under the reclassification, job emphasis will be on visitors' experience and will require greater focus on special events and tours. However, cashier and facility maintenance functions will still make up the bulk of the job responsibilities. Midpoint salary is \$15.49 an hour or \$32,215 a year.

The instructional coordinator position is new. The coordinator will partner with local, regional and national groups, especially schools and senior citizens' institutions. The purpose of these partnerships will be primarily focused on education and site visits. In addition, cashier and facility maintenance tasks will also be expected. Midpoint salary is

\$20.94 an hour or \$43,549 a year.

People interested in working at Jemez Historic Site are encouraged to apply for both jobs. Applications must be submitted through the New Mexico State Personnel Office Website at [www.spo.state.nm.us](http://www.spo.state.nm.us). Please fill out the forms and provide supporting documentation as instructed. Applications without that information will not be considered.

The exact application opening date for each job was unknown. at press time Potential candidates should check the State Personnel Website every week for job postings within the Department of Cultural Affairs. Jemez Historic Site Staff cannot review job candidates until the applicant list from the State Personnel Office is received. Resumes sent directly to Jemez Historic Site will not be considered. However, general questions regarding the nature of work can be directed to Jemez Historic Site Staff at (575) 829-3530.

## TRIBAL ADMINISTRATION

## Welcome Mat



**Yolandra Toya, MD, MPH**, will see children from birth to 19 years old for both sick and well child visits as the new contract pediatrician. She will be at the Jemez Health Clinic twice a month, every other Thursday.

Originally from Dulce, NM, she is a member of the Jicarilla Apache Nation. Dr. Toya holds an undergraduate degree from Princeton University and a Masters degree in Public Health

from the University of California, Berkeley. She attended medical school and completed residency training at the University of New Mexico. She works full-time in Albuquerque in private practice and will come to Jemez on her days off.

"I'm especially interested in children with obesity, asthma and attention deficit-hyperactivity disorder (ADHD) and/or behavioral problems. I'm also interested in supporting women who are breastfeeding and their families," she says.

Dr. Toya and her husband Greg E. Toya have two children, Anya and Cody.



**James Strohschein, DDS**, has returned to the Jemez Dental Clinic after five years on the Oregon Health and Science University faculty and serving as dental director for a Federally Qualified Health Center in Portland, OR. His dental career started in 1996 through the Indian Health Service. First stationed on the Navajo Nation in Crownpoint, he then transferred to the Albuquerque area. While there, he first came to Jemez when the dental clinic was in

the small trailer clinic. He also served on the faculty of the University of New Mexico. In addition to providing direct patient care, he enjoys teaching and mentoring pre-dental and dental students.

"It's an honor to return to the Pueblo of Jemez and serve the community once again!" Dr. Strohschein says. "It was great to be in the Pacific Northwest, but my wife Jennifer and I

missed the New Mexico sun and the people of Jemez Pueblo. It's been amazing to witness the growth of JHHS over the years as they have been able to expand services, update facilities, and improve the overall well-being of the tribal members. Most fun of all is to see the familiar faces here in Jemez and catch up with the staff and patients. I'm excited to be at JHHS again and look forward to providing dental care for the people of the community."

**Betty "Bear" Bernalley** is the new vocational counselor at the Jemez Vocational Rehabilitation (JVR) Program. She is a member of the Navajo Nation (Diné) and comes originally from Two Grey Hills, NM. She graduated from Fort Lewis College in Durango with a bachelor's degree in Education and received her masters' degree in rehabilitation counseling at the University of Arizona. She brings more than 30 years of experience in the field of vocational rehabilitation in Indian Country. Ms. Bernalley worked for Navajo Nation Office of Special Education (NN-OSERS) and Rehabilitation Services as a VR Counselor, Independent Living Counselor and Counselor Supervisor. She worked as a Research Associate with Pacific Institute for Research & Evaluation (PIRE) in Albuquerque for several years as well as working as a Consultant for TVR CIRCLE providing technical assistance to many American Tribal VR programs (*Section 121*.)

Bear and her partner Catie reside in the Bernalillo community with their two boys, Ricky and Travis. "Now that the boys are of school age, I decided to return to work full-time," Bear says. "My new job is an excellent opportunity to work with the awesome JVR staff and be able to contribute to a local community."

**Kiana Gachupin** is the new Tribal Court Clerk. She earned her Associates Degree in Criminal Justice from Brown Mackie College in Albuquerque.

"I'm happy to be here to help people and help make the community safer," Kiana says.





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## **SAFETY MESSAGE FROM THE ROAD CREW**

Please make sure you have eye contact with equipment operators  
and flaggers before you proceed past their work areas.  
Help US make it safe for YOU!